

Better English

By S. C. Williams

1. What is wrong with this sentence? "I will be back inside of an hour."
2. What is the correct pronunciation of "petite"?
3. Which one of these words is misspelled? Serpentine, valentine, pantomime, kerosene.
4. What does the word "fantasy" mean?
5. What is a word beginning with my that means "to puzzle, or bewilder"?

ANSWERS

1. Say, "I shall return within an hour."
2. Pronounce pe-tet, first e unstressed, second e as in me, accent second syllable, 3. Pantomime, 4. A product of imagination. "The play is pure fantasy."
5. Mystify.

How Can I!!!

By Anne Ashley

Q. How can I make an ink for writing on glass, ivory, or other smooth surfaces?

A. Mix the following: Three parts nitrate of silver, 20 parts gum arabic, 50 parts distilled water. Dissolve the gum arabic in two-thirds of the water, the nitrate of silver in the other third. Then mix and add the desired color.

Q. How can I set colors in garments?

A. Blue, pink, green, red, lavender, and purple should be soaked in alum water, two ounces to tub. Black, gray, and dark blue should be soaked in strong salt water.

The Stars Say --

By Genevieve Kemble

For Tomorrow

THE astrological forecast designates that it is time for self-reliance and initiative to come to the front in the launching of new ideas and enterprises, which should move rapidly forward in the direction of fulfilled hopes and dreams. There should be no limit to success, if strong confidence in self is adhered to. Those whose birthday it is may anticipate a year of new ventures as wit, mentality, and energies have built up into fine stimuli for constructive action.

A child born on this day should have keen foresight, prophetic intuition, and be constantly alert with a diligence unsurpassed.

That Body Of Yours

By James W. Barton, M.D.

DAILY FOOD REQUIREMENTS FOR OFFICE HOUSEHOLD LIGHT FACTORY WORKERS

During World War II a large airplane factory found so many of its employees feeling weak about 10:30 A. M. and 4:00 P. M. that they instituted time for a snack of food and a soft drink at these two periods. They found the employees more alert and able to finish their work at noon, and at 5:00 P. M. in better physical condition. These snacks at 10:30 and 4 o'clock really approached the five meals a day suggested by Drs. Haggard and Greenberg of Yale in their experiment with the factory workers in Massachusetts.

A considerable number of the employees of this airplane factory did not feel the need of a mid-morning meal or snack. Their breakfasts were found to be much like those that felt the need of this mid-morning food, except that they also ate some protein food — meat, eggs, fish. It was thus found, as is already known by food research workers, that while starch foods give quicker, more immediate energy, the proteins give energy for a longer period, lasting from the breakfast hour until the regular noon lunch hour.

Unfortunately, though we eat but three meals a day, we do not apportion our meals, the amount of food at each meal, and the kinds of food at each meal. So often it is a light hurried breakfast, often not enough food in the stomach to stimulate action of the stomach to cause the wormlike action of the intestines to start movement of wastes along lower bowel and out of the body. Following the light breakfast is a still lighter lunch and one big meal (supper or dinner) which equals or more than equals breakfast and lunch together.

Instead of eating a good breakfast and lunch, to be worked off during working hours and to supply the energy for the day's activities, we are weak and hungry during the day, eat a big meal in the evening with no real chance to use up this big meal in work, so much of it gets stored away as fat in and on the body.

"The hours of greatest activity are usually from 8 A.M. to 5 P.M. consequently most of the food or caloric intake should be eaten during this period. As 2,800 calories is considered about the right amount for the average office or light factory worker, the suggestion is that it be divided into 1,000 calories for breakfast, 700 calories for lunch, and 1,100 calories for evening meal (dinner or supper)."

For women, calories should total 2,500 daily—900 for breakfast, 1,100 for lunch and 800 for dinner. This prevents overweight.



Philip...and His Dancing Princess

OTTAWA SQUARE DANCE. For their last night in Ottawa something of far removed from the officialdom and ceremony of most of their tour was arranged for Princess Elizabeth and the Duke of Edinburgh. They are pictured as they enjoyed a popular Government House pastime, Canadian square dancing, at a private party with about 80 close friends of the Governor General and Viscountess Alexander. A. G. S. "Tony" Griffin called such favourites as the "Basket Swing", the "Waltz Sashes" and "Dip and Dive on the Ocean Wave."

Cook's Corner

BAKED APPLE TAPIOCA

3 cups apples, peeled, sliced, 1 teaspoon cinnamon, 1 cup light brown sugar, 2 tablespoons lemon juice, 2 1/2 cups water, 1/3 cup granulated tapioca, 1/2 cup raisins, 1/2 cup nut meats, broken, 1/2 teaspoon salt, 2 teaspoons grated lemon rind.

