

Household Scrapbook

By Roberta Lee

Shiny Coat Collar
If your coat collar shines, sponge it with a cloth wrung out of hot vinegar. Press while still damp, using a black cloth for pressing.

Wall Paper
Dry bran, rubbed on spotted wall paper, will absorb a great deal of the grease and dirt.

Yellowed Enamel
To restore to their former brightness enameled bathtubs and washbowls which have become yellowed, wash them with salt and turpentine.

Now! Make perfect tea instantly!
NESTEA
FASTER than tea bags BETTER than brewed tea
A little Nestea in a cup, add boiling water. Instantly—the satisfying flavour of a really good old fashioned cup of tea.

For Tomorrow
EVEN though you feel you have good cause for irritation, keep your emotions under control this day. Go out of your way to promote harmonious relationships and maintain a cheerful attitude in the face of minor disappointments.

FRESH!
one slice leads to another
Enjoy BUTTER-NUT BREAD
Musk oxen many times have provided a vital source of food for Arctic Explorers.

Morning Smile

Eager

A woman who had just completed a first aid course saw a man lying prone in the street and was shocked that passers-by paid no attention to him. So she rushed up to him and began giving him artificial respiration. Finally the man raised his head with an effort, and said, "Lady, don't know what you're trying to do, but I'm trying to get a wire down this manhole."

How Can!!!!

By Anne Ashley

Q. How can I remove old wall paper from the walls?
A. Mix up a quart of flour paste and add it to a pail of piping hot water. Swash this mixture over the wall and let it soak in. Its thickness will prevent its drying very quickly, and you'll have plenty of time to scrape or peel the paper off the walls.

Q. How can I clean Venetian blind tapes without taking the blinds down?
A. For white tapes, use ordinary white shoe cleaner just as you would on white shoes. Cleaning fluid usually works well on colored tapes.

The Stars Say - -

By Genevieve Kemble

For Tomorrow
Where business matters are concerned, you should be pleased and encouraged at the progress you are making, but over-confidence could minimize results. Keep plugging, but don't tackle more than you can adequately handle.

For the Birthday
If tomorrow is your birthday, the year ahead should see many of your long-cherished dreams come true, especially those which deal with professional advancement and financial security.

Stripes Are Popular



Round and round go the stripes in this new fashion coat of rust and silver-gray in a ribbed brushed wool fabric. It has an added "back-interest look" with high waist seaming and gently-flaring skirt. (CP PHOTO)

It's Time For Delicious Berry Desserts And Jams

The home economists of the Consumer Section, Canada Department of Agriculture say that berries are one of the most perishable foods on the market and for that reason, they are packed carefully and transported quickly. The best flavour is found in berries which are plump, firm and uniformly ripe. Keep berries cool and dry until they are to be used, but be sure that they get plenty of air. Do not pack them tightly into a jar. The home economists suggest storing them on a tray or shallow pan. This will avoid bruising. Raspberries need only to be carefully picked over before they are used unless they are dirty. Then, of course, they must be washed. When washing, either strawberries or raspberries, put the berries in a large bowl of cold water. Let the sand and soil sink to the bottom, then lift the berries gently from the water with your fingers spread apart slightly to act as a strainer. Do not let the berries stand in the water long, for they are apt to lose their colour and flavour.

Berry Desserts

Probably because the berry season is short, we never seem to be able to get quite as many as we would like. The home economists of the Consumer Section, Canada Department of Agriculture suggest that this year home-makers should make the most of berries that they get and try serving them different ways. There are all kinds of berry specialties. First of all, just berries and cream, then shortcake topped with lots of whipped cream or ice cream, berry pies served with ice cream or cream cheese, ice cream sundaes with fresh berries, and frozen berry desserts. Jelly roll filled with

fresh berries and iced with whipped cream is a recipe which many homemakers have never tried. It is very simple to do. Simply fill a jelly roll with fresh berries which have been crushed and mixed with sugar. Then ice the roll lavishly with whipped cream and decorate with a few whole berries.

Raspberry Jam

Raspberries, sweet, juicy and delicious as well liked that most people want to make jam or can some of this luscious fruit for use later on. This is the recipe for raspberry jam from the Consumer Section, Canada Department of Agriculture. It is a very good recipe and it is easy to do.

