

## How Can I!!!

By Anne Ashley

Q. How can I clean the surface of a piano?

A. Specks and dirt may be removed by going over the surface with a damp cloth. Rub dry and go over the wood with a rag dipped in olive oil, after which polish with a chamomile leather or some pieces of old kid gloves.

Q. How can I avoid breaking glasses when putting them into hot water?

A. Slip the glass into the hot water edgewise. When placed in bottom first, the shock of the hot water is liable to crack them.

Q. How can I remove fly specks from chandeliers, picture frames, and ornaments?

A. Wet a cloth with alcohol and carefully wipe the surface. Then dry with a chamois.

## Household Scrapbook

By Roberta Lee

### Chandeliers

Wash the chandeliers and gilt picture frames with onion water, and this will prevent marking by flies. To make the onion water, boil a few onions until soft, strain, and cool the liquid before using.

### A Wall Brush

You can improvise a good wall brush by covering the broom with clean flannel. Brush the ceiling and walls with a downward stroke. Replace the flannel as it becomes soiled.

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

This day may be memorable for the definite removal of some stubborn obstacle. Some opposition or obstruction may break up to make way for very constructive, desirable and worthwhile program. Plans framed for lasting and long-range benefits further enduring security with tangible, concrete returns for work well done. Frustrations and static situations melt away to give zest in formulating and establishing ambitious objectives.

### For the Birthday

Those whose birthday it is may be gratified by a definite breaking up of frustrations, oppositions, or other form of static or stubborn matters obstructing desired plans, propositions and aspirations. This deliverance from blocked and impeded situations or obstacles to longed-for and lasting fulfillments

## That Body Of Yours

By James W. Barton, M.D.

### TWO CAMPAIGNS TO GIVE US DENTAL HEALTH

Just as the medical profession strives to prevent disease, so the dental profession strives to prevent decay of teeth.

Two ways to prevent decay of teeth are: first, to have children cut down on foods rich in sugar or having them rinse out the mouth with water within 10 minutes after eating foods rich in sugar; second, to have the municipality fluoridate the water supply or dentists apply fluorides directly to the teeth.

Dr. Leroy M. Ennis, president of the American Dental Association, recommends the following fourfold program as a "practical means of providing children with sound dental health."

1. While this fourfold program is known to many readers, it should become a part of the daily health habits of children and adults.

2. Proper tooth brushing habits that should be learned early. This means brushing the teeth within 10 minutes after eating.

3. Early detection and treatment of dental disease. This will prevent greater dental ills later on. Neglect may produce serious dental problems which will continue throughout life.

4. Either access to drinking water from a community water system containing the proper amount of fluorides for tooth decay prevention, or application of sodium fluoride to the child's teeth at periodic intervals. Children who drink fluoridated water from birth have from one-half to two-thirds less tooth decay than those who drink water containing no fluorides.

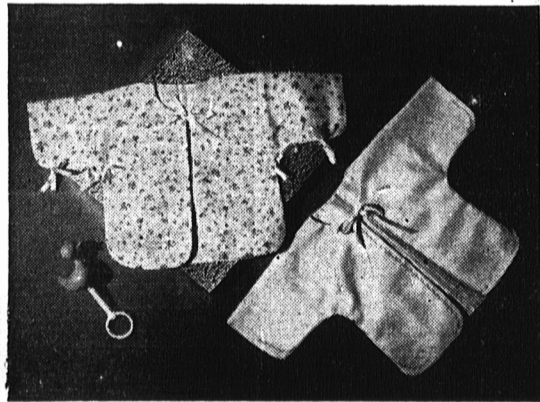
Dr. Ennis points out further that tooth decay afflicts more than 90 per cent of children of school age to make it childhood's most common disease.

