

The Stars Say --

By Genevieve Kemble

For Tomorrow

IT is probable, according to adverse auguries, that it may be necessary to call on a reserve of philosophy and patience, should some block, frustration, or obstacle hold up, for the time being. It might be that lack of cooperation or capital could be the impeding factor. It would be advisable to stand by, with patience and tact, protecting investments, work already in embryo, and to bolster up prestige and promises until the impasse abates.

If It Is Your Birthday

Those whose birthday it is, may be called upon to draw on their fund of faith, confidence and patience in order to bridge over a temporary setback, frustration or obstacle, for the time being postponing developments on highly promising objectives. It could be the withholding of financial aid, influence, or some loss of prestige in which the high hopes of backers get discouraged because of some impediment rather than the essential factors of unusual merit. Persistent effort, diligence and faith beget eventual reward. Let patience have its perfect work. A child born on this day, may

Household Scrapbook

By Roberta Lee

Auburn Hair

A small amount of salts of tartar diluted in a pint of warm water is one of the very best preparations for retaining the tint of auburn hair. Rub this into the hair until a good lather is worked up; leave on the hair for about half an hour before rinsing in clear water. This is a cleansing process and also brings out the auburn tint in the hair.

Onions

When only a slice is wanted off a large onion, cut it in such a way that the root remains on the left-over part. If this is done, the onion will not dry out, and can be saved for future use.

Paper Label

The paper label on a bottle can be readily removed by first wetting it and then holding it near a flame of the stove.

find it more philosophic to frame his life "on his own," rather than count upon aid of higher-ups easily discouraged and reluctant. Attainment requires sacrifice for ultimate rewards.

That Body Of Yours

By James W. Barton, M.D.

TREATMENT OF ALCOHOLISM AS A DEPARTMENT OF THE PUBLIC HEALTH PROGRAM

I write frequently about alcoholism and the steady fight being put up to overcome this disease, as it is properly called. It is a wonderful sight to see what has been accomplished by the Yale School for the Study of Alcohol and Alcoholism and the men and women, often so bright mentally and capable of doing so much for others, who were practically down and out and have been rehabilitated by Alcoholics Anonymous.

The work of Alcoholics Anonymous and other organizations has wakened the governments of the United States and Canada. State and provincial governments are voting monies to attack alcoholism and reclaim alcoholics. Thus, in the medical news department of The Journal of The American Medical Association, we read that in Massachusetts an attack on the problem of alcohol of the state's chronic alcoholics was launched in November, 1948, with the creation of a new Division of Alcoholism in the State Department of Health. On the same day, the first two clinics for rehabilitating alcoholics were opened under department sponsorship at the Peter Bent Brigham Hospital, Boston, and at the Quincy City Hospital.

The director of the new division will be Dr. John C. Ayres of Brighton, at present assistant director of the department's Division of Communicable Diseases.

The new division's attack is aimed at: (1) diagnosis, treatment and rehabilitation of persons addicted to the excessive use of alcohol; (2) prevention and education and (3) research in the medical and public health aspects of chronic alcoholism. The division is expected to work in conjunction with other agencies such as Alcoholics Anonymous, committees for education on alcoholism, church and other groups.

In setting up the Division on Alcoholism, Massachusetts is following the lead of Virginia, New Jersey and Pennsylvania in treating alcoholism as a part of its general health program.

With the treatment of alcoholism made a part of the public health program, it will receive the same scientific study and sympathetic care as that given other public health diseases.

ELLEN'S DIARY

By An Island Farmer's Wife

"This month is slipping away, Ellen!" James remarked this evening, when at length his day's end gave him over to a spell of leisure in his old armchair. "Yes," he nodded, "it's coming now to the home stretch! . . . It's been good so far, Ellen . . . remarkable. Oh, it's been damp this week — in the first quarter of the moon, but it hasn't kept us from our work. When we look back to some other Aprils, Ellen — the one say, when our young lad was born . . . do you mind, Ellen. We had been at the mud-digging that spring, and only a few days before the ninth had taken the digger off. There wasn't a bad sleighing then . . ." "Ay, to review past years is to recall bleak April days, with hard-frozen roads and snow flurries chasing along the hillsides. And at once in comparison today's weather, we find pleasant if sunless skies that were grey become silver, and the veil of fog above the hills about does not isolate us from the outside world, but instead only serves to bind us more closely in a family unit within.

What ideal family units we have enjoyed and looked upon from childhood and along life's road! Pleasant and inspiring . . . founded upon respect and affection and another rock too often overlooked: common sense, a combination which builds within and without. "Tis a queer thing, Ellen," Pat stated on a recent evening in our conversation which includes "ships and shoes and sealing-wax and cabbages and kings." "But in plenty of places, the home isn't the place it once was, an' whose fault it is, is hard to be sayin' I guess perhaps the parents are a bit too aisy with their young ones them-selves 'tis the wee ones them-selves that are not so aisy to handle. At any rate 'tis different than it used to be. An' if the home's not what it should be — if childer what learn to obey there, an' respect their elders; you can't expect them to do it without. An' how close do they be watchin' an' imitat' their elders! An' mind now, you can't be expectin' your child to tell the truth, or know what it means, if he catches you in a lie yourself! you can't tell him one thing an' then go an' do the very opposite yourself, an' think he'll grow into a fine man an' honest. Oh, the church an' community an' school do their part, but I'm askin' do these have the chance that the home has? An' so the parents should mind to pick their words an' their actions too — for childer can see into the very heart of one. Perhaps" Pat twinkled "it's just as well I never got married. Shure an' I'll not be after sinnin' the soul av me that way . . . showin' young ones any harm."

