

Modern Etiquette

By Roberta Lee

Q. What is a suggested "thank you" note for a bride-to-be to write for a wedding gift received?

A. "Dear Betty: It was more than sweet of you and Bob to send us such a lovely (whatever it was). Thank you very much, and I know that John and I are going to get a lot of enjoyment out of it. Looking forward to seeing you on the tenth. Very sincerely."

Q. When a woman is dining in a restaurant with some friends, and another woman stops at her table to exchange a few words, is it necessary to make introductions?

A. No. Q. Is ice cream always eaten with the spoon? A. Ordinarily, yes. However, if it is served with pie a la mode, then a fork is used.

Cook's Corner

CHOCOLATE DROPS

One-half cup shortening (or part shortening and part butter), 1 1/2 cups sugar, 2 squares (2 oz.) unsweetened chocolate melted, 2 eggs, 1 cup thick sour cream, 1 teaspoon vanilla, 2 1/2 cups sifted cake flour, 1/2 teaspoon each soda, baking powder and salt. Cream the sugar into the shortening, then beat in the eggs and melted chocolate. Stir in cream and vanilla. Sift together the sifted flour, baking powder, soda and salt, and sift over wet mixture and stir in. Chill about 2 hours at least. Have ready lightly buttered cookie sheet, and drop dough in little rounds from tip of teaspoon — 2 inches apart. Bake at 425 degrees F. for about 8 or 10 minutes. Do not burn these. Frost with a little swirl of white butter or chocolate frosting. Top with a whole blanched almond or sprinkle with a few shreds of almond.

How Can I!!!

By Anne Ashley

Q. How can I clean suede gloves?

A. First put on the glove; then rub briskly all over it with a stale bread crust with about an inch of crumb to it, changing the bread when it becomes soiled. Pipeclay well rubbed in is the best method for cleaning white suede gloves.

Q. What is a good recipe for cranberry pie?

A. Two cups of cranberries, 3/4-cup water, 1 cup sugar. Cook for about 10 minutes, then cool, and bake in pie crust. Make a rim and strips around top.

Q. How can I cool a fevered patient?

A. A little bicarbonate of soda in the water for bathing will cool a fevered patient.

Better English

By G. O. Williams

1. What is wrong with this sentence? "This statement has been proven wrong, and is apt to cause trouble."

2. What is the correct pronunciation of "coaxial"?

3. Which one of these words is misspelled? Misstatement, misspend, missile, misappropriate.

4. What does the word "attribute" (noun) mean?

5. What is a word beginning with sup that means "in excess of what is necessary"?

ANSWERS

1. Say, "has been proved wrong, and is likely to cause trouble." 2. Pronounce ko-ak-si-al, first o as in cone, second a as in act, i as in accent, second syllable. 3. Misappropriate. 4. A quality or character ascribed to a person or thing. ("Accent first syllable). "Mercy is an attribute of God." 5. Superfluous.

Household Scrapbook

By Roberta Lee

The Dog

Keep the water for the dog fresh and cool, and see that the container is clean. Water is as necessary to a dog as to a person, and it will mean much better health for the pet if a little attention is paid to it every day.

Cranberry Apples

A good dish to serve with a roast pork dinner is baked cranberry apples. Fill the cavity left in the apple after core has been removed with cranberry sauce, and bake.

Unpleasant Medicine Try placing a bit of alum in the mouth for a moment before taking medicine, and it will usually overcome any unpleasantness.

That Body Of Yours

By James W. Barton, M.D.

HEART DISEASE DISCOVERED DURING MASS CHEST X-RAY SURVEYS

Most of us are used to seeing the van or truck in which the tuberculosis laboratory and staff make a chest survey of a community. By this survey many tuberculous individuals are discovered who had no idea that they had tuberculosis.

To what further use can the information obtained in this x-ray film of the chest be put? In the Journal of the American Medical Association, Drs. Bernard Schwartz and Bernard Berman, Cincinnati, state, "At the time no satisfactory figures are available concerning the number of percentage of heart disease noted in mass x-ray surveys of the chest conducted throughout the nation."

