Women's realm

The Stars Say - -

By Genevieve Kembl

For Tomorrow

ALTHOUGH the temptation to indulge in social sentimental or domestic activities, with a definite leaning to the less onerous or burdensome tasks, there is a very real need of clearing the desk of weekend "musts" which demand thoughtful and concrete attention. Some taxing efforts may be required in putting over the affairs of youth, or celebrations, or home duties, social or romantic. It is urgent that there be no squandering of force, funds or vitality in these activities. Diet, health and sound objectives should not be neglected.

For the Birthday

Those whose birthday it is may have a year in which their energies, ingenuity and skills may be expended, even squandered, on matters concerning the home, its social, romantic or cultural obligations or juvenile activities. The serious and material aspects of such indulgence, while laudable and alluring, also call for some sound consideration of personal welfare and lasting security. Health may be demanding.

A child born on this day, while socially and romantically inclined, also may have slipshod concepts of its obligations.

How "Skinny" Girls Get Lovely Curves

Gain 5 to 10 lbs. New Pep

Thousands who never could gain weight before, now have shapely, attractive figures. No more bony limbs, ugly hollows. They thank Ostrex. It puts flesh on bodies skinny because blood lacks iron. Peps you up, too. Improves appetite, digestion so food nourishes you better. Don't fear getting too fat. Stop when you gain figure you wish. Introductory or "get-acquainted" size only 60c. Try Ostrex Tonic Tablets for new pounds, lovely curves, new pep, today. At all druggists.

How Can I ! ! !

By Anne Ashley

Q. How can I retain the shape of woolen blankets when laundering?

A. After washing the blankets, hang them up without wringing. They may take a little longer to dry, but will keep their shape much better. When the top has dried, reverse the blankets.

Q. How can I keep silks from slipping off the sewing machine?

A. A towel or a piece of cloth pinned around the leaf of the sewing machine will prevent silks from slipping off while they are being stitched on the machine.

Q. How can I prevent tan material from turning an ugly brownish yellow after laundering?

A. By adding a small quantity of the proper shade of dye to the last rinsing water.

Modern Etiquette

By Roberta Lee

Q. When a man and his wife are entertaining a number of guests for dinner, and dinner is announced, do both the host and hostess precede their guests into the dining room?

A. No. The host should lead the way with the most important woman guest, and the hostess goes in last of all.

Q. Is it proper for a young girl to ask a young man to call on her, when she has known him for quite awhile?

A. Yes, this is quite all right. Probably the best way to handle this, though, is by means of a dinner invitation to her home.

Q. Should a bride have bridesmaids when she is to be married in a travelling dress?

A. No; although she may have a maid or matron of honor.

ELLEN'S DIARY

By An Island Farmer's Wife

"I don't believe we ever had a better January than this for getting farmwork done. Why, it's remarkable weather!" James said at breakfast this morning . . . Jamie was back to his place at table, a circumstance which contributed much toward brightening the Family's day. The lights were still burning though the dawn was setting eastern windows aglow. Crisp and clear and night-refurbished, the new day was spreading about.

How would we know? Because of Jamie's recent misery and consequent confinement to house, we had already experienced its charm — when we had scattered grain to his chickens. "Did the pullets ask about him?" Gage, whose years licence him to dwell in an enchanted land, part factual and part make-believe, smiled.

"Ask!" we echoed," they surely did — and they all talked at once?"

And James, who is not above listening to our fanciful conversations, and readings, chuckled. "Just like women!"

"And what did the father-bird say?" the youngster queried.

"He said," we laughed merrily, "I'm so hungry; I was beginning to think you had forgotten us. Whatever kept you? I wish Jamie were better!"

"And what else!" Gage pursued the intriguing subject.

"Oh, they sent their sympathy—and this!" we replied. He touched his cheek to a brown egg in our hand.

"Warm," he dimpled, "still warm . . . and so early!"

"She's an energetic body — that pullet," James commented, smiling, "she's one that can scratch for herself!"

* * *

Yes, lovely was today, favoring for the farmers a number of projects. In a general shuffling of the herd following yesterday's outgoing of beeves to market, others, feeders, were moved to the emptied stalls, more attention too, must be given in the piggery to assist the piglets, born of last night's hours, at their periods of nursing. As it happened and despite James' fears to the contrary in the light of their season of birth, a dozen lusty small fry had appeared to reward their owner's watch.

