

That Body Of Yours

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and walking about by subshock doses of insulin was found very useful. It was found that this subshock or small doses (not quite enough insulin to cause convulsions) was effective, not in schizophrenics but in the manic depressive, involuntal melancholia and paranoid patients.

Perhaps the greatest danger to our mental and emotional make-up today is the state of tension in which we live, which tension is understandable to a certain degree. "Insulin has been found to relieve tension such as anxiety and acts as a quieting drug in older people. It has been employed in patients' homes," Dr. Sands tells us.

After insulin came metrazol and still later electric shock treatment, of which electric shock treatment is considered the safer and is not feared as much by the patient.

Finally, if shock treatment is not successful, the surgical method, lobotomy (cutting nerves supplying front lobes of the brain) is helping a great many stubborn cases.

BIG FAMILY

Benjamin Franklin, the American statesman and writer who died in 1790, was the 15th child in a family of 17.

After each shampoo or home permanent

# LOVALON

your hair

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

15 & 39c.

the modern hair beauty rinse



Plaything Becomes Scene of Tragedy Involving Three Tiny Tots

Three little girls playing in a woodshed playhouse near Parry Sound, Ont., were burned to death when the shed went up in smoke. Rescue attempts by Mrs. Sam Tucci, mother of four-year-old twins Joan and Jean, who died in blaze, and various neighbors were unsuccessful as heat of flames forced them back. Fire, believed started by children playing with matches, had destroyed half the building before it was discovered. Mother of third victim, Mrs. Frank Bartlett, is seen above with her two remaining children, Donald, aged 10, and eight-year-old Eleanor.

The Experts Say

By KAY REX (Canadian Press Staff Writer)

POTATOES NOT VERY FATTENING

The Irish must have had the right idea — they emigrated when they couldn't get enough potatoes to eat at home.

Now the Canadian Fruit Wholesalers Association comes up with what could be interpreted as an explanation for Ireland's historic dependence on spuds — the tuber is an "energy food," says the C.-F.W.A. More than just starch and water, it contains protein, minerals and vitamins.

Finally, if mother thinks cutting potatoes out of her diet means cutting down on her weight — she had better think again.

Health Department officials say that 100 calories of potatoes are no more fattening than 100 calories of anything else. In fact, a slice of bread contains about the same caloric content as a medium-sized baked or boiled potato.

Last night's mashed potatoes always can be turned into tonight's Potato Cheese Puff

1 cup grated cheese; 2 cups mashed potatoes; 2 egg yolks; 1/3 cup milk; 2 tablespoons melted fat; 1/2 teaspoon salt; 1/4 teaspoon pepper; 1/4 teaspoon mustard; 2 egg whites.

Mix grated cheese thoroughly with potato. Beat egg yolks until thick and lemon colored and combine with milk, lemon, fat, salt, pepper and mustard. Add to the potato mixture and beat until smooth. Fold in stiffly beaten egg whites. Turn into a well-greased baking dish, set in a pan of hot water and oven-poach in a moderate oven (350 degrees Fahrenheit) until set, about 40 minutes. Yield: Five to six servings.

Cheese Bits

The Dominion Department of Agriculture is anxious to see that more persons become aware of the many and varied uses of Canadian cheese. In fact it has published any number of cheese recipes to coax housewives to use more cheese in their cooking.

Cheese and Onion Soup

Ingredients: 3 tablespoons butter; 1 1/2 cups thinly sliced onion; 2 tablespoons flour; 1 teaspoon salt; dash of pepper; 5 cups milk; 1 cup grated cheese. Melt butter, add sliced onions and cook covered over low heat stirring occasionally until clear (about five minutes). Place over hot water, blend in flour, salt and pepper. Add milk slowly and cook, stirring constantly until thickened. Continue cooking about five minutes. Add cheese and stir until melted. Garnish with chopped parsley before serving. Yield: Six servings.

Tantalizing Cheese Souffle

Cherry Pie, a quick snack!

