

Household Scrapbook

By Roberta Lee

Milk Pans

If it is difficult to clean the pan in which milk has been boiled, try covering the pan with a lid after pouring out the milk, and before the steam escapes. Allow to cool, and then fill with cold water. The pan will wash out easily for you.

Rendering Fat

To render fat, cut into small pieces or run through the food chopper. Then melt in the upper part of the double boiler. Strain through cheesecloth, laid in a wire strainer.

Plants

Water-soaked newspapers twisted around the roots of the plants, against the dirt, will keep the plants moist.

Modern Etiquette

By Roberta Lee

Q. I know of one person who makes a habit of placing his hand on a person's arm while talking with him. What do you think of this?

A. While this habit may be in all friendliness, still it can be very annoying to some people, and I think it is better to avoid the reputation of being a "pawer."

Q. May a letter of condolence be typewritten?

A. It is better not. This type of letter should be written by hand to give it more personal and sincere warmth.

Q. Is it permissible to lean across one person to shake hands with a third?

A. Only if you beg the pardon of the person across whom you reach.

Cook's Corner

OATMEAL DROP COOKIES

One-half cup soft shortening or half shortening and half butter. 1 1/2 cups sugar. 2 eggs. 6 tablespoons molasses or corn syrup. 1 1/2 cups sifted flour. 1 teaspoon each salt, soda, cinnamon. 2 cups rolled oats. 1/2 cup cut-up nuts. 1 cup washed and dried raisins or 1/2 cup raisins and 1/2 cup coconut. Cream shortening and cream sugar to fit. Beat in the eggs and molasses or syrup. Sift together the flour, soda, salt and cinnamon and stir into first mixture. Stir in remaining ingredients. Drop from teaspoon onto buttered cookie sheet, placing them 2 inches apart. Bake 8 or 10 minutes at 400 degrees F.



That Body Of Yours

By James W. Barton, M.D.

SELECTION OF DUODENAL ULCER PATIENTS FOR VAGOTOMY

One of the commonest ailments today is ulcer of the stomach and of the first part of the small intestine—peptic ulcer. The treatment of peptic ulcer has been by medication and diet but operation of cutting the nerve supplying stomach and intestine has become very popular in the past few years. Relief from pain and symptoms follow surgery in a short time. However, both physicians and surgeons are greatly disappointed in some cases where this surgical treatment fails. It is, therefore, of great interest to learn that the surgeon, by selecting his cases, can obtain successful results.

In the Journal of the American Medical Association, Drs. Stephen J. Stempien, Franklin B. Wilkins and Joseph A. Weinberg, Long Beach, Calif., report their method of selection of suitable cases for operation. Vagotomy, the surgical treatment of duodenal ulcers, has been reported as a satisfactory procedure by large clinics with wide experience in this method. "In our experience with more than 600 vagotomies, success has depended on the following four factors: (1) a careful selection of patients, (2) the skill and experience of the surgeon in achieving a complete vagotomy, (3) the incorporation of drainage, preferably pyloroplasty—enlarging and straightening the opening from stomach to intestine—which allows food to drain into the small intestine to undergo further digestion, thus preventing food remaining in stomach too long, and (4) the prolonged management of patient after operation until the workings of stomach and intestine are adjusted.

These surgeons are guided in their selection of cases to undergo vagotomy by (a) failure of medical and diet treatment, (b) excessive bleeding of ulcer, (c) obstruction of pylorus, (d) multiple perforations, (e) diagnostic exploration, (f) occupational or economic necessity. Added to the above observations of the condition of the patient is the most important one—observation of the patient himself—his mental and emotional makeup. Thus, we have written before of the ulcer patient who asked his physician if all his symptoms would disappear by operation. The physician told him the symptoms would disappear unless he grew another ulcer, as he was the type, had the makeup—nervous and emotional—that upset the workings of stomach and intestine which causes ulcer.

Drs. Stempien, Wilkins, and Weinberg finally state: "Any surgical procedure, including vagotomy, should be used with reluctance in a patient who is thought to have an intractable ulcer. It may be that the patient, not the ulcer, is intractable."



A Country Garden

By Mrs. Gordon MacMillan

Bright October how we love you, See the gay leaves fall; And the pretty milkweed babies Fly off one and all. Oh, October, bright October, Hear the fairies sing. All the birds are flying southward, Robins, on the wing.

—R. L. Stevenson.

