Women's realm

The Stars Say - -

By Genevieve Kemble

For Tomorrow

WITH the Moon still in Gemini and remaining there until nearly midnight, yesterday's quickened tempos and stimulated energies continue, but since this period is short, it is advisable to direct ambition and effort in well-tested channels. Hard work, wise counsel and inspired action can succeed in putting over important plans but, in working with others, maintain an attitude of amity and good grace.

Social and sentimental relationships should prosper and you should find much pleasure in group activities, which, by their very nature, mean congeniality.

For the Birthday

If tomorrow is your birthday, the day itself should be an inspiring one, marked by special enjoyment of social affairs.

During the months ahead, ambitious plans with far-reaching and lasting objectives should be pushed with the proverbial vim and vigor, since the astral indications favor promotion and expansion. There may be minor obstacles, temporary setbacks or even some friction among associates but, despite them, the fulfillment of long-cherished desires should await you by year's end. Serious efforts at carrying out original and novel ideas should reap rich returns.

A child born on this day will be extremely talented and ambitious as well.

Cook's Corner

THREE-FRUIT MARMALADE

One each medium-sized grapefruit, orange and lemon, sugar, juice of 1 lemon. Wash the fruits, dry them, cut in halves, squeeze out juice and reserve seeds. Add the raggy part clinging to skins to seeds. Cut the rinds into finest possible strips. Put the rind and squeezed out juice in large bowl or enamel kettle, add 2 cups boiling water, cover and let stand overnight.

Cover seeds and "rag" with 2 cups cold water, cover and let stand overnight; in morning boil 25 minutes, then strain and reserve the liquid. Boil rinds and water 25 minutes.

Now to the rind add 2 cups water and boil 20 minutes longer. To the drained seeds add 1 cup water and boil 20 minutes. Drain water from seeds and add it to the first amount of water drained from the seeds and add both of these to the rind; bring to boil. At this stage it is advisable to test for pectin.

Measure the pulp and juice; for every cup add 1¼ cups heated sugar; stir until dissolved; cover, heat to boiling, then boil uncovered 10 to 20 minutes or until syrup will jell when tested on cold plate. (While waiting for syrup on plate to cool remove marmalade from heat.) Add lemon juice and remove from heat. Pour into sterile jars and seal with double coating of paraffin.

Modern Etiquette

By Roberta Lee

Q. If one is eating in a public place where small butter pats are served in little paper containers, is it all right to let the knife blade rest on the pat when not in use?

A. Never. The knife, when not in use, should rest along the upper right part of the plate—and never, of course, with the handle of the knife resting on the table.

Q. Is it required that a bride return all her first calls, or just those she prefers?

A. The bride should return all these first calls, and as early as possible. It would be very rude to return some, and omit others.

Q. How should Mary Norton, who is 18 years old, be introduced to Mrs. Marshall, who is at least 60 years old?

A. "Mrs. Marshall, this is Mary Norton."

Q. Is it necessary for a hostess to provide new cards for use at a bridge party?

A. It isn't exactly necessary, but the ones she does furnish should be spotlessly clean, uncreased, and easy to handle.

ELLEN'S DIARY

By An Island Farmer's Wife

Just beyond the bit of lawn the lambkins entered blithely into their games this evening while Gage gave attention to his homework and we in part to the mending in our lap.

"Do you see this?" It was this same fellow who had drawn our rather unwilling glance to a three-cornered rent in his play overalls some time before.

"And look here — however it happened I don't know," Jamie made apology for a similar happening to his.

"And," Rob chuckled, "perhaps you had better not look here — because this is what could be called 'a tragic circumstance!' I caught —it must have been on a spike . . . " So we can find an abundance of such needlecraft to fill, if we but fancy, our leisure time.

* * *

"And so you love him?" we recall Aunt Kitty Mahoney, a woman of our young years peer over her spectacles focused then the piece of sewing in her hand, saying half teasing, half earnest to an older companion of ours in those "Lang Syne" days, when we visited Aunt Kitty Mahoney on an evening in May.

"When he holds your hand, your heart flutters?" she continued. A shy expression spread on the young girl's face. "You see," Aunt Kitty laughed, "though you may not believe me, I know all the symptoms! In fact," she laughed, —we can still hear the lilt of it— "I've had them — yes, every blessed one of them, at one time or another . . ."

