



Students studying sewing and dress design at the Vocational School take time out from their evening classes to have their photographs taken with their four instructors. From left to right they are: Ruby McKinnon, Louise Hessian, Frances Longgaphie, Marion Murray, Ora MacDonald, Ruth In-

Modern Etiquette
By Roberta Lee
Q. When a young man takes a girl out to dinner, and she happens to know he doesn't earn much money, should she be very modest in what she orders?
A. Yes, but she must be tactful enough not to overdo it. She must realize that the young man would not have invited her if he didn't have enough money, and he might resent it if he knew she was "holding back."

Cook's Corner
CHOCOLATE MACAROONS
Put your mixture together right in the top of the double boiler—no need to use a bowl.
Avoid over-baking or your macaroons will become too hard. Properly baked, they are soft and a little chewy—very delicious.
They keep well in a closely covered jar or tin.
Yield—about 28 macaroons.
1 ounce unsweetened chocolate
2-3 cup (1/2 a 15-ounce can) sweetened condensed milk
Few grains salt
1/2 teaspoon vanilla
1 1/2 cups desiccated coconut
1-3 cup broken or coarsely-chopped nuts

That Body Of Yours
By James W. Barton, M.D.
FOOD AND BLOOD PRESSURE
While most discoveries in medicine and nutrition are made in laboratories under strictly regulated methods, there are times and circumstances which enable the general physician and the research worker to make discoveries within a short time that would take years of laboratory investigation. One of these late discoveries is that, despite some laboratory findings, overweight and overeating does raise the blood pressure.
In Medical Annual, Bristol, England, we read that cutting down on food has long been advocated in the treatment of high blood pressure. The usual foods reduced in amount are protein and sodium, and there is also reduction of the total amount of food. While there has always been some controversy as to whether food intake affects blood pressure, recent experience favors the theory that weight loss is the deciding factor. In Leningrad during World War II, the number of cases of high blood pressure fell noticeably during a period of semi-starvation. With the improved intake of food following the lifting of the siege, high blood pressure appeared again in a spectacular manner. By 1943, sixty per cent of hospital in-patients had high blood pressure and examination of bodies after death showed the same percentage of high blood pressure signs. All ages and both sexes were affected, but particularly the under-40 age group. It was noted that workers in food industries, who have been better fed during the earlier years of the war, escaped the "epidemic" of high blood pressure as the war waged on.
Because of the above findings, Dr. Joseph Brozek and others conducted an experiment on 24 healthy young men, as recorded in the Journal of the American Medical Association. After living six months on a strict weight reduction diet, a weight loss of 25 per cent was accompanied by a fall in blood pressure. Going on a full diet again resulted not only in weight gain but a rise in blood pressure, both gain in weight and rise in blood pressure being greater and higher than when they went on the reducing diet. However, with continued sufficient food, weight and blood pressure came back to the same figures as before the experiment began.
Logically, therefore, measures to cause loss of weight could be applied to high blood pressure patients. Dr. Brozek concludes. However, once the reduction diet is started, it should be continued even after the normal weight is attained. Eating the same amount of food in five meals instead of three is good treatment for high blood pressure.

ELLEN'S DIARY
By An Island Farmer's Wife

Incidental to the prevailing April-in-February weather, a matter of wonder to those of us who have seen a number of Winters, though hitherto rare like this we overheard the farmer now discuss items of Spring—the threshing of the sheaves in granary and stack, the wood-sawing and its sequel, the splitting. And this evening with Mr. C. from the house on the hill, James talked of "the seeds." And listening we knew that he referred to the promise of clover in the new meadows, and not to that which comes to us in the time of the plain white sacks from a dealer—the timothy and late or early red clover and the alsike, that at length in a mixture slips bewitchingly through one's fingers like the warm summer sands on a sea-shore. To think of these is to recall how carefully folks had to lay their plans sometimes to secure them. Not that we ever had much concern over the ultimate purchase, except that we must suppress some personal longings at the time, James was always the best one to provide for such important items of buying, laying his plans well in advance.

