

Household Scrapbook

By Roberta Lee

Ink on Wall Paper

Most ink spots can be removed from wall paper by applying a weak solution of water and oxalic acid.

Plant Treatment

One tablespoonful of smoking tobacco soaked in one quart of water overnight, and poured on the soil about every thirty days, will destroy plant insects and also fertilize the plant.

Cleaning Brushes

Remember that varnish and enamel brushes should be cleaned out in turpentine, while shellac brushes should be cleaned out in denatured alcohol.

Cook's Corner

STUFFED CABBAGE LEAVES

Cabbage leaves, 4 large, boiling water, butter, 2 tablespoons, green pepper, chopped, 2 tablespoons, celery, chopped, 2 tablespoons, rice, precooked type, 1/4 cup, salt, 1/4 teaspoon, cold water, 1/2 cup, ground beef, 1/2 pound, salt, 1/4 teaspoon, water, 1/2 cup, tomato sauce, 8-ounce can.

Carefully separate large inner perfect leaves from head of cabbage, keeping them whole. Drain leaves into boiling water, cover and keep over low heat for 10 minutes; drain. Melt butter in 1-quart saucepan over low heat; add green pepper and celery and cook until soft, about 5 minutes. Add rice, salt and cold water; bring to boil; remove from heat, cover and let stand 10 minutes. Add ground beef to the rice mixture, mix well. Spoon 2 to 3 tablespoons of meat-rice mixture on each flat cabbage leaf near the stem end, roll stem end over mixture once; fold in sides and finish rolling; fasten with toothpicks. Rinse out saucepan, add 1/4 cup water, bring to boil and place rolls in water. Cover; cook over low heat 15 to 20 minutes until cabbage is tender; drain. Meanwhile heat tomato sauce and serve over cabbage rolls. Makes 4.

Rheumatic & Arthritic Pains

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Seven Days A Week

(By Anne Shannon)

1. Monday: Do the high March winds play havoc with your complexion? Think of all the modern beauty aids at milady's command nowadays—about fifty years ago or more, the ladies depended on "buttermilk baths" and so forth to enhance their beauty. One beauty adviser suggested corn meal as a good winter cosmetic. She said "It makes the finest sort of cleanser for the skin when used to scour the complexion in the same manner as one scours the kitchen floor or table with sand."

2. Tuesday: Here is a good sewing hint—if you have trouble with buttons coming off new ready-made garments when they have been worn only a few times, you can strengthen the thread and tighten the button so that it will stay on much longer if you touch the centre of each button with transparent nail polish. This seals the thread securely and prevents it from ravelling. Good old nail polish to the rescue again eh?

3. Wednesday: Here's an interesting cake recipe a sort of mid-week "pick me up"—it is called Banana Cake—1-2 cup butter or shortening, 1-2 cup sugar, 2 eggs, 1 cup banana (slightly mashed), 1 tsp. vanilla, 1 tsp. lemon, 2 cups flour, 1-2 tsp. baking soda, 1-2 tsp. salt, 1-2 cup sour milk, cream butter, add sugar gradually, add eggs, beat thoroughly. Add banana pulp and flavorings. Sift dry ingredients and add alternately with milk. Bake in a moderate oven (350) 20 to 30 minutes.

4. Thursday: Do your children do as mine sometimes do in wet weather—dash out to school and then come tearing back—"Mom, we forgot our rubbers!" By this time their shoes are usually a soggy sight; Not any more tho for I have learned to waterproof their shoes this way. Melt together two parts petroleum jelly with one part of paraffin, and with a small clean brush, paint the shoes well with this where the soles and uppers meet. Set aside away from the heat and allow to dry several hours before worn. This "waterproofing" will last a month or more and may be renewed when necessary. Dry feet are a "must" (this time of year especially).

5. Friday: And now here's a luscious dessert to top off a fish dinner to-day: Do it thus: Fill halves of canned pears with shredded walnuts or almonds. Cover them with canned frozen raspberries, heap high with sweetened and flavored whipped cream and serve cold. Silvers of preserved ginger gives this dish a super-special flavor. Did you ever add ginger syrup to your whipped cream? Try it sometime!

6. Saturday: When you have a few minutes to spare this afternoon, remember our feathered friends. You may not notice any around at the moment but just spread a few crumbs and see how quickly you will have "company on wings". Remember "How gladdening it is, when days are cold and sorrowful, that we, who have no power to sing, may offer sustenance to song."

Sunday: Even tho you "shuck your manners for week-days (and I hope not) do be kind and courteous to all on this day. Do unto others as you would have them do unto you, will always be a grand rule to follow. One day President Lincoln was driving in a carriage with a gentleman when they passed an old colored man, who bowed low and doffed his ragged hat.