However, a report on heart disease discovered during the chest surveys, made possible when the Cincinnati Anti-tuberculosis League and the Cincinnati Health Department made examination of the chest x-rays of 10,549 persons made in the early part of 1949, is now available. There were 486 (4.5 per cent) who showed some abnormality of the heart shadow on the x-ray films. Of this 486 patients with heart abnormalities, 207 were selected at random and given complete physical examinations which included a thorough social and medical history; physical examination including repeated blood pressure readings; fluoroscope (x-ray) examination with use of barium to observe the size of the heart chambers; 6 foot x-rays; electrocardiogram; urinalysis; Wassermann test (for syphilis); and test for hemoglobin (iron) in the blood.

Each patient was told of the findings of the examination and a full report was mailed to the patient's physician. Of the 207 patients there was a total of 177 (80 per cent) who had definite organic heart disease. Of the 177 with heart disease, 117 (68 per cent) had high blood pressure, 75 of whom were obese (greatly overweight). The most frequent complaint of these obese heart patients was fatigue (tired easily). Of the entire 177 with heart disease, 98 were obese, all of whom complained of early fatigue whether or not their blood pressure was high.

An average of five hours was devoted to each patient so that this type of service is expensive. However, Drs. Schwartz and Berman state that the incidence or percentage of heart cases found in a mass x-ray chest survey "is so significant that some type of follow-up of these cases is imperative."

Certainly a follow-up plan by which "all" these cases will consult their physician would conserve the mental and physical worth of these patients for the community.

The Stars Say

By Genevieve Kemble

For Tomorrow

A DAY of highly accelerated action, with all affairs keyed to outstanding performance in all contacts and relations, with the exception, perhaps, of the domestic scene, where there might be friction, hurt feelings, lack of harmony. Outside the home walls all affairs flourish to great expansion, fulfillment, with benefits, preferment and favors, with thrills, sensational culminations. Certain recognitions could have radical repercussions on the entire life. Travel, promotion, financial windfall are possible, all tending to elate, inspire and stimulate to breathtaking climax.

For the Birthday Those whose birthday it is may find themselves on the threshold of an unforgettable year, with such a whirl of unforeseen events and experiences as to be beyond the scope of the wildest imagination. All aspects and aspirations of life are involved, with spectacular and unbelievable denouements in the way of honors, promotion, increased finances, many dramatic events, giving conspicuous elation and singular gratification. In the realm of the domestic or love matters, however, lack of cooperation or emotional response may sound a sour note.

A child born on this day is so graciously and bounteously blessed with talents, abilities and opportunities as to make its life powerful, sensational.

M.P. Marries In Saskatchewan



—Charmbury's Studios.

MR. AND MRS. J. ANGUS MACLEAN

Knox United Church, Saskatoon, Sask., was beautifully decorated with autumn tinted mums and white tapers when the Rev. Duncan Wikie united in marriage Miss Gwendolyn Esther Margaret Burwash, the elder daughter of the late Dr. Byron R. Burwash and Mrs. Burwash of Saskatoon, and Mr. John Angus MacLean, D.F.C., M.P., the youngest son of Mr. George MacLean and the late Mrs. MacLean of Beaton's Mills, P.E.I.

The bride was given in marriage by her brother, Mr. Malcolm E. Burwash of Ottawa.

Mr. Kvisis presided at the organ and Miss Hazel Ann Gulesten sang "I Love Thee" by Greg, preceding the ceremony, and "O Perfect Love" by Barnby during the signing of the register. The hymn "Unto The Hills" was used during the marriage service.

The bride wore a floor length gown of blue satin featuring a drop shoulder bertha of guipure lace. A shoulder length veil of blue nylon net with a coronet of orange blossoms completed her costume. Her only adornment was a gold locket and she carried a point lace handkerchief, both of which were family heirlooms. Her bouquet was of Talsman roses.

