



Eggs play an important part in the diet, not only because of their nutritive value but because of their palatability and versatility in cooking.

6 slices lightly fried bacon well drained. 6 Tomato catsup. Grated cheese. Grease a 6-cup muffin tin and line with the bacon. Drop 1 teaspoon catsup in each cup.

6 Muffins. Turn out on buttered toast. Serves 6.

Morning Smile

Englishmen and Americans planned a contest to see who could assemble a plane in the quickest time. Three hours after the start an Englishman went across and asked the Americans how they were getting on.

How Can I!!!

Q. How can I remedy elbows that are rough and unsightly? A. Scrub them every night with warm water and soap, using a soft brush. After they are cleaned, rinsed, and dry, massage with warm olive oil. Keep up this treatment for two weeks and see the improvement.

Anne Adams Patterns



4809 14 1/2 - 24 1/2 by Anne Adams

Hospital Tots Help Artist Paint Mural

LONDON, Ont. (CP)—William O. Moore, a London artist, wanted to do something for the children in War Memorial Hospital here. And the children helped him do it.

The Stars Say - - By Genevieve Kambie

For Tomorrow TACT and self-control will be needed if you would make this day a successful one. There are tendencies toward blundering, argumentativeness and stormy emotional scenes.

For the Birthday If tomorrow is your birthday, a present-longing for adventure and a mind full of highly imaginative ideas may combine to make you so restless and so emotionally keyed up that you toy with the idea of making a change either in your job or your living environment.

Q. How can I mend galoshes? A. A leak in the galoshes can be satisfactorily mended by pasting some adhesive tape over the hole on the inside of the rubber.

FOR HALF-SIZERS! Half-sizers—look! This is a dress designed for the speaker's platform, the club tea, the big party of the season!

Gives Birth To Girl Aboard Overseas Plane GANDER, Nfld., (CP)—A Dutch police officer's wife today gave birth to a baby girl aboard a KIM Royal Dutch Airlines plane bound for Montreal.

Chapped Lips To make a salve for chapped lips mix 20 parts of white wax, 40 parts of spermaceti, 10 parts oil of sweet almonds, and 80 parts of perfectly pure and fresh lard.

Better English By D. G. Williams

1. What is wrong with this sentence? "It's an actual fact that I intended to go to town all week."

ELLEN'S DIARY

"This," James commented tonight, looking up from his reading, "is what I would call a fairly good article. The man has the right grasp of his subject."

Octogenarian Father Complaining Old Man A Problem To His Sympathetic Children

DEAR MISS DIX: My 80-year-old father is becoming quite a problem. He is now living with a member of the family but is unhappy because there are young children in the household.

Household Scrapbook By Roberta Lee

Thawing Frozen Pipes If a water pipe becomes frozen, dip towels in hot water and place them on the pipes, particularly at the joints. Leave the faucets open. If necessary, repeat the operation until the water starts to flow.

Reward For Record-Setter Col. Willard W. Millikan, who smashed west-east transcontinental flying record, is shown reaping a reward in compliments of his wife, Enny, and daughter, Patricia, 10. Millikan jockeyed his P-51 Sabre jet from Los Angeles to New York in four hours, eight minutes and five seconds, bettering the old record of four hours, 13 minutes set in 1946.

That Body Of Yours By James W. Barton, M.D.

A POSSIBLE LIGHT ON CAUSE OF MULTIPLE SCLEROSIS Some years ago I wrote a series of daily articles comparing the body to an automobile in which I likened the brain and nerves to the battery of the car because the brain and nerves control all mental, physical and emotional activities of the body.

Modern Etiquette By Roberta Lee

Q. Don't you think a devoted wife has the privilege of opening her husband's mail? A. Never. Neither wife nor husband has the privilege of opening the other's mail nor should she or he pick up and read it after it has been opened, without permission.

Work With Eskimos



Mr. and Mrs. James A. Houston of Toronto have been hired by the federal resources department to carry on their work of helping the Eskimos in the Canadian Arctic develop their handicrafts.

DOROTHY DIX'S COLUMN

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Canadian Ballerina



Canadian-born Melissa Hayden in her native land. She was born in Toronto but has appeared mostly in the U.S. and has toured Britain with the company.

SOUTH WINSLOE W. I. The regular meeting of South Winsloe W. I. was held at the home of Mrs. Heber Hardy, Dec. 15 with the president in the chair. Roll call was answered by nine members.

REGINA, (CP) — A new iron find has been made in the Spear Lake district of northern Saskatchewan, Resources Minister Brookelbank said Saturday.

Alice Brooks Designs

Stroke of your iron— presto! Linens bloom with tea roses! They're butter yellow and sunny orange with leaves of vivid green.

KIDNEY ACIDS Rob your Rest. Many people never seem to get a good night's rest. They turn and toss—blame it on "nerves"—when it may be their kidneys.

Every home needs Sunlight! Sunlight makes everything bright!

You'll love New Sunlight for cleaning almost everything around the home. Your hands will love it, too. Get Sunlight today. It's all pure, extra soapy.