Never before in its history has the dental profession been possessed of so many effective weapons to prevent and control dental diseases and diseases due to dental disease. If the preventive and control methods now known are used to their fullest extent, there is small reason for children to reach manhood and womanhood crippled by the dental disorders that have plagued their parents and grandparents.

and rewards may ultimately bring brilliant results. The mind is pitched to a large and lasting vision of far-reaching accomplishment, with security and dependability in sight. Initiative and fresh ideas attract tangible aid.

A child born on this day is assured the lasting and dependable fulfillment of its cherished hopes and wishes, with new ideas and initiative substantially recognized and rewarded.

## One Pattern, Two Jackets



Is there a new baby at your house? Infant tastes run to soft woollen sacques for morning and afternoon. Here are two easily made, one from printed challis with underarm ribbon ties, the other of albatross delicately trimmed with featherstitching. If you would like directions for making INFANT SACQUES, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. E-2122.

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## This Is The Season For Veal

Dept. of Agriculture

Veal can be the headliner on menus this month. It is in good supply at present and quite reasonably priced. Since veal is not sold according to grade, it is an advantage to be able to judge the quality of the meat by its appearance. Good quality veal should be greyish pink, firm and fine grained and there should be a fair amount of creamy white fat on it. The bones should be reddish in colour and fairly soft and porous.

Home economists have found that many homemakers do not serve veal very often, not because they do not like it but because they do not know which cuts to buy or, for that matter, what the cuts actually are. The home economists, always alert to the needs of the consumer, offer some very timely information. They say that veal carcasses are not always cut up the same way, but list some of the cuts that are usually found in the butcher shop. First of all, there are three kinds of chops—loin, rib and shoulder. There are two kinds of steak, one from the top of the leg, which corresponds to the round steak in beef, and the other from the shoulder. The ever popular veal cutlets are small pieces of boneless veal which are usually taken from the leg, too. There are several types of roasts. First, there is leg of veal. The bone is usually removed from the leg which leaves a slit or pocket all ready to fill with well-seasoned bread stuffing. Then there are rump and sirloin roasts. The butcher may also sell loin roasts but usually the loin is cut up into chops. Last but not least there are the lower priced roasts from the front quarter, the breast and shoulder roasts. Sometimes the whole front is boned and rolled then cut into roasts of three to four pounds.

### How To Roast Veal

There is a right and wrong way to do most things and there is a right and wrong way to cook veal. Home economists say that the right way is to cook it slowly and cook it long enough. It is hard to understand why veal needs long cooking since it comes from a young animal but the home economists point out that there is considerable connective tissue in veal which does not become tender quickly. Actually, veal takes longer to cook than beef. It is never served rare as beef very often is because the meat is not tender until it is well done. That is why veal should be roasted longer than other meats. It should be roasted to the point where the meat thermometer reaches 185 degrees F., which means allowing 40-45 minutes for each pound. In other words, a four pound roast needs two and three-quarters to three hours cooking. Most of the cuts of good quality veal can be roasted, that is, cooked in an uncovered pan without water. The temperature to use is the same as for other meats, that is, 325 degrees F., or in other words, a moderately slow oven. Here is another point about roasting veal. Before putting the roast in the oven, put several pieces of bacon over the top of it or cover the top with bacon fat. This gives the meat a very good flavour. At the same time it adds the extra fat that most veal needs to make enough drippings so that the roast can be basted occasionally while it is cooking.

### Cook Veal Often

Here is the way the home economists of the Consumer Section, Canada Department of Agriculture suggest cooking veal chops. Cutlets and veal steaks are cooked in

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## Morning Smile

### Confusion

The wife of a race fan prohibited her husband from backing horses, but he continued to gamble secretly.

One evening an old friend, unaware of the prohibition, dropped in and said to the fan: "Well, did you have any luck with Millicent yesterday?" Instantly the wife shot her husband a dirty look and left the room.

"You've done it now," groaned the husband. "My wife thinks I don't bet now. You'll have to square this with her."

In a few moments when the wife returned, the friend said breezily, "You know, Mrs. Brown, I'm awfully sorry if I misled you just now. Millicent isn't a horse, you know. She's a chorus girl."