Mrs. J. Clair Traynor, the bride's sister, as matron of honour, wore a floor length gown of beige rose nylon net over beige rose taffeta with a scalloped cape collar. Her headdress and bouquet were of blended mums.

Little Miss Beth Traynor made a winsome flower girl. She was similarly attired in a long gown of beige rose and carried a basket of varied mums, centered with a Talsman rose.

The best man was Mr. J. Clair Traynor and the ushers Group Captain Turnbull and Mr. Jack Byers.

The reception following the ceremony was held in Knox Church parlours. Receiving with the bride party was the bride's mother, Mrs. Byron R. Burwash. She wore a floor length dress of navy sheer with Robespierre collar of pirate pink and a corsage of crimson Sweetheart roses.

The parlours were decorated with baskets and standards of yellow and white mums. A table draped with a white lace cloth

held the beautiful three tiered wedding cake, flanked by tall white tapers. Tea honours were performed by Mrs. R. T. Keeler and Mrs. A. J. Battersby. The servitress were Mrs. James Bryce, Miss Jessie Kerr, Mrs. Fred Green, Mrs. Wm. Hunter and Mrs. Robert Ledingham. The bride's register was in charge of Mrs. Edith MacKenzie and Mrs. William Watson.

Dr. M. J. MacDonnell proposed the toast to the bride. In replying, Mr. MacLean referred to the change in environment for his bride from the vastness and the freshness of the west to the more settled conditions and traditions of Prince Edward Island.

Many telegrams were received and read, including one from the groom's father and one from Mr. George Drew.

Later in the evening the bride and groom moved graciously among the happy guests, serving individually wrapped wedding cake from silver trays and bidding farewell to their friends before leaving by train for their eastern home.

The bride's going-away costume was a two-piece dress of beige orlon with velvet trim. She wore a full length coat of gold coloured Elysian with brown accessories.

The bride graduated from the University of Saskatchewan and later became a Flight Lieutenant in the R.C.A.F., and served overseas as a messing officer.

Mr. MacLean graduated from Mount Allison University and immediately joined the R.C.A.F. He served overseas and was decorated with the Distinguished Flying Cross. Following the war Wing Commander MacLean again served overseas as commanding officer of one of the groups investigating war time crashes on the continent, and the identification of war graves. Mr. MacLean is now one of the two Members of Parliament for Queen's County.

During the winter session of Parliament, Mr. and Mrs. MacLean will reside in Ottawa.

Out-of-town guests included Mr. and Mrs. J. Clair Traynor, Beth and Byron, and Miss Florence Dods of Regina, Dr. and Mrs. Fred Green of North Battleford, and Mr. and Mrs. James Bryce of Melville, Sask.

team was congregating, said, "Oops, pardon me, girls," and departed.

Too Long

Supper had been ready for a long time when the henpecked husband stole into the house and hung up his hat. "Henry," said wife from the dining-room, "what do you mean by being two hours late?"

"But darling, I've been run over," he protested from the hall. "Well, what of it?" she demanded coldly. "It doesn't take two hours to get run over."

Morning Smile

Slight Error

There never was anyone who could sting a group of athletes into do-or-die action as the late Knute Rockne, the Notre Dame football coach.

Once, when the Irish had been badly outplayed and outpointed in the first half, Rockne opened the door of the dressing room where his

ELLEN'S DIARY

By An Island Farmer's Wife

The calm which followed the close of the U. S. Presidential election—the calm of quiet after much excitement, as borne to us by radio, blessed this kitchen at breakfast... There is, of course, on school days that current of unease to be felt here, when lads watching the hurrying hands of the clock assume more or less anxious expressions and presently noting the progress of the preparations of school-lunch, commence to gather up their requirements of books and incidentals of desk work ahead.

"A new government," James nodded, "it's what I've been expecting all along! I wonder," he offered, "what that will mean to Island farmers? Seems to me," he continued after a moment's reflection, "times are always more prosperous when the Democrats are holding... there's more 'give and take' to their policies, I will always think. However, time will tell. After all," he observed, "I expect there'll be very little change. We only sort of anticipate one when a new party takes over."

