

Better English

By N. C. Williams

1. What is wrong with this sentence? "All kind of books were on the shelf, and we were anxious to read them all."
 2. What is the correct pronunciation of "gratis"?
 3. Which one of these words is misspelled: Financier, massacre, clothier, masseur.
 4. What does the word "surreptitious" mean?
 5. What is a word beginning with sub that means "an evasion"?

ANSWERS

1. Say, "All kinds of books," and "we were eager to read them." 2. Pronounce a as in grate is preferred. 3. Massacre. 4. Done or made by stealth. "He went about it in a secret and surreptitious manner." 5. Subterfuge.

How Can I ...

By Anne Ashley

Q. How can I remedy soup that is too salty?
 A. Slice a raw potato and place this in the soup. Then boil the soup for a short time and it will remove the salty flavor. The potatoes can be taken out and used for other dishes.
 Q. How can I remedy loose casters that persist in coming out of the legs of my furniture?
 A. Remove the casters and fill the holes with melted paraffin; put the casters quickly back into place.
 Q. How can I prepare an excellent healing solution for cuts and burns?
 A. Dissolve one teaspoonful of boric acid in one pint of water.

Household Scrapbook

By Roberta Lee

Lilies of the Valley
 Lilies of the valley planted on all four sides of the house will insure a long season for them. Those on the south side will bloom first, while those on the other sides will come along in succession as the weather gets warmer.

New Shoes
 When wearing leather shoes for the first time stop at the first shoe-shining shop and have them shined. In this way scratches will affect only the surface.

Gilded Clock
 You can improve the appearance of a gilded clock by rubbing with a rag wet with alcohol or turpentine.

Modern Etiquette

By Roberta Lee

Q. Our widowed father is marrying again. Is it proper for us, his children, to give them wedding presents?
 A. Failure to give your father's new wife a wedding gift would be extremely ungracious and tactless. Either something for her home, or a personal gift, is appropriate.
 Q. At a public dinner, where the speaker's table is long and narrow, should the chairman or toastmaster sit at the end of the table?
 A. No; he should sit in the center, at the side—the principal speaker or guest of honor at his right.
 Q. Is it proper for an overnight guest to ask the hostess for an extra blanket?
 A. Yes, this should be done by all means, if insufficient covering has been provided.

That Body Of Yours

By James W. Barton, M.D.

THE PSYCHIATRIC ASPECTS OF AGING

When an individual reaches what is commonly called old age, he may find himself slipping to some extent. Perhaps he has poor memory for recent events—although for events which occurred in childhood or early manhood, his memory is good. Many elderly people wonder if they will "lose their mind" as the years pass.

In the Journal of the American Medical Association, Dr. Leonard E. Himler, Ann Arbor, Mich., has reassuring words for elderly people.

From a purely chronological point of view, psychiatric disorders fall into three main groups: the pre-senile disorders (disorders occurring before old age) which begin as early as the fourth decade; disorders of the involutional period (45 to 60) and the senile mental diseases which have their onset after 60 or 65. "But in mental as well as physical health the transition or changing from physiological (normal) to pathological (organic) aging is influenced by many other factors besides the years the patient has lived," Dr. Himler writes.

"Individual variation in personality is as great in the older as in the younger age groups." The health of the body and mind does not correspond to the age in years. Although certain little changes in the mind are common as we grow older, such as the above-mentioned slip in memory for recent events, Dr. Himler states it is indeed fortunate that the overwhelming majority of the aged retain their mental faculties to the full.

In a study of 477 individuals over 65 who were living in the vicinity, Dr. E. Post in The British Medical Journal reports finding that about 82 per cent were mentally normal and of the remaining 18 per cent, 14 per cent showed borderline changes in their mental functions and habits. Only 3.8 per cent (less than 4 in the 100) showed evidence of definite psychiatric disability.

The conclusion reached by Dr. Himler, and I believe the medical profession and also thoughtful laymen will be in agreement, is: "The first steps toward the goal of healthy transition from middle age to balanced old age will be attained when there is better understanding and acceptance of what is already known about normal physiology (body processes) and psychology (mental processes) of aging, if there is greater appreciation of the need of the aged to continue useful interests and activities, and if the aged are given opportunity to maintain an adequate social life and a useful place in the community."

