

How Can I!!!

By Anne Ashley

Q. How can I stimulate the growth of my house plants?
A. Put some coffee grounds around the roots of the plants about two or three times a week.

Cook's Corner

CRISPY CHOCOLATE MACAROONS

These macaroons are chewy and sweet... they have an attractive, bumpy appearance. They stand up well and hold their shape.

Modern Etiquette

By Roberta Lee

Q. Is it good form for a dinner guest to fold his napkin into its original folds when finished eating?
A. No. Inasmuch as the napkin must be laundered before using again, it should be left unfolded at the side of the plate.

A Country Garden

Mrs. Gordon MacMillan

In dreary winter who would know My garden's hidden loveliness? Though Spring will banish frost and snow,

Frangrant Hyacinths are blooming in rose and white and blue and these were planted in good garden soil.

Shelley wrote about Hyacinths... And the Hyacinth purple, and white, and blue,

There are over thirty species of Hyacinths, mostly native to Africa and regions as far north as the Mediterranean.

The Dutch made a specialty of Hyacinths and grow them with the greatest success. Methods of propagation are very involved.

Hyacinths have been grown in this garden for many years and many more are needed for early color and fragrance.

February it is good to have several bowls of fragrant Hyacinths blooming in the home; they can be easily kept until the fall when they can be planted out in the garden to give years of beauty.

A letter has been received asking for some information on the care of the Cyclamen, and at the beginning I find them a difficult houseplant but very beautiful and worth a little effort.

When the blooming period is over in the spring, reduce the water supply and keep in a cool room until it is safe to put out in the garden in the shade of a shrub.

Early in August the corn is lifted and the soil replaced by a fresh mixture of good garden soil and leaf mold and the corn planted high with half in the soil and half on top, the plant watered and placed in a cool shady spot until early in September.

The reader asked about the Jerusalem ocher (Solanum pseudocapsicum) must not be placed in a hot dry room or it loses its berries and leaves very early.

Seeds of all plants are very wonderful and the method by which they are carried here and there...

The brightly colored weeds of summer become dry stalks in winter. They hold the seeds that will make next summer's flowers.

The tall spikes of the great mullein rise like brown candles above the snow. The mullein has rows of balls along its slender stems.

Seeds are scattered in different ways. Those attached to fluff blow away. Some seeds burst from their pods with little explosions that send them flying.

Each glassed in ice. Harsh winter, grey and dun. Shuts out the sun.

Like beauty with its deathless seed of love. Mary Webb.

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Bright Colors In Kitchenware Suggested By Woman Buyer

If you can convince people that it pays to buy top quality household goods, you'll be doing them a service, says Mrs. M. Kean, household goods buyer of a Windsor department store.

Mrs. Kean buys for women, as most of the customers in her department are women. "Men still think of buying hardware in a hardware store," she explains.

She looks for bright colors in kitchenware, such as pyrex bowls, and bright-trimmed egg beaters and coffee-makers.

Housework should be made even easier with the ideas of other exhibitors in the display. Now there is a magnetic can-opener, which both holds the can up and keeps the lid from falling once it is off.

A new broom uses somewhat the same principle—the electricity produced by the friction of plastic bristles on the rug picks up dirt and holds it.

Morning Smile

The Cure

A five-year-old boy had been having trouble at the hands of a small school-fellow. One day, on his return from school, he remarked to his mother: "Johnny isn't nasty to me any more; every time I see him, I hit him to keep him kind."

Priceless Diplomacy

The young bride is looking into the window of a jewelry store. "George," she says, "I'd love to have that bracelet."

"I can't afford it for you, my dear," says George. "But if you could you would, wouldn't you?"

Better English

1. What is wrong with this sentence? "My son-in-law claims that your assertions are contrary with reason."

2. What is the correct pronunciation of "medieval"? 3. Which one of these words is misspelled? Frieze, fricassee, frustration, fragmentary.