That Body Of Yours

By James W. Barton, M.D.

THE RELAXING POWER OF THE DRUG AMINO-PHYLLIN

Although there is no drug that will induce high blood pressure permanently, it is known that if a patient can keep quiet physically, mentally and emotionally, there will not be the tendency toward a rise in blood pressure. It is for this reason that so many quieting drugs are prescribed for patients who have a tendency to get excited and upset with very slight cause.

One of the drugs prescribed to quiet heart and blood vessels is aminophyllin. It also helps drive water from the tissues. The fact that it relaxes the muscles and nerves make it a valuable drug in keeping patient calm and thus likely to have a rise in blood pressure, which might cause a heart stroke (coronary thrombosis) or a brain stroke (apoplexy).

Because of aminophyllin's great relaxing power, Dr. I. Newton Kugelmas, New York City, tells in The Journal of the American Medical Association how this relaxing power of aminophyllin has enabled him to remove foreign objects from the throat, windpipe, bronchial tubes and the tube (oesophagus) carrying food from the throat to the stomach.

Children breathe in or swallow foreign bodies because they explore things with their mouths. Breathing of such objects into the air passages is usually the result of a sudden gasp for breath after excitement, crying or laughing, but swallowing may force an object over the opening into lungs, into the stomach. If a foreign body lodges in the oesophagus, it is usually too large or too spiky to pass through the stomach.

Dr. Kugelmas describes six cases in which aminophyllin placed in the rectum so loosened the tissues that the object was easily removed or coughed up.

The first case was an asthmatic child who had swallowed a bead, causing symptoms resembling whooping cough. The aminophyllin relaxed the bronchial tube and the bead was coughed up.

The second case was a boy with inflammation of the oesophagus, causing severe pain under the breastbone. Three grains of aminophyllin placed in the rectum gave relief of pain and enabled him to swallow food in comfort.

The third case was a five-year-old child who had swallowed a pearl button. Four grains of aminophyllin relaxed the button.

The fourth case was a child with wheezing, hoarseness and shortness of breath. The aminophyllin caused the youngster to cough up the plastic part of a toy.

The fifth case a seven-year-old girl and the sixth case a four-year-old girl, both were able to get rid of objects swallowed by use of aminophyllin placed in rectum.

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Charles James Fox, the English statesman who died in 1806, entered parliament just before his 21st birthday.

DOROTHY DIX'S COLUMN

By Dorothy Dix

Footloose Family

Stable Home Life Would Be Better For Children

DEAR MISS DIX: Several years ago, due to my husband's ill health, we closed our home here and went west with our two boys. After a few months, my husband was able to work again. I also worked and we made out so well we were able to clear our home of all debt.

Although it is no longer necessary for us to do so, we still like to go west for the winter months and come back here for the summer. However, our sons have been resentful the last couple of years when, as they say, "we pack up and go on the move from one school to another." We feel they are fortunate. This year they have flatly refused to go, and threaten to leave home if we move again. One is 15, the other 17. Should we consider our sons' wishes or live our own lives as we wish?

MRS. F. E. M.

ANSWER: As I have pointed out often before, by the very act of becoming parents, we abrogate the right to "live our own lives." The welfare of the child becomes the first responsibility of the father and mother, and must remain so until the youngsters are able to be on their own. You think your sons are fortunate in your way of living because it happens to be the way you prefer; unfortunately, those dependent upon you do not always have the same attitudes. Many youngsters would consider the annual hejira a very fortunate circumstance; in fact, children who do not traveling at all would be pop-eyed with envy at your family's chance to see the country.

BOYS WANT ROOTS

As it happens, you have acquired two boys with more stable natures than your own. They apparently like to have established roots. Your problem is not an insoluble one and I don't think you should be so upset over it. The boys are of high-school age, an era in life when one is most anxious to conform to contemporary standards, and have permanent friendships. In fact, this is usually the time when lifelong friendships are established. Since, presumably, they are attending high school, it is hard to break the school year in the middle and set off to parts unknown. When they return in the summer, they'll be out of contact with school activities, and all friendships must be made anew. Regardless of how you look at it, this is a difficult situation for youngsters to face.

Why not give up the winter trip for the next two or three years, until the boys finish high school? Since you and your husband are able to make a living anywhere, it will cause no financial hardship to any of you. When the boys reach college age, life will become simple for you again. With them settled at a boarding college, you will be free to resume your travels.

In serious matters, any of health or finance, for instance, the children of a family must go or do as necessity dictates, but in a case involving schoolwork against parental whims, their welfare should come first.

