

Mid-Morning Coffee

This morning I didn't use any of the left-over coffee but began a new brew about 10:30. This was for the uninvited friends that call from time to time to gossip, to argue, or to wonder if pink really goes with tan after all.

And I imagine this is just what the lady in Albany thinks of me. After misinterpreting her so badly I must apologize and restate her letter. Her satin spread was meant for spread satin, which is a trade name for a smooth paint now on the market.

Before I go any farther I should like to say thank you to the two Green Street housewives who so thoughtfully told me how much they enjoyed Morning Coffee. If either of you have any recipes which you'd like to send along I should indeed be happy to print them.

Now the weather is clearing I can begin my most active sport, hop-scotch. The youngsters on the street think it is very un-sporting of me to use up their best hop-scotch space, but it is wonderfully slimming.

A bride-to-be asks about photographs. Naturally she wants to look her very best in her newspaper picture and has asked for pointers. Well, I've inquired around and hunted up a bit of information for her, and for all prospective brides. . . . Light can bleach out skin tones, blur features, and make the face of a girl look as white as her wedding gown.

I have a special request for cooking rabbit. I should appreciate it if readers would send in any rabbit cooking recipes they have found successful.—E.M.D. (Copyright Serial No. 91258, Ottawa, 1951)

SAFETY PROGRAM

EDMONTON — (CP) — The traffic safety program here includes a "traffic kindergarten," a miniature street intersection complete with traffic lights, designed to give youngsters practical instruction in the proper methods of crossing busy streets.

ELLEN'S DIARY

By An Island Farmer's Wife

With a plate of toast and a pot of tea, James and Mr. C. from the house on the hill, have refreshed themselves before settling back again in easy chairs to give their attention to two Radio interests of to-night: a hockey game of the Maritime League, and the revelations of Mr. Abbott's '51 Budget. . . . James himself expressed the wish for a light lunch because of a trying situation which recently developed in the wee sma' hours after he had partaken of heavier fare.

But as we were being helped towards a state of somnolence by the counting of sheep leaping sedately over a stile — bland-faced but purposeful eyes clearing it lightly, then turning to encourage their bleating lambs to try the low hurdle, and after these, the firm-footed head of the flock, expression a little menacing — James stirred suddenly and asked: "Did I waken you, Ellen? Well? He chuckled a bit, "Isn't it queer what a person dreams? It was winter, Ellen, with great drifts of snow on the fields. . . . I can't recall where I was going, but I was riding. . . . that 'Ringwood' horse — Do you remember him? I traded him for that gray, you liked to drive. Kept him for a few years then sold him one spring, just before cropping. Horses were high then — not much like now. But as I was saying, the 'Ringwood', a chestnut he was, threw me, and I was almost smothered in a drift — and I wakened." He sighed. "No more of those bl—y pickles or cheese, Ellen, at lunch-time after this! Toast and tea, the two enjoyed tonight and since neither game nor budget has come yet to a close, the interval of waiting, will also contribute towards good digestion.

We did a spot of house-cleaning today, coming with scrub-pall and broom to the unit spare-room closets. . . . We were in this neighborhood when we caught a

How Can I!!!

By Anne Ashley

Q. How can I treat a dry skin? A. Cleanse the face night and morning with a good cold cream. Instead of using soap and water. This will keep the skin soft, and no trouble will be experienced in making the powder adhere to the face.

Q. How can I prevent rust when laying aside knives, or other steel implements for a while? A. The implements should be slightly oiled and wrapped in tissue paper; this will prevent their rusting.

Q. How can I prevent the juice of a fruit pie from soaking into the bottom crust and making it soggy? A. Brush the crust with the white of an egg before putting in the fruit.

The Stars Say - -

By Genevieve Kenble

For Tomorrow

A SUDDEN turn in the wheel of fortune, a brilliant flash, inventive and creative, is likely to put an entirely dramatic and dynamic twist to current affairs, probably revolutionary and of far-reaching consequence. Aggressive and powerful grasp of an unusual situation could bring thrilling returns, while at the same time capturing the attention of those in influence and capital whose support is urgent. Do not put in jeopardy such major aims by lax personal behavior or crafty ideas.