## "Art Belongs To Everyone," Claims University Head



The increasing development of the art department at McMaster University in Hamilton, Ont., has substantiated Dr. Naomi C. A. Jackson's statement that art belongs to everyone. Taking over fine arts department when it re-opened last fall, Dr. Jackson has stressed the idea that "we must get away from the ivory tower idea that appreciating art is highbrow." And doing just that are members of a lively art club, one of the largest and most active groups in the university. In a workshop set up on the campus, not only students, but members of the faculty, their wives, university workmen, and Hamiltonians, such as Gwen Gilmour, seen admiring Gainsborough painting, are trying his or her hand at creative art.

## DOROTHY DIX'S COLUMN—

### Another Chance?

#### Should Wife Forgive Mate Who Has Cheated Twice?

DEAR MISS DIX: My husband is in service, and I am at home with our three children. Shortly before our first child was born he had an affair, but I didn't leave him as he begged me not to and said he would never be unfaithful again. Two years later, the same thing happened. At Christmastime he left me for another girl. Now he has come back, with the usual protestations of remorse and repentance. He promises to settle down and never hurt me again. Would I be foolish to do so?

L. A. L.



Muriel Nissen

break for you, but establishing a happy home may be worth the risk. Should he prove faithless again, your supply of forgiveness should be exhausted.

### DESPERATE SITUATION

DEAR MISS DIX: For twenty-one years I have been married to a woman I love dearly. I am now in a sanatorium and don't know how long I'll be here. Since I came in, my wife has been drinking continually. I've begged and pleaded with her to stop, but without success. We have seven children, two on their own, three going to school, and two small ones. What can I do?

JAMES H.

ANSWER: Both you and your wife have my deepest sympathy, for you are truly going through a great hour of trial. A woman with seven children and a husband in a hospital for an indefinite stay certainly is treading a thorny path, and who can point a finger of scorn at her for trying to shed these troubles through a form of oblivion? Certainly not I. She needs help desperately, and you, of course, are not in a position to get it for her. However, you must give her the strongest moral support you can, and encourage her in every way to find a proper solace for her troubles.

Since you are incapable of getting out to help her, you must have someone else act for you. The best agent would be the clergy—of your church, who would put your wife in touch with Alcoholics Anonymous, if he feels that she needs their help. If she continues her present course, the children will eventually be taken from her, and that threat alone may serve to set her straight.

The very worst thing you can do is to carry out your threat to "let her go altogether." She has had, at best, a most difficult life and desertion by her family and friends is certainly not a solution. She needs help, and friends, more than she ever has needed them before, and the present crisis will be a true test for the love and loyalty of those nearest to her.

DEAR MISS DIX: For some time I have been corresponding with a girl and through her letters and picture have fallen in love

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## Modern Etiquette

By Roberta Lee

Q. What should a man do if a woman makes a social call at his office, and keeps talking and taking up his time?

A. He may, at the first opportunity, rise and tell her he is glad she stopped in to see him. If this doesn't work, he may be a little more blunt and tell her that he has an appointment to keep within the next few minutes.

Q. Do the children of a bereaved family wear mourning?

A. This is not considered proper today. After all, children who are healthy are concerned, above all, with life, not death.

Q. Where should the napkins be placed prior to the serving of a meal, in the plate or at the side of the plate?

A. Either is correct.

## Better English

By G. Williams

1. What is wrong with this sentence? "I read a book where it explained these things in a very unique way."

2. What is the correct pronunciation of "dogged" (tenacious)?

3. Which one of these words is misspelled? Manageable, interchangeable, incurable, infallible.

4. What does the word "inveigle" mean?

5. What is a word beginning with tra that means "a burlesque imitation"?

### ANSWERS

1. Say, "in which it explained these things in a (omit very) unique way." 2. Pronounce dogged, in two syllables, and not dogd. 3. Incurable. 4. To lead astray. (Pronounce the e as e in me). "His promises will not inveigle me." 5. Travesty.