"He has an engaging smile," we commented of the new President. James looked up from his plate. "Well, if that isn't just like a woman!" he exclaimed. "So long as he smiles—or is handsome, it wouldn't matter, I suppose, whether or not their tariffs and embargoes lowered the price of our beef or livestock or pork; or their corn and feeds and machinery and the like advanced up and up."

"Well, honestly, or as you say yourself, 'Man to man now' " we queried, hoping to pin him hard and fast on the issue, "did his smile help him to win the election?" James looked somewhat puzzled. "That," he evaded, sparing for time, "is what I'd call an extremely frivolous question. My opinion is that it had lent! In the time when the people wanted a change of government, it isn't actually because of this or that real or fancied ill to my mind. It's the monotony... the sameness that irks folks. They believe that, well, if it won't be any better, at least it can't be any worse."

"But you haven't answered the question!" we reminded him. He was obviously miles away from it in his thought. Wondering, we suspected, if we should hold or dispose of some item of marketing to the farm. Then a smile broke and spread: an old-time even merry one which displayed for a moment the dent he declares is the direct forebear of those of a dimpling grandchild. "Oh, I suppose, Ellen," he conceded, "a smile is something of an asset."

And as we made the school-lunch we were remembering the General who in his current victory had won signal honors, and had been a boy such as these. And by his own initiative, and effort he had risen from obscurity to claim the highest position in his Land. It was a good climb—and honorable. Politics aside, we would leave his country to his guidance and vision. May he justify our faith!

"I thought, Ellen," James said, hanging up jacket and cap at the close of his day, "you were taking a holiday from that," he nodded towards our pen, "in the potato-digging... when the colors were on the trees. Don't you think...?" he began.

Then this is it... with the trees holding now a Fall-gray in their branches.

Until vacation days are over... Diary... Good-night...

POINT DE ROCHE SCHOOL

Standing for the month of October for Point de Roche School is as follows: Grade IX—1. Benny McCormack. Grade VII—1. Joseph McKenna; 2. Catherine McCormack; 3. Johnny and Vincent McCormack. Grade IV—1. Terence McCormack. Grade III—1. Doreen McCormack. Grade II—1. Rita McCormack. Grade I—1. David McCormack. Highest average, senior grades: Joseph McKenna, 82.4%; junior grades, Terence McCormack, 81.7%. Teacher: Mrs. Cecelia McCormack.

ETERNAL CITY

Roman historians place the founding of Rome about the year 753 B.C.



BIG DIFFERENCE IN FLAVOUR LITTLE DIFFERENCE IN PRICE. KING COLE TEA. A blend of the CHOICEST!

DOROTHY DIX'S COLUMN

Unfair To Girl

Boy Too Timid To End Engagement

DEAR MISS DIX: I'm one of those people who hate to hurt anyone's feelings. I guess you'll call me a jelly-fish when you finish this, but I really need advice.

Last year I met a girl who seemed to me very plain and unattractive, but also very nice. We became good friends and she invited me to a few parties, which I attended. On one occasion, I was unable to accept her invitation and, since I realized she was hurt by my refusal, I asked her out. To me, it was just a gesture of apology; to her it meant considerably more. We did have a wonderful time, which was, I suppose, the reason for asking her out again and again.

One night, fooling, she took my ring from my finger and put it on hers. I never got it back. She gave me a very nice gift for my birthday. I have given her several gifts, too. Now, a year later, I'd like to know how to call the whole thing off. I like the girl very much, and have no one else in view, but I don't love her. How can I tell her so?



Muriel Nissen

ANSWER: You are a considerably muddled young man and I think your chief difficulty stems from the fact that you really do like the girl more than you will admit, even to yourself, and subconsciously resent the fact that your affections have been bestowed elsewhere than on the glamorous girl of your dreams.