3 cups crushed raspberries (about 4 quart boxes)
6 cups sugar

Bring the 3 cups crushed raspberries to a boil and pre-cook uncovered for 15 minutes. Add the six cups sugar, bring to the boil and boil uncovered to the jam stage. This will take from 12 to 15 minutes. Yield: 7 cups raspberry jam.

The homemaker who owns a home freezer or a locker will want to do plenty of frozen raspberries this year because they are really a treat in the winter. Frozen raspberries are simple to prepare. Simply pick the berries over carefully and wash them, only if necessary. Then pack in dry sugar using 16 cups fruit to 2 cups sugar or you may pack them in a cold moderately thin syrup, that is, syrup made with 1 cup sugar to 1 1/2 cups water. What an easy way to store food! No cooking, no processing in hot water no handling of hot fruit jars!

DOROTHY DIX'S COLUMN-

Seeks Work

Woman, 40 plus, Who Needs Job, Is Given Employment Ideas

DEAR MISS DIX: Before marriage I worked as a stenographer; after marriage I accepted to my husband's wishes and gave up my job. Now his health will not permit him to work and, of course, he has consented to my returning to business. I was glad to do so—never realizing what insurmountable barriers lay in the way. I am in my forties—a fact which eliminates me from earning a living. I would be happy to do anything, but am not acceptable for office work, and can't find anything else either. I don't look or feel old, my work has always been satisfactory. My character is outstanding. My age is important—my capabilities negligible.

DESPERATE TRAINED WORKERS WANTED

ANSWER: Granted, it's more difficult for a woman in her 40's to find a job than it is for a girl of 20. However, it's anything but impossible. True the older woman must work a good deal harder in seeking a position, but once she has it, her obvious advantages are well appreciated. In fact, there are many fields in which the more mature woman is preferred.

Have you consulted your state employment service? These agencies specialize in the difficult-to-place person. The fact that you are a trained worker in a field that's always in demand is in your favor. If you think your shorthand has become rusty over the years, take a refresher course at any business school to bring up your speed. Don't adopt a defeatist attitude; somewhere there's a job for you though it may take a little stick-to-itiveness to find it.

Have you considered setting up a business for yourself? If you have any talent this idea offers possibilities. There's a very fine book published by Whittlesey House in New York, called, "How To Make Money At Home." The author is Polly Webster, and the book costs \$3.00. It's chock-full of ideas.

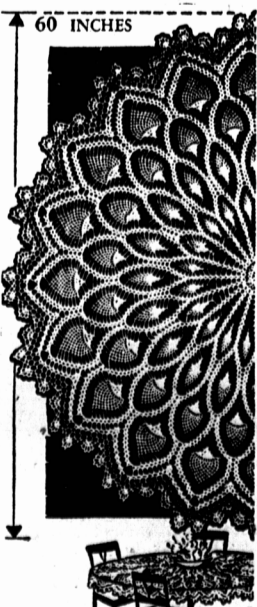
Most important of all, get over the idea that the 40's are the woman's land of business. I've known women in their 60's who started back to work so there's surely hope for you.

DEAR MISS DIX: I'm very puzzled about the boys my girl friend and I go with. We've known them about two years and they are both fine, decent boys. They are about 20 and we're 15. They take us out once or twice a week then on week ends they're always working on cars. We know they don't go with other girls, because they live near us and we see them working.

ANSWER: There are three possibilities for the "strange" behavior of your friends. 1.—Perhaps they aren't as overwhelmingly interested in the opposite sex as you girls are. 2.—They may not have the money to take you out as often as you'd like to go. 3.—This is the theory I favor, they may consider cars more fascinating than females. Many a girl has her chief rival in a motor. The attitude is understandable, too. After all, a boy can understand a machine! Don't be hopeless about the situation, though; eventually feminine wiles lure them from the garage, so just be patient.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

Alice Brooks Designs



60 INCHES
60-INCH TABLECLOTH!
Center of attraction in any room! This magnificent tablecloth measures 60 inches across—perfect for formal dining, buffet, or after-dinner coffee and tea.
Your 3-toned pineapple design to crochet in heavy cotton. Pattern 7014 has instructions.
Send Twenty-five Cents in coins 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.

