

Pancake Day Games And Ancient Traditions

Boys in Westminster School in London eagerly await Pancake Day each year. At 11.00 a. m. the Head Master solemnly emerges from the school kitchen followed by a cook, bearing a large pancake. In the school he throws it into a crowd of waiting boys, who fight for possession of the pancake.

The lad who emerges with the biggest chunk of the pancake gets a sum of money from the school funds. This is a centuries-old pancake day tradition which is still quite popular in the school today. Football was commonly played on Pancake Day in old England and Scotland and still is the sport of the day in many communities. The annual Pancake Day Football game, in bygone centuries, was a loosely organized drive in which the goal lines were often three to five miles apart — a distance which usually held the score down to a couple of goals per game. When this annual Football game was played the storekeepers made a practice of boarding up all their windows on the main streets!

A writer records that at Dorking, England, late in the last century, tradesmen customarily took up a collection on Pancake Day morning to defray the cost of damages resulting from the football game! One place where the game still survives is Ashbourne, Derbyshire, where a deep stream lies midway between the goals. Some of the liveliest scrimmages take place in this stream.

14th Century Game

Burning "holly" and "ivy" was one of the major past-times on Pancake Day as early as the 14th century. Boys from the ages of 9 to 18 constructed a life-like effigy of holly, while girls of the same ages made a dummy of ivy. Both Holly and Ivy were hidden early on Pancake Day and the goal of each sex was to find the other's dummy and burn it. It is believed that the custom originated as a symbol that the yuletide season of merry making was ending.

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THERMOGENE MEDICATED WOOL

That Body Of Yours

By James W. Barton, M.D.

HEARING AIDS AND HEARING CLINICS

There was a time when the hard-of-hearing individual who purchased a hearing aid frequently found that, although it seemed of real help at the time of purchase, it gave thoroughly disappointing results when it was tried at home. Much of the satisfaction with present day hearing aids has been brought about by the various societies formed to help the hard of hearing. These organizations meet with manufacturers and their engineers to not only manufacture helpful hearing aids but to service these aids just as do the manufacturers of automobiles and other utilities.

As a matter of fact, hearing aid manufacturers and salesmen are only too willing to re-test hearing aids and want the purchaser to return for these tests. The great majority of hearing aids manufactured today and tried on the patient by efficient demonstrators give satisfactory results.

In Hearing News, published by the American Hearing Society, Washington, D. C., Harry P. Warren discusses hearing aids and hearing clinics.

Before purchasing a hearing aid the first step any person whose hearing is failing should take is to see an otologist (hearing specialist). If he advises the use of a hearing aid, some guidance is necessary. For this purpose, hearing aid clinics have been established such services are available at many chapters of the American Hearing Society, a national organization devoted to the prevention of deafness, the conversation of hearing and the rehabilitation of the hard of hearing.

Some chapters offer consultation only while others make hearing tests, demonstrate hearing aids and give help in their selection. These chapters do not sell hearing aids or derive any profit through the sale of an aid. Instruments are placed on display for testing purposes by the local hearing aid dealers in the community without any obligation on the part of the clinic or agency (chapter) to refer patients for purchase of hearing aids. A list of these chapters or agencies may be obtained from the American Hearing Society, 817 Fourteenth St., N. W., Washington, D. C.

In a highly competitive field such as the hearing aid industry, instruction in the use and care of a hearing aid often has been inadequate so that too many aids have been laid away on the shelf instead of fulfilling the purpose for which they were designed. Mr. Warren tells us:

Remember, don't purchase a hearing aid until your ear specialist advises that he cannot further help your hearing. Then get in touch with the nearest branch of the American Hearing Society or a similar organization.

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Economical Meals

DEPARTMENT OF INTERIOR, BUREAU OF HOME ECONOMY, WASHINGTON

Can we afford to eat meat every day? Do we need meat every day? The main reason for eating it is that it supplies our body with proteins. However, many other cheaper foods also supply protein—fish, cheese, milk and eggs.

