

A Country Garden

By Mrs. Gordon MacMillan

To make a happy fireside clime To weans and wife, That's the true pathos and sublime Of human life.

Born and bred as he was in the country, you find in Burns the finest pictures of rural life. We smell continually the newly-turned earth, the hawthorn blossom, the breath of kine, and about all he writes there is an out-of-doors feeling. Burns had an exquisite delight in nature, and in this month we remember him.

January has been a month of sunshine and the house plants are growing and blooming, but the absence of snow from the garden, is making it tough for the outdoor plants. If it was not possible to cover the flower borders before this, they can be protected now with spruce boughs to keep the frost in, it is the freezing and thawing that is so hard on perennial plants.

In country gardens there are usually hens and henhouses, and this winter when cleaning the houses I have carried the litter out to the flower borders and scattered the mulch thinly over the borders where there is some snow, and places where there is none.

In the sheltered spots near the evergreen hedge pansies have bloomed all winter and the foliage of the rock-garden plants is still a lovely green. Sprays of Forsythia have been brought in to the house and are now in deep water and will be brought to the warmth and light when they will blossom out in pale yellow bells all along the branches. These sprays are one of the most decorative and lovely fragrant house decorations for the winter time as they are a fore-taste of beauty to come in a very few weeks.

I have been reading about Lapland and the gardens there. Lapland has no geographic borders; it is not a country in the ordinary sense. The northern fourth of the Scandinavian Peninsula, where Norway, Sweden and Finland meet, is the heart of Lapland.

How To Save Money and Get Fast Cough Relief

Here's an old, tested, home mixture your mother knew... still a most dependable remedy for distressing coughs. Fast and effective, children like its pleasant taste.

Make a syrup by stirring two cups of sugar into one cup of water until dissolved... no cooking needed (or you can use maple syrup or honey instead). Now pour 2 1/2 ounces of PINEK CONCENTRATE into a 16 ounce bottle, and add the syrup you've made. You'll have 16 ounces of fast acting, pleasant tasting cough medicine, more than you could buy for four times the money, with effective relief for the whole family.

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THE STORY OF THE Green Leads by KINGSLEY SUTTON FINDING THAT THE OLD MAN HAD A DAUGHTER, COLONEL BLOOD INVENTED A NEPHEW WITH A FORTUNE AND A MATCH WAS SUGGESTED. A DAY WAS FIXED FOR THE INTRODUCTION, BY CHANCE A SOLDIER SON OF MR. EDWARDS OBTAINED LEAVE TO VISIT HIS FATHER AND ARRIVED ON THE DAY OF THE BETHROTHAL BREAKFAST—THE VERY DAY THAT COLONEL BLOOD HAD ARRANGED FOR THE THEFT!

Better English

By V. G. Williams

- 1. What is wrong with this sentence? "Your assertions are contrary with reason." 2. What is the correct pronunciation of "amour"? 3. Which one of these words is misspelled? Correlation, coreopsis, corridor, coronet. 4. What does the word "apalytical" mean? 5. What is a word beginning with rem that means "to plead in protest"?

ANSWERS 1. Say, "contrary to reason." 2. Pronounce a-moor, a as in ask unstressed, oo as in book, accent second syllable. 3. Corridor. 4. Pertaining to analysis; resolving into first principles. "He has an analytical brain." 5. Remonstrate.

some 15,000 square miles of it, partly forested, and partly semipolar waste. The world's 30,000 Lapps live chiefly in these three countries; fewer than 2,000 live in the Russian border, Lappland is beyond the Arctic Circle, which means that its latitude is comparable to that of the middle third of Greenland or the northern half of Alaska (Iceland is entirely south of the Arctic Circle).

Everyone who knows or enjoys the earth's vegetation likes to walk in a forest. To walk on the forests go to the mountains, the mountains go to the mountains, a little over 1,000 miles from the North Pole. On mountain meadows fully grown willows generations old are but an inch or two in height—and form carpets as soft and inviting to step on as the grass of a good lawn. On mountain tops century-old dwarf birches cling closer to the rocks than the rocks; spray cottonsayer planted in American gardens.

