

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THIS day favors the creative, but overconfidence may result in errors—especially during the early afternoon. It is an excellent day to indulge in hobbies or to learn a new skill. But take your time! If you will stop to think, you should realize that since the first of the year you have been making splendid progress in most of your plans and you should be pleased at the results thus far. Continue in the practices which you have found to be sound and prudent, and do not permit yourself to become discouraged by temporary snags or obstacles. Viewed in the proper light, they should be regarded as a challenge to your innate abilities.

For the Birthday

If tomorrow is your birthday, the year ahead promises much in the way of business activity along with stimulating aspects where social, domestic and romantic affairs are concerned. Because of the current transit of Pluto in your horoscope, your emotions may be stimulated to the point where you will regard everything that happens—even in world affairs—from a personal viewpoint. Therefore, you will want to make a personal issue out of every situation that arises. You will have to conquer this tendency and learn to be more objective. Only in this way can you gain the most from opportunities which will come your way and which, handled properly, can result in gratifying and worthwhile achievement.

A child born on this day will be active and energetic, but will be inclined to let his heart rule his head.

Modern Etiquette

By Roberts Lac

Q. When the guests begin lighting cigarettes after a meal in someone's home, and you find there is no ashtray near you, is it all right to use one of the used dishes in front of you?

A. Never. Don't light your cigarette until you have asked your hostess if you may have an ashtray.

Q. Is it all right to examine the various dishes on a cafeteria counter before selecting a certain one?

A. Yes, if this can be done with a glance. But one should not finger the dishes, nor should one be conspicuous in selecting a dish that seems to be the largest.

Q. What kind of card should one enclose with a wedding gift?

A. A visiting card, or a plain white card with one's name on it.

Household Scrapbook

By Roberts Lac

Lemon Juice

Take the juice of a lemon in hot water the first thing in the morning. You will find that it is an excellent liver corrective and is an excellent anti-fat medicine for stout people.

Fine Laces

Clean the fine and delicate laces by squeezing them through skim milk, to which a little bluing has been added. Then stretch and dry them between layers of a turkish towel.

Stamps

If stamps are stuck together, place them under a thin piece of paper and run a hot iron over the paper, very lightly.



ASKS WAR CLAIM

— Mrs. Alce Boyse Shaw, 60, of Winnipeg is seeking \$148,423 from the war claims commission as payment for being a Japanese prisoner in the Second World War. She testified that Japanese internment killed her 70-year-old husband and that her own weight dropped from 135 to 81 pounds during the confinement. The couple were interned in the Philippine Islands. She asks payment be made from Japanese and German funds held by the government. (CP Photo)

That Body Of Yours

By James W. Barton, M.D.

SHOULD INOCULATIONS AGAINST DIPHTHERIA, TETANUS, WHOOPING COUGH BE GIVEN JUST BEFORE POLIO SEASON?

It is now almost generally agreed that removal of tonsils within a few weeks of the usual season for poliomyelitis (infantile paralysis) increases the risk of a patient later developing the bulbar (paralytic) form. In fact, many general surgeons state that any surgical operation at this time increases the danger of the bulbar form. It is only natural then that the question arises concerning the advisability of inoculating children at this time to prevent tetanus (lock jaw), diphtheria and "whooping" diseases—all of which are "serious" diseases.

In the Journal of Pediatrics (children's diseases), an editorial points out that few pediatric subjects in recent years have aroused so much discussion as the relationship between polio and inoculations, which inoculations are known to prevent diphtheria, tetanus and whooping cough.

This past year a conference was held by Public Health Service at the request of the State and Territorial Health Officers Association attended by forty-two poliomyelitis investigators, pediatricians, epidemiologists, and health officers. After a discussion of available information on the subject, the following statement was adopted unanimously:

"There is no definite evidence that an increase in the number of cases of poliomyelitis has occurred as a result of injections of vaccines, drugs, and other medical agents. There is evidence that injections for the prevention of diphtheria, whooping cough, and possibly tetanus when given during an epidemic of poliomyelitis, may on rare occasions, localize, or limit the paralysis to the inoculated arm or leg. There is no satisfactory evidence that other types of injections have any effect upon the localization, frequency, or severity of poliomyelitis paralysis."

