

Cook's Corner

What Body Of Yours

By James W. Barton, M.D.

SCALLOPED SALMON AND POTATOES

1 8 oz. can salmon
8 medium-sized potatoes, peeled and thinly sliced
1 teaspoon minced onion
4 tablespoons general-purpose flour
Salt
Pepper
1 1/2 cups milk
Flake salmon; reserve any oil that remains in can. Arrange layer of potatoes in greased baking dish. Add 1/2 of the salmon and onion. Sprinkle with 1/2 of flour, salt and pepper. Make another layer of potatoes. Add remaining salmon, onion and flour. Cover with remaining potatoes. Pour on milk, then any oil from the canned salmon. Bake in moderate oven 350 degrees F. for 1 hour. 4 to 5 servings.

How Can I!!!

By Anne Ashley

Q. How can I wash silk scarfs and handkerchiefs satisfactorily?
A. Instead of using soap to wash silk handkerchiefs, use lukewarm water and borax. Dry them by wrapping in a cloth, and then iron them while they are still slightly damp.
Q. How can I improve the taste of cauliflower?
A. Try adding a cup of grated cheese to the white sauce for cauliflower. It gives a decided improvement to the taste.
Q. How can I rid the house of spiders?
A. Soak pieces of cotton wool in oil of pennyroyal, and place them around the haunts of spiders.

Household Scrapbook

By Roberta Lee

Oven Too Hot
When the oven is very hot and one is afraid that the contents of the casserole will cook too quickly, place a piece of waxed paper under the casserole cover, and this will lessen the speed of the cooking.
Silver
If one drops the silver that has been used on eggs into a pan of salt water the minute they come from the table, they are less likely to be discolored.

Waste Containers

A waste paper basket of some kind in each room of the house will mean many steps saved in a week's time.

Modern Etiquette

By Roberta Lee

Q. Should a person who holds a Ph.D. degree always be addressed as "Doctor"?
A. The title of "Doctor" for a Ph.D. is rarely, if ever, used in social circles, unless the affair is in some way associated with the honor he has gained. However, if he uses the degree professionally, he is always "Doctor."



Mrs. Alton A. Rodd, North Milton, P.E.I., does prize-winning baking with Fleischmann's Yeast.

Young Matron Wins Baking Honors at Charlottetown

Last August, while her husband was shooting for marksmanship prizes at Ottawa, Mrs. Alton Rodd was cooking for prizes at the Provincial Fair at Charlottetown! And did she score! Her name was on prize-winning tickets all over the place! Mrs. Rodd was particularly successful with her yeast-raised baking. Here is her experience in her own words: "I for one am one-hundred-per-cent sold on Fleischmann's Yeast. I find it works fast in the dough—gives well-risen bread and rolls every time. I have tried other yeasts, but always come back to Fleischmann's!" It's just about unanimous! Maritime baking champions report that they achieve their prize-winning results with dependable Fleischmann's Yeast.

ELLEN'S DIARY

By An Island Farmer's Wife

And now are last hours of another day being ticked away by the old clock on the shelf. What has it given us—or we to it, now that we have trodden its way? And what of sunshine or shadow lay along its course? Or has it been all sunshine without even a sign of a shadow? Entrancing ones, we found, however lying in a pretty pattern along the slope which leads to the hilltop and as well on the pond. For there again these are to be found along the silver of the placid surface... A zephyr of a breeze, that was like one of summer's wanderers in this afternoon to touch it here and there lightly with a finger that set small glistening wavelets to dancing beneath the magic of its spell.

Other shadows not so lovely we saw, such as folks experience when they hear tidings of an illness or a passing in this season of spring-time when by rights there should be neither concern nor sorrow—at least none that could not be overcome by the anticipation of the delights of the days ahead. "When I go" a housewife commented recently when we mentioned a grim reaping "in the coming of the year, let it not be at this time of year! I should be sorry to be taken now... the summer is so lovely. In the fall it would be different—it sort of seems more natural then to come to one's rest. But I guess," she laughed merrily, lifting the sombre subject to lighter tones "before I get all my house-cleaning done, and the gardening, and all, there'll be those times when I shouldn't mind being carried off to some oblivion, spring or not!"

Shadows we felt too, when we heard, as folks do in the country, of some other farmstead that has suffered a loss of some animal or another, a trying incidental to the farming, and perhaps more common in this season of increase, to make a new grave, though fortunately soon forgotten, in a field. But in places memories are long. To this day when we ramble along the farm with James he can point out where "that young black mare" is buried, she that "would have made such a good one," or "the young mare" that no matter the passing years never grew old in the thoughts of the man who had raised her... "That sow too, Ellen, don't you remember? and all of her young ones... and that was a hard spring too—the little pigs were a very good price... oh well, that goes with the farming!"

