



Lily Pons starred in the opening night production of "Lucia di Lammermoor" by the Metropolitan Opera company before 9,100 patrons at Maple Leaf Gardens in Toronto. The company is making a one-week appearance at the Gardens.—(C.P. Photo).



COOK'S CORNER
CHOCOLATE MARSHMALLOW SQUARES

1 cup white sugar
1/2 cup butter or shortening
2 eggs
2 squares chocolate
1/4 cup milk
1 teaspoon baking powder
1/4 teaspoon salt
1 cup flour
3/4 cup walnuts
1/2 teaspoon vanilla
Melt chocolate. Cream butter and sugar well. Mix in chocolate and well beaten eggs. Add milk and other ingredients.
Put in a shallow greased pan and bake 25 minutes. Remove from oven and cover with a layer marshmallows. When cool, ice with chocolate icing.

—Mrs. Lloyd Bell, Scarborough, W. I.

That Body of Yours

By James W. Barton, M.D.
THE WONDER DRUGS HELP MANY CASES OF ARTHRITIS

Many months before the wonder drugs ACTH and cortisone were available thousands of arthritis and rheumatism patients looked forward with confidence to getting rid of these diseases completely. Since the discovery and use of these drugs, it has been learned that they will not cure rheumatism and arthritis in some patients. Because of this, many physicians do not use cortisone or ACTH.

However, just as with other drugs which did not measure up to expectations at first, physicians have found that cortisone and ACTH are successful in the treatment of certain forms of arthritis. It will be remembered that, while insulin saved and is saving the lives of diabetics, research workers found that insulin also helped other diseases by overcoming some deficiency in the body. Thus, insulin is giving excellent results in certain mental cases when used in what is known as the shock treatment. Another condition in which insulin has proved helpful in patients, especially children, who have lost their appetite.

In the Swiss Medical Journal, Drs. C. Villa, C. B. Ballabio and G. Sala report that cortisone combined with procaine and crystalline penicillin, phenylbutazone, aminopyrine and sodium salicylate was used in the treatment of 41 patients with rheumatic disease. Eighteen of these were in the acute stage and did not have any heart disease; nine did not show any heart involvement but did show some blood changes as to blood corpuscles. The remaining 14 patients had clinical signs of involvement of the heart and the laboratory changes were the same as in the nine patients above-mentioned.

Although the number of patients treated was small, the following report is interesting. The results justify the following conclusions: the possibility of a preventive with respect to heart involvement may be reserved to a small number of patients if treatment is begun at the onset of the rheumatic attack but is limited exclusively to the duration of the attack.

However, experience with cortisone has shown that a progressive course of the disease with involvement of the heart may be limited or arrested in a large number of patients by the institution of a prolonged treatment using the following schedule: a course of 100,000 units of procaine penicillin, 100,000 units of crystalline penicillin and 2 or 3 tablets each containing 25 mg. of cortisone acetate daily for ten days, followed after a five-day rest interval by a course of 300,000 units of procaine penicillin and 2 to 3 suppositories of 95 gm. of aminopyrine daily for ten days, followed, after a five-day rest period, by a course of 8 to 10 gm. of sodium salicylate for ten days. It will be noted that despite our new wonder drugs, the salicylates are still considered a most useful drug in the treatment of arthritis.

NORTHERN VOYAGER
Alaska was discovered in 1741 by Vitus Bering, a Danish navigator employed by Russia.

For Children's Stomach Upsets
For quick, happy relief, give Children's Own Tablets, designed for youngsters from 3 to 15. Speedily help soothe sour upset stomach, clean out bowels gently — yet thoroughly. Pleasant, easily-swallowed. Made by the makers of Baby's Own Tablets — your assurance of a reliable product. Be sure to get a package today at your druggist!



Please The BRIDE With A GIFT From WELLNER'S Jewelers Since 1868

WOMEN
Page 8 The Guardian Thursday, May 27, 1954

ELLEN'S DIARY
by an Island Farmer's Wife

Damp from the silver mist which by spells today festooned the slopes of this valley, the little new leaves of the lawn-poplar stir, though no breath of wind is abroad. And all about, tree and meadow and woodland await the coming of dusk. Prematurely it drops from the dark wings of night, the sober twilight that without any brightening rift of an afterglow is to be ours tonight. The birds' evensong seems tonight; more noticeable too is that melody which is its deep support as it comes up to us now from the "hundred pipers" along the millstream.

Today's weather, from skies quietly beclouded, suspended the sowing but allowed the farmers to take up another endeavour in the fields—the spring—spreading of manure on this farm. Today, departing from an older and quite toilsome practice, a modern method of application was used. We suppose the future will bring even better. We, who have seen so many incredible changes in farming in our time do not doubt it. Maybe one day it will be applied more effortlessly — from a plane perhaps, cruising casually above the sizable fields into which many farms are now being turned. Too few are the cozy little Island fields of once, their crops checkering in neat and winsome designs the farms.