The arrival of a trio of youngsters to visit us this afternoon caused the suspension of our spring cleaning and turned thoughts and efforts towards filling empty cookie-jars. Or was it three doleful echoes at length: "I'm hungry — I could do with a cookie and eyes turned accusingly towards us: In any event, as results of our

Cook's Corner

APPLE PANCAKES

1 egg (beaten)
2 cups milk
2 cups ready-mix for pancakes
2 tablespoons melted shortening
1 cup diced apple
Combine beaten egg and milk; add to unsifted ready-mix all at once and stir lightly. Fold in melted shortening and apples. Pour ¼-cup batter for each pancake onto a hot, lightly greased griddle.
Bake to a golden brown turning only once. Serve with maple syrup. Makes 14 to 16 pancakes.

How Can I!!!

By Anne Ashley

Q. How can I care for out flowers properly?

A. Cut off an inch of their stems each day. Give them fresh water daily. Strip off any leaves that come below the surface of the water. Do not use too small a vase that cramps the stems. Often an aspirin tablet placed in the water will prolong the life of the flowers.

Q. How can I sweeten old butter and lard jars?

A. Fill them with very hot lime water and leave until they are cold. The jars will be as sweet as when new.

Q. How can I keep moths out of rugs that are to be stored?

A. Sprinkle the rugs with cayenne pepper and roll them securely in newspapers.

Morning Smile

Scared

"My dear, surely you haven't spent all the afternoon at the Smiths?"
"Yes, auntie. They said such dreadful things about every one who left that I didn't dare come away."

The Lure

"Look here, Mrs. Murphy, why have you been hitting my little Bobby?"
"I only hit him because he was rude and called me a fat old pig!"
"But, good gracious, Mrs. Murphy, you ought to know better than that. Hitting my son won't do you any good; you'll have to start dieting!"

DOROTHY DIX SAYS—

Why Be Good?

Girls Advised It Pays Off In Job, Marriage, Self-Respect

DEAR DOROTHY DIX: We are five high-school girls who are desperate because we don't know what to do: whether it pays to be good and lonesome, or bad and have a good time. We are called the Old Maid Society because we will not act wild like the other girls in our class who drink, smoke, pet and sit out in parked automobiles with boys until all hours of the morning. The girls tell us that we will never have any dates or get married unless we do as they do. We are from 14 to 16 years of age.

FIVE HIGH-SCHOOL GIRLS

ANSWER: Yes, my dears, it pays a girl to be good. It pays her in health, in length of days, in beauty, in happiness, in her own self-respect and the respect of all who know her. It pays her in actual dollars and cents and her chances of getting along in the world.

A woman's character, her honor and her virtue have always been, and will always be, her most priceless possession. Don't believe anyone who tells you otherwise. When a girl throws this away for the sake of having a good time she has literally sold her birthright for a mess of pottage.

COUNTS WITH EMPLOYERS

Perhaps when you finish high school you will want a job. The greatest recommendation that you can have will be to have a clean record as a good student and a modest girl who behaved herself. Employers are not looking for girls who have the name of being no better than they should be, and who will come to work with a hangover, negligent and immoral, what they are trying to do. Girls like that are never put in positions of trust.

Certainly you will want to marry. The wild girls do marry, but they marry men as wild and irresponsible as themselves, and their marriages end oftener in divorce. The kind of men who are fit to marry do not want that kind of women for their wives and the mothers of their children.

If by chance one of these wild girls, who thought it smart to flit from one love-nest to another, does marry a decent man, she finds that her past life casts its shadow over her marriage and blights it. If she tells the man of what she has done and been, he may refuse to marry her. If she does not tell him, she forever lives in deadly fear of his finding out her secret.

And finally, my dear girls, it pays to be good just because of the inner satisfaction it gives you to know that you can look yourself in the face and respect yourself. You have integrity of soul that will not let you stoop to a low thing. You have the courage that enables you to resist temptation. You have honor that you have kept shining. And that knowledge will bring you a happiness that nothing else on earth will.

DEAR DOROTHY DIX: I have the misfortune to be a patient in a tuberculosis sanitarium. My two brothers and I are married and

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Better English

By S. C. Williams

1. What is wrong with this sentence? "We couldn't locate the books at midnight last night."
2. What is the correct pronunciation of "literature"?
3. Which one of these words is misspelled? Disintegrate, disintangle, disillusion, dissertation.
4. What does the word "obsequious" mean?
5. What is a word beginning with phi that means "sluggish; indifferent"?

ANSWERS

1. Say, "We couldn't find the books last midnight." 2. Pronounce lit-er-a-tur, and not lit-er-chur. 3. Disintangle. 4. Servilely attentive; fawning. "The manner of the attendant was obsequious." 5. Phlegmatic.

Modern Etiquette

By Roberta Lee

Q. When asked to write a letter of recommendation for a person who you know has been dishonest, negligent and immoral, what should you do?

A. The easiest thing, in a case like this, would be to tell that person you make it a point never to write letters of recommendation. Under no circumstances should you be forced to write untruths about any person.

Q. When you have a business appointment with a man at his hotel, and he is in his room when you arrive, what should you do?

A. You should call him on the house telephone. He can then either come down or ask that you come to his room.

Q. After finishing a glass of sherbet, should the spoon be left in the glass?

A. No; it should be placed on the saucer which holds the glass.

SWALLOW A VOIDS TABLET - STOP! BREATH & BODY ODOR 18 HOURS



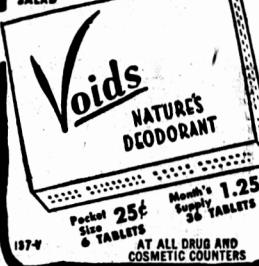
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