Tasty, tempting macaroni and cheese

# Entertain with Cheese

Here's hospitality! An exciting variety of cheese and crispy crackers makes your parties a success. There's a Canadian cheese to suit every taste, mellow-mild or sharp 'n' tangy. Nowadays nutritious cheese is a better-than-ever buy for food value and enjoyment. Counter clock-wise, these Canadian-made cheeses are: mild-flavoured Gouda; nut-sweet Swiss; smoothly processed cheese; sharp, salty Blue and white; firm, ruby-skinned Edam; and delicate Oka.

For our interesting tested cheese recipes write:

DAIRY FOODS SERVICE BUREAU  
409 Huron Street, Toronto

Cheese sandwiches

Boyle-Large Wedding

A wedding of interest to many friends in this province, took place at St. Andrew's Chapel, the National Presbyterian Church, Washington, D. C., when the pastor, the Rev. James D. Bryden, united in marriage Marjory Isobel, daughter of Mr. and Mrs. Frederick Large of Charlottetown, and John Harland Boyle of Chicago, Ill., son of Mrs. Homer C. Boyle of Montevideo, Uruguay, and the late Homer C. Boyle. Banks of white flowers and tall white tapers provided a setting for a very lovely August wedding.

The bride's dress was of turquoise blue brocade with dropped shoulder line and very full skirt. Her matching slippers were turquoise brocade and her hat of velvet in the same shade. She wore an old-fashioned necklace of diamonds and pearls and carried a nosegay of pale pink roses.

Many of the guests were from the Australian Embassy where the bride was a member of the Secretariat staff. The groom recently graduated from Georgetown University, Washington, receiving his degree in Political Science. During World War II he served with the United States Navy and is now on the staff of International Cellulose Co., Ltd., Chicago. Following the wedding, a reception was held at the home of Robert A. MacFarlane, a friend of the groom. Mr. and Mrs. Boyle will live in Chicago, Ill.

DAILY CROSSWORD

- ACROSS
- Shall not (abbr.)
  - Decorate
  - Chocolate drink
  - Fashion
  - Restlessness
  - Pigeon coop
  - River (Scot.)
  - Sounded, as wee bells
  - Postpone
  - Comply
  - Measure (Chin.)
  - Cutting tool
  - Storms
  - To let isly
  - Cigarette ( slang)
  - From
  - Body of water
  - On fire
  - Scurry
  - Macaw
  - Young horse
  - Mold for casting
  - Coins (India)
  - Type of car
  - Rips
  - Dwellings
- DOWN
- Run before the wind
  - Sharpen ( slang)
  - Measure of land
  - Ark builder (var.)
  - One of the five senses

APSE BOSM  
BRIM ABLE  
ARETE TIARA  
LOSSES SPOT  
LATTICE TIT  
EOTH AFRICA  
GAY HUNCA  
KEENER ETCM  
WOL BURER  
EDDAS RINSE  
ULNA SLAIT  
SEED BELLS

Yesterday's Answer

- Hewing tools
- Also
- Steamship (abbr.)

1	2	3	4	5	6	7	8	9	10
11					12				
13				14		15			
16					17		18		
20	21	22			23		24	25	26
27				28		29	30		
31				32	33		34		
37	38	39					40	41	42
43					44		45		
46				47		48			
49						50			

DAILY CRYPTOQUOTE—Here's how to work it:

A X Y D L B A A X R  
is LONG FELLOW

One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophies, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation

M J K Z K N S H Q K N U E I G A H G  
U D Z F F, M J K Z K N U D Z Z F, V D A A H G  
S H Q K — U H Z K.

Yesterday's Cryptogram: A GOOD REPORT MAKES MEN LIVE LONG, ALTHOUGH THEIR LIFE BE SHORT—WAT. KYNS.

Alice Brooks Designs

TRADITIONAL IS NEW!

Isn't it wonderful? This traditional design looks so very modern! And this gay quilt is such fun to piece. You can use two colors or bright scraps.

Mayflower Quilt Pattern C7333 has block charts and pattern pieces for a 2-color quilt.

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, Pattern Number.

SAVE WITH SODA

FREE booklet gives many new uses for Cow Brand Baking Soda in kitchen, bathroom, nursery and all through the home. Write Church & Dwight Limited, Sun Life Building, Montreal.