Morning Smile

Have A Care!

The young mother had been reading the latest books on baby care. Visitors were not permitted to see the baby at all until he was three months old, and then they had to wear gauze face-masks.

When several older women tried to suggest that the mother was carrying things a little too far, she cried: "Some mothers are so careless of their children's health that it is positively criminal!" After a pause she added: "He seems to be cutting a tooth, but I don't know how to find out about it."

"Why," said one of the older women, "just put your finger in his mouth and—"

Noticing the young mother's horrified expression, she added:

DOROTHY DIX'S COLUMN

Inattentive Beau

College Student Has No Time For Social Life

DEAR MISS DIX: I am a girl of 20, working in a business office. Last summer I met a wonderful young man, and went out with him three times during my vacation. About two weeks later he called and invited me to a football game. In another two weeks he again asked me to a game. Now he is away at college, and I haven't heard from him in several weeks. I know he's busy but I should think he could spare a few minutes for an occasional phone call. How can I get him to keep in touch with me?



Muriel Nisen

ANSWER: College boys who take their work seriously have little time for social life; even the small amount of time taken out for a short telephone call can ill be spared from a grueling program of math, science, Latin and Greek. As a working girl you, of course, have much more leisure and more time for recreation. Suppose you just go out on such other dates as come along, and wait for your college man to have another vacation. I'm sure you'll find his interest in you unabated. In the meantime, just to keep yourself in his thoughts, a greeting card might be sent or you could mail him a short, friendly letter enclosing a joke or cartoon that might amuse him. Just don't try to intrude too far into his scholastic life.

ASHAMED OF FAMILY?

DEAR MISS DIX: For the past year I have been going with a boy who is 20. He is very considerate in all ways but one. He has never taken time to meet his family. He has met my people and comes over to our house quite a bit. Do you think I should ask him to take me to meet his folks, or forget about it?

ANSWER: Forget about it! It is not your place to suggest meeting the family; he should have thought of it long ago. The obvious reason for his neglect is that he is ashamed of his folks—or possibly he feels that you won't measure up to their standards. The former is probably true. Perhaps his home is not impressive enough, so he thinks, for you, or the furniture not grand enough. Of course he shouldn't have an inferiority complex about his surroundings, but most young people do. You could express curiosity about his family and mention that you'd love to know them, but further than that you can't press the subject.

DEAR MISS DIX: I am very annoyed over an underweight problem. I'm nearly 16, and weigh 85 pounds. I'm nice looking otherwise, but am so dreadfully skinny. What can I do to gain weight?

ANSWER: The best thing to do is talk the problem over with your mother and have her take you to the family doctor for a thorough check-up and treatment. He will ascertain the cause of your underweight and prescribe the cure. In matters pertaining to health, even in so commonplace a problem as weight control, a physician should always be consulted.

DEAR MISS DIX: I am 28 years old and have been going with a divorced man, 39, for three years. He has three boys of his own. In all the time I've known him, he has never said anything about marriage or a future together. He takes me to the movies, and to visit mutual friends, but that is all. My parents think I'm wasting my time going with him; as I am single they feel I should go with single men.

ANSWER: Here, as usual, parents are right! After waiting three years on neighborhood movies, you should have sense enough to see that your beau offers no future. He wants occasional companionship, which you obligingly supply, but beyond that there is nothing in this friendship for you. At 28 you could employ your time to much better advantage than wasting it on a barren friendship. Furthermore, you are seriously hurting your chances of meeting eligible men by concentrating all your time on a divorced man so much older than you. Even if he were to offer you marriage, you'd be foolish to accept. The age difference is considerable, and a man who has made a failure of one marriage is not too promising a prospect for a second.

DEAR MISS DIX: My husband and I would like your opinion on our problem. He insists there is nothing wrong in a married man going to a public dance hall without his wife. I love to dance, too, and would very much enjoy going out to dances. We have four children.