Only a small number of persons were injected and for the most part were given 7 to 21 days prior to onset which is the usual incubation period of poliomyelitis. "Many thousands of poliomyelitis cases occur every year among children who have not had any injections during the preceding few months and thousands of children have received injections for whooping cough, tetanus, and diphtheria during polio epidemics and have not contracted the disease."

Another point is that poliomyelitis rarely attacks an infant under six months, when injections have been completed.

Finally, diphtheria, tetanus and whooping cough are serious diseases which can be prevented by immunization. Unchecked, these diseases present a far greater hazard than polio. These benefits far outweigh the very small increased chance of contracting polio.

Parents can best be guided by the family physician in this matter.

Cook's Corner

SPANISH CHILI WITH SCRAMBLED EGGS

1 minced clove garlic, 1/4 cup sliced onions, 1/2 lb. sausage meat, 1 tablespoon flour, 1 cup canned tomatoes, 1 1/2 teaspoon salt, 1 teaspoon sugar, 1 teaspoon chili powder, 6 eggs, beaten, 1/4 cup milk.

Cook the garlic, onions and sausage meat in skillet until browned. Stir in the flour. Add tomatoes, 1/2 teaspoon salt, sugar and chili. Heat, boiling, while stirring. Combine eggs, milk and 1 teaspoon salt in top of double boiler. Cook over hot water until thick and creamy, occasionally scraping egg from bottom and sides of pan as it sets. Arrange in centre of hot platter, serve with hot chili. Serves 3-4.

POTATO SOUFFLE

3 cups mashed or riced potatoes (free from lumps), 1 tablespoon of butter, 2 tablespoons of cream, 2 eggs, 1 teaspoon minced parsley, salt and paprika.

Heat the butter and cream together and add with the well-beaten egg yolks to the mashed potatoes. Add the chopped parsley and the seasonings and gently fold in the stiffly beaten egg whites. Turn the mixture into a well-buttered casserole and bake in a moderate oven—350 to 375 degrees F. for 20 minutes. Serves 6.

DOROTHY DIX'S COLUMN

Teen-Ager's Complaint

Girl, Who Writes Well, Is Penalized By Parents For Poor School Marks

DEAR MISS DIX: I am becoming very impatient with myself. At 15, I am still in grammar school and am not getting very good marks in my studies, even though I try my best. My parents say I don't try hard enough. They deprive me of many of the pleasures girls and boys my age are enjoying. I am not even allowed to go to school dances. I am not bad looking and would have a chance to go to them if my parents would permit me. I do see their side of the story, but I am doing the very best I can in school, and would enjoy a little fun outside.

CORA D.

TALENTS DIFFERENT

ANSWER: Well, there's one thing I can say for you, Cora. You write a better letter, from the standpoint of spelling, appearance, handwriting than many of my readers who boast much higher mental attainments. While your school grades may not be high, there's nothing wrong with your general intelligence. Your talents probably lie in a different direction, and it behooves your parents to ferret them out. Perhaps you could be trained in some form of handicraft, or in domestic arts. Mother and Dad should talk to your teachers and the principal of your school to get an idea of your capabilities, instead of denouncing you for low marks in the subjects you are forced to take.

I cannot agree with their stand on your social life, either. Depriving you of the normal pleasures of adolescence will not improve your scholarship. From the tone of your letter, I am sure you are trying your best in school, and your failures are not caused by lack of effort on your part.

Perhaps you could induce an interested teacher to discuss the problem with your parents. If there is a vocational guidance bureau in your local high school, help is available there. If the high school lacks such facilities, try one of the colleges near you. Psychological tests are available to bring out your aptitudes, and I am quite certain you have ability in some field as yet untouched by your school curriculum. Good luck!

DEAR MISS DIX: My husband and I have five children, and my father lives with us. My brother, his wife and little girl come quite often to see my father. They stay for supper on Sunday nights. They have asked us all to their house for a Sunday supper, but since they only have three rooms I think we'd be crowded in a small place. I feel that I should take something to help out, as there are so many of us, but my husband says not to take anything as he doesn't expect them to do so when they visit us. We love to have them.

ANSWER: You have solved the major problems of getting along with families; so don't stub your toe on a small item. By all means visit your brother when you're invited; the room may be crowded but hospitality certainly isn't cramped. As for taking something, if you have a particular talent for baking, you might contribute a cake, or a jar of homemade preserves, but don't try to give a major portion of the meal.