In this land of the midnight sun there is continuous daylight for some 10 weeks in the summer, yet the temperature seldom goes above 60 degrees F. During June, July and much of August the valleys and mountainsides are wet from melting snow and green with vegetation. But for nine months of the year it is a frozen land, snow-covered mountains are everywhere.

In all the Scandinavian Peninsula there are some 2,000 kinds of flowering plants that grow in the wild. In northern Lapland this number is reduced to only about 250, and most of these are perennials. They bloom from the time the snow begins to melt in late May until the frost comes the third week in August; the season is hardly long enough for annuals to grow, flower and produce seed. One of the exceptions, an annual, is a gentian. Of the herbaceous perennials, the glacial buttercup is one of the loveliest; it is a flower a lone specimen poking its flowers up between boulders or along the edge of a snow field near the top of a five-thousand foot mountain is not unusual. Other perennials are Campanula, Geranium, Goldenrod, Fireweed and chickweed.

Among the dwarf shrubs is the Lapland rhododendron. It blooms in June and there are azaleas, Arctic heather, some of the dwarf blueberries and a very lovely "Arctic-rose" that covers an acre or so, making a beautiful sight.

Lappland, like most of the Arctic, is a motherland of dwarf trees and shrubs. To grow above the winter snow is to die and

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Dream Kitchen For Alexanders



Countess Alexander makes coffee in her "dream" kitchen, complete with gadgets British women see only in movies and exhibitions. The \$9,000 worth of household devices sent from the women of Canada as a parting gift to the wife of the former governor-general—who now is Britain's defence minister—have been installed in their home at Englefield Green, Surrey.—(CP Photo)

Englefield Green, Surrey, England, Jan. 26 — (CP) — Countess Alexander's "dream" kitchen, complete with the kind of gadgets British women usually see only in movies and exhibitions, has finally been installed.

Two rooms had to be used to accommodate the \$9,000 worth of household devices sent from Canada as a parting gift to the wife of the former Governor-General who now is Britain's Defence Minister.

The equipment includes an electric stove, water heater, food mixer, refrigerator, deep freeze, toaster, exhaust fan, automatic dishwasher, automatic washing machine, clothes drier, coffee maker and electric steam iron. The color scheme in the kitchen proper is off-white walls, white splash boards, red working-top tables, turquoise blue cupboards, red leather seats in the breakfast room, red-and-white curtains and a stainless steel sink.

The floor is of squares made of narrow strips of plywood, providing a surface which requires less maintenance than a rubber floor.

—Utility Room— Connected to the kitchen proper is a utility room holding the deep freeze, washing machine, clothes drier, ironing boards and heated linen cupboards. There is also a sewing-machine table that can be moved to any position.

Above the sink in the main room is a decorative fixture with concealed lighting, brightened by Lady Alexander's own china. Above the stove is an adjustable hood to trap cooking odors.

The Alexanders are deeply appreciative of the gift, which gives them a kitchen probably without equal anywhere. Lady Alexander told a reporter personally she was "bowed over" by the generosity of Canadian women.

The kitchen equipment is installed in a rambling old house called Beech Missing, on the Surrey-Berkshire border. The architecture is of what Lady Alexander calls the "Victorian horror period", but the house is comfortable inside.

That Body Of Yours

By James W. Barton, M.D.

NEGATIVE ATTITUDE TOWARD THE ELDERLY

One of the greatest humanitarian results of this war-torn age is the deep interest now being shown, by the medical profession and the public, in the health and happiness of our older folk. For many years we have watched the respect shown to the elderly by races other than our own, but now it can be said that no other people are giving as much thought to this matter.

In "Geriatrics," the magazine devoted to research and clinical study of the diseases and processes of aging, Dr. Raphael Ginsberg, director, Gerontological Unit, Mental Health Institute, Cherokee, Iowa, discusses the "negative" attitude toward the elderly.

