

ELLEN'S DIARY

By An Island Farmer's Wife

This recipe for ginger snaps submitted, was without doubt the inspiration of some ingenious cook of the long ago.

Not to remember that here rested the dust of another such as we loved—knew the joys and concerns of feminine hearts;

Assembling on table of deal the ingredients: syrupy molasses, shortening of home production, flour, coarse and darkish in it is true, but sweet and nourishing

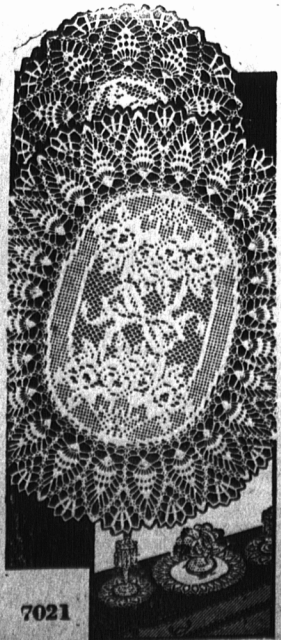
And placing her baking mixture on her pioneer stove would she not watch with interest while it turned into little gay bubbles of gold?

Until tomorrow - - - Diary - - - Good-night - - -

NEW CHURCH

WINNIPEG—(CP)—First services have been held in the auditorium of the Ukrainian Greek Orthodox Cathedral of St. Mary the Pro-

Alice Brooks Designs



7021

by Alice Brooks

That Body Of Yours

By James W. Barton, M.D.

HIGH BLOOD PRESSURE A SYMPTOM NOT A DISEASE

One of the commonest physical conditions discussed by many is hypertension, high blood pressure. As if high blood pressure in itself were a disease. High blood pressure is not a disease but just a symptom, and can be a sign that, because some disease is present, the blood pressure has increased in order to handle or overcome the disease.

I have written before of the young physician, seriously ill at our Base Hospital during World War I, whose temperature and blood pressure were not greatly increased and whose white blood corpuscles were also not increased as with serious illness.

In Medical Clinics of North America, Dr. G. E. Wakerlin states that high blood pressure, like a rise in temperature, or increase in number of white corpuscles in the blood, is not a disease; it is a sign of an underlying disease process.

Household Scrapbook

By Roberta Lee

Tough Steak

Tough steak can be transformed to tender meat by mixing a small quantity of vinegar and olive oil thoroughly, rubbing it on both sides of the steak, then allowing it to stand for about two hours before cooking.

Suede Jacket

Try cleaning the suede jacket by rubbing thoroughly with a mixture made of equal parts of fuller's earth and alum. Then brush the jacket off. This often proves very effective.

Neuralgia

The eating of a good quantity of celery is often an effective remedy for neuralgia.

DOROTHY DIX'S COLUMN--

Bars To Happiness

A Physical Defect No Barrier To Love

DEAR MISS DIX: What chance have I in life? I am hopelessly cross-eyed. The doctors say I cannot be operated on, so all my life I will be like this.



Marjell Nissen

position. While it may be more difficult for a girl with a defect to find a man, it happens every day. As compensation, I can assure you that you'll probably find a man of far greater character than would be won by mere prettiness.

HANDICAP IS TRIVIAL

By withdrawing from the world, however, you are most assuredly missing every chance of meeting a young man. Your handicap is trivial to the rest of the world. It is up to you to try to forget it, and mix with other people.

A pleasant, cheerful disposition will do far more to win a husband than a pretty face with a mean temper behind it. Cultivate your good points, acquire new abilities, face the world with confidence, gaiety and a smile.

DEAR MISS DIX: My wife and I have been married for three years. We are of different faiths and nationalities; we haven't let that stand in our way, but we haven't been getting along. She wants to break up, and I don't want to because I love her.

ANSWER: Judging from your gentle, honest letter, which I have had to condense, I would say your wife is very, very foolish to break up a marriage that holds as much promise as yours.

DEAR MISS DIX: A few weeks ago a boy I had known in school came home on leave with a friend. In order to introduce this friend to our chums I had a little social for him.

ANSWER: Better let the matter drop. He may have failed to write from neglect, thoughtlessness or simple bad manners.

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

Cook's Corner

BANANA LOAF CAKE

- 2 cups once-sifted pastry flour or 1 1/2 cups once-sifted all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
2 tablespoons butter or margarine
1 cup fine granulated sugar
1 egg, well beaten
1 1/2 teaspoons grated orange rind
1 cup mashed ripe banana
1/2 cup milk
1 teaspoon vanilla

The Stars Say - -

By Genevieve Kemble

For Tomorrow

STIRRING events, with unusual, unpredictable and possibly breathtaking crises may have far-reaching and radical bearing on the future life and its ultimate destiny.

For the Birthday

Those whose birthday it is may be assured of a year of the rich fulfillments of their most ambitious goals, and this materializing so suddenly and spectacularly as to be quite unforgettable.

A child born on this day is remarkably endowed with genius, executive ability, rare talents and aspirations for a spectacular spot in the limelight.

DUTCH EXPLORER

The Connecticut River was explored by the Dutchman Adrian Block in 1614.

Better English

By V. G. Williams

- 1. What is wrong with this sentence? "The audience seemed to enjoy the football game, judging from the manner in which they applauded each play."
2. What is the correct pronunciation of "hiatus"?
3. Which one of these words is misspelled? Declare, welfare, repatriation, conglomeration.

ANSWERS

- 1. An audience is a body of listeners. It is better to say, "The spectators seemed to enjoy the football game."
2. Pronounce hiatus, i as in high, a as in ate, accent second syllable.

