

Cook's Corner

LIVER-BEEF BALLS

1 lb. round steak, ground; 1 lb. scalded beef liver, ground; 4 tablespoons grated onion; 1/2 cup coarsely chopped parsley; 1 teaspoon salt, dash of pepper, flour, bacon fat.

Mix together the meat, onion, parsley and seasonings. Flour hands and shape meat mixture into small balls. Roll in flour and saute in hot bacon fat. Turn each ball so that it is browned on all sides. Remove balls from pan and keep hot. Pour off all but 4 tablespoons drippings. Stir in 4 tablespoons flour and blend well. Gradually add 2 cups water and cook, stirring constantly until gravy thickens. Add a bouillon cube and stir until it dissolves. Season to taste with salt and pepper. If desired, liver balls can be reheated in gravy for a few minutes. Serves 6.

CHEESE MUFFINS

2 cups sifted all-purpose flour; 3 teaspoons baking powder; 1/2 teaspoon salt; 2 tablespoons granulated sugar; 1 cup grated cheese, lightly packed; 1 egg, beaten; 1 cup bottled milk; or 1/2 cup evaporated milk and 1/2 cup water; 4 tablespoons melted shortening.

Sift the flour, baking powder, salt and sugar together. Add the grated cheese, then combine egg, milk and shortening, and stir quickly and vigorously until the dry and liquid ingredients are just mixed and have a lumpy appearance. This will take from 10 to 20 seconds of stirring or beating. Then fill the greased pans about 2/3 full of batter and bake in hot oven of 425 degrees F. for 25 minutes. Makes 12 to 15 muffins 2 1/2 inches in diameter.

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That Body Of Yours

By James W. Barton, M.D.

NOISE IN INDUSTRY

For a number of years I have been writing about the great damage to men and women done by needless noise. There will always be some necessary noise, but by education through the efforts of the Noise Abatement Association, noise on our streets and highways has been reduced by more than 50 per cent.

Although controlling noise in industry and elsewhere to prevent hardness of hearing or deafness was the first object of these organizations, the effect of noise upon the whole body is now being carefully studied. We are aware that acute hearing ability is a great asset to mankind. With good hearing, man is made aware of dangers and can prepare himself to meet it.

In The Journal of the American Medical Association, among the reports of officers, we read, "Attention has been directed to the growing importance of impaired hearing sustained by industrial workers exposed to excessive noise. Diagnosis and prevention were discussed at a conference on the problems of noise in industry." Among the organizations taking part in the discussion were the American Academy of Ophthalmology (eyes, ears, and throat), the Acoustical Society of America and the Council of Physical Medicine and Rehabilitation. The results of the meeting were gratifying to the medical, engineering and insurance representatives who attended. The session emphasized the need to measure environmental noise levels to establish test programs as a part of the medical examination in the selection of workers, and to devise a better method than the present one of determining the degree of hearing loss. All of these matters are being considered by appropriate subcommittees.

One specific aim, one which I have mentioned in a previous article, is correct diagnosis or definite measurement of occupational deafness. To be fair to the employee and the employer, the exact degree of hearing loss present should be estimated by the audiograph before the employee begins his work in industry.

The record of the audiograph can always be available if the employee himself or his foreman detect some loss of hearing while working on a certain job or in certain surroundings. A change of work may prevent further loss of hearing.

LEGAL VERSION

The authorized version of the English Bible ordered by King James I was published in 1611.

Engagement Announced



—Photo by Ashley and Crippen.

The engagement is announced of Miss Mary Margaret MacKay, daughter of Mrs. Edward W. MacKay and the late Mr. MacKay of Charlottetown, P. E. I. to Mr. Iain MacMillan, son of Mr. and Mrs. John MacMillan, May 3rd, in Rosedale Presbyterian, Toronto.

Modern Etiquette

By Roberta Lee

Q. Is it really good form to eat popcorn or candy during the progress of a motion picture?

A. This is a difficult one to answer. The popcorn and candy concession is an institution in today's movie theater. If you can partake of it without the annoying rattle of paper or without audible munching, then it's all right.