October is one of the busiest months in the garden and the work we do at this time determines the beauty of the garden in the spring; so let us plant tulips and other lovely bulbs as often and as many dozens of them as it is possible. When the bulbs arrive before the date of planting, the bags should be opened to allow the air to enter. Some hyacinths, daffodils and tulips have been planted but all this month planting will be done whenever possible. Tender house plants are now in the little greenhouses and cuttings have been potted up for winter blooming. It is a very busy month in the garden and there is beauty every day to cheer us in our gardening. It is important in planning the Autumn garden that we have it located in a sheltered spot near the home so that the frost will not harm it until very late in the season.

Yesterday I had the privilege of seeing a beautiful garden in the eastern part of the Island and it was a real pleasure. This garden was enclosed with a white picket fence and flower borders arranged around the sides of the lawn leaving the open spaces easy to mow and care for. It was beautifully cared for... chrysanthemums were blooming and bright marigolds with red and white flowers were bordered with fragrant and neat mounds of allium. Beautiful large orange dahlias still bloomed by the tall lattice fence and colorful tuberous begonias were lovely in the shelter of shrubs by the steps.

The geraniums were the finest I have seen and were used in the very best manner; masses of them grouped in solid colors, and in the wide window of the home were rosy red geraniums that looked so effective against the white woodwork.

Cut flowers were used in various attractive vases by some one who loved flowers and the most beautiful African violets covered with bloom and very large. They were grown by the daughter of the home after bringing them from a distance in a glass bottle. It was a real pleasure to see this garden and I only hope that another time colored photographs can be added to my collection of lovely Island gardens.

In closing I wish to thank you for the kind messages received, we appreciate them very much.

Better English

By G. C. Williams

- 1. What is wrong with this sentence? "She lives a long ways from here, and this is all the farther I am going today."
2. What is the correct pronunciation of "resilience"?
3. Which one of these words is misspelled? Invincible, inviegle, invulnerable, involtately.
4. What does the word "consonant" mean?
5. What is a word beginning with obl that means "defamatory language"?

- ANSWERS
1. Say, "She lives a long way from here, and this is as far as I am going today."
2. Pronounce rez-ill-ens, first e as in me, both i's as in it, accent second syllable.
3. Inviegle.
4. Having agreement; consistent. "What he has done has been consonant with his view of the general good."
5. Obloquy.

Morning Smile

Insulting

An old sailor sat on his bunk, stripped to the waist. On his chest were tattooed three women. On his back were tattooed three more women. On each arm were tattooed even more women. There entered a young fellow, only just called up. He glanced at the old tar and, to the latter's disgust, inquired: "Hallo old man! Been in the Navy long?"



MUSTARD PICKLED ONIONS
3 lbs. peeled, sliced white onions
3 cups vinegar
3 cups water
2 teaspoons Colman's Mustard
2 cups granulated sugar
4 tablespoons mixed pickling spices
Cover onions with boiling water. Let stand for 10 mins. Drain. Cover with ice water and let stand for 30 mins. Drain, sprinkle with salt, place in hot sterilized jars. Tie spices in cheesecloth, place in uncovered pan with vinegar, mustard and sugar. Simmer for 10 mins. Remove spice bag and pour hot liquid over onions. Seal immediately. Makes 4 pints. CK304



DOROTHY DIX'S COLUMN

Vacation Romances

Many May Begin In July, Ending As Summer Goes

DEAR MISS DIX: While vacationing a few months ago, I met a boy I liked very much. At the time, he seemed to like me, too. We enjoyed each other's company. When we said good bye, he didn't say anything about calling on me, even though he lives in the next town. About a month ago, I met him at a social affair. He spent the entire evening with me and seemed just as interested as he had been on our vacation. At the end of the evening, he took me home, but still didn't say anything about seeing me again. He is on my mind all the time, and I can't enjoy myself with other boys. Could you suggest anything I could do to have him get in touch with me? GERRY F.



Muriel Nissen

ANSWER: At this time of the year many a girl is in exactly the same position you are. They now begin to realize that the boy who was so devoted in July or August just isn't destined to be the devoted swain later. Summer skies sponsor many a romance that fades away with the falling of autumn leaves.

You must face the fact, Gerry, that if the boy wanted to continue a friendship with you, it was up to him to make the first move. He flunked the test, then failed to take up a cue on a second chance. Isn't it reasonable to suppose that there's another girl he prefers, or that, in spite of the fact that you two did have enjoyable times together, you aren't his type? If you want to make one last assault on his affections, have a party at your house and invite him. If he refuses, or ignores the invitation, or accepts it and makes no further attempt to resume the friendship, consider the incident closed.