Concerns like these come to us to make us sigh having experienced the like and knowing well the dismay and inconvenience they bring. And as well we hear of tragedies on farms because of fires. And then it comes to mind with a sense of shame that too often when our house has just been cleaned and put in order, we are actually indignant when James proposes: "What do you say, Ellen, if we clean those stove-pipes and flue this morning? It's really quite a spell since they got a cleaning. We shouldn't neglect the like—better to leave something else undone." And for a moment we are ungracious within, which gives us another matter for which to shrive ourselves later. We have been inconvenienced too, more often than once when after being snugged in bed, beside him, he inquired anxiously: "Ellen, did you close the stove-drafts?" And in spite of our assurance that the fire was dying, we have gone down again "just to make certain everything's ship-shape, Ellen. We'll sleep better for knowing it." So we continue to practice every precaution we know of in this direction, having added ones now with the new lights. In the piggeries and stables and barns, James takes care that no tangle of cobwebs or dust lies near the bulbs. We know that out of deference to his wishes we shall be obliged to forego the pleasure of the glowing bonfire that once upon a time was a nice part of the spring cleaning of the yards.

Until tomorrow... Diary Good-night.

Better English

By B. C. Williams

1. What is wrong with this sentence? "He divided up the money between his brothers."
2. What is the correct pronunciation of "salient"?
3. Which one of these words is misspelled? Embarrassment, embellishment, embodiment, embrasure.
4. What does the word "importune" mean?
5. What is a word beginning with con that means "expressing scorn or disdain"?

ANSWERS

1. Say, "He divided (omit up) the money among his brothers." 2. Pronounce sa-li-ent, the a as in say, accent first syllable. 3. Embarrassment. 4. To urge persistently; ply or press with requests. "He importuned the court to grant his wish." 5. Contemptuous.

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Costume Jewellery



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Improve Your Phone Voice

Despite the fact that the telephone has become so commonplace as to be taken for granted in our daily living, many women have never learned to talk on the instrument.

Technically adept at putting their calls through, and well-versed in the rules of telephone etiquette, they still create an unfavorable impression upon their listeners because of their voices. Women who claim they don't like to talk on the telephone are admitting their discomfort. Their point—that the facial expressions observed in personal chats add much to any conversation—is a valid one.

Be that as it may, if they plan to use the telephone as a medium of communication, they should accept its limitations and set about correcting their own failings. One particularly unfortunate telephone voice is the meek, mild one that makes listeners yell "What's that?" and "Louder, please." No matter how competent a person at the other end of the wire is likely to conclude that you are ineffectual and without self-confidence. This is a handicap in both business and social relationships.

Equally unattractive is the telephone-shouter who attempts to convey her message by vocal power alone. Not only is such a voice unpleasant to the unfortunate ear at the other end of the line, but it also marks the shouter as being unsure both of herself and of the instrument.

Affection is also to be avoided when speaking on the telephone. Don't "put on" a special voice; it makes you appear insincere. If you have voice problems even when talking with people face to face, take particular care to speak your best on the telephone. Nasality, whininess, flatness and accents are likely to be intensified when passed through the wires.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE auguries for this day show frustration, defeat, disintegration, sudden, surprising, and stubborn and baffling as well. Perhaps the best counsel in such predicament is to make serious study of factors

-Needlecraft-

FOR THE HOME

SOFT AND SLENDERIZING

This dress is so simple that it calls for an interesting fabric—one of the new spring prints or sheers! Cape sleeves and shoulder shirring make it particularly soft, slenderizing. (Also in the pattern, a three-quarter sleeve version.)

No. 2265 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46 and 48. Size 18, 3 1/2 yards 39-inch.

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Just Like A Woman

It was during a lover's quarrel that she said, "If I said anything I'm sorry for, I'm glad of it."



2265 SIZES 12-48

Simple Rules Insurance For Happy Marriage

A young couple whose wedding date is all set asks me if I can give them any rules they can follow as a couple to make their marriage last.

A lasting marriage isn't made by the following rules. But I believe any couple who follow these will have a better chance of working out a happy marriage than if they disregarded them.

One: Give religion a place in your home from the very start.

Two: Take a realistic attitude toward money, making out a spending plan, if not a strict budget, so that you can work for the things and the way of life you want, instead of just living from week to week or month to month hoping for "the breaks" to make life easier for you eventually.

