



Princess Alexandra, 17-year-old daughter of the Duchess of Kent, is expected to accompany her mother on a visit to Canada this summer. The Duchess has been invited to open the Canadian National Exhibition in Toronto Aug. 27, and it is likely they will tour a number of eastern Canadian centres. This portrait of Princess Alexandra was taken on her 17th birthday. — (CP from U. K. Information).

Contract Bridge
By Josephine Culbertson
THE WEAK TWO-BID

The weak two-bid, which is used by quite a few players, especially in duplicate games and tournaments, is by no means an unalloyed blessing to its user. Sometimes it runs into distributional storms of the type present in the following hand, taken from the very recent Eastern States Tournament in New York.

East dealer.
Both sides vulnerable.

♠ J 8 5 2	♥ A K J 6	♦ 3	♣ A K J 8
♠ K 8	♥ 9 8 2	♦ A K J	♣ 10 5
♠ 9 7 4	♥ 10 6 3 2	♦ Q 8 7 5	♣ 10 6 3 2

When the hand was first played the East-West pair did not go in for the weak two-bid, and the auction proceeded:

East	South	West	North
Pass	Pass	1 ♠	Dbie.
1 ♠	1 ♠	Pass	2 ♠
Pass	Pass	Pass	Pass

Granted East and South indulged in some rather fancy bidding, but both the one-heart rescue of one diamond, and South's free spade bid on the three-card suit, were more or less in accord with expert match-point tactics. The prime point was that South had no chance to leave in the diamond double. South played the cards beautifully and made three spades, for what should have been an excellent score on the board.

This North-South pair, however, could not reckon with what was being done to them by their own partners, East-West, at the other table. There the bidding went quite differently:

East	South	West	North
Pass	Pass	2 ♠	Dbie.
Pass	Pass	Pass	Pass

East could not go in for any rescue operations when his partner's weak two-diamond bid was doubted — he could only pass and pass. Then South had no problem. If the bid had been one diamond doubled, he would have thought twice about passing, for all his six cards in the diamond suit, by at the two-level his course was clear. The outcome was penalty of 800 — West could not win a trick out of the diamond suit.

The theory of the weak two-bid is that it "crowds" the opposing bidding, but protagonists of this convention seem to overlook the fact that the bid often gives the enemy a fine choice of actions, defensive or offensive.

BOTTLE-FED BABIES

If your baby is bottle-fed, be sure to watch little bowels closely. Mother's milk has a natural laxative effect which helps ease baby's bowels. Lacking this, a bottle-fed baby often gets fretful, feverish and suffers constipation and upset stomach. Let Baby's Own Tablets help you keep baby's bowels on schedule — means eyes open, simple, fever, constipation, indigestion and fretfulness resulting from irregularity at feeding time, and other minor ills. Get Baby's Own Tablets today at your druggist.

That Body of Yours
By James W. Barton, M. D.
BACKACHE IN DYSPEPSIA

Many of us think of backache as being caused by rheumatism, or by injury such as lifting. It may surprise many to learn that dyspepsia (indigestion) is a common cause of backache.

In Annals of Rheumatic Diseases, London, Dr. J. W. Beattie states, "It is well known that backache occurs in spinal disorders involving the skeletal structures. Backache is also recognized as a feature in diseases of women, organic nervous diseases and states of anxiety and hysteria. Much less appreciated is the fact that backache may be caused by various disturbances of the stomach and intestines (intra-abdominal disorders). As far back as 1829, a noted physician, Cruveilhier, observed that many patients complain more of a tenderness or a painful spot in the spine than of these symptoms in the stomach region."

Dr. Beattie shows that the association of backache with dyspepsia is often overlooked and presents histories of four patients in whom backache was the predominant or an additional feature in the presence of ulceration of the stomach and intestine or a new growth.

"A conversation with a fifth patient brought out the information that during an attack of severe indigestion the pain in the back was considerably more severe than the discomfort in the stomach."

Other cases have been seen in which backache occurred with stomach discomfort and pain. The back pain was as troublesome as the indigestion and sometimes worse. In some cases the pain in the stomach radiated through to the back. By paying close or more attention to the stomach ulcer, giving it regular ulcer treatment relief was obtained for both the stomach and the back symptoms.

