

Modern Etiquette

By Roberta Lee

Q. Is it proper always to seat a woman at a table to the right of her male companion?
A. When practical, yes. A few definite rules about this include the seating of a guest of honor on the right of the host or hostess or chairman, and the military rule by which the senior officer walks as well as sits on his junior's right.

The Stars Say

By Genevieve Kemble

For Tomorrow

THE day starts off on a peculiar note, with but little incentive to "snap out of it," since the situation seems ominous and depressing. Under the spur of nervous irritability, gloom and a tone of "what's the use," it may be difficult to tackle problems or to shake off lethargy. The mind is not clear, certain stagnation or doubt makes for inharmonious and inefficiency. Later on, some unlooked-for experience or event may ignite the energies and send surprising zest and drive for action.

For the Birthday

Those whose birthday it is may expect a strange year in which some entirely unforeseen events or sudden turn of dominant or complicated situations may flare into keen activities and enthusiasms, both in thought and action. Mystery seems to end, and straightforward developments may incite to a very productive and unpredictable climax. Some inspired or unconventional developments could radically change the course of events.

Felt Headliner



Always a favorite—the beret in a tailored mood. You don't need the skill of a milliner to make this style as it is easy to cut and sew. One of the nicest features of a beret is the many ways you can wear it either off-the-face or draped forward for maximum flattery. This style is self-trimmed with felt discs that dangle casually down both sides of the hat.

That Body Of Yours

By James W. Barton, M.D.

CUTTING DOWN ON TABLE SALT AND OTHER SODIUM PRODUCTS

As table salt holds 70 times its own weight of water in the body tissues and as too much water in blood-vessels and tissues raises the blood pressure and high blood pressure causes heart and brain strokes (when the blood-vessels are fragile or have lost some of their elastic tissue), physicians prescribe a diet low in salt. The amount of salt allowed in foods daily is about one teaspoonful, so it is only natural that salt substitutes are in great use, just as saccharin is used as a substitute for sugar diabetes.

However, as some of our foods are necessary to maintain the structure and strength of body tissues, particularly proteins (meat, eggs, fish milk), physicians do not advise taking into consideration what foods are low in salt so that proteins which contain considerable salt to give a satisfying flavor, may not have to be reduced in amount if at all possible.

In the Journal of the American Medical Association, the report on this matter of cutting down on foods rich in sodium (salt) and using foods low or poor in sodium is discussed.

Cutting down the amount of meat and eggs allowed per day will sometimes be necessary, particularly if the daily sodium intake is 200 mg. or less. This means a decrease in protein of high body-building food value and therefore decrease of the important vitamins of B complex.

Because so much food contains salt or needs salt to preserve or flavor it, the processing of foods is receiving attention from physicians.

"The processing of foods to remove natural sodium may decrease the content of certain other nutrients (vitamin or nourishing food elements). Products such as these are appearing on the market in increasing numbers and may be highly desirable because they contain such a small amount of sodium."

At present the extent of the reduction of nutrients or valuable food elements is not known in many instances but efforts will be made to procure this information and make it available to physicians and the thought then is that while a low salt diet is desirable in cases of high blood pressure and every-body needs "some" salt daily, the important point is that the physician in prescribing a diet low or poor in salt must weigh carefully the benefits he expects from this low salt diet against the consequences of a diet greatly reduced in needed food factors.

Household Scrapbook

By Roberta Lee

To Write in Silver

To produce the effect of writing having been done in silver, mix one ounce of the finest pewter or block tin, and two ounces of quicksilver, together until both become fluid. Then mix it with gum water. Use as you would ink.

Wet Fur

Do not dry wet fur that has been worn in a rain or snow storm near heat. Intense heat injures fur. Remove excess moisture with a dry cloth and hang the fur in a cool place to dry.

Starch

If there is any leftover starch, use it for scrubbing hearths and tiles. It will give a nicer finish than soap and water.

ANCIENT SEAPORT

Valparaiso, the chief seaport in Chile, was founded in 1543.

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MOUNTAINOUS LAND

Ecuador on the Pacific Coast of South America has a dozen mountains over 16,000 feet in height.

TIRED FEET

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One of the most elegant fur coats which London furriers will display for visitors to the Queen's Coronation next year is a royal pastel mink—a development of mutation mink that resembles the finest characteristics of wild mink. With the new narrow width and knee flare, wide sleeves that cuff deeply to three-quarter length and an easy roll collar, it costs \$1,475. —(CP PHOTO)

How Can I ...