If It Is Your Birthday

Those whose birthday it is, may be greatly surprised by a quite unpredictable turn of events, coming when least hoped for or anticipated. The influence is radical and of long-range denouement, with quick, strenuous and constructive grasp of unusual circumstances. Such having power to impress higher-ups to the extent of loosening purse strings and giving ardent support for dramatic developments. Be careful not to err on the purely personal touch or false impression by "over-working" a good thing.

A child born on this day, may be spectacularly endowed with special talents, genius and strenuous energetic "know how" to put over its peculiar ideas with vigor, dramatic force easily winning cooperation of the powers that be.

glimpse of Rob's truck homing from town in the evening, along an indifferent road, muddy and

That Body Of Yours

By James W. Barton, M.D.

ANXIETY NEUROSIS, NEURO-CIRCULATORY ASTHENIA

During and after World War I, medical officers were finding many cases of rapid heartbeat, rapid and sometimes difficult breathing, fear or anxiety, lack of ability to do mental and physical work. With assurance, after careful examination, that no organic disease was causing these symptoms, most of the patients recovered. This ailment is called neurocirculatory asthenia, which means weakness of the nerves and general nervous system. It can and does affect all the various systems of the body: circulation, respiration, heart and blood vessels, digestive and others.

Some months ago I reported a follow-up study after 20 years of 173 patients reported by Harvard physicians Dr. Edwin O. Wheeler, Paul D. White, Eleanor W. Reed and Mandel E. Cohen. Patients were located by search by telephone and street directories, alumni and professional lists, files of licenses and records of divorce and death in 44 states and by friendly physicians and radio stations.

This follow-up showed that while all the symptoms were present, they did not significantly interfere with the patient's work or social or family life nor did they cause death.

One of these physicians, Dr. Mandel E. Cohen, in Medical Clinics of North America, summarizes present knowledge of this disorder, the chief symptoms of which are breathlessness, pounding of heart, nervousness, irritability.

Better English

By B. C. Williams

1. What is wrong with this sentence? "No less than ten people asked where his headquarters was." 2. What is the correct pronunciation of "paraffin"? 3. Which one of these words is misspelled? Ranson, rationalize, rathskellar, rapacious. 4. What does the word "meretricious" mean? 5. What is a word beginning with vo that means "making a loud outcry"?

ANSWERS 1. Say, "No fewer than ten people asked where his headquarters were." 2. Pronounce last syllable as fin, not as feen. 3. Rathskellar. 4. Alluring by false show. "People are often deceived by meretricious displays." 5. Vociferous.

A Country Garden

Mrs. Gordon MacMillan

THE FLOCKS OF SPRING

When winter is done, and April's dawning Shatters the dark of the year, And the rain-fed rivulet under the bridge Again runs clear.

And the shepherd sun comes over the hill To let out the flocks of Spring, With laughter and light in the pastures of air The flocks take wing.

They scatter on every lingering wind The perfume, and the bee, And the whispers of the jostling grass, Glad to be free.

The minstrelsy of the shining pools, The dancing troops of the hours: And over the sod in a sudden rapture Flame the flowers.

Flowers in April are more dearly loved than at any time in the summer season. It is true that they do not make very much difference to the garden picture at this time of year, but they are a promise of many, many more to come.

On the sunny southern bank the rock plants have been trimmed. Nepeta is left until the spring, as the winter is rather hard on this lovely grey fragrant mint and the foliage is very attractive all summer if it is cut back after blooming, the lavender blue flowers continue all season. It is pleasant to trim up Nepeta these days because of its fragrance, seeds can be sown as soon as the ground can be worked and it is an easily grown perennial.

Hardy pinks and Dianthus have been transplanted from the field to the rock garden and with these that wintered over will make the garden fragrant all summer, the foliage is especially good, a lovely grey in a neat mound.

Fragrant Wallflowers have been transplanted near the house so they will be enjoyed, and Iceland Poppies to continue the flowers after the Tulips have gone, Sweet William Foxglove, and Forget-me-not have been planted in their borders, and new shrubs and roses added to the garden.