Modern Etiquette

By Roberta Lee

Q. If friends have called at the home of parents of a newborn child and have brought it a gift, is it necessary that the mother write a note of thanks to these friends in addition to the thanks, she has already expressed verbally?

A. It most certainly is not out of place, and it does betoken a sincere appreciation of their friends' thoughtfulness.

Anne Adams Patterns



4513 11-17 by Anne Adams

How Can I!!!

By Anne Ashley

- Q. How can I remove iron rust from garments?
A. One of the best methods is to cut a thick slice of lemon, place it directly on the fabric over the rust marks, and then hold the material over the steaming spout of a tea kettle until they disappear.
Q. How can I put out a blaze caused by fat that has spilled on the stove?
A. Throw salt on the blazing fat to extinguish the flame. Salt thrown into the hot oven when pie or pudding boils over will do away with much of the unpleasant odor.

Morning Smile

Warned

"I don't care if it is a high class party," hissed the convention-hating young husband. "I'm going to be my own natural self!"

with a young man for several months, should she give him a gift, if he has never given her any?

A. No. The man should always be the first to begin giving gifts. A nice birthday card, however, is in perfect taste.

Q. Who should pay for the wedding? "But if you start throwing bouquets about I'm going home!"

A. The bride's family pays for this.

SMART ADDITION

Junior, this jumper 'n' blouse pattern is a complete wardrobe, you know! Mix and match both parts with all your separates, see how many different outfits you have! New fashion details, two sleeve versions - simplest sewing!

Pattern 4513: Jr. Miss Sizes 11, 13, 15, 17. Size 13 jumper, 2 1/2 yards 54-inch; blouse 1 1/2 yards 30-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35¢) 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.

BIGGER GAME

ISAAC'S HARBOR, N. S.—(CP)—Ernest MacMillan went hunting for deer but returned with a black bear estimated to weigh 900 pounds. MacMillan was hunting alone when attacked by the bear which he promptly shot.

SCALDS • BURNS

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

CAMP BRAND BAKING SODA

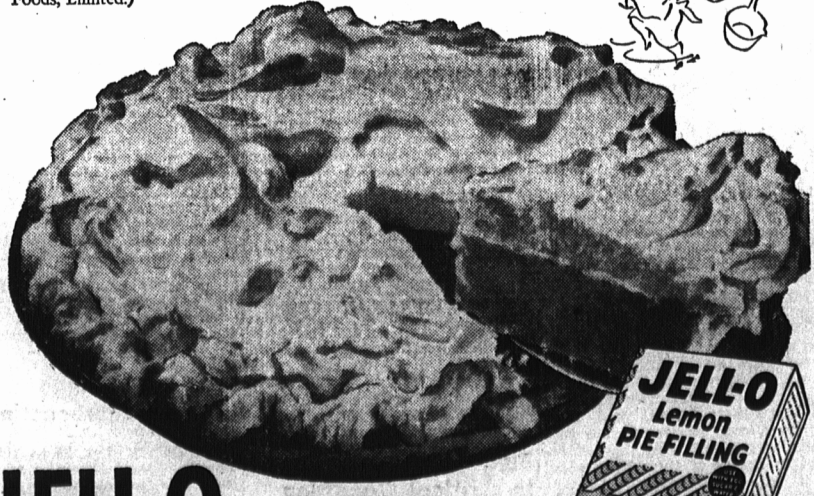
Lemon Pie that's Fun to Make!

THE FLAVOR IS ENTIRELY PURE FRUIT FROM REAL LEMONS

Here's lemon pie filling the way you've always dreamed of making it—smooth, tangy, "just right" in consistency. Yet it's made in minutes—using only a pan, a cup and a spoon.

Make wonderful old-fashioned lemon pie this easier, quicker, more delicious way. Use Jell-O Lemon Pie Filling. No double boiler needed. Not a lemon jelly.

Keep Jell-O Lemon Pie Filling always on hand. Your grocer has it. (Jell-O is a registered trade-mark, owned in Canada by General Foods, Limited.)



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MAKES DELICIOUS FILLING FOR TARTS, CAKES, CREAM PUFFS, JELLY ROLL TEMPTING AS PUDDING, TOO

for your hands' sake use MILD MILD VEL

Vel keeps your hands soft and lovely because it is free from strong chemicals and bleaches that harm delicate skin.



MILD MILD VEL CONTAINS NO STRONG CHEMICALS

MacKenna - MacLeod Wedding

*A very lovely event took place in the Manse, Valleyfield on October 18th, when the minister, Rev. A. C. Fraser, united in marriage Miss Frances Rubina MacLeod of Whinn Road, and Mr. Stewart Donald MacKenna of Victoria Cross.

The many friends of this pop-

ular and highly esteemed couple wish them a long and happy wedded life.

TO COACH SWISS

KIMBERLEY, B. C.—(CP)—Frank Sullivan has left for Zurich to coach Swiss hockey teams this winter. A standout centre with Kimberley Dynamites, he has been named several times as most valuable player in the Kootenay Hockey League.



Your child starts the day right... with this

HONEST FOOD



NABISCO SHREDDED WHEAT ...100% WHOLE WHEAT

Canada's Great LOW-PRICE CEREAL



Mother, honest food nourishment is best for your child at breakfast. That's why so many mothers serve children delicious, golden NABISCO SHREDDED WHEAT! Made from 100% whole wheat, this satisfying natural food includes bran and wheat germ. And NABISCO SHREDDED WHEAT saves money on breakfasts—it costs just a few cents per serving!