

Modern Etiquette

By Roberta Lee
Q. Is it ever proper to leave the spoon in the cup when drinking tea or coffee, even if one thinks this helps to cool his drink more quickly?
A. This is never proper. The spoon should always be placed in the saucer after the contents of the cup are stirred.

Better English

By B. C. Williams
1. What is wrong with this sentence? "The man with his two sons was there."
2. What is the correct pronunciation of "Java"?

How Can I!!!

By Anne Ashley
Q. How can I make an unsightly flower pot more attractive?
A. Cover the flower pot with three thicknesses of paraffin paper, then a layer of colored crepe paper. The paraffin paper prevents the moisture from coming through.

Morning Smile

Hope Not
A woman motorist was driving along a country lane when she noticed a couple of repair men climbing a telephone pole.
"Whatever are they doing that for?" she said, turning to her companion. "Surely my driving isn't as bad as that!"

ANSWERS

1. Say, "The man with his two sons was there." 2. Pronounce first a as in ah, not as in at. 3. Sacriligious. 4. Disposition to please or oblige. [Pronounce second syllable play]. "The inward complaisance we find in acting reasonably and virtuously." — Atterbury. 5. Liable

Household Scrapbook

By Roberta Lee
Skin Treatment
When red blotches appear on the face, a good treatment is to rinse the face for about three minutes at a time in cool water. Also take alternate hot and cold face baths at night.
Mud Stains
Mud stains may be removed from blind silk by rubbing the spots with a cut potato after removing the surface soil. The potato leaves a starchy deposit which can be brushed off when dry.

The Stars Say --

By Genevieve Kemble
For Thursday, May 4
A SUDDEN and quite unforeseen turn of events may turn the tide of fortune, ambition and major objectives into dramatic and thrilling climax. There would be enhanced openings for fresh channels of operation and for putting over daring, perhaps revolutionary, plans and propositions. This would be possible despite obstacles, impediments and limitations, which could be melted away by new techniques or aims, in which influential persons are cooperative and generously inclined. Grasp this quickly.

For the Birthday

Those whose birthday it is may have an excellent opportunity for putting over major objectives, perhaps with exciting initiative for new deals or projects. There may be static situations, difficult problems or restrictions to vanquish at the start. Ingenuity and dynamic tackling of obstacles and "blocks" may stimulate the interest of influential persons, who may be generously disposed and ready with funds for promotion or other gesture of cooperation — perhaps socially.
A child born on this day should have inactivity and special skills for working its way through obstacles and handicaps into dramatic and advantageous contacts with higher-ups.

TWO LANGUAGES

About 67 per cent of Canadians speak English as their native tongue, 10 per cent speak French, and 13 per cent are bilingual.

SPRING AND SUMMER SHOWERS



Canada's booming plastic industry, which is now the world's third largest producer of finished plastic products, is rapidly increasing its role on the Canadian fashion scene. These new vinylite rainwear styles which were recently introduced closely followed latest fashion trends. Smartly draped from shoulder to hemline, these new designs have completely heat-sealed seams, a new process developed in this country. With combination hood and collar these new styles spotlight an attractive extruded front band for a smoother line. Underarm fullness, which silhouettes effectively, was designed for coolness and freedom of movement during muggy weather. Canadian manufacturers claim that the vinylite make-up is very durable and will not pull out of shape. They say the rainwear can be kept clean easily with nothing more than a damp cloth and that the light weight of the plastic permits easy carrying in pocket or purse. The new styles, which are said to be much more inexpensive than fabric rainwear, are being shown this year in a wide range of metallic and plain colors.

DOROTHY DIX SAYS -

Scheming Women
Man's Philandering Usually Girl's Fault, Says Reader
DEAR MISS DIX: Why is it that so many young girls and women try all of their schemes and wiles to get the attention of married men? Do they not realize the harm they are doing in alienating husbands and wives and breaking up homes and half-orphaning little children? I am not denying that the men are weak to fall for these scheming women. They are. But many a middle-aged man would never think of having an affair with a woman if she didn't make the first advances. R. M.