## ELLEN'S DIARY

By An Island Farmer's Wife

This was the day we were saddened to hear of the passing of the "Veteran Editor" of this newspaper—called away suddenly—another Master Hand writing in invisible words: THE END, to his last editorial. He was one full of years and we remember that "my old must die." Yet he wore his years lightly. Exceedingly wise—exceptionally gifted—and now, pen rested forever.

Unless it may be in that Better Land to which he has so quietly repaired, there will be provided a chair and a desk in some corner of its immensity, where undisturbed by any Heavenly sounds, one who on earth loved to write—indeed was bound by Providence to use his gift for the betterment and happiness of humanity—may on virgin-white pages write of those new glories revealed beyond the veil.

We remember now, perhaps above all else, except his kindness of heart, how unassuming he was in spite of his gift and learning and honors. How humble indeed. And recognize in this characteristic a badge of true greatness. We appreciate too that he was one who never sought fame. Perhaps he cared little for its vagaries; or maybe he knew well that "One's own" if worthily earned and merited, will come to him "all in good time and according to a Plan. As his has through the years to make his passing mourned near and far, his memory revered.

The Editor—of whom we knew so little and still so much. On those occasions when we came to his office it was always to marvel that one so busy could so kindly rest his work to chat with us—we remember now the serenity of the man; he was as one who drew his inspiration and strength from some boundless source. We recall the intriguing retained accent of his Homeland; the engaging interested manner; the cool but infectious humor; the remarkable keenness of eye which advised one quickly that here was a man who could read a character off-hand; the "pearls of wisdom" spoken without inflection, but nevertheless thought-provoking and profound, the wisdom unquestionable.

Only pleasant—and good memories we have of the "Veteran Editor" to keep with us along future years. "So when a great man dies, For years beyond our ken, The light he leaves behind him lies,

Upon the paths of men." To brighten and inspire the lives of those who mourn now his passing—his nearest and dearest; all so recently associated with him in the preparation and publication of this Newspaper, and friends

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7270 SIZES 12-20

by Alice Brooks

## Cook's Corner

### Fish Pie

2 1/2 cups cooked rice, 2 tablespoons chopped parsley, one 1-pound can salmon, flaked, 2 1/2 cups medium white sauce, salt and pepper, 1/2 teaspoon celery seed, 1/2 teaspoon nutmeg, 2 tablespoons lemon juice, 1 cup grated cheese.

Mix rice and parsley. Combine remaining ingredients; place over rice in greased casserole. Cover with flaky crust: Sift 1 cup flour, 1/2 teaspoon salt, and 1/2 teaspoon baking powder; cut in 1-3 cup water and 1 tablespoon cold lemon juice; mix. Roll out a fish shape for escape of steam in centre. Bake in moderate oven 350 degrees F. 30 minutes. Serves 6.

### Salmon Souffle

Two tablespoons butter or margarine, 2 tablespoons flour, 1/2 teaspoon salt, 1/2 teaspoon paprika, 1/2 cup undiluted evaporated milk, 1/2 teaspoon tarragon, 1 teaspoon chopped celery tops, 1 tablespoon lemon juice, 3 eggs, separated, 1

world-over, even this Island Farmwife as she each day in turn, takes up the duties that fall to her hands.

Until tomorrow — Diary — Good-night.

cup cooked or canned salmon, flaked.

Melt butter or margarine over low heat, then stir in flour, salt and paprika. Add milk slowly, stirring constantly, and cook until it is thick as mayonnaise. Stir in tarragon, celery tops and lemon juice. Take off the stove. Separate eggs and beat yolks until thick and lighten. Mix beaten egg yolks into cream sauce, then add the salmon. Cool. Beat egg whites until very stiff. Fold into salmon mixture very lightly. Bake 50 minutes at 325 degrees. Serves 4-5.

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