DEAR MISS DIX: Would you please try to explain why folks sometimes think it's all right for fifteen and sixteen-year-olds to marry, when we know it's wrong. They should have a chance to enjoy life before settling down.

ANSWER: You won't find many people approving marriages at this early age, although I recall a newspaper item last week in which parents approved a marriage for a 12-year-old. It's an unwise course that's sternly frowned upon by almost anyone dealing with teen-agers.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

From One Cook to Another

by Mary Blake

Carnation Home Service Director



REMEMBER YOUR DELIGHT when you first baked a cake with a mix? What a grand, time-saving joy it was... and so delicious. Now comes more big cake-making news. If you use a mix that calls for milk, I know a way that you can definitely get a higher cake. Yes, a lighter, more tender cake, every time. Carnation Evaporated Milk performs this magic... Carnation used a new way. Double-rich Carnation mix and you... no other form of milk is rich enough. Try this cake-mix trick soon.

With any cake mix that calls for milk do this— Instead of ordinary milk, use an amount of liquid consisting of 2 parts of Carnation Evaporated Milk and 1 part water.

Right now at your grocer's, there's probably a special display of Carnation Milk and cake mix. There you can get an interesting FREE leaflet giving you recipes for icings that you'll want to use again and again. Get your leaflet— get some Carnation and some cake mix—and treat your family to a super cake.

Never run cold water on hot cake pans. Sudden temperature changes may cause warping.

WHAT MAKES CARNATION SUCH A PRACTICAL MILK? First, it's the fact that Carnation is double-concentrated. In each cup of Carnation, you have the food values of 2 cups of pasteurized whole milk. So you can use Carnation mixed with an equal amount of water, to fill every whole milk purpose. Or you can use Carnation undiluted, in almost every way you use cream. Second, because it is specially heat-refined, Carnation gives foods a creamy consistency and flavor that ordinary bottled milk never could. For tempting color and delicious flavor you should be enjoying the creamier consistency and richer taste that you get with Carnation Evaporated Milk. Remember— every drop in every can of Carnation is the same, and unconditionally guaranteed.

LISTEN to the delightful Saturday radio show, "Stars Over Hollywood". A complete half-hour play every week, specially written for this entertaining programme. See your newspaper for time and stations.

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ON COLD DAYS, coffee is more heart-warming than ever.

Especially when it's "creamed" with Carnation Evaporated Milk. Undiluted Carnation looks like cream and has the consistency of cream. And despite its low cost, Carnation gives coffee a richer, creamier flavor and more tempting color. No wonder millions of coffee lovers prefer Carnation to expensive cream in coffee. Try "creaming" your coffee with Carnation. You'll see why.

SPEAKING OF CAKES, I want to tell you about a wonderful easy-to-make Maple Cream Icing. This is a "quickie" method for a favorite kind of icing. And because it's made with Carnation Evaporated Milk, it always turns out creamy rich and super smooth. It's the fact that Carnation is concentrated to double-richness, that makes this icing so much richer than if you made it with any other form of milk. And Carnation's special heat-refinement means that it blends more smoothly and completely with other recipe ingredients, to give icing that's more delicious than any other milk can give.

"NEVER-FAIL" MAPLE CREAM ICING (Makes icing for two 8" loaves)
1 1/2 cups brown sugar
1/2 cup butter
1/2 cup undiluted Carnation Milk
Pinch of salt
1 teaspoon vanilla
2 1/2 cups (about) sifted icing sugar
Stir brown sugar and butter over low heat until mixture reaches boil. Carefully stir in Carnation Evaporated Milk, and stir and cook until mixture reaches boiling point and boils 4 minutes. Cool, add salt and vanilla. Then add icing sugar to make a mixture of spreading consistency, beating until smoothly blended.



"From Contented Cows"

ELLEN'S DIARY

By An Island Farmer's Wife

The highlight of our day was... but after all, would we presume to determine it? Perhaps it was some item we scarcely noticed at the time of its passing, which dovetailing into past events to link them with the future will work for ours or the Family's weal in a way we had never suspected or indeed never dreamed. And yet among the fetching, happenings was that of speeding James off to attend the Provincial Fat Stock Show and Sale today in the city.

We suppose if there had been as many as three more planks to saw with the younger farmer in the project of carpentry at Alderlea, it is likely James would have missed it entirely. And been, we marvel, fairly content with his lot. At the same time there was a spark of yearning in his voice when the outing was proposed by Rob.