"By negative attitude we understand an approach based on a feeling and conviction that the elderly are lost causes, that those advanced in age are doomed to regression and degeneration tending to such loss of vitality that they are placed outside any working active social group whether family tribe or society."

Because the number of elderly in retirement is increasing steadily, community, state and federal agencies are showing more and more interest in the problems and welfare of old people. It is known that a few who are active and creative continue to work and are a part of the community, but for the great majority, active life ends long before their physical abilities have vanished.

"These older people constitute a group of depressed, bitter, easily offended persons who live in a hopelessness which makes life hardly tolerable." Although as a class the elderly are healthier today than at any previous period, they suffer with chronic diseases. These diseases come on slowly and "treacherously" but the diseases themselves do not cause depression of spirits; that results from negative approach of family and others toward them.

Dr. Ginsberg points out that during hard times or lack of a "security" feeling, the family may cause the elderly member to feel that he is a burden. By understanding that this feeling of not being wanted may be hidden by the elderly, it is often present, and accounts for continued illness and unhappiness, the family can by showing interest and kindly care when they are ill, lift their morale.

Added to the family reaction, welfare organization by courteous methods can be of great help to the elderly and to their families.

How Can I... By Anne Ashley

Q. How can I render clothing fireproof? A. By dissolving one pound of ammonium phosphate in two quarts of cold water and soaking the garment in this for five minutes. Remove and allow to dry. This solution will keep, is harmless, and can be used for several articles.

Q. How can I keep the cover of a book clean? A. Make a cover for the book of flowered oilcloth. This will cover all its blemishes and at the same time give it a surface that may be wiped off easily in the future.

Q. How can I mend a leaky vase? A. Take some melted paraffin and pour it into the vase and allow to harden over the spot where the leak occurs. It will not leak again.

Cook's Corner

PUMPKIN NUT PUDDING

Make Caramel to caramelize bowl: In heavy smooth saucepan or frying pan put 1 cup white sugar and stir over low fire until sugar is melted and smoking a little. Caramel is straw colored. Remove from heat, and pour slowly into caramel 1/4 cup boiling water. This spatters, but must be stirred, so do everything at arm's length. Return to fire when the lumps are stirred out and cook to a rich brown—about the color of good quality maple syrup, this last cooking takes about 8 minutes. For this recipe pour this caramel into a large baking dish, and tip it until the caramel completely coats sides. The surplus runs down into the bottom, but keep tipping the dish while making the rest of the pudding and the coating gets thicker and the surplus in bottom of bowl is less.

Make Pudding: (This is actually a Pumpkin Custard). Two cups strained pumpkin (canned or home cooked), 1 cup soft breadcrumbs, 2 eggs, yolks and white separated, 1 cup evaporated milk, 1/2 cup water, 1 cup sugar, 1/2 to 3/4 cup chopped walnuts (or coconut), 3 tablespoons melted butter, 1/4 teaspoon salt, 1 tablespoon each lemon and orange juice and 1 teaspoon grated orange rind. Combine ingredients in order given, but reserve egg whites, and beat them and fold them in. Pour mixture in caramel-coated baking dish and bake, standing pan in pan of water, for about 45 minutes at 325 degrees F. Bake until custard is firm. Cool in bowl. Turn out on large dessert plate. Caramel runs down sides of pudding and is delicious. Three or four eggs may be used if desired.

The Stars Say - - By Genevieve Kemble

For Tomorrow THERE is a very definite about-face from recent strenuous and aggressive states of mind and emotions, with much incentive to be up and doing, and with heightened initiative in handling current as well as long-range matters with dispatch, shrewdness and forthright action. All activities and aspirations being under lively stimulus from the productive planets, affairs should reach fruition, but discretion and sagacity are a negotiable factor.