ANSWER: Attendance at a public dance hall, for the father of four children, indicates to me a case of arrested development. Such places are the natural habitats of teen-age jitterbugs, not men who are supposed to have some sense. In any community, there are enough dances held under the auspices of church and civic clubs to satisfy the most avid devotee of terpsichore. Your husband should take you to these socials and enjoy himself as befits a man of his stature in life. You shouldn't have trouble getting a baby-sitter occasionally, and you'll both be better for a night out together.

gently: "Of course, you boil the finger first."

Taking No Chances

A bus had just stopped, and the conductor, looking across the road, noticed a man awaiting a bus going suburbward. He was apparently a musician, as he was holding a harp with one hand. In the other hand, however, he had a new garden spade.

No Cheating

Two crooked boxing managers were discussing a forthcoming fight. "At the end of the second round," said the first, "your man will hit mine and he will go down for the count."

"No, no," expostulated the second. "Not in the second round, in the seventh or eighth. We mustn't cheat the public!"

ELLEN'S DIARY

By an Island Farmer's Wife

Remember, with unprejudiced mind if you can "The Vision of Sir Launfal!" Because instead of the gallant knight who rode away on his long pilgrimage that night of dreams, young and fascinating, it is not unlikely you would see a familiar figure of superior and bland gaze there, commenting coldly: "Well, you will remain at school and write the lines on your slate five times! That will perhaps teach you to learn what has been set for you—And don't 'But' me, girl! I'll have obedience and order in this school!"

Or maybe because Providence chose to be extra good that term to a poor little country-girl, you learned at the hands of an understanding and kindly teacher. And through her eyes, that ever kept a glint of a smile in them, you caught the beauty of the lines, the delight and significance of the theme. And following every word eagerly, you searched hill and dale and a whole world—and lifetime, over for a Holy Grail . . . to find it at length, gladly, so close to home!

What a number of friends-of-mine are the old Reader! The nymson and Browning, Goldsmith and Wordsworth and dozens of others we enjoy. And with each leaf turned old memories will come crowding. Remembrances of school-mates in summer-gingham and long braided hair . . . the nice girls and the "different" and all better understood and appreciated now in the light of our years.

But perhaps we have lingered too long with the old Reader for there are other books in the company . . . a thumbed copy of Evangeline. Early lines heavily scored. We really spent too much time on those first pages using it as a supplement to our English Grammar. That was in June and with our Matriculation approaching exceedingly fast, we never did get to the last of it, as a class. Perhaps some day in some spot of Heaven we shall foregather again to complete it—the "maister," a boy and four girls.

And we shall laugh merrily with the old unbuttoned laughs we once knew, before we take up our subject. And try to lift again the old threads of that living we knew so well. And all at once realize we are lonely, they, for theirs they have found since, and for ours for James at the moment away off by himself on some rise, likely concerned about some waste of green on the meadows below.

The English Grammar is in the company . . . a Gray's Botany . . . School-histories, a thick but intriguing Arithmetic . . . "How do you like your Arithmetic?" we ask hopefully of Jamie. "It is one of the nicest studies—and they do say it comes easier to a boy." There are other books there, supplements and "answers" and what not, which one day will be quite valuable to the family for their very quaintness, or may end up as do so many clutterings of this place, in the depths of "the dark unfathomed pool" below the bigger waste-gate on the dam. To be disregarded by the odd trout that seeks this depth in the heat of summer or the straying smelts that in spring search out the source of the river, at spawning!

We made a motion to take down these books again yesterday afternoon, to go into them at length, and on by one. Then I decided against it. Better to leave them to a nice summer day when, in all truth it is good to be alive, than on a wintry March one, quiet and a mile lonely with wind-swept white reaches of countryside about. Yet one begged for attention . . . a slink volume . . . And some night we shall finish the story . . . but not now.

Until tomorrow — Diary — Good-night . . .

The Stars Say

By Genevieve Kemble

For Tomorrow
 A PECULIAR situation may develop in the existing perplexing and challenging condition of affairs generally. Perhaps these hidden or menacing undertones may be smoked out by a hunch, an intuition or other out-of-the-customary insight or revelation. In such unusual circumstances it may be advisable to give heed to the "still sma' voice" rather than by attempting to change matters by forced efforts.