"I guess," he said, "it would be time well spent. It's all very well for a farmer to assume he has fair-good animals himself. But how can he know unless he compares them with others?"

The fat cattle at Alderlea and at this place "in" the road, apparently make satisfactory gains and despite their cutting of afternoon the farmers were careful that today's addition would not be represented by "a streak of lean" in their make-up.

"Will he—or not?" The question was settled by the appearance of the Nell-mare and sleigh in the yard as the day wore towards noon. In consequence, she, stabled on a barn-floor, was left to our keeping.

"You might, Ellen," James said, discarding his plaid work-shirt at the pantry-sink, "run down to the barn now and again this afternoon to be sure she hasn't slipped her halter... and the grain-box so near."

"Every half-hour, on the dot!" someone laughed.

"Oh, no," James said, "just whenever you happen to think of it."

"She's not a very valuable animal anyway," one teased.

"That depends on how you reckon values," James commented. "She's ageing and she's light," he agreed, "but she's just the handiest mare around the place—a real pleasure to drive."

Since the snowfall, she draws Granddaughter by sleigh to school, with, of course, James as reinsman, and Mack, a broad fellow and very fair, growing out of his last winter's red cocoon of suit, happy beside. Down the lane, up the hill, and past Pat's reddening maples, in fancy we see them go and we doubt if there ever were more enjoyable outings for those lovers of horses.

"You'll never guess what we met on the road the other day when we were away in the truck?" Mack asked, his eyes bright with the remembrance.

"A truck as big as a house?" he replied.

"No! Better than that," he returned, "and prettier!"

"A...?" we began.

"I guess I'll have to tell you," he nodded. "A team of horses in a farm-wagon! And one horse was white. Wasn't that good to see?"

Despite the indifferent March mood, it proved to be a pleasant outing which took and returned the two farmers in good time for supper. And James changed now to the uniform of his office—overalls—was away then in the dusk towards Home.

Our recent phone call? And all so still here now, with a little boy in bed and Rob gone to collect two young skaters. That was James. "How is your cold, Ellen?" I intended to ask, but it quite slipped my mind when I was there. . . . And the day too, slips away. . . . Until tomorrow - - - Diary - - - Good-night . . .

How Can I

By Anne Ashley

Q. How can I make tender doughnuts?

A. Doughnuts will toughen if handled or kneaded too much. Roll out only a small quantity of dough at a time and cut it into doughnuts before rolling out more. Fashion the holes into the doughnuts with the fingers, without re-rolling.

Q. How can I overcome the difficulty of ironing a sleeve at the part where it is too narrow for the ironing board?

A. Turn the sleeve wrong-side-out, insert a tea towel or padding folded the width of the sleeve, and press both sides. The result is perfect work.

Q. How can I prevent the metal tops of salt shakers from corroding?

A. By covering them on the inside with melted paraffin. While the paraffin is cooling, the holes may be opened with a pin or toothpick.

Better English

By G. G. Williams

1. What is wrong with this sentence? "Mr. Allen has replaced Mr. Wilson as president of the company."

2. What is the correct pronunciation of "rational"?

3. Which one of these words is misspelled? Abrogate, abbreviate, abnegate, absurdity.

4. What does the word "prodigious" mean?

5. What is a word beginning with an that means "nameless"?

ANSWERS

1. Say, "has succeeded Mr. Wilson." 2. Pronounce first syllable rash. 3. Abbreviate. 4. Extraordinary in bulk, quantity, or degree. "His prodigious strength was amazing." 5. Anonymous.



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7270
"Are you always so quiet, Tommy?" asked the visitor.

"No," replied Timmy, "but mother has promised me a quarter if I don't say anything about your bald head and red nose."

Planted To Suit
She had always lived in a town, apartment and on moving into a country cottage she was thrilled with the garden. One day she was showing a friend round and after admiring the flowers the visitor noticed several small green clusters. On asking what they were she was told they were radishes.

"That's a novel way to plant them," commented the friend. "Do they?" asked the new gardener. "Well, that's a funny thing—they always come in bunches at the store."

BATTLE, England, (CP)—After an all-day search police of this Sussex community intercepted a car 36 miles away at Horsham, and recovered a tin of broth that was believed contaminated.

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Anne Adams Patterns

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