

## Cook's Corner

### DOWN EAST CODFISH BALLS

(4 servings)

Three medium sized potatoes (2 cups sliced raw) 1 cup shredded dried codfish, 1 egg, 2 tablespoons melted shortening, ¼ cup milk.

Pare potatoes and cut into small pieces. Cook codfish and potatoes together in boiling water until potatoes are soft. Drain, add shortening and mash thoroughly. Add milk to slightly beaten eggs and combine with fish and potato mixture. Mix thoroughly. Shape into 8 balls and fry in deep shortening heated to 375 degrees F. until golden brown (about 3 minutes). Drain on paper toweling. Serve with chili or catsup.

Three hundred and sixty-five degrees F. is the preferred temperature for all deep frying. You will use up only 2 or 3 tablespoons for frying.

## Better English

By V. C. Williams

1. What is wrong with this sentence? "She saw me previous to me going."
2. What is the correct pronunciation of "impotent"?
3. Which one of these words is misspelled? Barrack, hamcock, haddock, panicy.
4. What does the word "alternative" mean?
5. What is a word beginning with po that means "existing in possibility only"?

### ANSWERS

1. Say, "She saw me previously to my going." 2. Accent first syllable, not the second. 3. Panicky. 4. An offer of two things. "If this demand is refused, the alternative is war." 5. Potential.

## Alice Brooks Designs

### EASY TO MAKE

USE A SOCK man's size 12 to make this 12-inch dolly! Curly hair of straw-yarn can be dampened, curled over and over — a little girl can be hairdresser!

Pattern C7375 has directions to make a 12-inch sock doll and patterns for clothes.

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.

### Morning Smile

#### Lunch Hour

A man walked into a restaurant and sat down at a table. "What will you have, sir?" asked the waiter.

The customer shook his head. "Not a thing," he replied. "I'm not hungry."

The waiter stared. "Then what's the idea," he grumbled, "of coming in here?"

The customer shrugged his shoulders. "It's very simple," he explained. "This is my lunch hour."

## That Body Of Yours

By James W. Barton, M.D.

### ADVANTAGES OF ELECTRIC SHOCK TREATMENT IN AN OUTPATIENT DEPARTMENT

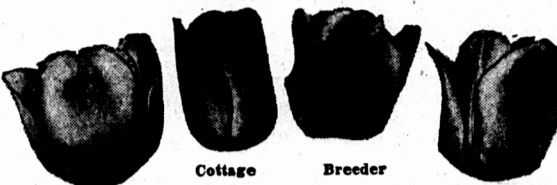
A real advantage in the treatment of the mentally ill is the recognition of need for mental treatment by the patient himself. Just as a patient with a pain in his chest, abdomen or head will consult his physician for relief of this pain, so as a people, we are learning that when we do not behave in a natural way, do odd things, seem to forget even recent happenings, there is some reason for it, and we consult a physician. Fortunately, the family physician today is learning the cause of odd behavior and goes systematically about untangling the underlying trouble, thus giving mental or emotional relief as he would relief from pain.

In Psychiatric Quarterly, Drs. Louis Linn and Samuel R. Rosen (Mt. Sinai Hospital, New York City) point out that electric shock treatment in an outpatient department of a general hospital offers important advantages. "It permits the patient to stay on his job, at his normal social routine and in contact with his family. It saves him the personality damage of confinement in a mental hospital. It opens possibilities for intensive individual mental treatment on a scale not usually realized within a hospital. The full advantage of electric shock treatment is obtained when real or organic mental complaints are kept at their lowest or least effect by spacing treatments as far apart as possible and giving lowest number of treatments possible to effect a cure or partial cure."

Drs. Linn and Rosen point out that successful treatment by electric shock requires careful selection of cases. It was usually possible to make the patient understand electric shock treatment as a treatment that raised him from deep depression or inferiority complex to a condition of raised morale in which self-esteem and belief in himself was raised. On the other hand, he also learned to understand that the conflict within himself which had made electric shock treatment necessary was still present, but the electric shock treatments were giving him the will and power to meet and overcome these conflicts.

It must be admitted that there have been some failures with electric shock but by allowing more time between treatments by electric shock, together with the fact that the patient lives a normal life at home and at work, and goes to visit his mental physician at a general hospital, as he would with a physical ailment, maintains his morale.