"The palpitations . . . yes, indeed, if my heart acted like that now, the Doctor would say that I wasn't long for this world! He'd order me to my bed right away! . . . And I suppose he's kissed you?" she pursued further the intriguing subject. The miss kept her silence but there was a light of betrayal in her eyes.

"The . . . were always the greatest ones for the kissing," Aunt Kitty commented. "It comes easy to them! . . . Now, his uncle — you wouldn't remember him, away as he is for years—had what you might call 'a violent notion' for me as a girl. What an amorous swain he was!" She stitched away at a hem, quiet in her thoughts. Then she laughed merrily. "I was glad when . . . came along to court and rescue me or I might have been melted entirely by his ardent and repeated caresses!"

"Well," she sobered, "there are ways of proving whether it's love or only a spring fancy . . . If you can mend overalls and work for, and with him, and not consider it a hardship but all such a l'r of love; if you can't see any other lad but him in the whole wide world; if days drag when you don't catch a sight of him; or if," her eyes held a roguish glint as they lighted on a length of clothes line in a yard across the street, spread

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TO CORONATION—Mrs. Hugh L. Allward of Toronto, IODE national hospitality convener, will represent the Imperial Order Daughters of the Empire at the Coronation. Mr. and Mrs. Allward will be seated in Westminster Abbey during the Coronation. (CP Photo).

DOROTHY DIX'S COLUMN—

A Very Minor Matter

Girl Worries Because Boy Friend Is Only 19, While She Is 20

DEAR MISS DIX: Though I am very much in love with Bob, whom I have known for two years, there is one serious problem worrying me. I am 20, and he is 19. We don't expect to marry until he finishes college, which will be in three years, but do you think we can make a happy marriage?

MARGE

Muriel Nissen

ANSWER: The calendar itself can be a very inaccurate gauge for age, which should be measured, rather, in terms of mental development. However, since the good old calendar is the best guide we have, it must do. Realizing its inadequacies, two people with an age problem should not rely entirely on birth dates. A difference of one year can always be disregarded, especially if other factors conform to a mutually satisfactory degree. As Bob's education is progressing in accordance with his age group, and you seem to be a young lady of good sense and intelligence, that one year, now looming so large on your horizon, might be ignored.

ONLY A YEAR'S DIFFERENCE

There is no single example of age disparity that can be cited as insurmountable. Even those commonly held as most hazardous, such as a wife being many years older than her husband, or a young girl marrying a man several years her senior, have been hurdled by couples whose marriages were happy in spite of age differences.

DEAR MISS DIX: I have a very bad habit, and no matter how I try I can't overcome it. It's a tendency to make cutting remarks. Sometimes I do it because I think I'm being cute or humorous, but more often I have no reason. I've recently quarreled with a fine boy over this fault. I'm 15.

A. A.

ANSWER: There is a time in the teens when, with some, sarcasm

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Better English

By D. C. Williams

1. What is wrong with this sentence? "Your new dress is different than any you have."
2. What is the correct pronunciation of "altruism"?
3. Which one of these words is misspelled? Survailance, supposition, suffragette, sustenance.
4. What does the word "adversity" mean?
5. What is a word beginning with imp that means "overbearing"?

ANSWERS

1. Say, "is different from any other you have." 2. Pronounce al-troo-izm, a as in at, oo as in troop, accent first syllable. 3. Surveillance. 4. A condition of hardship; misfortune. "His faith remained constant throughout seeming adversity." 5. Imperious.

How Can I ! ! ! !

By Anne Ashley

Q. How can I make use of bacon rinds?

A. They can be saved for the flavoring of soups and dried peas and lima beans. They can be spread over the top of Boston beans while baking, and will take the place of the usual piece of salt pork, imparting flavor to the dish and protecting the top layer of beans from burning.

Q. How can I make cretonne draperies hang more evenly?

A. If cretonne draperies are lined with a soft material of a harmonizing color it will bring out the pattern of the material, and the draperies will hang more evenly.

Q. How should napkins be folded?

A. Napkins should be folded plainly and laid flat upon the table. It is no longer good form to fold them in fancy shapes.

That Body Of Yours

By James W. Barton, M.D.