You enjoy her company, have pleasant times with her and have continued the friendship very voluntarily. Of course, at this point, it would naturally be quite a shock to the young lady to be told that you are not seriously interested, but you cannot possibly let the affair drift any further without telling her if you desire to break off. The time has come for you to be a little decisive. Also stop fooling yourself that your nabby-pabby attitude is due to consideration for other people's feelings; it's not! The only person with whom you are concerned is—yourself.

BREAK IT OFF

You're afraid of a few uncomfortable moments when you tell the girl you want to break off. Don't let the affair go any further. Be man enough to face the music, tell her you know you will never love her and feel the only decent thing to do is stop seeing her. Then be sure you do stop seeing her. Don't call up some evening just because you happen to feel lonely, or want a date. Leave her alone! The only considerate and honorable way to end a romance is the quick, direct one. Don't hedge; come to the point! The longer you prolong your dating, the harder it will be on the girl. So if you really have her welfare at heart, make the final break at once.

DEAR MISS DIX: I have written you before, but my letter wasn't published, so I'm trying again. I recently discovered that my husband is having an affair with another woman. It has been going

Continued on page 3

Alice Brooks Designs

WEEK'S EASY-DO!

This is an Easy-Do pattern—whip it up in the least amount of spare time! Be budget-bright, use remnants of plaid n' plain! Daughter loves the embroidery!

Pattern 7256: Girls' Sizes 6, 8, 10, 12, 14. Tissue patterns, transfers included. State size.

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.

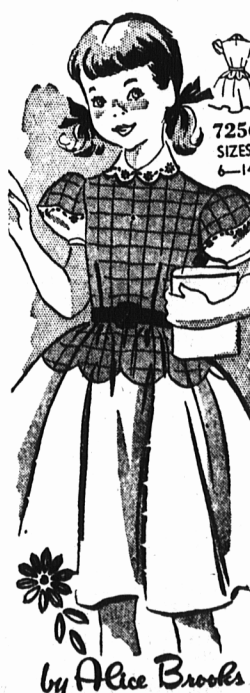
Hallow'een Cat Cake

Make a chocolate layer cake and cover with an orange frosting. Trace an outline of a Hallow'een cat with humped back. Fill in with chocolate frosting. Use pieces of green cherries for eyes and red cherry for mouth. A fence may be piped below the feet, using a decorating tube.

BABY'S BOTTLE

Clean it safely with Baking Soda. Free folder on request. Am. Life Bldg., Montreal.

COW BRAND BAKING SODA



for your hands's 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. VEL CUTS GREASE FAST SOAKS DISHES CLEAN MAKES GLASSWARE SPARKLE. MILD MILD VEL CONTAINS NO STRONG CHEMICALS.

5 seconds and it's ready NESTLE'S INSTANT COCOA. THE MILK AND SUGAR ARE ALREADY IN IT. Just add boiling water. Instantly you make smooth, nourishing, flavoured cocoa right in the cup. Think of the convenience! No milk or sugar to add, no cooking needed. Your whole family—especially the children—will love Nestlé's Instant Cocoa. It has that famous Nestlé's Swiss chocolate flavour. A wholesome hot drink at breakfast, a satisfying pick-me-up during the day, soothing at bed time. Serve Nestlé's Instant Cocoa often. It's easy to prepare, always delicious—and cup for cup costs less than ordinary cocoas. Now in half and one pound sizes at your grocer's. NO POTS OR PANS TO WASH. NESTLE'S SWISS CHOCOLATE FLAVOUR.

Her Baking Wins Prizes For 28 Years. As you can see, winning prizes for home baking is an old story with Mrs. Guy Russell, of Moore's Mills, N. B. Her collection of prize-winning tags from the St. Stephen Fair goes back to 1924! She can give good reasons for her success, too. "I have baked bread as many as four times in a week," says Mrs. Russell. "But it isn't just experience or baking skill that makes you a prize winner. First you have to have the finest ingredients. For rolls and bread my choice is Fleischmann's Yeast. With Fleischmann's I'm sure of quick rising and fine results." That's just what they all say! Prize-winning cooks throughout the Maritimes depend on Fleischmann's Yeast.