

The Stars Say

By Genevieve Kemble

For Tomorrow

THE current suspicions seem to point to an uncertain, complicated or distorted state of affairs...

For the Birthday

Those whose birthday it is could have an intriguing year in which complicated and baffling situations come up for realistic adjustment...

Modern Etiquette

By Roberta Lee

Q. During the day in a sleeping car, who has the right to the seat in the car facing forward?

A. The occupant of the lower berth while the occupant of the upper berth rides backward...

Q. Is it proper for a close friend to rush in to kiss the bride at the conclusion of the ceremony...

A. Never! This reveals extreme lack of consideration.

Q. Is it proper to break bread or crackers into the bowl when partaking of soup?

A. This was formerly considered bad manners, but is now sanctioned by good society.

Diplomacy

Mrs. Brown. Did you scold your little boy for imitating me? Mrs. Green: "Yes, I did. I told him to stop acting like an idiot."

That Body Of Yours

By James W. Barton, M.D.

LIFE HISTORY OF 100 PATIENTS WITH HIGH BLOOD PRESSURE

It is true that heart strokes (coronary thrombosis) and brain strokes (apoplexy) are generally caused by high blood pressure...

In The American Heart Journal St. Louis, is given the life history of 100 patients with high blood pressure followed from the time of onset of their first attack until death...

The primary or original cause of death was not known in 41 of the patients. Congestive heart failure, accidents to the blood vessels of the brain in 17, failure of the heart muscle in 17, urine in the blood in six.

Although the heart is a very simple organ, many complications may be present, and the time of onset and the intensity of any given complications vary enormously.

When the patient knows he has high blood pressure but will live an average of 20 years with it, he can, under his doctor's supervision and following his suggestions as to diet, rest and exercise, prolong life for as long as he would live if he did not have high blood pressure.

The rules for safety in high blood pressure are an hour's rest during the day and an extra hour at night. Light meals with nourishing food, and light daily exercise such as walking.

REFUGEE PROBLEM

Western Germany is estimated to have received more than 8,000,000 German refugees from the Soviet zone and other Red satellite nations.

A Country Garden

By Mrs. Gordon MacMillan

Yesterday my heart forgot its joy in winter scenes, its love of snow-filled silences and tempting, icy sheens.

Of coasting hill and skating pond— And grew homesick for spring; For new-leaved trees and blue-hung skies

For wood streams flowing into life, For ecstasy to know A certain little path will lead To where first Violets grow.

Yesterday the whole world seemed Locked up in winter's chill; Today—a white Petunia bloomed Upon my window sill.

—Mabel Craig

Daffodils are blooming on my window sill with pink and white Hyacinths and the rosy pink Azalea still beautiful after several weeks of flowering.

Golden Harvest Daffodils are early blooming and beautiful, and I have heard of some this spring that have been a great delight to those who have grown them.

I have a prized book entitled "The Royal Gardens" with beautiful illustrations of the gardens and a description of each. At this time when our thoughts are with

Morning Smile

Warned

"Darling," said Mr. Newlywed during tea, "did you make these cakes all by yourself?"

"Yes, of course, sweetheart," she replied. "Were you going to tell me they are like those your mother used to make?"

"As a matter of fact, I was. And I don't think I mentioned it to you before—that's why Dad left her!"

Lost Club

Two golfers were annoyed by a slow couple in front of them. At one hole there was a particularly long wait. One of the offending couple dawdled on the fairway while his companion searched industrially in the rough.

At length the waiting couple on the tee could contain their patience no longer. "Why don't you help your friend to find his ball?" one shouted indignantly. "Oh, he's got his ball," the man replied blandly; "he's looking for his club."

DOROTHY DIX'S COLUMN

Belittling In-Laws

Woman Resents Comparisons With Mate's First Wife

DEAR MISS DIX: My marriage of eight months is a very happy one, with one exception. My husband has been married before; he was a widower for fourteen years when we married. He is wonderful to me and I couldn't ask for a better husband, but his people are always bringing up the subject of his former wife, with, naturally, comparisons detrimental to me.



Marjole Nissen

probably resent you for taking their son and brother (and also, undoubtedly, his cash assets) away from the rest of the family. After keeping him a widower for fourteen years they figured they had exclusive rights to his time, money and attention for the rest of his life.

HUSBAND SHOULD ACT

Your husband should have sense enough to see that these comparisons are unpleasant for you, and ask his relatives to soft-pedal them. It may take a word from you to make him see what should be an obvious fact, but men can be very dense at times.

If your husband won't take steps to stop the annoyance, there are several ways you can handle the problem, depending upon the type of people your in-laws are. When the subject of your predecessor comes up, (1) let them talk on and on, listen pleasantly with an occasional noncommittal eye or nay; (2) change the subject as casually as possible.