Cook's Corner

SALMON AND CUCUMBER SALAD

3 cups diced cucumber, 1 cup sliced celery, 1 can salmon, 1 tablespoon capers (optional), 1/2 cup mayonnaise, melon balls and celery seed dressing.
Combine cucumber and celery; toss well. Let stand while preparing remaining ingredients and dressing. Flake salmon, removing skin and bones; add capers. Combine with cucumber mixture and mayonnaise. Serve on salad greens; garnish with melon balls. Serve dressing separately. Serves 4 to 6.
Celery seed dressing: 1/2 cup mayonnaise, 1/2 cup sour cream, 1 teaspoon celery seed, 2 tablespoons catsup. Combine all ingredients, mix well.

That Body Of Yours

By James W. Barlow, M.D.

TURNING FEAR OF HEART DISEASE INTO HOPE

"What would happen to my job if I got a heart attack like my brother Joe?"

"Will my wife's high blood pressure keep her from taking care of the kids and the house?"

"How can I help my patient overcome his fear and understand the need of cooperation with me?" the family physician asks.

I am quoting from the Education Program of the American Heart Association. I write frequently about the American Heart Association because, while only five years old, this national voluntary agency has been able to answer the above questions to families and for the physician. That it has the confidence of physicians and of the general public is attested by the fact that each year contributions to prevent heart disease have been steadily increasing.

Some months ago I wrote of the leaflet "Five Facts You Should Know About Heart Disease," issued for nationwide distribution in the 1953 Heart Fund campaign. This pamphlet concerns the informative and reassuring approach to heart disease.

As this reassurance regarding heart disease will prove so helpful to patients who have had heart attacks and to those who are in fear of heart attacks, I am repeating them at this time. These simple but actual facts about heart disease are:

1. Some forms of heart disease can be prevented... a few can be cured.

2. All heart cases can be cured if best if diagnosed early.

3. Almost every heart can be helped by proper diet.

4. Most heart patients can keep on working—very often at the same job.

5. Your "symptoms" may or may not mean heart disease. Don't guess—don't worry. See your doctor and be sure.

It may come as a surprise to many to learn that diet is an important factor in control and prevention of heart disease symptoms. Thus, foods low in salt have helped many patients with high blood pressure who have suffered or are threatened with coronary thrombosis heart stroke.

With the endorsement of the American Medical Association Council on Foods and Nutrition, the American Heart Association has published "Food for Your Heart," the first complete low-sodium diet manual in the heart disease field. The manual is available to heart patients through a doctor's prescription. It incorporates nine diets, sample menus, and latest information on nutrition and heart disease, on reducing, and a plan for converting regular recipes into low-sodium recipes.

The address of the American Heart Association is 44 East 23rd St., New York, 10, N. Y.

Modern Etiquette

By Roberta Lee

Q. When a girl has been dining with a young man in a public place, and they are leaving the table, should she begin immediately to put on her coat which has been draped over the back of her chair?
A. No; she should wait either for her escort or the waiter to assist her.

Q. Who provides the boutonniere for the best man and the ushers at a wedding?
A. The bridegroom.

Q. When a young married woman is introducing her unmarried sister to another person, does she refer to her sister merely as "Miss Smith"?
A. The best procedure is to state the relationship, as, "Mrs. Harris, this is my sister, Helen Smith."

Musk oxen many times have provided a vital source of food for Arctic Explorers.

ELLEN'S DIARY

By An Island Farmer's Wife

"Let me think a minute," it was Gage at our "Study" window this evening looking down on the tall shrub beneath with a puzzled face. "What were the lilacs like?" he questioned. "I can't seem to remember; I can see the color and smell the scent but I forget the shape of the blooms. Pointed... and broader at the stem? Oh yes," he nodded, "I know now and" he smiled, "I can remember then, we used to listen to the frogs singing down by the stream. They're both gone now, but they'll be back again."

"In a lovelier year," we supplied. He gathers posies for indoors; pansy-faces, bright calendula, blues of delphinium, scented feverfew, pink of roses, young eyes alert to catch the other wonders of Nature about; calling us to watch with him a hummingbird visiting at flower-doors, a portly robin tugging at an angle-worm on the lawn, pert sparrows at their everlasting building, swallows teetering on a telephone wire... so much there is to see nowadays; so much that is pleasant to remember.