## Tulips Glorify Spring In Front Yard Flower Gardens



Darwin Various Clans of Tall, Late Tulips. Triumph

The front yard flower gardens which attractively frame and decorate so many new rancys houses throughout our country can display flowers in bloom during seven to eight months every year.

Annual flowers alone will provide color from early summer until the winter freeze-up; but for flowers before the annuals bloom it will be necessary to plant all bulbs. For almost six spring weeks tulips will provide a variety of coloring which not even June can surpass, provided all the available kinds of tulips are used.

Early tulips have clear, bright colors, with blossoms held firmly on strong stems 7 to 9 inches tall. All flowers of a variety are the same height and blossom at the same time. They are intended to be planted in masses, 4 to 6 inches apart, and when they bloom there is no doubt of their effect in the garden display.

Before the early tulips flower, species tulips bloom. They are wild flowers native to eastern Europe. Red Emperor, one of the largest of all tulips, is the most popular variety. Following the early tulips and overlapping with their season come a class well-known as Triumph tulips, bred and produced by crossing Darwin and Early varieties. Before they fade the Darwin tulips last, and usually their lowers last until June.

Early tulips include both single and double varieties, both bred

## Modern Etiquette

By Roberta Lee

Q. Should a boy or girl who is entering college ask a fraternity or society member for a recommendation to his or her group?

A. Never. Such advances must be made by a member of the fraternity or sorority. To make such a request would be the same as asking for an invitation to some social affair.

Q. When an invitation has been extended over the telephone, is it all right for a wife to say, "May I ask John if she has any other plans for that evening, and then call you back?"

A. Yes; this is really the only thing she can do to avoid possible embarrassment in case her husband has already made other plans.

Q. Which is correct form, "Mrs. Whitney, this is my husband," or, "Mrs. Whitney, this is Mr. Jones"?

A. The correct form is, "Mrs. Whitney, this is my husband."

ground for several years plant them with at least eight inches of soil above them. If they are to be lifted in the spring, 4 to 6 inches is deep enough.

Early flowering bulbs should be planted early enough to make root growth before they are frozen, although they are better planted late in the fall than left until spring.

## Household Scrapbook

By Roberta Lee

### Consistent Marmalade

In order to insure a consistently even marmalade, fruit and syrup evenly distributed throughout, cool the mixture before pouring into the jam jars. When poured hot, the fruit tends to float to the top of the jar.

### Placing the Mirrors

Try moving the mirrors around so that each one in the house will reflect a view out the window or door. This helps to bring the outdoors into the house.

### Care of Gloves

Always rinse chamois and doek-skin gloves in soap water, and dry where the heat is not intense, if you wish to keep the gloves in good condition.

## How Can I!!!

By Anne Ashley

Q. How can I clean grease from stone steps?

A. Pour on a strong solution of washing soda in boiling water. Then cover the stain thickly with a paste of fullers earth and hot water, and allow to remain overnight. Repeat if necessary.

Q. How can I remedy rancid butter?

A. Soak the rancid butter for two hours in cold water, to which a large pinch of carbonate of soda has been added. Work the butter thoroughly, and then form into the desired roll.

Q. How can I freshen black lace?

A. Soak the lace in black tea repeating the process several times if necessary.

## The Stars Say --

By Genevieve Kemble

### FOR Tomorrow

PIONEERING inclinations and interests in the new and progressive are at high ebb, in which there will be generous support from influential sources, provided discernment of attitude and delicate skill is used in forwarding plans for any cooperative movement. Yielding to superior knowledge or experience is advocated, for this is not an auspicious time

## Anne Adams Patterns

### SMART LITTLE THREE

Dress the cutest little girl in the world in the darlingest ensemble! Button-on whirlly skirt is just like Mother's new circular skirt! Blouse, ruffy and be-bowled, can have longer sleeves if you like. And that bolero makes a smart addition for winter! All easy-sew!

Pattern 4571; sizes 2, 4, 6, 8. Size 6 skirt and bolero 1 ½ yards 34-inch; blouse, 1 yard 35-inch.

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.

Care of The Guardian, 60 Front St. West, Toronto, Ontario.



4571 SIZES 2-8

by Anne Adams

## Parisians Scan British Styles In Fashion Swap

LONDON, October — (CP) — In an unusual spirit of tit-for-tat Britain and France staged a cross-channel clash of fashions.

While Paris moved in on London with the biggest combined display of French haute couture shown here since the Second World War a British manufacturer tackled the Paris market.