You may be sure that no matter how perfect you are, or become, approval will never be forthcoming from these relatives. Their pleasure is in criticizing and belittling; approval is not in them. Try to arrange your life, and that of your husband, to leave a minimum of time for in-law visits. Don't be resentful of their actions; just realize their attitude for what it is—a small conception of life that shuts out all the beauty of pleasant human relationships.

DEAR MISS DIX: I am 20 years old and fairly attractive. People seem to like me but I seldom have a date. I'm settled for my age and would like to get married but I don't think any of the boys I know are interested in marrying me.

JANIE L. D.

ANSWER: You are still so young, Janie, that there's no cause for panic over your seeming lack of matrimonial prospects. The boys you know are probably very young, too, and are as yet in no position to marry. Just continue to be your own sweet self, don't act over-anxious and you'll have plenty of suitors.

DEAR MISS DIX: For three years I have gone with a girl and was sure I loved her. I know she loves me. Recently I was more or less forced into a blind date with another girl. She swept me off my feet, and though I know the first girl would be a better wife, I can't forget the second one. What can I do?

THOMAS

ANSWER: The second girl has brought on a heavy case of infatuation with you, and your best course is to forget her. How you can accomplish this is up to you, but your future happiness lies, beyond doubt, with the first girl, whom you still love and who is the finer person. Don't settle for second best when you have the genuine article within reach.

Better English

By G. C. Williams

- 1. What is wrong with this sentence? "He received an imperious summons to immediately attend the meeting." 2. What is the correct pronunciation of "alias"? 3. Which one of these words is misspelled? Biographical, bibliography, bibulous, bisect. 4. What does the word "idiograph" mean? 5. What is a word beginning with eso that means "secret; private"?

ANSWERS

- 1. Say, "He received an imperative summons to attend the meeting immediately." 2. Pronounce a-l-i-as, first a as in ate, i as in it, last a unstressed, accent first syllable. 3. Bisect. 4. A mark or signature peculiar to an individual; a trademark. 5. Esoteric.

Household Scrapbook

By Roberta Lee

Electric Bulb The broken wire of an electric light globe can sometimes be mended by turning on the current and tapping lightly on the side of the globe with the finger. This causes the broken wire to vibrate and touching one of the other wires while vibrating, it becomes welded.

Practical Furniture

In the small apartment where space is at a premium, it is a wise plan to purchase a box couch instead of a davenport. This will serve the same purpose and will also be invaluable for holding all household linens.

Weatherproofing Wood

To make wood durable and weatherproof cover it with several coats of hot linseed oil varnish.

ELLEN'S DIARY

By an Island Princess's Wife

Though James in speaking of the extent of choring at the barns declares he "never saw the like of it", indoors we find now nice spells of leisure. True, if we were to include and younger in years, we could take up one of a number of seasonal projects.

On a recent morning it was our pleasant fortune to look in upon a neighboring housewife engaged at the rug-making. The children were busy with hooker thoughts would be free to roam to build castles in Spain or more practically to plan for the rush of duties and cares that lie in the season ahead.

By a bright window in the snug kitchen—done in buff and green—she dipped the hook and drew loops neatly and under her hand the design which, according to one's discernment was of squares or diamonds, grew prettily. It is a pastime which uses odds and ends of material that might otherwise be discarded as useless, to make an item to brighten the home, an object of pride to the maker.

Oil supplied the heat—in the modern kitchen range; light was to be had at the turn of a switch; water was on tap. There was a telephone on the wall and on a shelf the radio supplied her with entertainment and news of the world. And as we chatted our thoughts went back to a bygone era when the farmwife took an sewn harrow not to make an odd scatter rug as women do nowadays to enhance an already adequately decorated floor of maple or birch, of oak or linoleum but to make of her hooking, a carpet, which extending from wall to wall would provide warm covering for some worn and draughtily pioneer floor.

How arduous that task must have been! Each year contributing its piece until at length with joy the objective was realized. . . . Quaint pretty patterns. Some original it is true, but some remembered. One rarely catches a glimpse of old designs in present-day patterns. And in some respects the covering would perhaps lack the sanitary requirements of this age—a matter which depended on the housewife. . . . what soft landing-spots the carpet provided for a small one's tumble! How easy upon the knees of the creeping child! How warm to bare feet o' morning!

So back to us came the olden days at the hooking, with other farmwives coming in of an afternoon to lend a hand. It was an accomplishment expected of them in their housewifery though some were better skilled than others at the art. In they came, long-skirted, fur-saqued ladies, capped with snug and becoming chapeaux of the black astrakhan or pale gold of the otter. Collars were scarfed, black-mittened or perhaps gloved hands, resting in fur muffs. They brought roses in cheeks from the out of doors and . . .