Three: Don't start going with a crowd that is financially out of your class. Trying to keep up with the Joneses can wreck a marriage.

Four: Don't set up a lot of false standards about all the things you have to have before you can afford a baby.

Five: Share whatever you have and whatever you may come by on a partnership basis. In a good marriage it is "our money," "our house," "our car," "our friends, etc."

Six: Rule out divorce as an avenue of escape—even in your own mind. You'll work out your own differences and make up your quarrels if neither of you ever even secretly thinks that divorce is always a final solution to a marriage problem.

Seven: Let both sets of parents know from the start that your marriage is a strictly private affair and that the most they can do to help you is to keep hands off.

Eight: Expect your marriage to be a real adventure—and see that it is. Young folks are often warned that marriage is a job to be worked at, but they also need to be reminded that it should be a glorious adventure too.

Morning Smile

Another Try

She: I've tried to learn to love you, but I can't.
He: But I've saved fifteen thousand dollars for you.
She: Give me one more lesson.

Rags To Riches

A wealthy man gave a few coins to a lame beggar. By way of comforting him, he added, "Well, though you're lame, you're better off than if you were blind." "I'll say!" answered the beggar. "When I was blind, people were always giving me counterfeit money."

DOROTHY DIX SAYS—

Chronic Complainer Impossible To Make This Selfish Mother Happy

DEAR DOROTHY DIX: My mother is a middle-aged woman, a widow. She has a small income which my brother and I augment. She complains of ill-health, but we think it is just a mental condition. My husband and I both work. We have tried every way we know to make Mother happy and comfortable without avail. She has been in rooms, has boarded with strangers, has lived with an old lady, has lived with us and we have lived with her, and she is not contented with any of the arrangements. What is my duty to her as a thankful, appreciative daughter, and yet as a loyal, helpful wife, for my mother objects strenuously to my husband and I pooling our earnings in a common fund? How can I balance home and husband, mother and career without losing my mind?



ANSWER: Evidently your mother is one of the querulous, ill-balanced, neurotic, selfish women whom nobody on earth can please and who would not be satisfied and contented under any conditions, so it is folly for you to wear yourself out in the vain attempt to make her happy. She doesn't want to be happy. She wants something to complain about, some grievance to whine over, and she gets a sadistic pleasure in making other people as wretched as she thinks she is herself.

WANTS TO WRECK YOUR MARRIAGE

Your mother's grievance now is that her children are married and her home is broken up, and so she is trying to break up your home and dissatisfy you with your husband and make you feel that he isn't dealing fairly with you on the money question—though the fifty-fifty joint checking arrangement is generally considered to be an equitable way of settling the money problem between husbands and wives.

Under such circumstances, when your mother is always fault-finding and pecking at your husband and your husband naturally resents it, it will be disastrous for you to have her as a member of your household. So the best arrangement you can make is just to make her a monthly allowance and let her live where she pleases. She will be far better off among strangers than she will be with either of you children because she will have to control herself when with others.

Probably all of her ill-health is imaginary. Why don't you have a competent physician make a thorough examination of her, so that you will know whether you have cause to be really anxious about her or are worrying unnecessarily? But you have my sincere sympathy. A woman who has to act as a buffer between her husband and her mother gets some mighty hard knocks.

DEAR MISS DIX: Can a plain-faced girl become as popular as a pretty one? When a girl has a date with a boy, what should she talk to him about and how should she act? Should a girl meet a boy halfway in being friendly and be the first to speak when they meet?

ANSWER: Certainly a plain-faced girl can be popular. Some of the most popular girls I know haven't an atom of good looks to bless themselves with, but they have other qualities that attract people to them. They are bright and interesting to talk to. They are good dancers and good at outdoor sports.

No general rule can be given for a conversational line. Talk must be spontaneous and inspired by the time and place and circumstances. You won't make a mistake, though, when you talk to a boy about himself and when you get him started on his own hobbies and interests.

Be friendly to boys. Show them that you enjoy their society, but don't gush over them. It is always good policy to keep a boy guessing.

DEAR DOROTHY DIX: Is it fair for my husband to look at television every minute he is in the house? Television is all he cares about. He hasn't taken me out in the evening since we got the set. He never even talks anymore. Please give me some encouragement, as I am about ready to give up.

MRS. S. F. S. ANSWER: Many another woman has a husband who is a television hand and wishes he would take to drink or any other vice, but no one has as yet found any method that would wear an addict from his program. The only suggestion I can make for your relief is to become addicted yourself or put on your hat and go out to the movies.



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