Perhaps one day in the future of farming, the heavy humus of sty and stable will be treated chemically and so condensed and lightened as to be wafted back "dust to dust" to the land on a favorable wind!

This afternoon the usual labor of the work was considerably lightened by the machine brought in, which in a matter of hours lifted to the spreaders an amount that to move by hand would have kept the farmers busy for days. They were in the words of one "well satisfied" with its performance. Even James who does not easily give in to modern, and as he sees tonight, more indolent ways of farming, was quite pleased with the ease and dispatch of the work accomplished.

And we pleased on their account, could not but look back to old ways unknown to the like of the younger farmers of these places. We could remember the toil it seemed to be in the long ago, to lift and portion and spread by hand this barnyard fertilizer, because in the young springs we had often watched with much interest and sympathy a farmer at the work. He is one gone now—missing a first Maytime away from "the brook field" and "the shore field" and the rest of them, he knew and kept so well.

Poplar leaves stir in the restless life that is theirs . . . and at a startling pace when we consider it, spring moves on to meet the summer. Swallows brought back to us the sowing and took the young cattle farmers permanent pasture; by the millstream . . . So, the shadows creep into the valley . . . It is definitely up to you to steer him to the altar; his own sense of direction will go no further than the nearest easy chair. Perhaps he has never seriously considered marriage—then, you must discreetly point out its advantages. Your hopes would be futile only if Leo showed signs of being a confirmed bachelor, averse to the idea of dates or anything else that might tie him down. This reluctance apparently has not been indicated, so I think you have a good chance of becoming Mrs. Leo.

—Good-night

DOROTHY DIX
A Lethargic Suitor

DEAR MISS DIX: After 12 years of married life, my husband deserted me for another woman. It wasn't a complete shock, since he had several affairs, but it left me crushed. Then, a year ago, I met Leo, whom I have been dating ever since. He's 36 and I'm 32. He is a hard-working man, of agreeable disposition, and doesn't care too much about going out. Since I'm a home-loving person, too, we get along very well. However, he never says a word about marriage. But he seems to think a lot of me and never takes any other woman out, so I can't understand why he's so reluctant to bring up the subject. To complicate the situation I have met a man younger than I am. He is interested in me and wants me to stop dating Leo. The second man is going to college, studying to be a doctor. I'd have to wait quite a while before he could marry me, but at least he has proposed.

ANSWER: You really aren't too much interested in the medical student, beyond the fact that he has proposed, and you seem inclined to grab at any likely matrimonial chance, you and Leo are much more compatible; waiting for him is a wiser course than rushing into matrimony, or an engagement with someone you scarcely know. By way of encouraging your reluctant suitor to declare his intentions, you might let him know that somebody else is interested in you. At 36, a bachelor is often so attached to his status in life and so possessive of his independence that it requires quite a jolt to pry him loose. However, if he does become as fond of a woman, as Leo is of you, facing the possibility of losing her will have the effect you desire.

At any rate, the medical student does not seem to be the man for you. He will have quite an uphill climb before acquiring any standing in his profession and I think you'd find the waiting tedious. Concentrate your efforts on Leo. It is definitely up to you to steer him to the altar; his own sense of direction will go no further than the nearest easy chair. Perhaps he has never seriously considered marriage—then, you must discreetly point out its advantages. Your hopes would be futile only if Leo showed signs of being a confirmed bachelor, averse to the idea of dates or anything else that might tie him down. This reluctance apparently has not been indicated, so I think you have a good chance of becoming Mrs. Leo.

DEAR MISS DIX: When I moved to this town three years ago I became friendly with a girl in my class. About a year ago she began borrowing money from me—small sums, but they have added up to about \$20. She makes no mention of repayment. She lives in a much nicer house than I do—in fact, her family looks down on us because we are not as well off as they are.

ANSWER: By the time you've acquired the status of high-school sophomore, you should be able to judge people well enough to discourage undesirable friends. Your little pal has nothing to recommend her as a companion. Write the money off as a down payment on experience, you make new and worthwhile friends.

Modern Etiquette

By Roberta G.
Q. A large bowl of mixed salad greens was passed with the menu course at the home of a friend recently. Since I don't like salad mixer with my food, and there were no salad plates, I asked my hostess for a small plate. Was this all right?
A. No. To ask for anything extra in a private home shows criticism of the service. Instead of asking for the extra plate, you should have declined the salad.
Q. If a man is walking with a woman and she is carrying her coat on her arm, should he offer to carry it for her?
A. This is not expected.
Q. Is one obligated to bring a gift to an engagement party?
A. Not unless the party is a shower.