For the Birthday Those whose birthday it is assured a year of outstanding progress, with affairs of magnitude, responsibility, coming into full bloom. This is sustained by the craftsmanship, subtlety and finesse of an aggressive or exciting and shrewd mind that grasps many angles, curves, variations of major proportions. Contact with important persons calls for some clever as well as intriguing handling of exceptional openings, in private, professional and business life.

A child born on this day will possess splendid abilities—mental, social, public and professional—for success in life.

ELLEN'S DIARY

By An Island Farmer's Wife

Jamie stared at the clock this morning as it quickly ticked away the minutes of a pre-school hour. He shook his head. "I never saw the like of the way the time goes by this time of day. It's as though," he commented soberly, "that clock just wants us to be late! And isn't it funny how slowly it passes some times? Every minute is an... 'Eternity,' we supplied. 'Yes,' he agreed, 'an eternity!' Time is indeed a strange measure... hurrying, loitering but inevitably passing. Like 'a thief in the night,' it filches our days—takes these of January so pleasant, laved with sunshine, warmed by mild winds, quiet, restful, pretty winter days. Takes but presently replaces that stolen with another, clean and rose-pearled.

What think we, shall we do with it? Waste it in vain regrets? Everlastingly "kick against the pricks" of mostly fancied misfortunes? Despair over some chore of making-over we would do?... "When you get yourself a man, Ellen," Aunt Kitty Mahoney once said, "if you value your time and peace of mind don't ever try to make him over; you won't ever be able to do it."

She bit off an end of thread and looked at us through her gold rimmed glasses. "You won't even dent his hide! Neither can you make over the world about, as you would like it. It's just so much wasted energy, I'm telling you! Folks have tried it before this... And supposing you did—just supposing you could make everyone fit a set pattern, what a monotonous place it would be! It's the differences... in looks and natures and," she smiled, "queernesses, that makes it so interesting. We may laugh over these, or cry, or be sorrowful, when instead we should praise Providence for His wisdom in making folks so. So we just have to be satisfied with things as they are—and live a day at a time... and as best we can."

Her words that day of the long ago came back to us today. As though it were yesterday, lazy sun of summer lengthening the shadows on the lawn and the somnolent sounds of a July day reaching in through the open door... Now and then hoofs clip-clopping by; a barefoot child to the corner-store; a bearded man; a sun-bonneted woman—and the mail on its long way back to town.

And Aunt Kitty buying herself over a remnant of chambray she had brought out of her miraculously nowhere and was now on our behalf fashioning into a dress. A rose shade it was, underlaid with white. "It should go very well with your black hair," she offered and then set her lips firmly as though she had fed fresh fuel to our girlish vanity, to be one day "remembered" against her. The piece of gingham in a neat plaid she had also produced from her stores made a collar for the bodice, which went up to our ears and, with adequate piecing and matching of design, also the belt which fastened in front with a tidy buckle of "gold." Altogether it was a pretty gown, one of our girlhood favorites we remember, and was worn with no uncertain sense of chic, up the hill to our old school. Thus did we live the humdrum affairs of the school-room more than once in the long tedious summer days that were our lot there and climbing to a white cloud which dipped tantalizingly near the top of the weathered board fence, sailed away to more satisfying lands on the heavenly blue.

Until tomorrow - - Diary - - Good-night - -

Modern Etiquette

By Roberta Lee

Q. I see more and more women smoking on the streets. Is this considered proper now? A. Maybe sometime this will be accepted by good society, but at present it still is in the "improper" category. Also, a man walking along with a woman on city streets does not smoke.

Q. When the persons behind you at the theater persist in talking, is it permissible to ask them to stop? A. Yes, but do this as quietly and pleasantly as possible. If they seem to resist your request, and ignore it, then speak to another.

Q. Is it permissible to use both the knife and fork when eating fish? A. Usually the fork is the only implement necessary.