DEAR MISS DIX: I have a son 18 years old who was born out of wedlock. I am married now, and want to know if my husband should adopt him. My son's father is dead. People thought we were married but he was a bigamist. I gave the boy my father's name.

RACHEL

ANSWER: It will be a fine thing if your husband is willing to adopt your son. The boy will then have a legal name, and his legal status will be established.

DEAR MISS DIX: After being married less than a year, I am on the verge of a nervous breakdown. I have never found happiness in my marriage. Although my parents were against it I thought I could make a go of it, but it wasn't that easy. My husband has no principles and we are completely unsuited. We don't agree on anything. I wonder if I would at least find peace of mind by leaving him.

FLORENCE M. ANSWER: Rather than staying with your husband until the nervous breakdown is an accomplished fact, it would be better to separate now. I hope you know what you want, however, before you do take so decisive a step. You seem to be rather a spoiled, willful young lady, and unless you learn to accept things with a little more give-and-take, you have a hard life ahead. You opposed your parents' wishes to marry, now are dissatisfied with the marriage, and will undoubtedly be equally dissatisfied with a separation. Better seek advice from someone who knows you—and abide by it!

Lincoln smiled in acknowledgment of the greeting and tipped his own hat in return. "Why," asked his companion should you tip your hat to a nigger?" "Because," answered Lincoln quietly, "I prefer not to be outdone in courtesy by anyone."

Charles James Fox, the English statesman who died in 1806, entered parliament just before his 21st birthday.

ELLEN'S DIARY

By an Island Farmer's Wife

So still and quiet the farmlands lie these days. The millstream—place of jewelled glints in season, and cool shadows, haunt of trout and muskrat and mysterious water creatures, dreams away these days of late winter as it flows serenely between its white-spread banks. Interlaced alders, poplars, evergreens with here and there a maple or birch, follow its windings in the field across the creek."

If you stop a moment you hear it croon softly of the quiet places in the length of valley along whence it has come. It sings of the peace of the sleeping fields, the silence of woody spots, the serenity and loveliness of the season.

At interesting are the lyrics one hears, as in dark ripples it flows, disappearing for a moment beneath the shadows of the "gangway bridge" to join the millpond below. "Let's not hurry" granddaughter will be when an excursion takes us in that direction. "Let's just look and listen." And sometimes we catch a glimpse of some furred or feathered creature there and always in fair weather the melody of the stream.

And if you walk when a winter night lies calm and peaceful over the countryside and nothing else is awake but the lights that are a bright beacon in the distance, or those twinkling in some far-away farmhouse not yet come to its rest, you can still hear its music. It picks out a "fascinating tune, if you listen . . . How many times we have followed small lads, the stones smooth and slippery beneath our feet. Or coming shod across it on a fallen log, picking our steps carefully, their amusements at our caution. Rounding up a cow that had strayed from her companions on the other side, or perhaps to try our luck at the fishing."

"It won't be too long now before we'll be able to fish" Jamie said at supper this evening. "The open season is not much more than a month away. I hope the water will be settled then—but I have my doubts. There'll be so many freshets this spring before all the snow is washed away."

"I just bet" he nodded, "there'll be times the stream will go so high, I shan't be able to cross our lane-bridge coming from school."

He looks ahead with nice anticipation to the troutling. He has a new rod to test, one which came in gift from that mysterious gentleman, whom Gage and granddaughter with wide spreading smiles fondly term "That Christmas fellow." There will be freshets, the millstream will run angrily, swollen and red. But these days of late winter it dreams musically away.

Three visitors supped with us this evening—two lads and a lass. The same trio that before that with two shaggy dogs, sealed to the heights of the snow drifts that lie hereabout. One prowled too near the edge of a white cliff and tumbled over. "I think" Gage said through smiles and tears, "I'm not taller now than she is. I guess I'm sort of shortened" because I fell head first. "Poor boy!" his grandfather sympathized, "I know how it feels." He smiled. "It wasn't the fall; it was the sudden fetch-up!"

Until tomorrow — Diary — Good-night . . .

The Stars Say - -

By Genevieve Kemble

For Tomorrow WHILE the day may start out on a note of discord, with superiors or employers in a non-cooperative mood, with firm decision to be patient, persistent and agreeable, it is probable that all barriers could be swept away. The personal, social, or sentimental values are emphasized in gracious overtures to those whose collaboration and faith are essential to long-range security.

For the Birthday Those whose birthday it is while starting off with a bit of discouragement, probably from wrong tactics, may find progress made easier by maintaining an attitude of good humor, making conciliatory or pleasant contacts. The social, cultural and winsome could bring confidence, lasting results, with enduring promise in vital matters. Industry, patience, could assure progress, happiness and far-reaching rewards for sound efforts and gracious approach.