As stomach symptoms may be overlooked as a cause of backache, Dr. Beattie states that the importance of the symptom of backache in the stomach and intestinal diseases and the mechanism by which these symptoms are caused should receive more attention for orthopedic, arthritis, and other specialists who spend their efforts in trying to locate the specific or special cause of the backache in which the underlying cause is indigestion in many cases.

As we think over these cases of indigestion, we should try to keep in mind the well-known fact that, as stated by Chesterton, a sleepless night, an attack of indigestion, and a rainy morning can make a coward out of a man who might otherwise have been a hero. Certainly, an attack of indigestion can cause symptoms such as backache in many individuals. The point is that unfortunately few of us think of backache as being caused by dyspepsia.

Morning Smile

Literary Critic: One who finds meanings in a book which the author didn't know were there.

Marven's Cookies

Temporarily delicious...
Cherry Chip Cookies
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How Can I?
By Anne Ashley
For Tomorrow

Q. How can I shorten the time it takes to peel apples and tomatoes?
A. Steep the apples in boiling water for a minute. Tomatoes should be placed in a colander, then in hot water for a moment, and the skins will come off easily.
Q. How can I polish mirrors?
A. After the mirror has been washed with warm water and soap-suds, fold a newspaper into a pad and use this for polishing the surface.
Q. What can I do when ink has been spilled?
A. Wash it up immediately with lukewarm water. If that fails to remove all traces, wash thoroughly with sweet milk.

Better English
By D. C. Williams

1. What is wrong with this sentence? "His pen will do equally as well as mine."
2. What is the correct pronunciation of "pedagogy"?
3. Which one of these words is misspelled? "Irresistible, incontrovertible, irresponsible, incontestable."
4. What does the word "adequate" mean?
5. What is a word beginning with "inst" that means "want of firmness"?

ANSWERS

1. Say, "will do equally well," or, "will do as well as mine." 2. Preferred pronunciation is ped-a-gog-ee as in pet, a unstressed, o as in go, i as in it, principal accent on first syllable. 3. Incontestable. 4. Sufficient for some specific requirement. (Pronounce last syllable quiet). "I am at a loss for adequate words to express my appreciation." 5. Instability.

Modern Etiquette
By Roberta Lee

Q. Just what are the rules regarding the use of candles on the dining table?
A. They are properly used whenever and wherever their light is needed. They do not belong on the dining table in the daytime, unless the room is unusually dark.
Q. How can a family that has moved into a new neighborhood get acquainted with neighbors without seeming to thrust itself on them?
A. By attending the local church and taking part in the community affairs.
Q. Will you please give me some suggestions on what to serve in the way of refreshments at a bridal shower?
A. Sandwiches, ice cream, cake, and tea or coffee are sufficient.

Three-quarters of the school children in Oslo, Norway, are provided with breakfast at school.

ELLEN'S DIARY
by an Island Farmer's Wife

We turned the pages of the old Autograph Album—the faded pink and blue and cream, with the respect of one who walks the narrow paths of a quiet churchyard where below the low green mounds of summer, sleeps the city of the dead. But not all of those whose youthful offerings were inscribed in our book had gone from earthly scenes.

Here was the handwriting, a little careless, of the merry lass whose bit light it seemed and yet beneath one could catch the deeper sentiment. We chuckled noting how much the ensuing years had fruited her lines for us.

She was one who avowedly was "never, never, going to find myself tied to any man. What, wash and mend and clean and cook and with uplifted nose, "take care of children! No! There's better in life than drudgery like that. That's as far as my mother and grand-mother got. I intend," she would laugh infectiously, "to make my way through life without encumbrances. It's likely I'll never know what it means to be courted. Single I'll live and single I'll die."

It is our privilege to be able to look back through the years—to remember and compare; to trace the hand of destiny along its way; to note the crossroads of a trail which westward winds. It was a whim of fate, or perhaps we who heard them took her vows too literally, in any case, she as it happened, married, quite young; knew the ties of wife and motherhood. It had taken, we recalled all her

light of heart and more, we succeeded to navigate her barque successfully on life's variable seas.