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COW BRAND BAKING SODA

C7333

by Alice Brooks

Dorothy Dix Says—

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tell him to get the food. Nothing brings a man up to date on food costs like a trip to the market. If he refuses to go, declare a strike and refuse to cook until he brings the food into the house. Drastic measures are the only means to bring a penny-pinching husband to heel, and unless you want to face a future of petty money squabbles, you'd better use them.

DEAR MISS DIX: I am in love with a fellow who is rarely on time for our dates. Sometimes he doesn't keep them at all, and doesn't even let me know he's not coming. How can I cure him?

ANSWER: Chronic lateness and indifference to dates is a difficult habit to cure. People with these faults are apt to shrug them off lightly with an airy, "Well, I have no conception of time!" All attempts to excuse this extreme discourtesy are utter nonsense. Anyone with respect for other people will keep a date—and on time. Unavoidable delay will be announced, with apologies, by telephone.

I doubt if you can cure your friend unless you try the same tactics on him. When he arrives for a date, tell him you've changed your mind about going. If he doesn't arrive on time, leave the house, if it's only to go across the street to a neighbor's, but don't be available when he arrives. He may take the hint! If not, you must either accept the habit or get a new boy friend.

Oily skin. "I have very oily skin," says Mrs. Dorothy Stelling of Toronto, "but greaseless Noxzema is one beauty cream that actually helps this condition. It's helped my skin look softer, smoother and clearer!"

NEW HOME FACIAL

LOOK LOVELIER IN 10 DAYS... money back!

4 Simple Steps developed by a specialist help bring new skin beauty

See how it can help you!

Morning—1. Apply Noxzema. With a damp cloth, "creamwash" as with soap and water. No dry, drawn feeling! 2. Smooth on a light film of greaseless Noxzema for a powder base that helps protect skin.

Evening—3. "Creamwash" again! How clean your skin looks—without harsh rubbing! How fresh it feels! 4. Massage Noxzema into skin to soften, smooth. Pat extra over any blemishes to help heal.

SAVE 1/2 OFFER

For a limited time only, you can get a big 6-oz. jar of Noxzema for only 98¢! Get your jar today at any drug or cosmetic counter and save 1/2 over smaller sizes.

Your Money Back! Prove it for yourself. If this Home Facial doesn't help your skin look lovelier in 10 days, return your jar to Noxzema, Toronto—money back.

to bloom at dessert time

# Lemon Blossoms

They're fresh and golden as the first daffodil! Dainty tarts brimming with tingling lemon filling. And they're so easy to make with Shirriff's Lemon Pie Filling. The tart 'n' tangy flavour comes from real lemon juice! Get a package of Shirriff's Lemon Pie Filling, and delight your family to-night.

For petal shells cut five 2 1/4" circles of pastry. Put one in the bottom of a custard cup, overlap the rest to form petals.

SHIRRIFF'S Lemon Pie Filling

# MUSTARD IN PICKLES

IS A FLAVOUR TREAT!

MUSTARD PICKLED ONIONS

2 lbs. peeled, sliced white onions  
1 teaspoon salt  
2 cups sugar  
3 cups vinegar  
2 teaspoons Colman's mustard  
4 tablespoons mixed pickling spices

Cover onions with boiling water and let stand for 10 mins. Drain. Cover with ice water and let stand for 30 mins. Drain. Place in hot sterilized jars. The spices in cheesecloth bag and simmer uncovered together with other ingredients for 10 mins. Remove spice bag, pour mixture over onions and seal immediately. Yield — 4 pts.

Colman's MUSTARD

Canada's fastest-selling cake mixes

# Robin Hood Chocolate Cake mix

You ADD a Fresh Egg and get a BETTER CAKE!

KEEP SEVERAL PACKAGES ON HAND

STAYS FRESH ALWAYS

CONTAINS NO EGG POWDER

Tune in "Musical Kitchen"—Mondays, Wednesdays, Fridays—Trans-Canada Network.

MADE AND GUARANTEED BY THE MILLERS OF ROBIN HOOD FLOUR