A child born on this day is splendidly blessed with the personally, worthy ambitions and solid qualities for a successful and happy life.

How Can I!!!

By Anne Ashley

Q. How can I prevent painted surfaces from blistering? A. Excess moisture in wood, which is drawn to the surface by heat, either from the sun's rays or other source, causes paint to blister. Always be sure, before starting to paint, that the wood is thoroughly dry.

Q. How can I make an indelible stencil ink? A. Mix two parts sulphate of manganese, one part lampblack, four parts sugar (all in powder form). Then make a paste by adding a little water.

Alice Brooks Designs

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Anne Adams Patterns

By Anne Adams

BLOSSOM OUT IN THIS SPRING IS HERE! In this gay young dress with gay young bands of contrast! Perfection as shown, a confection of white and eyelet contrast. Could be for a Sweet Girl Graduate! Just as smart and a bit more casual in two shades of cotton, rayon, or linen!

Pattern 4749: Misses' sizes 12, 14, 16, 18, 20; 40. Size 16 takes 2 1/4 yards 35-inch; 2 1/2 yards eyelet. 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, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a man to link his arm in a woman's while walking with her on the street? A. No. A man does not link his arm in a woman's, hold her by the elbow, nor offer his arm, unless for the purpose of guiding her through a particularly crowded street or protecting her from traffic.

Q. When the coffee or tea is very hot, is it proper for one to use the spoon to sip it? A. No; the spoon is reserved only for stirring, and when that is done, the spoon is placed in the saucer and remains there. One can only wait until the coffee or tea is sufficiently cool for comfortable drinking.

Q. Where do the relatives of the deceased sit during the funeral service at the church? A. The relatives occupy the front pews on the right of the center aisle.

Better English

By V. C. Williams

1. What is wrong with this sentence: "This money either is for John or myself." 2. What is the correct pronunciation of "mechanics"?

3. Which one of these words is misspelled: Misstatement, dispell, erroneous, contagious. 4. What does the word "heteroplasmy" mean?

5. What is a word beginning with as that means "constant in application or attention?"

ANSWERS 1. Say, "This money is for either John or me." 2. Pronounce as though spelled mek-n-nist, e as in met, accent first syllable. 3. Dispel. 4. Surgical grafting by inserting parts of tissues taken from another individual. 5. Assiduous.

Be Reasonable

A man who is periodically arrested and fined for convivial behaviour in his native town recently got into similar trouble and was fined forty dollars.

"Our worship," he protested, "may I point out that at home I am fined only ten dollars for this offense?"

"You can hardly expect," replied the magistrate, "to have a city celebration at provincial prices."

500,000 for naming this cake!

1st Prize \$2,000 2nd Prize \$1,000 3rd Prize \$500 4th Prize \$200 5th Prize \$150 6th Prize \$100 Plus 100 extra \$10 bills on consolation prizes!

Read this Recipe 1/2 cup Jewel 3 tps. baking powder 1/2 cup shortening 1 cup milk 1 1/2 cups sugar 1 tps. salt 1 tps. vanilla 1/4 cup finely-chopped nuts 2 eggs 3 egg whites

On with your thinking cap! Dream up a name for this lovely cake and win a fat cash prize! It's an angel-type cake with coffee frosting, apricot filling, flowers of apricot! Just look at it. Read the recipe. Make up a name, and send in your first entry today! Get Swift's Jewel—the quicker-creaming, homogenized shortening that makes your cakes airy and delicious!

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2. This contest open to everyone in Canada, except employees of Swift Canadian Co., Limited, its advertising agencies and members of their families. 3. All entries become the property of Swift Canadian Co., Limited. 4. Mail entries before midnight, March 22, 1952. Prizes will be awarded for suitability and originality. 5. A contestant may win only one prize. Prize money divided in case of tie. 6. Decision of judges is final. You accept these rules when you enter the contest. No correspondence will be entered into. Names of winners will be published in this paper. SWIFT CANADIAN CO., LIMITED.

Read this Recipe 1/2 cup sugar 1 tps. cream of tartar 1 tps. lemon juice 1/2 cup strong coffee 1 tps. rum extract

Mix everything except extract in double boiler. Place over boiling water. Beat thoroughly about 5 minutes. Remove from heat, stir well. Add extract. Beat one extra minute, till frosting stands in peaks.

DECORATION: Save 1/2 cup filling to tint the swirls of frosting. Make three apricot flowers with scissors—cut apricots to the centre, peel-fashion. Use green cherry pieces for flower centres.

"Where did you put the Shirriff's Marmalade?"

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