The different parts of our body are made up of different proteins. Hormones like insulin and thyroxin are proteins. Antibodies that fight infections are proteins. Much of the blood is protein. All these proteins in our body are constantly being used up and must be replaced by what we eat. Some foods contain more and better proteins than others. These are milk, cheese, eggs, fish and meat. Since all these foods give us similar proteins we may use the cheaper ones often. Compare the cost of these foods that supply equal amounts of protein:

- 2 1/2 oz. round steak..... 14 cents
- 2 eggs..... .07 1/2 "
- 2 oz. cheddar cheese..... .07 "
- 5/8 pint milk..... .05 "
- 2 1/2 oz. pork liver..... .05 "
- 2 1/2 oz. haddock fillets 07 1/2 "

In addition to protein, eggs have a great deal of iron and Vitamin B. Cheese and milk are rich in calcium, and liver is extremely high in vitamin A, riboflavin and iron—all of which may be lacking in our meals. As we compare the cost and the excellent food value of eggs, cheese, milk, liver and fish with more expensive meat, we wonder why we are so concerned about having meat every day. Be wise, economize! Eat a variety of these protein foods, and cook the cheaper ones more often.

Modern Etiquette

By Roberta Lee

Q. Do you think it proper for people to keep their radios or television sets turned on while entertaining guests?

A. If they want their guests to listen to or view a certain program, it is all right. But to have the set in operation when conversation or a card game is in progress is most distressing to some guests, exceedingly thoughtless and ill-mannered.

Q. When a man and girl are dining in a public place, and another couple stops at their table for a few words, should the man and girl rise?

A. The man should rise, but the girl remains seated.

Q. Is the dessert at a dinner considered a separate course?

A. Yes.

Household Scrapbook

By Roberta Lee

Patterns

When a large table is not available for cutting out patterns, a handy substitute can be effected by the use of a strip of table cloth large enough to cover the bed. The scissors will not stick to the smooth surface, and it is more convenient than getting down on the floor.

Woolen Underwear

If woolen underwear has been scrubbed so vigorously that it has hardened, add some borax to the last rinse water and hang the garment out without wringing. Note the improvement.

Cup-Cake Filling

A filling and frosting for cup cake can be made by taking two pounds of sifted powdered sugar and moistening it to the right consistency with orange juice.

DOROTHY DIX'S COLUMN

Philandering Husband

Wife Should Stand By Till He Comes To His Senses

DEAR MISS DIX: My husband and I were engaged when I was 16, but delayed marrying until he was discharged from service six years ago. We have two children. He has made me the happiest girl in the world.



Muriel Nissen

Now I'm 27 and he's 29. I've always trusted him and my faith was justified until six months ago when he began running around with another woman. She is married and is cheating on her husband. My husband admits the affair but says he would never leave me or the children for this other woman. When he tries to break off with her, she chases after him. Several people who know of the affair have advised me to leave him, but I can't. I couldn't live without him, and for the children's sake I feel I should stay.

I keep nagging him about this woman and he's getting pretty disgusted with me and pleads with me not to argue about it; when the time comes he'll leave her. What can I do?

CONNIE

ANSWER: Hard as the advice is to take, there's nothing you can do except sit tight, stop nagging, and continue praying for the end of this sordid affair. When your husband comes to his senses, which will probably be soon, he'll be thoroughly ashamed of himself for yielding to the blandishments of a cheap, tawdry woman. You will everlastingly have one advantage over him: you have kept your self-respect while he has lost his.

WHAT ABOUT HER HUSBAND?

Since so many people know of this affair and are so free with advice to you, doesn't anyone pass the information on to the wronged husband? When the news gets to him, he may do something to bring his wife home, though why he should want her I couldn't say.

You are well aware of the drawbacks to a separation from your husband: living without the man you love and depriving your children of a father. Since this future doesn't appeal to you, you have no recourse but to make the best of a situation until it is changed. Nagging will not achieve that change! Stop mentioning either the affair or the woman to your husband; he'll be so flabbergasted he may forget her entirely. Focus your attention on your fine young sons. In caring for them you'll find ease from your heartache, and in prayer you have a consolation to carry you through these bitter days.

DEAR MISS DIX: The woman I love is hurt by remarks I have made, such as asking her why she makes no attempt to interest herself in the things I do pertaining to business, etc. She claims if I tell her her faults now, what will I do later, etc. Am I wrong to presume that a wife should be willing to share her husband's problems?

ARTHUR G.

ANSWER: Your fiancée is a remarkably thin-skinned woman; marriage to her will be a continuous round of soothed hurt feelings. You are perfectly right in wanting, as a wife, a woman who will be a helpmate and companion. What she wants is to be a pampered darling with not a care in the world. Better find a girl with a little more backbone. You may think you're brokenhearted now, but it's much better to be hurt before marriage than after.

DEAR MISS DIX: My boy friend comes to see me almost every night but never has anything to say. He just sits and waits for someone else to do the talking. I am 16 and he is 17.