HEART DISEASE MAY NOT BE A DEATH SENTENCE

Because of the millions of dollars the American Heart Association Inc., distributes to the various hospitals and heart research organizations, many may think that the diseases of the heart are receiving sufficient attention. What we fail to realize is that before the American Heart Association began its definite work of finding out the causes and treatment of diseases of the heart, the great majority of us believed that once heart disease was discovered in any of us, we were doomed — doomed to death within weeks or months. Thanks to the American Heart Association and the sending-out to all physicians the latest findings of their research work, it can be safely stated that millions of lives have been saved or prolonged.

Although the 1953 Heart Fund Campaign was carried on in February, it is not too late to help this very worthy organization. I am therefore giving my readers some facts about the heart diseases:

Diseases of the heart and circulation of the blood cause one-half of all deaths in the United States and Canada; the death rate among males is one-third higher than among females.

Heart diseases can and do occur at all ages. However, over the age of 35, diseases of the heart and blood vessels lead all causes of death. Nearly one out of every two deaths after the age of 45 is caused by heart and blood vessel diseases. One-quarter of all deaths that occur between the ages of 25 and 45 are due to heart and blood vessel diseases.

The three most important forms of these heart diseases together account for over 90 per cent of all heart damage. They are rheumatic heart disease, which is caused by rheumatic fever; coronary heart diseases caused by hardening and narrowing of the coronary (blood vessels of the heart) arteries (arteriosclerosis); and hypertensive heart disease, resulting from high blood pressure (hypertension). The causes of rheumatic fever, hypertension and arteriosclerosis are still unknown.

Heart disease caused by arteriosclerosis (hardening of the arteries) and high blood pressure are by far the most common form. Ninety per cent of deaths from heart and blood vessel disease are caused by arteriosclerosis and high blood pressure.

Notwithstanding these startling facts, by the work of the American Heart Association — research, education, and community service (welfare work and job placing) — great advances have been made. This voluntary organization, by its branches, has been able to rehabilitate a great many heart patients so that they are able to lead happy, useful and productive lives. The new knowledge acquired by research saves lives, alleviates suffering, and improves the nation's health. National Headquarters of the American Heart Association, Inc., is located at 44 East 23rd St., New York 10, N. Y.

Household Scrapbook

By Roberta Lee

Fresh Plants

Plants can be kept fresh while the house is closed by placing as many bricks as there are flower pots in a zinc tub. Then put enough water into the tub to cover the bricks and stand a plant on each. The bricks will absorb enough water to keep the plants in good condition for several weeks.

Paint Brushes

Paint and varnish brushes should be cleaned thoroughly with gasoline after using, then rubbed with Vaseline jelly and put away free from dust. This procedure will keep them soft.

Potatoes

After paring the potatoes place them in cold water. If this is done before boiling it will whiten them.

She's Ready For The Coronation

Dr. Charlotte Whitton, mayor of Ottawa, will take second place to none at the coronation when it comes to uniforms. This one was specially made for her honor, and she proudly models it for Betty Dent.

Anne Adams Patterns

BEGINNER'S LUCK!

TWO main pattern pieces for dress! Two main pattern pieces for cape! Mother, did you ever see such an adorable outfit? Make this pretty ensemble now! Dress has another version with Peter Pan collar and embroidery.

Pattern 4864: Children's Sizes 2, 4, 6, 8, 10. Size 6 dress, 2 yards 35-inch; cape, 2¼ yards 35-inch. Embroidery transfer included.

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.

Morning Smile

Good Idea

In a film studio the property man was dressing a scene representing a room in a men's college dormitory. The walls were plastered with college pennants, pictures of girl friends, football players and dogs, while a litter of musical instruments, traffic signs and masculine bric-a-brac gave the place a cosy, lived-in look.

The assistant property man gazed speculatively at the scene of artful disorder. "Don't you think," said he, "that around here somewhere we should have a book?"

LOVES ANIMALS — Prince Charles, five in November, loves animals. When not playing with his white rabbit, "Harvey," he can often be found with a glove puppet shaped like a rabbit. To Charles it matters little that his mother will be crowned Queen of the United Kingdom and Commonwealth. What interests him, chiefly, is the prospect of mounted soldiers, gilded coaches and marching bandsmen. (CP PHOTO)

New Vanishing Cream Deodorant with Non-Staining CHLOROPHYLL

Rub it in
RUB ODOR OUT!