Too many girls embark on vacations so determined to win a man that they overlook the primary object of the excursion—which is to have fun and store up energy for the next year's work. True, many excellent marriages are made at resorts and on cruises, but they are more apt to be the exception than the rule. Perhaps next summer you will have better luck. In the meantime, don't neglect the opportunities of winter.

DEAR MISS DIX: In a short time I am marrying a man who has been divorced. Many of my friends say the marriage won't work out. Do you think it will? Should I send out invitations for the wedding, or announcements when it is over? V. M. Y.

ANSWER: You are rather chary with details, so it's impossible to predicate your chances of happiness. They depend largely on the reason for the man's divorce, and both your temperaments. Surely, if you are planning a wedding, invitations should be sent out sometime before the event.

DEAR MISS DIX: Four months ago I went out a few times with a very nice boy. He moved to another town, and told me that, since he didn't write letters, he would telephone me when he got back to his hometown. He did come for a visit, but after calling me four times and not finding me home, failed to get in touch with me. Do you think I should get his address and write? D. L.

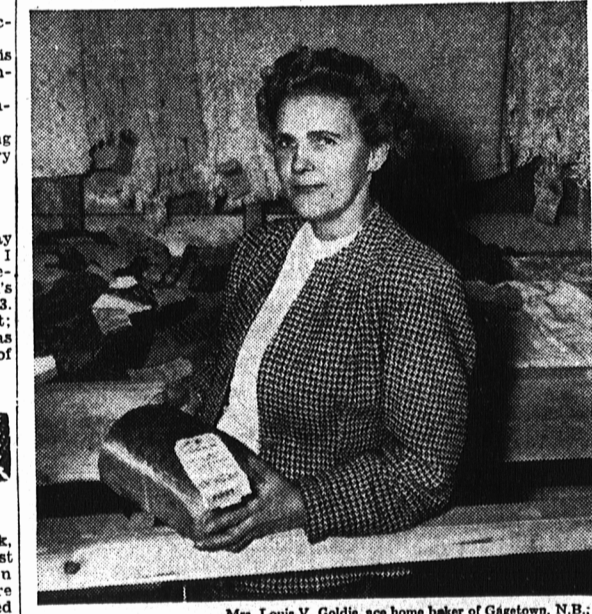
ANSWER: A friendly letter saying you were sorry to have missed his calls would be a gracious gesture. A humorous reference to his fixed purpose of not writing letters might lead him to abandon this unsocial practice.

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

How Can I

By Anne Ashley

- Q. How can I store a Panama hat for the winter?
A. The hat should be clean before storing. Use a good spot remover and then cover with fuller's earth, wrap in a towel or cheesecloth and store away. When wanted the following season, brush off the powder and the hat will appear as new.
Q. What is the best way to re-heat day-old rolls?
A. Put into a paper bag and twist the end shut. Then dip the bag into water, removing immediately. Place the bag in a hot oven. By the time the bag is dried out the rolls will be heated exactly right.
Q. How can I polish leather furniture?
A. Leather furniture will be given a fine polish if castor oil is rubbed over the surface of it.



Scores with Home Baking at 1951 Queen's County Fair

Queen's County, N.B., boasts some of the top Maritime home bakers, and competition at the Gagetown fair is mighty keen. So when Mrs. Louis Goldie's bread scores a first prize for the second year running, it's evident she's well up on the finer points of bread-making. Speaking of her success, Mrs. Goldie emphasizes that your first step is to choose the right ingredients—particularly yeast. "Your yeast must have plenty of pep—and that's why I recommend Fleischmann's Yeast," says Mrs. Goldie. "With Fleischmann's my doughs always rise light and my finished baking is tender and digestible." Yes, it's results that have made Fleischmann's Yeast the choice of prize-winning cooks—and the favorite of 3 out of 4 Canadian women.



ELLEN'S DIARY

By An Island Farmer's Wife

Perhaps it was because a blue-jay flew to a gnarled old tree in the orchard and called disturbing weather forecasts to our farmers this morning; or it may have been only to prove again to this sometimes improvident cook, the assurance that "All things work together for good;" in any event the digging was postponed today. What stores the housewife must have on hand to meet the crew! And how fast the food vanished! Even more quickly than at threshing, when we recall Mack youngest grandson, a past-three lad, exchanged roguish glances with his Grandfather at table and echoed the elder's brusque, "More bread, Ellen!" as the tray bared.