JUNE

ANSWER: Since you are both in high school, he comes to see you entirely too often. Don't you both have homework and studying to do? You could use a little more attention to your schoolwork. If your friend only calls two or three times a week he'll have more to say. Since he is apparently the strong, silent type, he depends upon you to set the conversational ball rolling. This you can do by opening a discussion on sports, school activities, current movies, local events. When you find a topic that particularly interests him, such as his favorite sport, let him do the talking, with an occasional encouraging question from you. His is a difficult type to handle, but it is usually worth the effort.

Cook's Corner

QUICK CHOCOLATE FUDGE

This is a festive version of the plain condensed-milk fudge. It has the characteristic soft consistency of that family of fudges. The marshmallows melt almost completely but there are still little bits through the fudge. Yield—64 squares, about three-quarters of an inch deep.

1 can (15 ounces) sweetened condensed milk
1/2 teaspoon vanilla
2 1/2 cups sifted icing sugar
1/4 cup desiccated coconut
1/4 cup broken nuts
6 marshmallows, cut into eighths.

Place chocolate in upper pan of double boiler. Heat over hot water until chocolate is melted. Stir condensed milk into melted chocolate. Cook over boiling water, stirring constantly, until mixture thickens—about five minutes.

Remove from heat and stir in the vanilla and sifted icing sugar. Mix in coconut, nutmeats and marshmallows. Turn mixture into an 8-inch square cake pan that has been greased with butter or margarine. Spread evenly. Chill for about three hours. Cut into squares for serving.

Better English

By V. C. Williams

1. What is wrong with this sentence? "I am going to beat up three eggs."
2. What is the correct pronunciation of "isthmus"?
3.—Which one of these words is misspelled? Accede, excede, secede, procedure.
4. What does the word "inculpable" mean?
5. What is a word beginning with an "l" that means "a remark by way of criticism"?

ANSWERS

1. Say, "I am going to whip three eggs." 2. Preferred pronunciation is is-mus, with the "s" silent. 3. Exceed. 4. Faultless; blameless. "This is an innocent and inculpable piece of ignorance." 5. Amblvadversion.

SCALDS • BURNS
Dab on a paste of Baking Soda and water and cover with a damp cloth.

COW BRAND BAKING SODA

Alice Brooks Designs

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A quickie! It's almost all shell-stitch crochet, done with a large hook and gay knitting worsted scraps. Snooze in perfect comfort under this woolly afghan. It's a beauty to have around you!

Jiffy Afghan Pattern 7329 has crochet directions.

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VICTORIA'S CORONATION

The Coronation of Queen Victoria in 1838 drew 400,000 country visitors to London.

ASPIRIN RELIEVES COLDS
FEEL BETTER FAST!

7329
by Alice Brooks

ELLEN'S DIARY

By an Island Farmer's Wife

The cookie recipe followed yesterday, by way of a change — ingredients carefully measured so that granddaughter might enjoy the magic of the yellow measuring cups and spoons — requires 3 cups bread flour, 1 tsp. baking powder, a scant 1-2 tsp. salt, 1 1/4 cups brown sugar, 1 cup shortening — the fat from bacon fryings imparts a tasteful and subtle flavoring, a cup of finely cut raisins or walnuts, though this may depend entirely on the present holdings in the housewife's store.

Mixing method: cream sugar and fat, add, one by one, the eggs and flavoring and now the dry ingredients sifted together. Light dustings of flour must be, of course, added to the board or wax paper to insure easy shaping of the dough. We portioned this in two oblong rolls, and wishing a bit on the evening star for a brand new refrigerator, though not unduly concerned over the lack of one at this time of year, set it away in a cool room to chill.

Came this morning and helping us to pass that interval of waiting in which we wondered: "when will that man come in to his breakfast?" We cut the dough, firm now and ideal for slicing, into cookies. For this we have recently acquired an esteemed paring knife. We ventured extra money, beyond the price usually paid in such a purchase so that the better steel would assure us of dependable service.

It is edged on the curious gadget for sharpening that came from the chain store. But only when the colder seasons hold sway. When warmer days weave their spell, we come with our edgings to the old doorstep of sandstone which leads to the front verandah.