Place the apples in a greased shallow baking dish, cover and bake in a moderate oven, 375 degrees F. about 15 minutes until partially tender. Mix cinnamon with 1/2 cup of sugar; combine with the other ingredients. Sprinkle the mixture over the apples and mix thoroughly, taking care not to mash the apples. Return to the oven and bake uncovered 10 minutes. Stir well again; sprinkle with the remaining 1/4 cup of sugar. Return to oven and bake 5 minutes longer or until apples are tender. Serve hot or cold, with or without a sauce. Makes 6 to 8 servings.

DOROTHY DIX SAYS—

Undue Suspicion

Wife's Unfounded Jealousy Is Wrecking Her Marriage

DEAR MISS DIX: I have been married for two years and have two children. My husband wants a divorce. He admits I'm a good cook, housekeeper and mother, but says my nagging about his work is more than he can stand. I believe he likes a girl he has met outside the city but he hasn't admitted it so far. He says he isn't interested in me any more, and wants to take our older child. I do love him very much so it would be hard to do as he wishes.



Do you think I should try to find out who the girl is? My husband is away from home quite a bit owing to his type of work.

HELEN

ANSWER: You sure hit the jackpot, Helen, when it comes to developing the very faults that take the straightest line to a marital break-up. No marriage could stand up under the onslaught of a wife who was not only a nagger but a first-class detective at ferreting out things that never happened. Your husband must be guiltless of an interest in someone else; otherwise he'd take malicious delight in confirming your suspicions.

MEND YOUR WAYS

Whether you have tried him too far to salvage anything from the wreck, I cannot tell, but I do urge you to make every effort to amend your ways and make an honest attempt to reorganize your life and your marriage. Yours is not the only husband who must travel for a living. A man on the road is much more interested in getting back to his family than he is in falling for other women. It isn't difficult to replace jealousy with faith, and the reward is a happy home. Stop trying your husband's patience with this endless questioning about the girls he meets at work. Face your position in the situation squarely. It won't be flattering, I assure you, but it might wake you up to the despicable traits you are exhibiting and the necessity for a quick and complete turnaround.

DEAR MISS DIX: A number of years ago I met and dated a young man. After all these years, I find that he is unmarried and working in a neighboring city. I frequently drive through this city. Would there be anything wrong in my trying to see him? J. W.

ANSWER: There would certainly be nothing wrong in contacting an old friend, but arranging the meeting with finesse would prove difficult. If his birthday, or some other personal celebration, happens him, in the convenient future, you might telephone to congratulate him. An informal note conveying the information that you are often in the neighborhood and would like to see him might also do the trick. In any event, don't expect too much of the meeting. Folks change with the years you know, and you might be disappointed in your erstwhile beau.

DEAR DOROTHY DIX: My husband, to whom I have been married a year, is very quick tempered. When he is in a good humor he is very good but when he is angry he beats me. I'm about fed up. JEAN

ANSWER: You should be fed up! Any woman who permits a man to beat her belongs back in the dark ages where such things were a matter of course. Your husband isn't just "quick tempered." He's a selfish, spoiled, brutal man who should himself be given a good beating. When he next gives one of these exhibitions of childish temperament, walk out of the house for a few hours. Let him cool off. He'll soon come to his senses and when he finds himself without an audience, the temper display will pass.

DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

Household Scrapbook

By Roberta Lee

To Fasten Handle

If the handle of a cooking fork or other piece of cutlery loosens, it may be firmly sealed by pouring melted resin into the hole along-side the metal part. Or, better still, fill the hole with finely-powdered resin and push the metal prong on handle, heated very hot, into the resin-filled hole. It will be as good as new.

Grease Stains

Turpentine will remove grease stains from leather. The entire surface may then be revived by rubbing with the beaten white of an egg.

Heartburn

A pinch of soda dissolved in half a glass of warm water often does much to relieve heartburn.

Modern Etiquette

By Roberta Lee

Q. Must a man always rise to acknowledge an introduction?
A. Almost always, yes — whether he is being introduced to a man or a woman, old or young. An exception would be if he were seated at a banquet table and were being introduced to another person across the table from him. This introduction he can acknowledge just with a smile and a "How do you do?"

Q. How is baked potato properly eaten?
A. Usually by breaking it in half with the fingers, scooping all the inside of the potato onto the plate with a fork, and then mixing butter, salt and pepper in it with a fork.

Q. At a widow's second marriage, her first husband being deceased, should she invite the family of her former husband?
A. Yes, indeed, if the relationship has always been pleasant. Furthermore, these people should make every effort to attend.