Until tomorrow . . . Diary . . . Good-night. . . .

How Can I!!!

By Anne Ashley

Q. How can I remove lipstick

Anne Adams Patterns

IT CAN BE YOU For the Prettiest Graduate, the Loveliest Wedding Guest, the Girl He Loves To Date! Here's the sweetest, simplest dress you ever sewed. Has that deep-cut petal neckline, petal sleeves and that easy-sew four-gore skirt you love. At it's best in eyelet or a print! Pattern 4740: Misses' Sizes 12, 14, 16, 18, 20, 40. Size 16 takes 3 1/2 yards 35-inch fabric. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.



4740 12-20-40 by Anne Adams

Cook's Corner

CHOCOLATE NUT CAKE

This cake is itself so tender, light and fluffy in texture that the little bits of nuts all through it and toasted on the top are in very pleasant contrast.

- Yield—8-inch square. 1 1/2 cups once sifted pastry flour or 1 1/2 cups once-sifted hard wheat flour 3 teaspoons baking powder 5 tablespoons cocoa 1/2 teaspoon ground cinnamon 1/2 teaspoon salt 3/4 cup finely chopped nuts 8 tablespoons butter or margarine 1 cup fine granulated sugar 1 egg, well beaten 2/3 cup milk 1/2 teaspoon vanilla

Measure and sift together three times, the flour, baking powder, cocoa, cinnamon and salt. Prepare the nuts and take out two tablespoons for the top. Mix larger amount of nuts into flour mixture. Cream the butter or margarine. Gradually blend in the sugar and egg well. Add the well-beaten egg a little at a time, beating well after each addition. Combine the milk and vanilla.

Turn batter into an 8-inch-square cake pan that has been greased and lined in the bottom with greased paper. Sprinkle batter with the two tablespoons of nuts. Bake in a rather slow oven. 325 degrees, about 50 minutes. Let baked cake stand in its pan on a cake cooler for 10 minutes. Loosen edges, turn out cake, peel off paper and turn cake right side up.

Alice Brooks Designs

COLORFUL WEAVING

EASY-TO-WEAVE designs and a bit of simple embroidery! One is a special "guest-best" motif for towels. Use the 2 others on anything made of huck! So colorful on pastel shades of huck!

Pattern 7239: charts; 3 designs; transfer for daisies; tulips.

Send Twenty-five cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

and rouge stains from material when laundering has failed?

A. Try sponging the spots with carbon tetrachloride. If this does not do the work, rub the stains with white Vaseline jelly, and then sponge with carbon tetrachloride.

Q. How can I keep potato chips fresh?

A. Potato chips keep much better in bags that do not permit strong light to reach them, than in clear or opaque bags. A tight tin container is the best.

Q. How can I prevent the rusting of tinware?

A. Rub the tinware with fresh lard when it is new, and place in a hot oven for an hour.



7239 by Alice Brooks

What Paris Is Wearing



MAGGY ROUFF designs this new Spring dress ideal for traveling, from beige Kashia jersey. The bodice is shaped into a large collar at the back. The skirt has pleats opening at the knee. The belt is green and beige.

SPRING TOPPERS from top Parisian designers feature thick and fleecy wool. The one by Maggy Rouff (left) is light mauve lined with light navy shantung. The dress is fine wool in the same shade of mauve, with a flared skirt and a close-fitting bodice. The whole dress is entirely worked in pleats. Jean Desses' new V-line is shown in his topcoat (right), which widens at each side. The fleecy wool is light as a feather, and the deep-shouldered sleeve captures interest.



FOR SPRING NIGHTS, Paris features luxurious gowns like these. Jean Desses' creation (left) is mink-toned acetate lace embroidered with iridescent beading in tones of rose and blue. The skirt is slim with a curved, flared tunic. Under the lace, Desses uses mink brown acetate taffeta to match shoulder-length evening gloves. At right, Schiaparelli takes brilliant green, shocking pink and black acetate tulle and blends them into a graceful gown. A sweeping butterfly train flows behind a tightly-fitted ankle-length skirt.

CHRISTIAN DIOR'S afternoon coat is made from a British novelty silk, which looks almost like raffia. It's a bright yellowish straw color. The coat can be worn easily over a figured silk dress.

I'VE FOUND NEW LUX BEATS EVERYTHING FOR GETTING SHIRTS AND SHEETS WHITER!

Advertisement for Lux detergent featuring a woman washing clothes and a man's face. Text includes: 'With NEW LUX in the washing machine all your cottons come whiter, last longer!', 'NEW LUX GETS COTTONS WHITER IN 10 MINUTES THAN ANY OTHER SUDS IN 20!', 'COSTS LESS TO USE It's soap that gets dirt out and New Lux has more soap power. Since you get more suds with New Lux, you use less!'