By Anne Ashley

Q. How can I remove grit from the eye?
A. Never rub the eye when you feel something has lodged in it. Close the eye and gently pull the eyelid free of the ball; frequently the tears will wash out the speck. If this does not work, look in the mirror and see if you can detect the speck with the other eye; if so, remove it with the corner of a clean handkerchief. If none of these remedies works, apply a cloth wet with boric acid solution and go to a doctor at once.

Q. How can I prevent tarnish on gold and silver slippers?
A. Wrap in black tissue paper before putting them away. If they are treated in this way, they will not be as liable to tarnish.

Q. How can I eliminate a damp musty odor in a coat closet?
A. Place a piece of gum camphor on the floor at the back of the closet and it will soon do away with any unpleasant smell.

Brainwork!

The tramp had been on the go all day, and although hating the idea, he agreed to do some work in return for a meal. The farmer led him to a large mound of potatoes. "All you have to do," he said, "is to put the large potatoes on one side and the little ones on the other."
The tramp settled down to the job. Half an hour later he knocked at the farmer's door. "I'm sorry 'gunner," he said, "I can't do that job. It's too hard."
"WHAT!" cried the farmer. "Why, it's his play. You have only to take one side of a potato and put it on one side or the other."
"THAT'S what kills me," moaned the tramp. "Every time I have to make a decision."

DOROTHY DIX'S COLUMN

Devoted Wife

Refuses Ailing Husband's Plea To Send Him To A Hospital



Muriel Nissen

DEAR MISS DIX: Eight years ago I married Ray, who had a curvature of the spine from polio. We have four children. Ray also helped raise my son who is now 20 and in the Navy, and a daughter of 13, who is still with us.
My husband's health has become increasingly bad, and he is not able to work at all now. I don't mind caring for him; he's no bother, but he has gotten it into his head that he is a burden and wants me to send him to a hospital. I refused. My son and daughter agree with me that I should keep Ray home, and the little children miss him terribly if he's away for a few hours. I, am 35, my husband is 42. Am I right to insist on caring for him at home? M. W.

AN EXAMPLE FOR WHINING WOMEN

ANSWER: You certainly put to shame whining women who complain because they don't get enough attention from their husbands, have in-law trouble or resent any extra work inflicted on them. The care of your husband, whether well or ill, is so evidently a joy, rather than a burden, to you, that I think you'd be lost without it. Proof again that for those who love unselfishly no effort can be too great.
Of course, you are right to keep Ray home, but I hope your daughter, and even the small children, are made to realize that they must share in his care, too. There are lots of small jobs you can allot to them, and the spirit of selflessness that motivates you in your daily life should be passed on to your youngsters. There is no indication whatever in your letter that you accept this charge with any thought of martyrdom. If you did, Ray would, of course, be the sick one off anywhere but at home. Nothing is so disturbing to the sick as to be made conscious of the fact that things are being done for them from a sense of duty rather than of love.

You'll have little difficulty in persuading your husband to stay at home; there's no doubt but that he wants to be with you and the children, and he is trying to match your devotion by relieving you of what he thinks to be a burden.
Your home may lack many material things, but it certainly abounds with love and the true spirit of charity. God bless it!

DEAR MISS DIX: My mother has always said if I couldn't bring my friends home I couldn't meet them outside. Well, I thought she meant it, but I had a few friends in the other evening and mother raised the roof.

ANSWER: I hope your mother was sincere when she told you to bring the gang home, but perhaps you brought them in at an inopportune time and without warning! It's always best to prepare mothers for such things as unexpected company. Ask your mother just what her objections were, when you were only acting on her own suggestion.

DEAR MISS DIX: Do you think this suggestion is in keeping with the Christmas spirit? True, it will be hard to stretch budgets to cover Christmas, but I don't like this solution. Our family has always exchanged gifts, but someone proposed that this year we draw names with each member donating a gift tagged for the person whose name he draws, all gifts to cost the same amount of money. To me this smacks of putting a price tag on Christmas. After all, it isn't the cost that counts; smaller gifts could be given, or, if no gift could be bought, a smile on Christmas morning would make the day lots brighter.

ANSWER: If you have a large family, the problem of individual gifts can be very acute. Perhaps it would be harder for some than for others. Therefore, the suggestion of drawing names does not surprise me for each one in the family. I'm sure it was made with no attempt to detract from the spirit of Christmas, but rather to add a note of gaiety. The smile on the Christmas morning is a wonderful idea, and one all the family can enjoy. To insure that your smile will be a big one, join in with the rest of your family in whatever celebration plans are proposed.