Recently to replace the ancient and smallish pie we had been content to use down the years at such bakings and received in gift along with James' heart and hand, the grandchildren presented us with a new one, broad and big which accelerates the chore. But then no task is to a housewife. Rather a labor of love. The former, we suspect quite modern in those days of iron kettles and skillets, was worn to a small hole at centre a circumstance of little discouragement to the baking of cookies, but which required extra precautions in sealing any pastry baked therein, containing juicy contents.

"I don't see how you did with that old one so long" granddaughter commented watching us lift a brave array today from the new one. "But I suppose" she offered gravely "you'll be lonesome for it, won't you? I guess it baked many a cookie for your little boys — for my father and Uncle Rob, I mean!" Ay, indeed while many a season in turn lay beyond the window.

Lacking milk or other liquid, this recipe gives a rich cookie baked to a delicate brown and served with milk or cocoa, they are one of the favorites in this family for their between-meal lurching. Cookies for supper — an apple pie. And before that in place of the herring which James had been yearning for and at present out of supply at Alderlea, salt cod. It had been soaked overnight, put on then in cold water — this can be a matter of discord between a bride and "this mother" when the subject is a vegetable — cooked, drained, bones and skin removed, the fish griddled then in the frying pan to the golden brown turn James likes.

After we "cross our heart and hope to die" in reply to his personal query: "Is not too salt, is it, Ellen?" he adds a dash of vinegar, a sprinkle of seasoning and obviously finds it a diet fit for a king.

"Oh, oh," he complains gingerly moving limbs that have been extremely busy in the service of this place all day, he has come now to rest in the old armchair, another of his sons set. "I guess, Ellen, we're going to have more falling weather."
Until tomorrow — Diary — Good-night.

The Stars Say

By Genevieve Kemble

For Tomorrow

A DAY of conflict and contradiction is read from a chain of planetary configurations, challenging and perplexing. While major affairs are in the balance and the creative urge is keyed to mighty effort and ambition to overcome frustrations and annoyances, there are peculiar and involved situations calling for astute manipulation. There are sudden turns, obstacles, hazards. In these there may be a modicum of help from influential sources. Bolster against loss, extravagance.

For The Birthday

Those whose birthday it is may encounter a year of conflicting conditions, with certain fair prospects and lures for building on important and expansive foundations with a view to long-range and lasting results. While there is some stimulus for such exploits and ventures, there are signs of sudden losses, hazards, risks and complications to thwart and discourage. However, there may be some sound advice from higher-ups; take this under advisement for future action. Elders, old ties, may interfere.

A child born on this day, while energetic and ambitious, may meet reversals and defeats from many sources. Large ideas and aspirations may lack influential support or encouragement.

Anne Adams Patterns

IN HALF SIZES

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Morning Smile

He Should Be

"Where have you been these last few years, James?"
"At the university, taking medicine."
"And are you feeling quite well now?"

Heavyweight

A singer was appearing in an opera with a soprano who tipped the scales at 200 pounds. In one scene the tenor had to carry her across the stage.

After a mighty struggle he managed to lift the lady, but his knees began to buckle when he started walking with her. He finally reached the wings and put her down.

"Why are you puffing so?" she asked. "Was it such a great effort?"
"Not at all," he replied. "But tomorrow night we'd better do it in two trips."

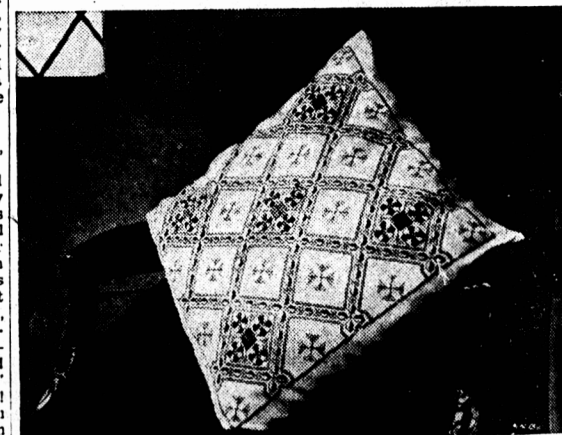
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A. This syrup makes an excellent basting for ham, pork, veal roast, and steak.

Q. How can I add luster to dry hair?

A. Try shampooing the hair regularly every ten days or two weeks with a tar soap.

Embroidered Pillow Top



Have you been searching for a new pillow for your living room or den? Then perhaps you'd like to try making an attractive embroidered design. The one pictured here is worked on a linen-like fabric of regular weave and from colors of two shades of blue, green and red. If you would like directions for making this EMBROIDERED PILLOW, send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. PH-3530.

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