I have always wished for some new "Rosybloom Crabs" and this week five small trees were planted, they have Indian names and are described as Canadian Experimental Farm originations. These trees or tall shrubs are much superior to their seed parent in form, flowers and fruit. They are of varying habit of growth with exceptionally fine single flowers shading from light pink to deep rose red according to variety. Some of the larger fruiting ones have quite palatable fruit which may prove useful in districts where commercial varieties are very ornamental as the clusters of small purple fruit are borne well on into late fall. The foliage also is ornamental, being of varying degrees of bronze green to red. A Magnolia, and a double white Almond was also planted and it will be interesting to see if they will winter here and bear fragrant bloom.

"Well, you see, dad," he said, "there were a lot of brass plates on the doors and when I got to the number you gave me I saw 'Consultations, 10 to 11.' The chap next door was offering 'Consultations, 10 to 1,' and I knew you'd like the one that gave the best odds."

I am strongly of opinion that the possession of a quantity of plants, however good the plants may be themselves and however ample their number, does not make a garden; it only makes a collection.

Having got the plants, the great thing is to use them with careful selection and definite intention. Merely having them, or having them planted unassorted in garden spaces, is only like having a box of paints from the best colourman, or to go one step further, it is like having portions of these paints set out upon a palette. This does not constitute a picture; and it seems to me that the duty we owe a picture to our gardens is so to use the plants that they shall form beautiful pictures; and that, while delighting our eyes, they should be always training those eyes to a more exalted criticism; to a state of mind and artistic conscience that will not tolerate bad or careless combination or any sort of misuse of plants, but in which it becomes a point of honour to be always striving for the best. . . . Given the same space of ground and the same material, they may be either fashioned into a dream of beauty, a place of perfect rest and refreshment of mind and body — a series of soul-satisfying pictures — or they may be so misused that everything is jarring and displeasing. To learn how to perceive the difference and how to do right is to apprehend gardening as a fine art.

Q. At a buffet meal, should the woman serve herself or wait for their escorts to bring them their plates? A. The women should serve themselves. However, if a woman's escort insists on doing the honors, it is quite all right for her to accept.

Q. Should a hostess take the men's coats when they arrive at her home, and there is no servant? A. No. If the host is not present, she should provide a place for the men to leave their wraps as they arrive.

Modern Etiquette

By Roberts Lee

Q. Is it all right for a girl to offer her hand to a young man when he is introduced to her? A. Although not customarily done, there is nothing at all improper about it if she is genuinely pleased over the introduction. However, a young man should never offer his hand first.

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Cook's Corner

OLD FASHIONED ENGLISH "GIRDLE CAKES"

1 cup flour 1 teaspoon baking powder 1/4 teaspoon salt 1 tablespoon butter 1 tablespoon sugar 1 egg (beaten) 1/2 cup milk 1/4 cup raisins or currants. Sift flour, baking powder and salt out in butter, add sugar. Add well-floured raisins or currants. Beat egg in cup and fill with milk. Make hole in dry ingredients and

pour in liquid. With a knife, blend well. Roll onto floured board and pat or roll to one inch thick. Cut out with cutter. Bake on griddle or closed electric element on very low heat. Allow 10 to 15 minutes before turning and turn only once. Cut open and butter hot. These are very nice for a quick tea.

NEVER SO MUCH GOOD NEWS IN ONE APPOINTMENT! Besides practical over-all styling, it features a slimming midriff, flower pot pocket—and the "extra large" size! No. 2197 is cut in sizes small, medium, large and extra large. Medium, 2 3/4 yards 36-inch, 9 yards ric rac. The applique—included in the pattern—can be made from scrap bag pieces. Send 35c for each PATTERN which includes complete sewing guide, Print Your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address. Address Pattern Department, The Charlottetown Guardian, Pattern No. 2197

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DOROTHY DIX SAYS—

Wasted Life

"Other Woman" Confesses She Has Harmed Man's Family And Self

DEAR MISS DIX: For twenty years I have been waiting for the wife of the man I am in love with to either die or divorce him. Her husband and I love each other. He has a family, the children all over 18 now. I left a good home and a husband to start this. I could have married years ago and been at least conscience free. My sister says if I really loved this man I would not have tried to break up his home and separate him from his children. Is there any way in which I can undo the harm that I have done?