MOTIVATED BY GAIN

But in the great majority of cases in which women, and especially young girls, have affairs with married men they are actuated by the very sordid motive of gain. The married man is settled in business, he earns more money than a boy does and hence he is a better paying prospect. Also, he is easier to work, for he is flattered and flustered at the idea of a girl finding him romantic.
But it is true that nine wandering feet it is because some woman has signalled to him across the fence and made him jump the bars. That doesn't excuse him, of course. But it is just how it generally happens.
There are women who are adventuresses by nature and for whom married men have a fatal fascination merely because they are unmarried. Just because a man belongs to some other woman makes him more desirable to them than he would be if he were free. They get a sadistic pleasure in torturing the poor wife and watching her helpless jealousy as she sees her husband paying court to a girl half her age, far prettier than she ever was, and spending the money on her that ought to go to buy the children clothes and shoes. It does not concern them that they are breaking up homes and wrecking (Continued on Page 9)

ELLEN'S DIARY

By An Island Farmer's Wife

Granddaughter - Hilda amused us this morning when on an outing going with an apple in her hand, she stopped stock still on the threshold and turning opened a mouth for our inspection. "Will you look in here?" she invited. "Just look in and see what you can see!" To a layman all appeared to be very clean and healthful. She was disappointed. "Look again," she begged, "right through your glasses! Can you see any more please and Thank You words then to jump right off!" "Why yes!" we replied as delighted we beamed down at the small one "certainly there are dozens — literally dozens of them, just waiting to be spoken;"

She nodded happily and continued her way. It was a coincidence that at noon we picked up the current issue of MacLean's Magazine which the mailman had just brought, to be arrested by an article: "People Aren't Polite Any More" by R. T. Allen. We were waiting for James to come to dinner at the time. He was due presently, indeed "whenever I get this bunch of cattle tied up!" Treasures of reading we glean, grasping moments like these to give us food for reflection when we return to our round.

It is a bewitching subject, this one of manners, though perhaps of perennial interest only to those of us that are older, the younger being taken up with other concerns of their living. We recall now a day in those youthful years spent in company with an elderly woman, a school-teacher, who looked ahead to the coming week which was to bear us, young and inexperienced, off to teach in a first school. "Yes," we said, not quite so sure of our qualifications as we had been all along, "Monday is the day! We'll start; but after that ... well dear knows what we shall teach them!" "Don't worry your heart over the like of that, Ellen," she sympathized smiling, "you'll find plenty to teach them and if you should happen to run out of subjects, well have time to spare, it would be no harm to teach them the rudiments of being polite. To tell you the truth I always put that ahead of other things. It's the first principle of living, I would say. Oh they likely will be well-mannered children to begin with but a little extra reminding won't hurt them. What a vastly improved place this old world would be if folks always remembered their manners!"

We remembered also an exceedingly nice and pleasant maiden who lived on a farm with her brother, both of them well into the westerling years, with whom we used to visit in the long ago. She especially deplored the lack of courtesy in the rising generation. "Why, I passed our school this very day," she once said, "and the scholars took no notice of my passing any more than to stare rudely at me! Now in my day there," she continued "we would curtsy like this to the passers-by." She spread ample skirts daintily and bent a little. "Ah," she sighed, "I fear if custom accepted the trends of these times, there will be no courtesy shown to anyone in time — and much of the nicety of living will be lost thereby." Many moons have risen and set since these opinions were expressed and in today's article we found similar criticisms.

It could be the truth as the author states that: "Our consideration for others is at its lowest point in history." And being one to criticize our own actions, we looked at once within the veil of self. We find it a truth that we are sometimes obliged to take courses that are definitely against our Victorian and Edwardian era of training in courtesy. It is indeed often with much surprise at our actions that we join in the present custom of jostling and pushing for position in a bus or public conveyance, acting on the prevailing principle "Look out for yourself" and the devil take the hindmost." And as well as at a counter or wicket, where unless one has mastered some of the art of inching forwards, she is likely to be superceded by a more ambitious though later customer, and find herself stationary at the very end of the line.