Tractors and cars and trucks moved as in summer along this byroad of ours today. And, engaging sight that it was, we saw the younger farmer and Alex, in recent month's his alert right-hand, enjoy a matter of droving which gained a pair of animals for the herd at Alderlea — cow and her calf. With the two boys we sat in the window; James came in to linger a moment with us. "Did you see that, Ellen?" he nodded. "No sooner do they sell one, than they buy . . . a pair! Oh well," he said with a satisfied expression, "that goes with farming; there can be no standing still. To do that is to be lost entirely nowadays. "A little smile spread. "I guess," he commented, "if he won't make much on the deal, he won't lose much!"

There was woods' work too—lumbering and wood-cutting in the afternoon until the sun disappeared in the west . . . "We were busy today, Ellen," James says, washing away marks of it at the pantry-sink, "seems as though it's just one thing after another."

Twilight, serene and gently-flooding after the sunset, and now: starlit day's end.

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

DOROTHY DIX'S COLUMN—

Motherless Children

They Should Be Informed Regarding Their Father's Plan To Re-marry

DEAR MISS DIX: I am very much in love with a widower who has two children. He is in love with me, too. We have talked about getting married, but we have not told his children. I am 21, he is 31 and the youngsters are 7 and 8. Should we tell them before we marry, or will they accept me just as well if they are unprepared?

T.M.

ANSWER: You underestimate the perception of children if you think their father can remarry without arousing their suspicions. It would be very unfair to go ahead with your wedding plans without letting the youngsters know of them. Surely you are in a position to win their love and trust before embarking on the role of mother. See as much of them as possible—a course that will be wise for all of you, since it will give you an opportunity to learn their characteristics.

DEAR MISS DIX: Whenever I have a date with my boy friend, he brings another boy along with him. This means that at the last minute I have to scout around and find a girl for the extra boy. I don't want to hurt the boy's feelings, but he is so shy that girls don't like to go out with him. He never has anything to say. What can I do? I'm 16.

UNDECIDED

Muriel Nissen

NECESSARY TACT

ANSWER: This is an occasion that calls for a little tact that you should be acquiring as the foundation for your success in life. Since you know that your boy friend is going to bring the extra boy, why not have a girl friend ready to take over for you? Surely the lad must have some redeeming qualities as an escort, even though he is shy. This type calls for a girl with a little extra initiative. When you go out on the double date, don't make the mistake of ignoring the other couple—who are already having their troubles—to concentrate on your own date. Make it truly a foursome, with everyone sharing the responsibilities of making the evening a success. By drawing out the extra boy, learning his interests and making him and the other girl take part in the conversation, you'll earn his eternal gratitude.

DEAR MISS DIX: I am a senior in high school and in love with a boy in my class. Though he was friendly at one time, he now ignores me completely. He pays more attention to other girls than he does to me. In fact, he seems to avoid me at times.

L.M.P.

ANSWER: You don't seem to have much choice about forgetting the boy since he ignores you. Forget him!

DEAR MISS DIX: My fiance is divorced, and I am wondering if I should find out why he was divorced?

MRS. E. B.

ANSWER: By all means you should get this very important information. It may have a direct bearing on your chances of future happiness.

DEAR MISS DIX: My home is the scene of constant bickering, and since my health isn't too good the doctor has advised me to find quieter surroundings. Friends in a distant state have asked me to come stay with them, but I'm afraid I'll be homesick if I go.

JUST 18

ANSWER: Since the step is not an irrevocable one, the idea of a visit seems very logical. It's doubtful if you'll decide to stay away from home altogether, but the change will undoubtedly be beneficial.

DEAR MISS DIX: Although I'm only 16, I have been going steady for three years. My mother has never approved, neither has my father. When my mother finds out that I've seen my boy friend, she deprives me of something I like. For instance, I went out with him last night, and now she won't let me have a birthday party next week.

J. R.

ANSWER: You are getting from your mother exactly the treatment you deserve; she should, if anything, be more severe with you. By sneaking out to have dates, you are forfeiting all right to trust.