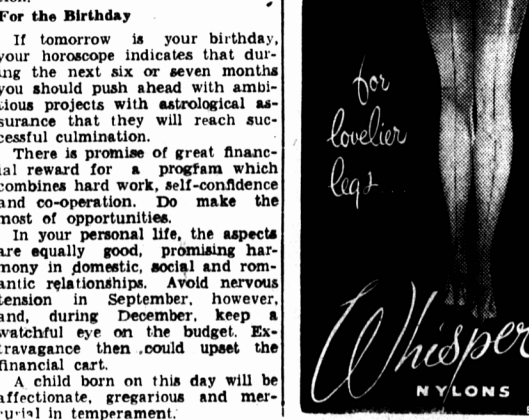
Kitchener Lad is Only Canadian With Sadler's Wells Ballet

(By Muriel Narraway) (Canadian Press Staff Writer)
LONDON, (CP)—Arnett Mader, 24-year-old dancer from Kitchener, Ont., is the only Canadian now under contract with Britain's premier ballet company, Sadler's Wells.
Since August, 1952, the slim, dark-haired Canadian has been a member of the corps de ballet at Covent Garden, theatre headquarters of Sadler's Wells. His stage work includes such exciting moments as giving a shoulder lift to Margot Fonteyn, regarded as Britain's leading ballerina, in the ballet "Daphnes and Chloe." Mader plays the god Pan.
So far, he has not graduated from the corps de ballet but still gets a kick out of twirling a premier ballerina or leading her from one part of the stage to the other.
In the royal ballet performance at Covent Garden earlier this year, attended by Queen Mother Elizabeth and Princess Margaret, Mader was one of the male attendants to Margot Fonteyn, queen of the stage.
When the present ballet season ends in June, Mader goes for a four-week holiday in Austria before rehearsing in "Fire Bird," to be presented at the Edinburgh Festival.

Mader's biggest part with the Covent Garden ballet company is the mime role of Von Rothbart, the wicked magician, in "Le Lac des Cygnes."
Mader figures that for real ballet experience, London is the place.
"All the top ballets of the world come through London sometime," he said. "You can study techniques from many countries."
Although London wages are low compared with Canada, Mader figures he can get along all right with £8 10s a week for 52 weeks. The fact that Sadler's Wells pays for the full year, including holidays, is a point to be considered in the entertainment field.
Mader came to Britain in November, 1950, on a fees scholarship to the Sadler's Wells school of ballet. Later he spent a year as principal dancer in Ivor Novello's "King's Rhapsody" and a year with the Sadler's Wells Theatre Ballet brought him a seven-month tour of Canada and the United States in 1951-1952. He followed this last September with a 20-week Canadian-American tour with the Covent Garden company.

The Stars Say

By Estrellita
For Tomorrow
PERSONAL relationships continue to reflect mixed astrological influences, so you will require a maximum of tact and self-control if you would avoid arguments and unpleasantness—especially in the early hours.
Where business matters are concerned, keep alert, beware of questionable schemes and avoid those whose motives are open to question.
For the Birthday
If tomorrow is your birthday, your horoscope indicates that during the next six or seven months you should push ahead with ambitious projects with astrological assurance that they will reach successful culmination.
There is promise of great financial reward for a program which combines hard work, self-confidence and co-operation. Do make the most of opportunities.
In your personal life, the aspects are equally good, promising harmony in domestic, social and romantic relationships. Avoid nervous tension in September, however, and, during December, keep a watchful eye on the budget. Extravagance then could upset the financial cart.
A child born on this day will be affectionate, gregarious and mercurial in temperament.



Contract Bridge

By Josephine Cubbertson
GIVEAWAY MANNERISMS
Ideally speaking, gestures, hesitations, and all sorts of mannerisms should have no real bearing on the bidding or play of a bridge hand. The plain fact, is however, that bridge is played by human beings, not machines, and since that is so, such things as habits and frailties do play a part.
Consider, for example, the play of the following hand—first supposing that East is a seasoned campaigner; then imagining that a weak player is in the East seat. (In both cases, let us further assume that the declarer is an expert.)