Sew For Smartness And For Fun

Did you resolve this year to be well-dressed at all times? Many women did, and it's not the type of resolution that is gone with the wind. Not only did they set this as a definite goal, but they also decided just how to go about it. They are going to make their own clothes.
Nothing stands in the way of those millions of women and girls who already know how to sew. All they have to do is select a smart, new pattern, suitable attractive fabric and the necessary notions to complete their outfits. Those who have no sewing experience will find many opportunities to learn to sew offered them this year. Sewing centers, some department stores and technical schools offer day or evening courses to the beginner. It doesn't take long to learn the fundamentals and once you've mastered them you can experiment on your own until you become an accomplished seamstress.
During National Sew and Save Week, which is being held from March 3 to 10, stores throughout the country will highlight their pattern, fabric and notions departments. Special events such as sewing classes, fashion shows, etc., have been scheduled for this week in many stores. You will also find this week an excellent time to do all your shopping for your spring sewing projects.
Not only is home sewing a wonderful way to stretch the family clothing budget, but it's a means of having the clothes you want fitting you perfectly. Fit is very important in clothes. No matter how beautiful a style or fabric may be, if the dress or suit doesn't fit correctly, the whole effect can be ruined. Many women and girls find it necessary to have ready-made clothes altered and this is some-

How Can I!!!
By Anne Ashley

Q. How can I prevent scratches on hardwood floors from the casters on heavy pieces of furniture?
A. Remove all the casters and roll pieces of adhesive tape around the outside of each one. This will act as a casing and will not mark the floor.
Q. How can I relieve the pain of frostbite?
A. Bathe the parts in cold water and rub vigorously until the blood circulates freely. Then follow by rubbing with mutton tallow.
Q. How can I prevent gravy from becoming lumpy?
A. Add a pinch of salt to the flour that is used for thickening, before mixing it with water.

The Stars Say --
By Genevieve Kemble

For Tomorrow
A REIGN of crashing, smashing and defeatist situations seems to dominate on this day, affecting daily living in its radical aspects. The overwhelming set of circumstances may be deep-rooted, far-reaching and sternly discomforting. Nevertheless there is a definite sign of redemption from this dark and dire state of affairs, in a wise, shrewd and clever rationalizing of a confused situation subject to sagacity, quick-intuitions and to sound execution. Make no snap judgments.

If It Is Your Birthday

Those whose birthday it is, are advised that a year of change, perplexity, complications, affecting life in its many ties and relationships, must be met on a shrewd and sound basis of logic and commonsense. Under a concatenation of many complex and surprising circumstances, in which heart and home with their multiple obligations, understanding and commitments seem entangled and poignant, the outstanding remedy is found in clear thinking, as well as controlled emotions and inner guidance. With Reason on the throne all calamities may be satisfactorily composed.
A child born on this day, may have a complex and complicated way of life, challenging and taxing. Nevertheless, it does have the sound and versatile mentality to get the proper slant on difficulties, and eventually to come out triumphant.

BABY'S COLDS
Help Nature To Fight Them Off

Medical Science denies there is any such thing as a cure for colds—only Nature herself can do it. So when baby's sniffles, or stuffy breathing warn you of a cold's presence—cooperate at once with Nature. See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet act promptly in getting rid of irritating materials that make baby restless and feverish. One Nova Scotia Mother says: "My baby of 26 months caught a nasty cold so I tried Baby's Own Tablets and she threw food in five minutes than ever before. I certainly am for Baby's Own Tablets from now on. Effective also in teething troubles, constipation and other simple baby ailments. Get a package today at drugstores. 29¢.

FRUIT-A-TIVES MAKE YOU WELL KEEP YOU WELL
Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.



Her Baking Wins Prizes For 26 Years

As you can see, winning prizes for home baking is an old story with Mrs. Guy Russell, of Moore's Mills, N.B. Her collection of prize-winning tags from the St. Stephen Fair goes back to 1924! She can give good reasons for her success, too. "I have baked bread as many as four times in a week," says Mrs. Russell. "But it isn't just experience or baking skill that makes you a prize winner. First you have to have the finest ingredients. For rolls and bread my choice is Fleischmann's Yeast. With Fleischmann's I'm sure of quick rising and fine results."
That's just what they all say! Prize-winning cooks throughout the Maritimes depend on Fleischmann's Yeast.

Morning Smile

Explains
Mother with three children, all on the way to a pantomime found a bus-stop seat for the smallest child next to a nun. He gazed at the nun open-mouthed for a moment, but was soon chatting away. When they reached their destination Mother thanked the Sister for her patience and hoped Jeremy had not been a nuisance.
"Not at all," the nun replied, smiling. "But, please, never tell him I'm not really a penguin!"