When the green color vanishes
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Every day—rub it in—rub odor out! When the green color vanishes, the odor is gone. New **Arrid with Chlorophyll** deodorizes instantly on contact . . . gives you rubbed-in protection. Stops underarm perspiration 1 to 3 days—keeps underarms dry and odorless.

New **Arrid with Chlorophyll** is safe for clothing. Antiseptic. A smooth, pleasant vanishing cream. Preferred by 2 out of 3 women over their regular deodorant. Get *new* Arrid with non-staining chlorophyll!

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How To Hold
FALSE TEETH
More Firmly in Place

Do your false teeth annoy and embarrass by slipping, dropping or wobbling when you eat, laugh or talk? Just sprinkle a little FASTEETH on your plates. This alkaline (non-acid) powder holds false teeth more firmly and more comfortably. No gummy, gooey, pasty taste or feeling. Does not sour. Checks "plate odor" (denture breath). Get FASTEETH today at any drug store.

Gloria May Sale

You've never known such bargains as the GLORIA LADIES' WEAR offer you at their MAY SALE starting Thursday, May 14, ending Saturday, May 16.

When you take a look at the price tags you'll be pleasantly surprised. Here you will find the best value for your dollar.

BALANCE OF LADIES' EARLY SPRING DRESSES—In plain and printed crepe materials, all sizes and colours, clearing at .... 33 1/3 OFF Reg. Prices
In this group you'll be sure to find the type of dress you've always wanted at a budget price too.

A SPECIAL BUY IN DRESSES
Enables us to offer you Spun Rayon Dresses, lovely floral patterns, sizes 14 to 44 — A bargain you simply can't afford to miss.
Reg. $4.25 for
$2.98

Dinner and Evening
DRESSES
Slightly soiled
$5.00

LADIES' COTTON HOUSEDRESSES
In gay floral patterns.
Sizes 14 to 50.
Reg. $2.98, on sale
$1.98

NYLON HOSE
Special 99c
Good shades

SPECIAL, SUITS $10
Navy Burbury Coats
Reg. $25.95—Clearing
1-2 Price

Cardigan Sweaters
A large range of colours and sizes.
10% OFF
Reg. Price

Slightly Soiled
DRESSES $1.00

BALANCE OF SPRING COATS AND SUITS CLEARING AT 20% OFF Reg. Prices
You'll find the selection styled in fashionable spring and summer colours. A number of the suits in half sizes, from 12½ to 22½. Choose yours early while the selection is good.

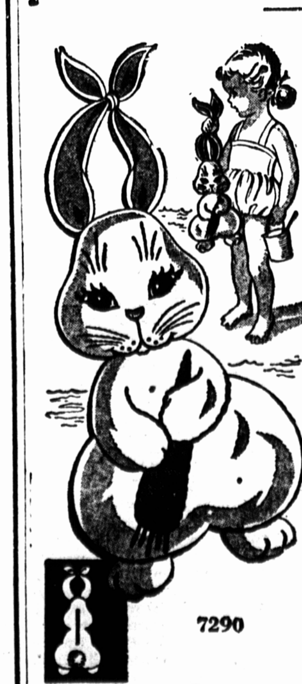
.... MANY OTHER ITEMS NOT LISTED — SEE THEM EARLY THURSDAY

NO APPROBATIONS — NO REFUNDS

THE GLORIA

179 GRAFTON STREET

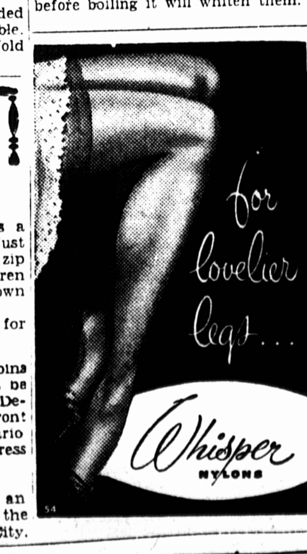
Alice Brooks Designs



LOO[illegible] BAG!

Especially for children! Holds a towel and swim suit, or toys. Just pop everything in the back, and zip it up! Such a cute pet, children love to pick up and carry their own things.

Pattern 7290: Transfer pieces for 15-inch Bunny bag.

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.

The Oswego canal provides an outlet from Lake Ontario to the Hudson River and New York City.