It is true, as the writer will have it ... But: "Bang" goes the stair-foot door, in token that James is off, and we must follow to dreamland!
Until tomorrow — Diary—Good-night ...

worm with an emulsion prepared from 1 gm. of crystalline hexylresorcinol, 1 gm. acacia, and 30cc. of water, put directly into the duodenum (first part of small intestine) through a tube down the throat which carried the emulsion past the stomach, thus not upsetting the stomach. No fasting nor purgatives were prescribed. There were 28 patients and cure was obtained in 26.
The latter method, emulsion of hexylresorcinol, requiring no starving of the patient nor use of purgative would seem to be the better method of removing the tapeworm.

EATING YOUR WAY TO HEALTH
Be sure you are getting the all-round daily diet for your type of build, occupation, etc. Write today for Dr. Barton's handy booklet on this subject entitled "Eating Your Way To Health." Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc. in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your ...

Timely Notes On Nutrition

"He who has health, has hope; and he who has hope has everything." Arabian Proverb.

No matter what our race, religion, creed, or age—each and every one of us should be concerned about the health of our nation if we are ever going to realize our ideal—a peaceful world. The World Health Organization, which was formed in July 1946, is authorized to "promote in co-operation with other specialized agencies where necessary, the improvement of nutrition," and, "to develop, establish and promote international standards with respect to food." It follows that every boy and girl, man and woman has a share in the work of the World Health Organization. By developing good food habits, each one can contribute to the community health and ultimately to the strength and alertness of the whole nation.

We do not need a college course in nutrition to develop good food habits nor do we need much wealth. But we do need a knowledge of foods which promote health—in other words the foods that give energy; the ones that make us grow and keep our bodies in repair, and the food that contributes to our sense of health and well being, and which build up our resistance against infection and disease. We do need a knowledge of good preparation and cooking methods in order to cut down on losses of valuable food nutrients. It is up to every one who has anything to do with the service of food—be it housewife or restaurateur—to acquire this knowledge and to practice it.

How often have we seen Canada's Food Rules published in this very paper?—Countless times—and more often have we encountered people who never heard tell of them, when it is their duty as a citizen to know them and know their use. Canada's Food Rules are actually a food list, or a sample guide for making sure that we are eating a variety of foods—and it is a variety of foods that is important for good nutrition. This list of food groups represents the best scientific and medical advice available on nutrition.

Canada's Food Rules are divided into five groups; the given amount of each group recommended for daily intake represents the minimum amount required daily if we are to have optimum health and a long life span.

Group 1. Milk — adults one pint. Children 1-2 pints to 1 quart.

Group 2. Fruit — one serving of citrus fruits (oranges or grapefruit), or tomatoes or their juices; and one serving of other fruit such as an apple, banana, prunes etc.

Group 3. Vegetables — at least one serving of potatoes; and at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.

Group 4. Cereals and Bread — One serving of whole grain cereal and at least four slices of whole wheat bread and butter.



She won't mind the rain with this umbrella scarf by Lilliman which is treated for water repellency.

Cook's Corner

COPESTES DE SALMON
1 lb. can Salmon
2 eggs
2 medium potatoes, mashed
1 tablespoon lemon juice
Salt
Pepper
Stuffed olives
1 cup cracker crumbs
Drain juice from Salmon. Shred, adding lightly beaten eggs, mashed potatoes, lemon juice, salt and pepper to taste. Form into small croquettes, placing a stuffed olive in the center of each. Roll in beaten egg, toasted cracker crumbs and fry in deep fat. Drain and serve with catsup decorated with sliced stuffed olives. Serves 8.

A Bronchial Ailment Quickly Subdued

Plessville — Local residents are pleased to learn of the recovery of Mrs. Alphonse Turgeon. Today she is well—thanks to Nerviline.
"I had been suffering from bronchitis for some time without obtaining any real relief. My niece happened to pay me a visit and advised me to try Nerviline. For many years she had used Nerviline herself—always with good results. I applied Nerviline to the throat and chest and secured quick relief. I can recommend Nerviline as very good for colds, pains in the muscles or back; for sprains it is a good all-round liniment." Get your 35c bottle of Nerviline from any drugist.