And here the offering of a serious miss and scholar, the letters painstakingly neat, the verse a quotation from the Scriptures. We had been talking with some sadness over a present parting of the ways. "If I take the wings of the morning and dwell in the uttermost parts of the sea; even there shall Thy hand lead me, and Thy right hand shall hold me," she had written. She in mature years married a clergyman. Odd times since in a "foreign" press, we read of her good works and know that she too has proven the value of the words.

And here in tinkling rhythm was a verse written by a musical lass. Her every action had declared her talent. Her voice was as sweet as ever a summer-songbird and her fingers could coax the sweetest strains from the keys of the little parlor organ. . . . On rare occasions, she still sings and plays for us, her brown hair now threaded with silver, children and grandchildren in a number gathered about.

Read on! "The old pages whispered beguilingly. How easy—how exceedingly pleasant to loiter thus over our house-cleaning! But there already were the hungry schoolboys entering the lane.

"This has been a dreary day, Ellen," James comments. But not at all tedious to us, though it was soberly bleached.

Until tomorrow — — — Diary
— — — Good-night . . .

DOROTHY DIX
An Exacting Wife

DEAR MISS DIX: Could you write a few words on the folly of a wife trying a husband down so completely that ultimate rebellion was the only possible result? The husband was almost perfect—all ways remembering special occasions with flowers or gifts, unsparring with compliments, devoted to his in-laws, who adore him, granting every whim of his insatiable wife.

Everything they own, everything they did, was of her choosing. He wasn't permitted to attend his church, to join a lodge, to go on hunting trips with his own brother, to visit his parents unless his wife went, too. He humored her good naturedly, but eventually turned to another woman for the admiration and consideration he did not get at home. He tells his wife he's working and so confident is she of her hold on him that she never doubts his word. I happen to be the "other woman." Our relationship is purely platonic, though I like the man very much, and I know if I hadn't accepted his friendship someone else would have with, perhaps, different results. Certainly, had he been accorded his rightful place in his home he never would have strayed—

if anything it's understated in spots and the outcome is unpredictable. I hope it may serve to remind other women how selfishness may affect a good husband.

ANSWER: Since everything the boy does clearly shows that he cares for you, I think you're being a bit foolish and hasty in worrying so much about his feelings. Two months isn't really a very long acquaintance and he probably just wants to be dead sure before committing himself. Do stop fretting and be thankful the good Lord sent you such a fine friend.

Household Scrapbook
By Roberta Lee

The Range
A range will not rust if, when summer comes, it is painted with a good lubricating oil. When the cold weather comes, wipe off the oil before using it.

Cockroaches
Scatter cucumber peelings around the haunts of cockroaches and they will eat like poison. Or try using equal parts of powdered borax and white sugar.

Perfume for the Room
Fill any vase or bowl half full of warm water and add a few drops of violet water or violet perfume.

RESTRAINED AUTHORITY

ANSWER: The wise women, in any relationship, are those who know when to restrain and when to relax authority or leadership. The wise mother holds her children with reins that can be slackened when necessary; the wise wife keeps her husband without suffocating him.

"Bonds of matrimony" is not a mere figure of speech, but a significant expression of the marital start. The bonds, however, should be those of mutual love and respect, not of subjugation by one party or the other. The wife, in



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RICHARD HUDNUT EGG CREME SHAMPOO



COOK'S CORNER
HAM & POTATO SALAD

3 cups cooked diced potatoes.
1 cup minced ham.
1 tbs. minced onion.
1/2 tsp. salt.
1/4 tsp. pepper.
1 cup salad dressing.
2 hard-boiled eggs.
Lettuce.

Mix one-half salad dressing with hot potatoes and chill. About an hour before serving, mix thoroughly the potatoes, ham, salt, pepper and onions.

Arrange on lettuce and garnish with slices of hard-boiled eggs and remainder of salad dressing.

—Mrs. Thomas McCabe, Stanhope Women's Institute.