The Birthday Murder

By Lange Lewis
CHAPTER TWO

"Yes," said the young woman in gray who was standing beside the fireless hearth. "Yes," she repeated in a flat tired voice, "I killed him," she moved slowly, hesitantly away from the fireplace, down the room, with almost a sidling motion. Her aquamarine eyes were wide, and about her small lovely face her tawny hair was disarranged. Her voice became soft, wheedling. "You know it all, my dear. You know it all, don't you? And you can see that I had to kill him? Oh, you must see! There was nothing else I could do!" Her thin hands were out, imploring, while her curious light eyes probed to see the effect of her words. She stood that way for a second, pitiful and then she dropped her hands to her sides, and faced the gray-haired woman, watching her from the corner of the sofa. She smiled and the older woman smiled back.

"Darling, it stinks," said Victoria, with no malice.

"Why?" asked Moira Hastings, bent over the coffee table where the tea things were laid out, to take a cigaret from the open red box. The hand holding the match trembled almost perceptibly.

"You're a good actress, but you haven't had enough experience to play Ina."

Moira Hastings sank into the low armchair, facing the coffee table. She crossed one leg with an effect of nonchalance, but her eyes were far from casual. They were direct, cool and filled with dislike.

Victoria said, "When Ina says 'There was nothing else I could do' you say it is as though it were actual, true. That's all wrong. Think of the sort of person who could say that about the fact that she has killed a man! She's a monster, Ina Hart is. All her life she has lived by using men; that has become the only way she knows. And then she comes against a situation where this old way fails her. There was only one way in which Jeffrey could aid her, and that was by dying. So he had to die. When she says 'There was nothing else to do' she is telling the bitter truth, but she doesn't know this. You don't get across in your reading of that fine speech; you don't get it at all. You should be thinking of Jeffrey's dead sprawled body; you should be remembering how Ina gave him the poison in his medicine and smiled when she said, 'Drink this dear!'"

"I see," said Moira Hastings, nodding. She brushed an ash from her dress and said, "But what of the rest of the scene?"

Decisively, Victoria slapped out the script which had lain open across her knees. She tossed it to the other end of the sofa. "The same thing. Not enough understanding. You're awfully good for your age, or rather, your youth. But Ina isn't a part for a young actress. Give up the notion of doing Ina. It would be bad for the picture, bad for my husband as producer of the picture, bad for you and bad for me. Have your agent get you another part like Clarissa. You were charming as Clarissa — no one could have done it better."

"I hated Clarissa; I don't want any more of those roles," said Moira Hastings, quietly.

Victoria smiled at her. "I know. When I was your age I wanted to write deathless prose about sophisticated continental who dropped bitter bons mots into each other's Martinis. I was very lucky I met an editor who told me to do a story about a working girl and that was the first story I ever sold."

"It'll be typed; that darned Clarissa will type me," said Moira. "I want to prove my capabilities as a dramatic actress."

"Not on my story," said Victoria.

To be continued



Anne Adams Patterns

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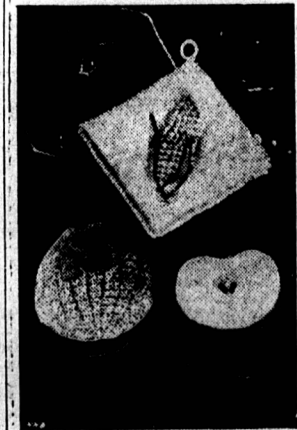
Some students were studying entomology under a well-known naturalist. For a joke they caught a butterfly, a centipede, a grasshopper and a beetle. Using the grasshopper's legs, the beetle's head, the butterfly's wings and the centipede's body, they assembled an unusual-looking insect. "We caught him in the field," they announced. "What variety of bug is it, sir?"

The naturalist examined the specimen with great solemnity. "Did you notice," he asked, "whether it hummed when you caught it?"

"Yes, sir," they answered smugly. "Well," smiled the scientist, "this is a humbug."



Garden Variety Potholders



They look good enough to eat, these colorful potholders crocheted of cotton and lined with felt. The square style is white with a yellow border in popcorn stitch to match the ear of corn in the same puffy stitch. Shaded greens are used for the husk. The plump coneloupe is yellow and green blended together. The red and white apple has a yellow center, black embroidered seeds. If you would like directions for crocheting these NOVELTY POTHOLDERS, send a stamped, self-addressed envelope to the Needlework Department of this paper, requesting Leaflet No. S-81.

Alice Brooks Designs

EMBROIDERY NEWS

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