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

Cook's Corner

BANANA COOKIES

One-half cup each butter, brown sugar, white sugar, 1 egg, 1 1/2 cups sifted flour, 1/2 cup fine oatmeal, 1/2 teaspoon salt, 1/2 teaspoon soda, 1/2 teaspoon baking soda, 1/2 cup mashed banana pulp for 1/2 cup crushed drained pineapple, 1 teaspoon vanilla, 1/2 cup chopped nuts. Cream together shortening and sugar well, then beat in egg and flavoring. Sift and measure flour and sift it again with salt, soda and baking powder. Add oatmeal to it and stir them into the first mixture, with nuts. Drop by teaspoons onto greased sheet about 3 inches apart and bake at 375 deg. Fahr. about 10 or 12 minutes.

Better English

By G. G. Williams

- 1. What is wrong with this sentence? "He didn't come but once, and there's no need of him coming again."
2. What is the correct pronunciation of "nadir"?
3. Which one of these words is misspelled? Prince-nez, pinafore, pinacle, pendulum.
4. What does the word "contiguous" mean?
5. What is a word beginning with par that means "frugal to excess; stingy"?

ANSWERS
1. Say, "He came but once, and there's no need of his coming again."
2. Pronounce na-der, a as in nay, accent first syllable. 3. Pin-nacle. 4. Touching; adjoining. "It is a picturesque house, contiguous to the churchyard." 5. Parsimonious.

ELLEN'S DIARY

By An Island Farmer's Wife

Our visitor this evening nodded sympathetically: "I guess, Ellen" she commented, "you've had a . . . well," she chuckled, "quite a day!" It had been fairly busy as we suspected, was hers and other Island housewives after the Sunday rest, the washing and added cleaning and other duties about . . . "I always maintain it's a duty done," Aunt Kitty Mahoney once explained as she arranged with much respect a dish of greens to light up the dinner of ham and eggs. "If a body washed this lettuce—oh, just to have it over, and then dumped it topsy-turvy into any old bowl!"

"But if," she continued, "one brought a company dish from the cupboard, and took care to arrange every leaf prettily in it, as if it was the one thing the Good Lord had saved especially for her to do, knowing no one else could do it better," she smiled through her gold-bowed spectacles, "that wouldn't be a duty—that would be a joy! Life's like that, I've found; do your work any old way, it's a task—a wearying business at best; but put your heart into it, even to setting the table over and over, day in and day out, it's actually fun!"

"Yes," our visitor offered and the little lad miserably too! I know what that is. Didn't I bring five of my six through the measles . . . all down at the same time? That was," she smiled, "back in the good old days, when there were few conveniences about—when if one wanted a cool drink, you grabbed a pail and went out to the pump; if you had remembered to get kerosene, you had a light—and if you were about out of it, you took good care to put it first on the list of things you needed from the store the next morning! But at that," she stopped a moment, doubtless remembering in her then unbroken family circle, how bonny had been that past, "I had better times than that I realized."

"It's mostly a person's state of mind while he's working, that makes one happy or miserable over it—that is, if he is in fair-good health," James commented. "I was reading something about that—a quite sensible article only the other evening. Self-pity one thing that plays one out, work or no work. And then there is hurrying—tense every minute. It said, 'If you relax, you can stand anything. Remember how the sands of the hourglass go through just one at a time. The very word, 'Duty' suggests one thing at a time!'"

"And it told a story about a postmaster's reply to a friend at the busy Christmas season. 'No, I don't get tired,' he said, 'when I see that long line of people waiting with bundles. I say to myself, 'Just one bundle at a time' and I feel as fresh as a daisy when the day is over.' Yes," James offered, "that's very good philosophy. But I was forgetting something; it said, 'No woman ever worked herself to death, assuming, of course, good physical condition!'"

"And did it mention," we teased, "anything about man's work lasting only from sun to sun?" "Not that I recall," James smiled. "Besides that old saw is outmoded—it should be reversed, 'Work or play busy or idle, all things considered this day has been altogether pleasant.'"
Until tomorrow . . . Diary . . . Good-night . . .

again? 2. Pronounce na-der, a as in nay, accent first syllable. 3. Pin-nacle. 4. Touching; adjoining. "It is a picturesque house, contiguous to the churchyard." 5. Parsimonious.

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4678 SIZES 2-8

by Anne Adams

Morning Smile

For Convenience

From a provincial newspaper: "Reliable and hard-working clerk who is paid on Friday and is broke on Tuesday, would like to exchange small loans with another who gets paid on Wednesday and is broke on Saturday."

Don't Forget

"Well, dear," said Mr. Blair, after tea had been cleared away, "what are you planning to do this evening?"

Mrs. Blair shrugged her shoulders. "Nothing special," she replied. "I'll probably write a letter or two, read, listen to the radio, and so on."

"I see," he replied. "When you come to the so on, don't forget my shirt buttons."

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