The Stars Say
By Estrellita
For Tomorrow

MANY of the restrictive influences prevalent during the past few days lift now, so it would be wise to take advantage of the situation. Intuition and imagination should be at a peak, and constructive ideas put into effect during this period could figure importantly in your future.

The evening hours find the stars in excellent aspect for domestic affairs, cultural pursuits and religious interests. Romance and courtship are favored, as are all matters pertaining to children and young persons.

For the Birthday

If tomorrow is your birthday, you are now in the midst of a cycle wherein you can safely attack major objectives with vigor and self-confidence, especially those which require creative talent or executive ability.

You have reason for great optimism now, since your horoscope indicates success in both professional and financial ventures for several months to come.

There is a strong likelihood that you may travel during the summer months and a lengthy journey could prove advantageous from the point of view of contacts made.

Be alert to opportunities which should come your way in December since, properly recognized, they could give you a good start in 1955.

A child born on this day will be efficient, loyal and sincere.

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Lenten Meditation
from the columns of the Times, London

In the teaching of Jesus there are to be found side by side sayings which exalt peace and others which assume the necessity of strenuous conflict. The same Jesus who said "Blessed are the peacemakers" also said, "I came not to send peace, but a sword."

It is significant that the Gospels portray Our Lord as coming into collision with the dark powers of evil almost at the beginning of his ministry, in the form of men believed to be devil-possessed. It will be recalled how one such demoniac was healed, and how the amazement which the exorcism produced led to an important statement by our Lord about the powers of evil. Being accused of "casting out Satan," he replies that this is impossible. "If Satan cast out Satan how shall his kingdom stand?" The realm of darkness is a closely knit kingdom in which a combination of forces results in the hindering of God's purpose and in the maiming of human life. When Christ announced that God's kingdom had come he announced that at the same time that an assault had been made on the kingdom of evil. "If I with the finger of God cast out devils, no doubt the kingdom of God is come upon you." He is "the strong man armed," who first binds Satan and then "spoils his goods," that is releases those who are under his dominion.

Scholars have discussed many questions concerning the accounts in the Gospels of men possessed with devils. Some of the cases there described might be adequately described to-day in terms of mental or psychological disorders. Such inquiries must not obscure the fact that Christ's coming marked a vital stage in the overcoming of the powers of darkness. It is as though Christ had obtained a bridgehead in enemy territory from which rapid and uninterrupted progress would be maintained. The deliverance of isolated demoniacs was symbolic of a great conflict that was arising and of which the cross and resurrection were to be the climax.

The exorcism stories are a vivid reminder of the reality and power of evil in human life. It is easier for twentieth-century man to feel the force of this than it was for his nineteenth-century predecessor. In the last century such rapid strides were being made by science and industry that in the west, at least, men could be forgiven for thinking that the days of strenuous conflict were over and that the world was launched upon a pathway of automatic progress. The century of the concentration camp, the atomic bomb, and the iron curtain leaves little excuse for such complacency.

Christians should take heart at what has already been achieved through Christ, and have confidence that what he has begun he will continue. The assault upon evil is not indeed the monopoly of the consciously Christian. Scientific research into disease may well be one of the methods whereby the kingdom of God is advanced as wise statesmanship may be in political affairs. The strategic centre of the forces of light will be looked for in that community which has come into being through Christ and owns his continual lordship.

In the last resort each individual man or woman is responsible for his own tiny segment of the front, that is, for his own life and character. Those who most earnestly pray, "Thy kingdom come," will pray with equal earnestness, "Deliver us from evil." Lent is a time for counting the cost without payment of which neither of these prayers can be fully answered.

9 out of 10
WANT A
Paper Mate PEN



Bringing Up Baby

Hint Collected by Mrs. Ben Guler (Mother of 5)

A salute to an inventive mother for this absorbing "bathing baby" apron! Take two out-size, used bath towels. Use one horizontally for skirt and sew tapes at each end. Cut other towel in half. Bind a tape for neck holder. Cut remaining half into two large patch pockets and attach to front of skirt. Presto! You've a protective, practical apron. Pockets make handy repositories for baby oil, powder, cotton, etc.

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