Today, completing a work of season commenced earlier in the week, the farmers harvested mangels—from the field beyond the orchard. How many? Five men and a boy, a serious fellow who worked steadily along with the rest. Were we busy indoors? Not altogether rushed nor yet idling away our time. The sound of hoofs and the creak and clatter of unloading in the cellar below, served to remind us however of the mealtimes approaching. And to feed the fire and fill the kettle—to bake a tea-cake now that the oven was hot; biscuits too to "stretch" the bread and make something with substance to it for dessert. "What's this like, 'Well it might be good for an invalid but how could you expect a farmer to work on the like of it!"

"I've used apples these weeks in every way I've ever heard of read about—for desserts. And in some improvisations of my own" Jeanie laughed the other day. "In fact until I'm a little ashamed to offer them now." Recalling her words we put a question recently to a woman who lives a distance from Alderlea... She is the good mother of more than a dozen, grandmother many times, brisk and kindly and extremely gifted in the ways of rearing children, and making of a house a home. With a few turns of her experienced wrist and taking this and that from the farmwife's cupboard she can provide excellent fare—could smiling feed "a regiment" yet, while younger women's hearts would be dismayed at the very prospect. Retired now from the big house nth degree, are in store. While

The Stars Say --

By Genevieve Kemble

For Tomorrow

A SURPRISING turn of events might bring about a breath-taking state of affairs in which Lady Luck may come knocking at the door with a turn in the tides of fortune, perhaps manifesting in dramatic achievements, promotion, distinction, under a benign and expansive Jupiter ray. No place, power, honor or distinction is beyond the bounty of this major orb of ultra capacity for fulfilled ambitions, aspirations, honors and soul-stirring rewards with change. Be ready to grasp such opportunities.

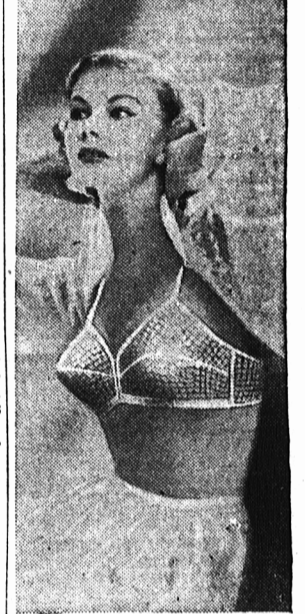
For the Birthday

Those whose birthday it is are appraised of a most exalted and thrilling state of affairs, with so many aspects of surprise and unlooked for fulfillments, as to quite turn the head, with its mighty novelty, radical consequence and soul-stirring experiences. Rewards, expansion, promotion and honors, possibly affecting the life and its enjoyments and usefulness to the preparedness, talents and energy are factors to be depended upon. There is also a menace of being carried away by excitement or elation into dangerous shoals.

A child born on this day has every prospect of a life of surprising achievement, high attainments, with rich rewards and much unlooked-for success and distinction. Of farm to cottage in the village she nevertheless lends her assistance to kin at seasonal cooking. This time it was at the digging. "And tell me," we asked, "what do you make for dessert?" "Why, just an apple pudding!" she smiled. "A generous layer of apple in the bottom of the pan... pour a cake-batter on top. It's good served with cream!" And we thought: "East is east and west is west and never the twain shall meet" but everywhere, Island-over, the lives and interests of the farmwives follow a similar pattern.

And out-of-doors the lowering skies of morning lifted; the blue-jay returned to his haunts by the stream-side and the sun shone warm and lovely to have every last mangel safely housed, and incidentally another weight-of-season lifted from James' shoulders, by sundown... Tomorrow comes the digging! Until tomorrow -- --Diary -- -- Good-night -- --

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They can't pin this on me!



COMING OUT IN THE OPEN, WOMAN! I WANT TO DEFEND MYSELF! I'M NO EXPERT, HONEY! PLEASE SEE OUR DENTIST ABOUT BAD BREATH. ATTA GIRL! COLGATE DENTAL CREAM HAS A SPECIAL PENETRATING FOAM THAT CLEANS YOUR TEETH—HELPS PREVENT DECAY! LATER—THANKS TO COLGATE DENTAL CREAM. COLGATE DOES A SUPER JOB OF POLISHING TEETH, TOO! AND HOW I GO FOR COLGATE'S GRAND WAKE-UP FLAVOR! FAMILY LIFE IS FAR MORE PLEASANT WITH A TUBE OF COLGATE'S PRESENT!

ONLY COLGATE DENTAL CREAM HAS PROVED SO COMPLETELY IT STOPS BAD BREATH



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