NEW COVENTRY

SYDNEY, Australia (CP)—British ex-servicemen who migrated here are planning to build a new town—to be named New Coventry—on the outskirts of Sydney. The town, which will have an original population of 4,000, will cost 1,500,000 pounds (\$4,650,000) to erect.

MUSTARD Flavour Hints TO IMPROVE YOUR COOKING
Try these simple cooking secrets to unlock hidden flavours and release taste-treats:
ROASTS: rub a teaspoonful of Colman's mustard in powder form into your roast before placing in oven.
COFFEE: add a pinch of Colman's mustard to the dry coffee in your percolator.
BOILED HAM: has extra flavour when you add one teaspoon of Colman's mustard to the cooking water.

-Needlecraft- FOR THE HOME -
THE COSTUME FOR COTTON
So versatile, so very 1950... the cotton costume! This one teams the Basque sun-back favorite... with trim fitted bolero-jacket, buttoned below wing revers.
No. 3034 is cut out in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40 and 42. Size 18, dress and bolero, 5 yards 35-inch.
Send 25 cents 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 zone number in your address.
Address: Pattern Department, The Charlottetown Guardian.
Pattern No. 3034
Name \_\_\_\_\_
Address \_\_\_\_\_
City \_\_\_\_\_ Province \_\_\_\_\_
CURE FOR WINDBAGS
WORTHING, Sussex, England - (CP) - Any "hot air" given by Worthing town councillors will be scientifically dispersed. Air extractors have been installed in the council chamber.

SOUTHERLY CITY
Key West, Fla., is the most southerly city in the United States.
BEAUTIFUL PLANE
The name Lanka—the resplendent island—was given to Ceylon by the Brahmins.
Moodies Vanta Baby Garments
NO PINS OR BUTTONS
Training Panties, Sleeping Garments, Vanta Towels, Bed Sheets, Dipatab Vests and Bands, Complete Layette Sets.
VANTA MADE TO CANADIAN APPROVED STANDARD SIZES
AT LEADING STORES Moodies HAMILTON, ONTARIO

That Body Of Yours
By James W. Barton, M.D.
GETTING RID OF A TAPEWORM
As students were taught that the way to remove a tapeworm from the intestine of a patient was to starve the patient for a few days. This starved the tapeworm also, so that the tapeworm became weak and could not hold on so well to the lining of the intestine. An anesthetic was then given which put the tapeworm to sleep. While it was sleeping a purgative (castor oil or a dose of salts) was given which swept the weak, anesthetized tapeworm out of the intestine.
In "The Puerto Rico Journal of Public Health and Tropical Medicine," San Juan, Dr. Hernandez Morales reports his treatment of patients who had recently passed segments of tapeworm. The patients were instructed to have a light lunch and supper and take 30 gm. Epsom salts at 3 p. m. of the day before the treatment. On the morning of treatment the patients reported without breakfast. Adults were given 6 to 8 tablets of quinacrine hydrochloride, two tablets every 5 minutes with a glass of water to which 5 gm. of sodium bicarbonate was added to prevent nausea and vomiting caused by the quinacrine. Two or three hours later a dose of Epsom salts (magnesium sulfate), dissolved in syrup of citric acid and water, was given by mouth. Usually two or three bowel movements occurred during the first hour after purgative had been given. After several bowel movements patient was allowed to go home. The soles (head and neck to which segments are attached) was recovered in 13 of the 24 patients treated.
Drs. Morales and D. S. Stevenson treated patients with tape-

Extra Good Grooming
this SHEERER, DULLER LOOK... and "SEAMS INSIDE"
are made that way... INSIDE-OUT... SEAMS INSIDE
Get that smart, no-sheen look without turning. And Beautiful Butterfly Nylons are Dura Beau finished to give that smoky-dull look... plus resistance to snags, runs, pulls and water spots. Full-fashioned, of course, in every weight and gauge.
No turning necessary
SOLD BY LEADING LINGERIE AND DEPARTMENT STORES EVERYWHERE AT POPULAR PRICES FROM \$1.35 TO \$2.50 PER PAIR