Anne Adams Patterns

SUGAR 'N' SPICE

PRETTIEST hostess in town! That's you in this apron! With scallops and embroidery, it's as cheerful as Spring itself! Make a bib-apron or half-apron, and use almost any fabric for this darling duty-beauty! Pattern 4829: Misses' sizes: small 14-16; medium 16-20; large 40-42. Small sized bib-apron, 1 1/2 yards 38-inch. Transfer included. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, Name, Address, Style Number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

Morning Smile

Exciting things are always happening to my friend Walker, a whimsical journalist reported recently. "The other day he was sending a suit to the cleaners when he felt in the pocket of the coat and discovered \$100 in bills."

"Gosh!" rejoined an excited listener. "That was quite an experience!" "Yes, it was," the newspaper man agreed, "and do you know, not one of them was recycled!"

DOROTHY DIX'S COLUMN

Eligible, But Silent Question Is How To Elicit A Proposal From Him

DEAR MISS DIX: I'm 20, considered very attractive, and hold a good office job. Recently, I met a man 10 years older than I am. He is distinguished, well dressed, has a fine, well-paying position, does a lot of traveling and, in short, lives the sort of life I always have dreamed of sharing with someone. He seems to be interested in me. I want to know what I should do to continue to hold his interest, and eventually have him propose. I think this may be difficult as his life as a bachelor seems to satisfy him. Should I be casual, or let him know I care? L. V.

DON'T CHANGE TACTICS

ANSWER: An unmarried man of 30 is not necessarily a confirmed bachelor, so don't give up hope. A man that age who has bypassed the altar may be a bit more cautious than a youth of 21, but he can be caught. Sounds cold-blooded, but since a proposal is what you want, that's what will try to get you. Don't rush the man and don't let him know you're seriously interested. Once a man realizes he's being chased he gets worried and becomes evasive. Continue the tactics that attracted him in the first place; a sudden change of pace is also in error. Before you embark seriously on this man hunt, are you sure he's the mate you want? Don't let the lure of glamorous places blind you to your real feelings. If you love the man, you'd love him regardless of what he had or where he went. If you are convinced that's the way you feel about him, go ahead!

DEAR MISS DIX: I am a widower in my late 50's, interested in a woman of the same age. Her husband died this past year and I know she is lonely. I would like to propose to her, and I know we would be fine companions in our old age, but am wondering if it's too soon to ask her? C. B.

ANSWER: By all means, ask the lady. Then consult your pastor, as to the length of time that should elapse before you make public announcement of your intentions.

DEAR MISS DIX: Although I am 15, I'm not allowed to date because mother didn't go on dates until she was 18. My family also fears that if I go out with boys my grades will drop. This is ridiculous since they are far better than average and I know they will stay up. S. W.

ANSWER: I wonder if mother was perfectly happy about being made to wait until she was 18 before she had a date. For a young mother she certainly has forgotten her youth very quickly. However, if that's her stand, you can't rebel against it. You should be allowed to attend school affairs. Perhaps one of your teachers could talk to Mom about it and see if a change of mind couldn't be effected.

DEAR MISS DIX: I am 13 years old and in the eighth grade. I am interested in dramatics and would like to know where I could study after school.

ANSWER: When you get into high school, you may be able to join the Dramatics Club, which probably is coached by a capable teacher of dramatics. If that doesn't work out, look up a school in your telephone book. I'm sure a city the size of the one you live in has a Dramatic or Theatre Arts School.

DEAR MISS DIX: The man I go with is seven years older than I am. He takes me out only once a week, and takes another girl out on week-ends and holidays. I love him very much, but am not sure of his love for me. He says he loves me and that if I really care for him I should be satisfied with one day a week. WORRIED EDNA

ANSWER: You may be absolutely sure, Edna, that the man neither loves you nor ever will. If he cares for anyone, it's the week-end girl. After all, she gets preferred dating. Stop being fooled by his specious arguments and realize that when a man loves a girl she's the one he wants to see and with whom he wants to be. Split dating is a sure indication of divided affection.

DEAR MISS DIX: We are two sisters, 18 and 19, both in love. Continued on page 3

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