Spring Silhouette By Dior Introduces Chicken-leg Sleeves

PARIS, Feb. 21 — Chicken leg sleeves were part of the silhouette introduced by Christian Dior at his spring opening here. These are three-quarter length kimono sleeves with a very wide armhole. Two-piece ensembles and swaggar half-length jackets were shown in fine flecked worsted and classic suits with moderate waists in fine wool or alpaca, for afternoon wear. These had curved fronts and the lapels were small or absent altogether.
Sober colors prevailed in the Dior collection, medium and anthracite grey, navy and black.
Balenciaga showed collarless or military collared jackets with double-breasted fastenings and repeated the line in ample topcoats. His sleeves were set in low with extra wide armholes. Skirts were a bit longer.
Stoles resembling capelets with flaring full-length coat fronts were new in the Robert Piguet collection. He showed fine black crepe in slender afternoon frocks with diagonal bodice developing into irregular half-basque.
Patou also showed cravat necklines developing into a fluted basque front. He stressed color contrasts. Mad Carpentier featured wing collars and barrel skirts with swallow line.

Better English
By B. O. Williams

1. What is wrong with this sentence? "Both of the girls were there, and both of them seemed to like these kind of plays."
2. What is the correct pronunciation of "inexplicable"?
3. Which one of these words is misspelled? Luminescence, luncheonette, lugubrious licentious.
4. What does the word "parsimonious" mean?
5. What is a word beginning with ge that means "a gesture"?
ANSWERS
1. Say, "Both (omit of the) girls were there, and both of them seemed to like this kind of plays."
2. Accent second syllable, not the third. S. Luminescence. 4. Exhibiting closeness in expenditure. "Because of their parsimonious manner of living, they were able to save money." 5. Gesticulation.

-Needlecraft- FOR THE HOME

EASILY MADE ENSEMBLE
This pattern is a double delight... with it you can make daughter a complete new ensemble for Easter-and-on! The cape and scalloped-yoke dress feature rounded collars as companion detail.
No. 2149 is cut in sizes 6 mos., 1, 2, 3, 4, 6. Size 2 dress, 1 1/2 yards 25-inch, 3/4 yard 27-inch contrast. Ric rac, 3/4 yard. Cape 1 1/2 yards 34-inch.
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. 2149

Form with fields for Name, Address, City, Province, and a small illustration of a girl in a dress.

Household Scrapbook
By Roberta Lee

Wash Cloths
If you can find time, it is a good idea to crochet a single button-hole edge around the new wash cloths before using them. It will prevent fraying of the edges and, of course, will make them last longer.
Guest Room
See that the guest room has a bed lamp so that your friend is sure to be comfortable. He may be a restless sleeper.
Old Shoes
Old shoes can be given a new look by adding white plique bows, grosgrain ribbon, pompons, or buckles.

Pretty In Print

A sample of what can be done with this season's pretty prints is the fresh and feminine frock illustrated above. Styled with brief cap sleeves cut in one with the bodice, this dress has a deep V-neckline (which is so flattering if you like your face to appear thinner and your neck longer) and a soft bow of self-fabric. This pattern is being featured during National Sew and Save Week, March 3rd to 10th. For a leaflet giving you the pattern number for this attractive frock along with other advance styles and helpful sewing information on BIAS FINISHES BY HAND AND MACHINE, simply send a stamped, self-addressed envelope to this paper. Ask for Leaflet CN-13.

Her Love Unwholesome

There is really no other more despicable figure in the world than the woman who is so utterly selfish that she is willing to ruin her children's lives in order to gratify her morbid mother passion. Her love for her children is not a beautiful, wholesome, natural affection. It is a neurotic emotion, something dark and sinister, that curses instead of blesses.
Every grown man and woman must recognize the utter selfishness that makes a mother willing for her children to marry, and they are weak and foolish to sacrifice their own lives and that of the men and women who love them to an old woman's whim.
So I say to all such: Don't debate the question with Mother another time. Your marrying isn't going to kill her, nor even make her permanently unhappy, so call her bluff and hie away to the parson with the girl or man of your choice.