4. What does the word "abject" mean? 5. What is a word beginning with ap that means "an opening"?

ANSWERS

1. Say, "My son-in-law maintains that your assertions are contrary to reason." 2. Pronounce medieval, both e's as in me, four syllables, with accent on the third.

3. Frieze. 4. Stunk to a low condition; down in spirit or hope. "Try to banish all abject and lowly thoughts." 5. Aperture.

The Stars Say

For Tomorrow

A WAVERING, indecisive and vacillating state of mind could undermine most cherished plans or projects of more than ordinary expectation.

If It Is Your Birthday Those whose birthday it is, may

Barbara Ann Chosen By Texas Firm Best Dressed In Sport

NEW YORK, Feb. 12 (CP)—A list of 10 "best-dressed sportswomen" announced today, included Barbara Ann Scott of Ottawa, former world figure-skating queen.

They were chosen by the North Sportswear Manufacturing Company of Dallas, Tex., on the basis of "consistent fashion consciousness" in their apparel in both active sports and private life.

Miss Alice Bauer, golfer. Patty Striebeck, bowler. Ellie Wood Keith, horsewoman. Pauline Betz, tennis player. Sonia Henie, skater.

That Body Of Yours

MODERN PSYCHIATRIC TREATMENT

Despite the discovery a few years ago the shock method of treating mental cases, our mental hospitals are still very much overcrowded. To overcome this overcrowding, mental specialists are establishing out-patient clinics for mental patients in our general hospitals.

In the Boston office of Medical Clinics or North America, Dr. William L. Holt, Chief Medical Officer, Boston Psychopathic Hospital, says that while the shock and other methods of treatment of mental cases are of great help, "certain principles of psychiatric treatment have stood the test of time and are considered as essential today as they were 10 years ago when Dr. Butler, first Superintendent of the Boston Lunatic Asylum, put them into practice."

These principles of treatment were admirably summarized by Charles Dolekian in 1842 as the inculcation and encouragement of a decent self-respect, and consisted of occupation, diversion, bathing and outdoor exercise in an atmosphere of kindness controlled by moral restraints.

It is the use of these principles—kindness, occupation, diversion and bathing—that has resulted in recovery in over half of those admitted (six out of every 10).

Psychiatric examination of patients in the physician's office is a long intensive process involving hours of time with a single patient. For this reason, group treatment of mental patients is becoming widespread, especially in public institutions. The groups are usually between six and 20 individuals led by a professionally trained worker, with insight into the mental and emotional make-up of these patients.

"Group treatment has extended from play groups of disturbed children to relatives of double personality patients, alcoholics and acute cases of shock treatment," Dr. Holt writes.

Whether treatment is given singly or in groups, the chief effective method is the interview. find themselves in a quandary, with important deals or decisions coming up for consideration and with a mental slant or confusion not to be depended upon for sound logic or rationalizing.

A child born on this day, may have stimulated inner drives, imagination or high ideals of instinct when mental conclusions could prove erroneous.

ELLEN'S DIARY

By An Island Farmer's Wife

At Alderlea we are reminded of time's flight when an anniversary of one or another of the family rolls round — when Jamie, eldest grandchild of all comes to the day when he adds another twelve-months to his years, or one of the others, young or older, steps off into a new year of his own.

James' glance strayed to a window, where the crisp sun of day was climbing round and round, above the dark of the spruce, down the stream, dissolving dawn's shadows and spreading a rosy glow along the white slopes of the valley.

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Household Scrapbook

By Roberta Lee

Tired Eyes If the eyes are tired from close work during the day, use a soothing lotion before retiring. A mild solution of boric acid, epsom salts and water, or plain salt and water all are effective when used in an eye cup.

Wet Furs If your furs become wet shake them until the top hairs become fluffy, then hang in an open place. Do not hang near heat to dry.

Oak Furniture A very good polish can be given to oak furniture by rubbing thoroughly with boiled linseed oil.