ANSWER: It hasn't been so much fun as you expected to wreck two homes, to break the heart of a good man and to poison another woman's life with jealousy, has it? Now your conscience is beginning to trouble you. It should. I have thought many a time that the woman who steals another woman's husband from her and who takes away from her all that makes life worth living had hands just as red with blood as any assassin.

WHAT DID IT GET YOU? When you sum up what you have got out of your unlawful passion, what happiness has it paid you for all the pain you have inflicted on others and suffered yourself? Your lover did not love you well enough to sacrifice his family, his social position, perhaps his financial interests by getting a divorce and marrying you, so you must have known as bitter tortures of jealousy as you ever caused his poor wife to suffer. For twenty years you waited, hoping, even daring to pray for a woman to die, so that you might take her place, and that must have made you loathe yourself. And now you have nothing. Your youth is gone. Your passion has died down. You have lost the respect of everybody who knows you, and your conscience torments you. What a price to pay for a little stolen love!

You ask what you can do. You can break with the man and cease troubling his family, but for the unhappiness you have caused his family you cannot atone. What we have done, we have done, and it cannot be undone.

DEAR DOROTHY DIX: My husband is overgas and has been for six months. Before he left he told me he didn't want me sitting at home all the time. He advised me to go out with the fellows on friendly dates. This I have tried to think over seriously before taking any steps toward it. I love my husband very much and I'm sure he loves me. We have been married a year now and I'm still in my teens. Please advise me what to do.

ANSWER: You are wise indeed to give serious thought to the step your husband advised. If you sincerely love him you will not enjoy the company of other boys, and if he loves you I'm sure he would be very hurt if he heard that you had taken advantage of the magnanimity of his wife. You married young, presumably with the full realization of the responsibilities involved which certainly include giving up friendly dates with other men. Remember, there are always prying neighbors too ready to tear a young girl's reputation apart and a ruined reputation is very difficult to clear. Better confine your social activities to the family and your girl friends.

DEAR MISS DIX: I have a daughter who has been going with a young man. Both are college students. They are very much in love and intend to marry later on. Recently I have learned of indiscreet relations between them. Young people and have been troubled about how to meet the situation. Would you advise letting time take care of it, or should I try to terminate this romance? DISTRACTED MOTHER

ANSWER: If you saw your daughter drowning you would try to save her life, wouldn't you? Well, it is far more important that you should try to save her soul than it is that you should try to save her body. I cannot imagine any mother seeing her daughter starting on the road to ruin without moving heaven and earth to try to stop her.

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

Morning Smile

By Roberts Lee

Bookmaker, who was ill, sent his small son to ask a certain doctor to call. A different physician having arrived, the bookmaker afterwards asked his son to explain.

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Household Scrapbook

By Roberts Lee

To give soup a rich, creamy taste, put in for each quart of soup a piece of cheese about the size of a walnut, just before serving. Adding a little celery salt to potato soup gives it a delicious flavor. Grated cheese is fine for onion soup.

Water which has a milky appearance can be cleared with a piece of rock alum. A piece the size of a lima bean will purify one tub. The alum should first be dissolved in a pint of boiling water.

A few drops of lemon juice dropped on black or tan shoes followed by a brisk rubbing with a soft cloth will give a splendid polish.

Needlecraft

FOR THE HOME

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"IT'S A FACT..." SAYS MRS. LISTER

SHIRTS AND SHEETS

COME WHITER LAST LONGER

washed 10 minutes in NEW Jet-Power LUX than those washed 20 minutes with other washday products!



MRS. RALPH E. LISTER Vancouver, B.C. "Since I've been using New Lux in my washing machine my white wash looks whiter and I notice my linens are not wearing thin. My husband's shirts are holding up better too. New Lux is just grand. Doesn't cost any more than other soaps either."



Yes! Washing tests prove just 10 minutes with New Jet-Power Lux in your washing machine and your wash is whiter, brighter than it is in 20 minutes with any other washday product—whiter than ever before.

And with New Lux you save half the washday wear and tear, half the pounding, twisting and tumbling! Sheets and shirts, towels and table linens wear better, last so much longer. Get New Jet-Power Lux . . . use it for everything in your washing machine! Safest for colors, too. In the large or the giant size!

Costs less to use—you get more soap than in any other washday product!

for all the family wash