Morning Smile

Sympathy

One of a fine team of elephants in a circus developed a bad cough and the keeper, on the advice of an animal doctor, decided to dose the ailing beast with a bucket of water into which a whole bottle of whisky had been poured. The following day the owner of the circus met the trainer and asked about the elephant.

"And how is Sally this morning?" he asked.

"Sally?" replied the keeper. "Oh. she's just about the same, but all the other elephants are coughing now."

Better English

By W. C. Williams

1. What is wrong with this sentence? "That is the same picture as I saw yesterday.."
2. What is the correct pronunciation of "facade"?
3. Which one of these words is misspelled? Regime, relevant, realm, resevoir.
4.. What does the word "acerbity" mean?
5. What is a word beginning with inu that means "to overflow"?

ANSWERS

1. Say, "That is the same picture that I saw yesterday." 2. Pronounce fa-sad, first a unstressed, second a as in ah, accent second syllable. 3. Reservoir. 4. Harshness, bitterness, as of language. "Suffering tinged her speech with acerbity." 5. Inundate.

Cook's Corner

BISHOP'S BREAD

Makes 2 8" loaves.

Measure:

2½ cups sifted flour

2 cups firmly packed brown sugar

½ teaspoon salt

1 teaspoon cinnamon

Mix well, using fingers.

Add:

½ cup shortening

Cut in with pastry blender. When mixture is crumbly and well blended, measure out ¾ cup and put aside to use as topping.

Add to the remainder:

1 teaspoon baking powder

½ teaspoon soda

Combine 1 egg, well-beaten

¾ cup buttermilk

Stir into mixture and heat until smooth. Pour into 2 8" greased pie pans. Sprinkle with reserved crumbs. Bake in a moderate oven (350 degrees F.) 20-25 minutes. Serve hot, cut in pie shaped wedges.

This bread is molasses brown in color, very fragrant and attractive. It is tender and should be eaten with a fork.

To Take Special Training In Halifax

—Photo by Heckbert Studio.

Miss Mary Gallant, (above), nurse-in-training at the Prince County Hospital, Summerside, daughter of Mr. and Mrs. J. C. Gallant of Wellington, P. E. I., left recently for Halifax, where she will enter the Victoria General Hospital school of nursing, for special training.

That Body Of Yours

By James W. Barton, M.D.

NEW OPERATION FOR RUPTURED DISC SHORTENS TIME OF DISABILITY

Now that a ruptured disc is becoming more common and operation to remove the disc relieves pressure on the root or roots of the large sciatic nerve, many cases of low back pain and sciatica are being cured.

At first, only operation to remove the ruptured disc was used, then later operation to keep the spinal bones from growing too close together and again causing pressure was employed. A new method of surgical prevention of return of pain and disability has been tested and found to be a permanent cure in many cases.

In the Hawaii Medical Journal, Honolulu, Dr. R. B. Cloward reports his development of a new method in which he fuses the bodies of the vertebrae (spinal bone surrounding the spinal canal covering spinal cord). The aim of his operation is to keep the space between the bones the same as before the rupture of the disc because the disc keeps the bones far enough apart that there would be no pressure on nerves coming out from the spinal cord.

By fusing (making the bones grow together), leaving space for nerves to come out between the bones, complete relief from pain was obtained. Between the bones he inserted plugs of bone taking the place of the disc or discs removed. At first, he removed parts from the top of the hip bone as plugs to replace discs, but after the operation many patients complained of the pain where the bone had been removed from the hip bone, this pain being severe and lasting for months and years. After the first three months, therefore, Dr. Cloward used preserved bone from a bone bank for the grafts in a total of 87 vertebral body fusions. This prevented the pain and shortened the stay in hospital, the patient being able to leave hospital within ten days after operation.

This method of treatment has been used by Dr. Cloward in 250 cases since 1944. "The high percentage of permanent cures with no remaining disability to those treated before 1944" convinced him that this operation is the treatment of choice for ruptured vertebral disc. Further, the use of a Taylor brace to support the back temporarily is unnecessary after this operation. The objection to use of a brace worn too long is that it shortens and hardens the muscle of the lower back which support the spinal column.

Dr. Cloward emphasizes that his fusion operation has reduced the period of disability following operation and has lessened considerably the expense of the illness both in time off from work and in cost of hospitalization.

As there are thousands of cases of low back pain and sciatica due to ruptured disc, this new operation should mean much to those thus afflicted.