At the invitation of London's international wool secretariat, 22 leading Paris designers gave 66 examples of the possibilities of glamor in wool. French mannequins swayed down a flower-decked aisle of the Savoy Hotel in 100,000 valued all told at about \$75,000.

Fashion buyers and writers saw fabulous styles that have been photographed and talked about in many cities since their July preview. Modified versions of these and other Paris designs will form the basis of hundreds scheduled to be manufactured in British wools this winter.

At about the same time as the Savoy show, a British manufacturer started an attempt to woo the salaried Frenchwoman with tailored wool dresses selling from \$5 to \$10. This sounds like carrying coals to Newcastle, but Leslie Berker, 48-year-old chairman of a 12-acre factory in Plymouth, wasn't daunted. After a dress show in a big Paris department store (Au Printemps) Berker said he sold more than \$1,000 worth of dresses in two days.

There To Stay

"We're the first firm — British, French or American — to sell dresses in bulk on the French market," said this one-time Birmingham engineering apprentice. "And we're there to stay."

Dresses produced by this firm come originally from the pen of Norman Hartnell, the Queen's designer. Aimed primarily at the Frenchwoman who can't afford to buy the more striking Paris models, the British dresses remain at a reasonable cost despite an import duty of 52 per cent.

One example is a straight-skirted dress in raspberry and black check with three-quarter cuffed sleeves, pannered pockets and

to use one's initiative.

For the Birthday

Those whose birthday it is may find a period ahead of great constructiveness, or powerful creative talents may develop. Care should be taken that loose talk of high dreams and aspirations be withheld from any not of the trusted few. Loss of position or prestige might result.

A child born on this day may have intitutional foresight transcending normal reasoning and understanding. Patience and love should be freely expressed toward

## New lipstick won't come off on him!



Helena Rubinstein's new Stay-long lipstick lasts all day, won't come off when you drink, swim, smoke (or even kiss), and actually protects lips against dryness! In 10 marvelous reds, .60 and 1.50, refills .75.

Moore & McLeod

IT'S NEW... IT'S HERE!

IT SMELLS SO GOOD!

## NEW LIFEBUOY

with pleasing new scent... gives longer-lasting, all over protection

New Lifebuoy actually purifies the pores for better all over protection

Now LIFEBOUY has a grand new scent... really different and pleasing! That's because New Lifebuoy contains PURALIN, the new scientific ingredient. And PURALIN in Lifebuoy gives you better protection, longer-lasting protection, too. It purifies the pores... stops "B.O."... keeps you safe, fresh all over. So, bathe with mild, gentle Lifebuoy and know you're free from offending—from head to toe. Get the New Lifebuoy today.

IT'S THE MODERN WAY TO STAY FRESH ALL DAY

FROM HEAD TO TOE...

NEW LIFEBOUY STOPS "B.O."



## Folks sure favor a MAGIC cake!

### SELF-ICED SPICE CAKE

Mix and sift 3 times, 2 ½ c. once-sifted pastry flour (or 2 c. once-sifted hard-wheat flour), 2 ½ tsp. Magic Baking Powder, ½ tsp. salt, 1 ½ tsp. ground cinnamon, ¼ tsp. each of ground cloves, ginger, allspice, nutmeg and mace; mix in ½ c. washed and dried seedless raisins and ¼ c. chopped walnuts. Cream ½ c. butter or margarine and blend in 1 ¼ c. lightly-packed brown sugar; beat in 3 well-beaten egg yolks and ½ tsp. vanilla. Add dry ingredients to creamed mixture alternately with ½ c. milk and spread batter in 9" square pan, which has been greased and the bottom lined with greased paper. Beat stiff, not dry, 3 egg whites and a few grains salt; gradually beat in 1 c. lightly-packed brown sugar and spread over cake; sprinkle with ½ c. chopped walnuts and bake in a rather slow oven, 325°, 1 ½ to 1 ¾ hours; cover lightly with brown paper for last half hour.

## Lovable You

Skin so soft... smooth  
touched with a lingering  
lovable fragrance.  
You know your complexion  
is clear... fresh... radiant  
from daily care with  
Colgate Beauty Soap.

COLGATE Beauty Soap  
soothes as it cleanses...

leaves your skin  
fragrant... soft... and smooth.



Colgate beauty soap

Keeps Any Complexion Livelier

Use Colgate Beauty Soap Wrappers to enter COLGATE'S GIANT CAR CONTEST. Details at your dealers.