"Ellen! Woman! Would you sleep away the best part of the day—and this one just made for the haying?" James whispered this morning, quickly touching the hem of his feet to the floor. He stopped presently to scan the horizon, gauge the depth of the dew-fall, and measure the wind. What delights are in these mornings as we linger briefly in that pleasant mid-land between waking and rising! And how full of meaning to us are the sounds which enter the open window: the plaintive cooing of a dove at the pasture-gate, the click of the feed-house door, the sharp bark of a neighbor's hound-dog, the passing of a first truck, an early plane overhead.

And then James in blue overalls and shirt padding down the stairs in his socks of sheep's gray. But not before he had looked in upon the sleeping Grandsons to rearrange gently their towed blankets and murmur some endearment before with changed expression, returning to our door to make sure that breakfast would be cooked and served to their interests of day. Then past the busy-ness of choring, breakfast over, carpenters brought in, field-workers away... well, as James sometimes asks with a teasing smile, "What is there then for you to do, Ellen?" Nothing at all indeed but to settle away into the ordinary tenor of our day!

As toothsome incidentals there were those raspberry pies we made—a little lonely lad at an elbow watching our method. From the bowl of fruit Jeanie had gathered in one or another of our stumplings and as a nice surprise had carried to us last evening along the dewing fields between. "Let me do the edges; I'll press them together with a fork as Mother used to do," he begged. And so together at this and that care of the morning what else could the hours do, but slip fast away?

What hour returned James and Jamie to the shelter of this vine and fig tree? The moonlight silencing the farmhands and the little breath of breeze in the trees beyond the window. And the peace

Anne Adams Patterns

GLAMOUR STYLE.

NEWS! The fitted jacket hugs your waist sleek and slim—the eyelet trim on dress is just so much icing to keep you cool and crisp on willing days! And that flared skirt is designed for your prettiest petticoat! Love it for sunning, dating! Pattern 4662: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 5 yards 35-inch; 3 yards 1 1/4-inch eyelet. 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.



4662 12-20 by Anne Adams

Better English

By D. C. Williams

- 1. What is wrong with this sentence: "The photo reveals that she is a real pretty girl."
2. What is the correct pronunciation of "realize"?
3. Which one of these words is misspelled? Capitalist, caprice, catastrophe, cannonner.
4. What does the word "impugn" mean?
5. What is a word beginning with d that means "timid, modest"?

ANSWERS

- 1. Say, "The photograph (preferred) reveals that she is a very pretty girl."
2. Pronounce in three syllables, never re-lize. 3. Cannonner. 4. To attack by words or arguments; to contradict. "I cannot impugn his testimony." 5. Diffident.

and silence that is ours in this rural place away from the busy, ceaseless flow of any traffic of highway.

Peace and silence as we fold up our tent of the day:
Until tomorrow... Diary...
Good-night....

NOW! YOU CAN HAVE DRY, SWEET UNDERARMS EVEN ON HOT, STICKY DAYS!



New Vanishing Cream Deodorant ARRID with PERSTOP Stops Perspiration 1 to 3 Days. Keeps Underarms Dry and Odorless. This summer you can get a new kind of protection from perspiration and odor—rubbed-in protection. Arrid now contains magic new PERSTOP that stops perspiration 1 to 3 days. Rub it in—rub perspiration and odor out. Used daily it is actually 11 1/2 times as effective as any other leading deodorant. Safe for normal skin and fabrics. Get soft, creamy Arrid with PERSTOP today.



53c

Tangy, Homemade Flavor! The flavor is entirely pure fruit from real lemons



Here's lemon pie filling that satisfies in every way—with all the inviting, tangy deliciousness of freshly picked lemons... plus appealing, smooth, satiny texture! You'd scarcely believe JELL-O LEMON PIE FILLING could be so simple, so quick to make! Never too thick, never too thin, every piece of pie cuts beautifully.

JELL-O BRAND Lemon Pie Filling
Made by the makers of the famous Jell-O Family of Desserts. Jell-O Lemon Pie Filling is not a lemon jelly but the really delicious old-fashioned kind of lemon filling. Enjoy favorite lemon pies more often the easy, thrifty way.
Keep Jell-O Lemon Pie Filling handy on the kitchen shelf. Your grocer has it. (Jell-O is a registered trade mark, owned in Canada by General Foods, Limited.)
DELIGHTFUL AS PUDDING ALSO, OR TO FILL CAKES, TARTS, SPOON ROLL, CREAM PUFFS.