Now—She Laughs at age

Springtime is her heart again! New-found gaiety, peppy energy. A new, alive woman—sparkling eyes, better color, fresh, calm youthfulness—has replaced the worn, tired look. No wonder life has taken on new interest for her! Thousands of once faded women weary from blood-iron poverty, have bloomed anew with the help of Dr. Williams' Pink Pills. Try Dr. Williams' Pink Pills yourself for 30 days! Enjoy new health, pep and energy. Start today! Get back "in the pink" with DR. WILLIAMS' PINK PILLS

MAGIC makes baking fine-textured, delicious!
CINNAMON SANDWICH BISCUITS
Mix and sift once, then sift into a bowl, 2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 3 tps. Magic Baking Powder, 1/4 tsp. salt and 1/4 c. fine granulated sugar. Cut in finely 4 lbs. chilled shortening. Combine 1 well-beaten egg, 1/2 c. milk and 1/4 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on lightly-floured board and roll out to 3/8" thickness; shape with floured 1 1/2" cutter. Cream together 1 1/2 tbs. soft butter or margarine, 1/4 c. lightly-packed brown sugar, 1/4 tsp. grated orange rind and 1/4 tsp. ground cinnamon. Using only about half of the creamed mixture, place a small spoonful of the mixture on half of the cut-out rounds of dough; top with remaining rounds of dough and press around edges to seal. Spread biscuits with remaining creamed mixture and arrange, slightly apart, on greased cookie sheet. Bake in hot oven, 400°, about 12 minutes. Serve warm. Yield—16 biscuits.



DOROTHY DIX SAYS—

Morbid Mother Love
Woman Uses Threat Of Death To Prevent Son's Marriage

DEAR MISS DIX: A splendid young man of my acquaintance has been engaged for years to one of the finest girls in the world. They are desperately in love with each other and would have married long ago except that the boy's mother has gone into hysterics every time he mentioned marriage, and declared that if he left her it would kill her. They have waited, hoping that the mother would come to take a reasonable view of the subject and to have pity on them. Instead of that she has become more violent and now has wrung a promise from her son that he will not marry as long as she lives. The couple are in despair. What do you think they should do?
A FRIEND

Her Love Unwholesome

ANSWER: The thing to be done is to say no more to the mother, but for the young man to take his girl by the hand and step around to the parson and get married forthwith.
Of course, there will be a pretty scene. The mother will rage and have hysterics. She will accuse her son of ingratitude and tell him how much she has done for him and that he has rewarded her by breaking her heart, and so on and so on. Probably she will tell him that he has killed her and that she is going to die, but she won't. In a little while the storm will blow over. She will dry her eyes and accept the situation, since she cannot change it, and by the time there are grandchildren she will be thinking she made the match.

Better English

ANSWER: No one can answer this question definitely, because love is governed by no laws. It comes and goes as it will, and no one knows why, or when, or how long it will tarry. We don't even know why we love, or why we cease to love and we can no more help one than the other.
It is the fashion to deride love at first sight, but there is no doubt that there are, now and then, cases in which a man and woman who were predestined mates do recognize each other at sight. But this grand passion comes to but very few people and is not to be confused with the slight attraction that men and women may feel in meeting strangers for the first time.
Indeed, most people fall in love at first sight to the extent that they would not pursue the acquaintanceship if they had not been attracted to a particular individual when they met, but this surface attraction is not the real bona fide love at first sight.
Taking it by and large, and miracles excepted, I think that the love that is of slow growth and that comes through long association in which people know each other's faults as well as their virtues, when they find each other congenial and interesting and when they establish a background of mutual experience and memories, is the love that is most likely to endure the test of time.

Now—She Laughs at age

DEAR MISS DIX: A man of 40, who is sixteen years older than I am, wants to marry me. His first wife divorced him for non-support. Do you think I need fear that if I marry him he will treat me the same way?
ANSWER: Probably. He seems a poor matrimonial prospect to me. A man who hasn't taken care of a first wife is not likely to take care of a second.

MAGIC makes baking fine-textured, delicious!

MAGIC makes baking fine-textured, delicious!
CINNAMON SANDWICH BISCUITS
Mix and sift once, then sift into a bowl, 2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 3 tps. Magic Baking Powder, 1/4 tsp. salt and 1/4 c. fine granulated sugar. Cut in finely 4 lbs. chilled shortening. Combine 1 well-beaten egg, 1/2 c. milk and 1/4 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on lightly-floured board and roll out to 3/8" thickness; shape with floured 1 1/2" cutter. Cream together 1 1/2 tbs. soft butter or margarine, 1/4 c. lightly-packed brown sugar, 1/4 tsp. grated orange rind and 1/4 tsp. ground cinnamon. Using only about half of the creamed mixture, place a small spoonful of the mixture on half of the cut-out rounds of dough; top with remaining rounds of dough and press around edges to seal. Spread biscuits with remaining creamed mixture and arrange, slightly apart, on greased cookie sheet. Bake in hot oven, 400°, about 12 minutes. Serve warm. Yield—16 biscuits.