For the Birthday
 Those whose birthday it is may find their affairs coming to some happy climax just when things seem to be static or hopeless, with a lowered and unpromising or tangled state of affairs to be coped with. Then a beam of light may be found in some rare guidance, a sudden intuition or other lead, inspired or unaccountable. Psychic faculties could be an ever-present aid in times of trouble, when rationalizing fails.

A child born on this day may be blessed with some inner guidance, intuitive or mystical, to lead it out of quandaries or harrowing situations successfully.

Anne Adams Patterns

By an Island Farmer's Wife

YOU WANT THIS!

COVERALL! Sundress! Jumper! Dressed! Beach-wrap! Get this marvelous-pattern and take your own choice of ways to make up this dress. Simplest of sewing—see the diagram above. And just rub it in the tub in a jiffy—it opens out flat for easy ironing!

Pattern 4832: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 2 1/2 yards 35-inch fabric.

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 Name, Address, Style Number.

Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.



Cook's Corner

SARDINE OMELETTE

Yield—3 or 4 servings.
 1 can sardines
 1 tablespoon Worcestershire sauce
 4 eggs, separated
 1/2 teaspoon salt
 1/8 teaspoon pepper
 1 teaspoon grated onion
 1/2 cup milk
 3 tablespoons butter or margarine.

Drain the sardines. If large sardines are used, remove backbone. Cut sardines into about 1/4-inch pieces; sprinkle with the Worcestershire sauce.

Beat the egg whites until stiff but not dry.

Beat the egg yolks until thick and light; stir in salt, pepper, onion, milk and the sardines. Add egg whites to sardine mixture and fold lightly until whites are reduced to about the size of small walnuts.

Heat the butter or margarine in a large frying pan; tilt the pan to grease the sides well. Pour in egg mixture.

Cook over low heat, uncovered, without stirring, until omelette is set and golden brown on the bottom—about 20 minutes.

Bake omelette in a moderate oven, 350 degrees, to dry the top—about 10 minutes.

Crease omelette across the cen-

tre, fold over, turn onto heated serving dish and serve immediately.

TEETHING TROUBLES

Bring quick relief to fretful, feverish, teething baby with Baby's Own Tablets. Thoroughly dependable, sweet little tablets, used by mothers for over 50 years. No "sleepy" stuff—no dulling effect. Get a package today at your druggist, 50¢.

BABY'S OWN TABLETS

Bressy Apron



Crisp dotted swiss in a pastel color, fresh white organdy, a piece of pastel pink cotton for appliqué along with some embroidery cotton is all you need to make this pretty apron. Make one for yourself and several for gifts. A direction leaflet for making the DRESSY APRON is available if you send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. E-2619.



Mrs. Harley Mattinson, of Springhill, N.S., gets prize-winning results from a famous yeast.

URNS OUT PRIZE BAKING FOR OXFORD COUNTY FAIR

Around her home on Herriott Road, Springhill, N.S., Mrs. Harley Mattinson rates as a swell cook. The judges at Oxford County Fair seem to be of the same opinion, for each year she brings home prizes for her yeast-raised baking!

Ingredients are the basis of good baking," she says. "You have to use a yeast with lots of pep and go—or else your results won't be up to scratch. I've used Fleischmann's Yeast for years—it's one yeast you can depend on for fast rising and fine results."

For folks who aspire to prize-winning baking, Mrs. Mattinson has some good commonsense advice. "Good in-

Sound advice! Clever Maritime cooks everywhere get tip-top baking results with Fleischmann's Yeast.

Alice Brooks Designs



THEIR FAVORITE TOY

CROCHET this Easter Bunny in easy loop stitch! Use knitting worsted and make the body, head, legs and tail separately; then sew them together.

Cuddly bunny to delight the children! Pattern 7284; crochet directions 10-inch woolly toy.

Send Twenty-five cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

ALMOST HUMAN

A giant "electric brain" at Manchester University can diagnose trouble in its own machinery and report the exact spot.

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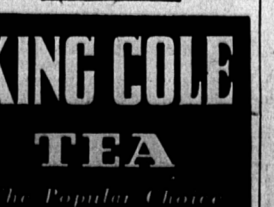
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