Itching, Cracked Toes and Feet

Here is a clean, stainless antiseptic oil that will do more to help you get rid of your trouble than anything you've ever used.

The action of MOONE'S EMERALD OIL is so powerfully penetrating that the itching is quickly stopped and in a short time you are rid of that bothersome fiery pain and soreness. Two or three applications before bedtime will ensure a good night's rest.

You can obtain MOONE'S EMERALD OIL at any modern drug store. It is safe to use — and failure, even in long-standing cases, is rare indeed. Sold satisfaction or money back.

HUGHES DRUG CO., LTD.
JENKINS PHARMACY
REDDIN BROS.

Anne Adams Patterns

IT'S A HONEY!

What a pretty way to start off the day! That combination of plaid 'n' plain is crisp 'n' fresh as an early spring morning! Rickrack edging, scalloped detail — sew this with cap or three-quarter sleeves, sew it now! You'll love it!

Pattern 4817: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 3¾ yards 35-inch; ⅝ yard contrast.

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 care of The Guardian, 60 Front Street West, Toronto, Canada.

Household Scrapbook

By Roberta Lee

Ink Stains

Ink can usually be removed from silk fabric if saturated with turpentine. Allow it to remain on for several hours, then rub between the hands. This method is also good on cotton and worsted materials and will not injure the fabric.

Washing Embroidery

Place in cold water, lightly blued and then add the juice of a lemon. Boil the article for about an hour, rinse in cold water and hang in the open air to dry.

Fruit Stains

Remove the fruit stains on the hands by rubbing them with salt moistened with vinegar.

ASTHMA Get welcome relief from the wheezing, gasping struggle for breath caused by Asthma. Take RAZ-MAH, specially made to relieve Asthma misery. Helps you sleep and work in comfort. Don't lose another night's sleep. Take Templeton's RAZ-MAH today. 65c, $1.35 at druggists. R-58

Miss Helen L. Woodworth, Bear River, N.S., finds Fleischmann's Yeast unbeatable for bread, rolls, and buns.

Wins Baking Prizes at '52 Bear River Fair

There's plenty of friendly competition in the home-baking section of the Digby County Fair at Bear River, N.S., and a consistent winner is Miss **Helen L. Woodworth**, of Bear River. In yeast-raised baking especially it's been nip and tuck, and Miss Woodworth credits her *yeast* with giving her the edge. "Ingredients are so important—and I'm *extra* careful about the yeast I use," says Miss Woodworth. "For years I've been baking with Fleischmann's. I always find Fleischmann's Yeast is good and lively. I *know* I can depend on it."

That's what the majority of prize-winning cooks say! You get finest results with Fleischmann's Yeast—proved dependable for 83 years.

January Clearance Sale

Ladies' Two-Piece

DRESSES

⅓ OFF

LADIES' DRESSES

Values to $25.00

for

8.95

S. A. McDONALD

NO CHARGES — NO REFUNDS

NOW at HOLMAN'S

NEW

"Vitamin A-D" COMPLEX-CREAM

Your skin can look smoother, firmer, younger!

Dermatologists call Vitamin A the "skin vitamin," because its presence as in milk, cream, and butter, is helpful in all sorts of skin conditions. Now Coty has found a way to blend the "skin vitamin" and other active, moisture-giving elements, into a new beauty cream that leaves the skin looking smoother . . . feeling firmer, fresher, younger.

3.00

It's called "Vitamin A-D Complex-Cream."

Coty

Alice Brooks Designs

TRANSFER DESIGNS IN 3 COLORS

Like a fresh spring breeze, these sparkling motifs refresh your home, beautify linens! Just picture the colors—sunny yellow, sky blue and pretty peach. No embroidery. Just iron on aprons, guest towels, dresser sets. They make such pretty gifts, too!

Easy! Washable! Just iron on! Pattern 7155 has 8 color motifs from 10 x 4½ to 2¼ x 1½ inches.

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.

KENNEDY'S Week-End Specials

DRESSES— 1 Rack, Going at	**$5.00**
COATS— All Winter Coats, Going at	**⅓ off**
BLOUSES— 1 Lot, Going at	**.98c**

KENNEDY'S LADIES' WEAR

166 Queen St. — Next Door to Bus Stop