North dealer.
Both sides vulnerable.
♠ 85
♥ AQ74
♦ AK63
♣ 1073
N
W
E
S
♠ Q104
♥ KJ3
♦ QJ5
♣ KQJ5

The bidding:
North East South West
1♥ Pass 2NT Pass
3NT Pass Pass Pass

West leads the spade three, and East, the seasoned campaigner, promptly plays the ace. He then returns the deuce of spades—and South has a baffling guess. He has no means of knowing that East false-carded at the first trick; for all South can tell, East had the A-J-x-x of spades. So now there is a substantial chance that South will put in the ten-spot in an attempt to force the king, and if he does, he will obviously be an unhappy declarer. The defenders can promptly run off four spade tricks and the club ace.
Now let us consider what happens under the same circumstances when East knows little or nothing about deception.
Following the generally sound rule of playing the lower of two touching honors when partner leads the suit, East does not merely play the spade king, but, to make matters absolutely clear to the enemy, reaches for the trick as he plays his card, thus definitely marking himself with the spade ace as well, since without that card he could not have "reached" because he could not have known that he was going to win the trick! It is such giveaway gestures as this which put many players at even greater disadvantage against experts than is involved in their different levels of skill.

Summer Jewellery

Lightweight and Lovely
Your favorite movie star is wearing Summer Jewellery like these double and triple strand beads. The matching earrings and bracelets are definitely attention getting, in soft pastel shades—white, mauve, yellow, and pink.
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LADIES' SHOP HOLMAN'S LADIES' WEAR

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Add-a-Square design ONE makes a new dolly or mat. FOUR, a 40-inch bridge cloth. SIX, a 40 x 60-inch tablecloth. Join squares for dresser sets, spreads, too.
Easy-crochet Pattern 7034: directions for pineapple-dign square, 20-inches in No. 30 cotton.
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.

BRAND-NEW, beautiful—the 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

Better English
By D. C. Williams
1. What is wrong with this sentence? "He succeeded in evading arrest by avoiding the police."
2. What is the correct pronunciation of "via"?
3. Which one of these words is misspelled? Alignment, alienation, alurement, alimentary.
4. What does the word "bibliophile" mean?
5. What is a word beginning with ine that means "incapable of being avoided; bound to happen"?

ANSWERS
1. Say, "He succeeded in avoiding arrest by evading the police."
2. Pronounce vi-a, i as in vine; and not vee-a, so often heard.
3. Alurement, 4. One who sells books, especially rare or curious books, 5. Inevitable.

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SUITS—1 RACK—GOING AT \$10.00
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LADIES' SHOP

HOLMAN'S LADIES' WEAR

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How Can I?

By Anne Ashley
Q. What can I do when a fish hook has entered the flesh of my hand?
A. When a fish hook has entered the flesh, break off the eye and force the hook on through the surface of the skin again. This will facilitate the flesh much less than if withdrawn against the barb. Apply iodine.
Q. How can I get rid of bugs called silver fish?
A. Sprinkle bubach powder on shelves and in drawers. Force the powder into the crevices and cracks with a blow.
Q. How can I exterminate moths in rugs?
A. Before sweeping, sprinkle a little salt on the carpet and this will help destroy moths.

Household Scrapbook

By Roberta Lee
Feet
To prevent perspiration of the feet, powder the stockings with one part chlorinated lime, one part prepared chalk, and one part powdered starch. Bathe the feet daily in cold water.
Boys' Pants
When making pants for boys, try cutting the backs double. When a hole appears, turn in the wrong edge and hem down to the undergoods. The two pieces will be faded alike.
Morning Smile
A man from a tiny village taken with a party round the docks. All were dressed in a dredger at work, and the endless procession of buckets so impressed the hero of the tale that he remained behind when the others went on to further sightseeing.
Four hours later they returned to see if they could discover what had become of him. He was still there. I've counted 11,973 of those buckets," he said, "and I mean to see the last of them if I stay here all night."

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NATIVE PROPORTION

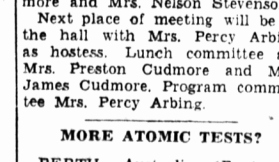
Of New Zealand's population of 2,000,000, about 117,000 are native.

WINSLOE NORTH W. I.

The monthly meeting of Winsloe North Women's Institute met at the home of Mrs. Leith Carter. In the absence of the president the vice president, Mrs. Arnett Shaw, took charge of the meeting.
Roll call was answered by 12 members. It was decided to invite the Bedeque players to present their play in the hall in the near future and to bake a cake and make three pounds of sugar into candy to be sold at the play. Bill of \$1.10 for telephone messages was paid. Collection amounted to \$1.20.
New committees for next three months are: School, Mrs. Stanley Younker; sick, Mrs. Preston Cudmore and Mrs. Nelson Stevenson.
Next place of meeting will be in the hall with Mrs. Percy Arbing as hostess. Lunch committee are Mrs. Preston Cudmore and Mrs. James Cudmore. Program committee Mrs. Percy Arbing.

MORE ATOMIC TESTS?

PERTH, Australia (Reuters)—The reported visit of three Australian naval vessels to the Monte Bello islands off the northwest coast of Australia has started speculation here about further British atomic tests. The islands have been behind a security curtain since an atomic weapon test there Oct. 3, 1952.



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