DOROTHY DIX SAYS—

Bachelor's Right

Man Needn't Feel Unchivalrous In Turning Down Proposal

DEAR MISS DIX: I am a man in my early thirties. About a month ago I met a girl who insists upon my marrying her. I like her, but am not in love with her. I have no reason at all to marry, as I have a comfortable home and feel I would not be happy married, as I don't like any strings tied to me.

ANSWER: Certainly not, if you don't want to do so. It is her privilege to ask you, but it is equally your privilege to refuse.

But let a woman come out flat-footed and frankly tell a man that she loves him and wants to marry him, and he becomes paralyzed with terror. He feels that his doom is sealed and that nothing short of a miracle can save him from having to marry her.

Of course, it is not to be denied that when a woman makes up her mind that she wants to marry a man and sets out to get him, she is mighty persistent and very likely to get him.

DEAR MISS DIX: A young girl is boarding with me who is a photographer's model. She is sweet in disposition, but she is the wildest, most irresponsible girl I have ever known.

ANSWER: Certainly if a girl knew that every time she came home intoxicated she was due to have a painful session with a stromgrommed and determined mother, she would stick to tomato juice instead of old-fashioned and cultivate a taste for ginger ale instead of highballs.

DEAR MISS DIX: Doesn't it take money to make a marriage work? I'm not foolish enough to believe that love alone can suffice, that staying home every day, economizing, counting every penny makes for happiness.

ANSWER: That depends altogether on what the couple is accustomed to having. What would seem riches to one would be grinding poverty to another. I agree with you that a marriage is very likely to go on the rocks if a young couple must deny themselves even the common comforts of life.

DOROTHY DIX cannot personally reply to readers. Her letters of general interest through her column.

-Needlecraft-

FOR THE HOME

EASY TO MAKE

The charm of this washable lies in its youthful styling — brief ruffled sleeves, lowered round neckline, slenderizing panel treatment. Plus the fact that it's so easily made.

No. 2122 is out in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40 and 42. Size 16, 4 yards 35-inch, 4 1/4 yards 36-inch.

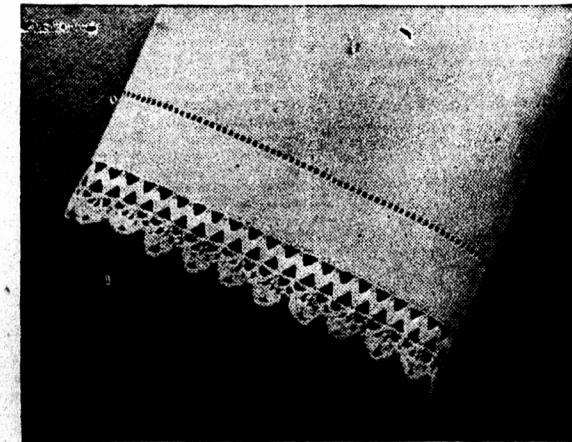
Send 25c for each PATTERN which includes complete sewing guide. Print Your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

Address: Pattern Department, The Charlotte-Town Guardian, Pattern No. 2122

HOW TO RELIEVE LUMBAGO OR LAME BACK Apply warm oil to region of aches, rubbing in thoroughly. At Drug Store for 25c.

2122

Rick-Rack Edging for Guest Towel.



To add a fancy touch to your plain huck towels try this pretty edging made of rick-rack braid and a simple border of crochet. Towels with a dainty, scalloped edging like this make lovely gifts and you'll find that it doesn't require much crochet cotton.

VALENTINE Gift



GIRLS!

GIVE ONE OF THESE

TIES

Some of them are truly Valentine Ties... Scarlets and reds in large or small patterns and plain shades... bows also in all the rainbow's shades. See them in our display windows, today.

HENDERSON & CUDMORE

WHERE QUALITY MATTERS

"Home Early! Just in time for a cup of tea"



TEA TIP Always allow five full minutes to brew the tea to full, true flavor.

AFTERNOON TEA Your Friendly Pick-Me-Up