Q. Who should be present when the wedding rehearsal takes place?

A. Only those who are to take part in the ceremony. Any one else may cause unnecessary confusion by offering unasked-for suggestions.

Q. Is it considered good usage to write in a letter, "Thanking you in advance for this, etc."?

A. No. This is a trite phrase and implies one's effort to force compliance.

Better English

By V. C. Williams

1. What is wrong with this sentence? "I saw a couple of men standing by the door."

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

3. Which one of these words is misspelled? Hurricane, hyacinth, Himalayan, heterogenous.

4. What does the word "mediocrity" mean?

5. What is a word beginning with app that means "that which belongs to something"?

ANSWERS

1. Say, "I saw two men." 2. Pronounce the a as in ah, not as in add, so often heard. 3. Heterogeneous. 4. Quality of being of moderate excellence; ordinary. "His work was far above the level of mediocrity." 5. Appurtenance.

Household Scrapbook

By Roberta Lee

Protecting Fingers
If a tack is to be placed where it is difficult to hold with the fingers, thrust it through a little strip of paper, and hold the tack in place with the paper. This will protect the fingers from getting under the hammer.

Delicious Dish
Leftover rice or macaroni mixed with cooked meat makes a delicious filling for green peppers or tomatoes. The latter need to be cooked only 20 minutes in a moderate oven.

Tortoise Shell
Use alcohol for cleaning tortoise shell. Then polish with a sponge dipped in ammonia diluted with water.

DOROTHY DIX'S COLUMN—

Hard Worker

Wife Shouldn't Resent Hours Husband Spends At His Job

DEAR MISS DIX: Do you think it's right for a young mother to be left alone 16 hours a day while her husband works to get ahead? Is it worth losing the happy times of youth together? My son-in-law is working very hard to get their own home, but I think it would be better if he didn't leave his wife alone so much. After all, nothing can take the place of the companionship of their early married life. The sacrifices they are making will never be appreciated by their children.



Muriel Nissen

ANSWER: While youth is undoubtedly a wonderful time for companionship, romance and gaiety, it is also the time of life when a man works best. If your son-in-law wants to put in his hard work now, while he has the strength and opportunity, it would be very unreasonable to nag him into stopping.

Whether children ever appreciate the sacrifices of their parents is a moot point; the fact is that parenthood entails sacrifice. Creating and maintaining a home is not an easy job—which is why I don't recommend it for teen-agers. The difficulties are great. The leisure time may come a little later, but it will be more thoroughly enjoyed for the waiting. Don't encourage your daughter to be a petulant wife, bemoaning the fact that her husband isn't around for courting all day long.

DANGEROUS AGE

DEAR MISS DIX: I have been married for almost twenty-one years and have a daughter 17. My wife and I had an argument about two months ago, and she packed her things and went to her mother. Now she says she has forgotten me and our daughter and refuses to come home. Of course I'm not allowed to see her and she has gone to work. Should I try to forget her, or do you think she will come back?

ANSWER: Your wife is probably going through the vicissitudes of middle age and is enjoying a spurt of independence. Be patient, and she'll come back with her bag just as suddenly as she left. Of course she hasn't really forgotten you or her child; she just needed a change of scenery. Has it occurred to you that in the bitterness of the quarrel you may have said some things that hurt her deeply? An apology may be in order.

DEAR MISS DIX: I'm a boy of 14, a student in junior high. My aunt doesn't like the friends I bring home, and calls me to one side to tell me about them. This is very embarrassing, especially as I think the boys are nice.

ANSWER: While your aunt is not exactly diplomatic to take the particular opportunity she does to censure your friends, she is right in taking an interest in your associates. Ask her to listen to her with an open mind. If you think her objections are right, abide by them; if you think she's judging too harshly, talk the matter over. I assume that your aunt is responsible for you; if so, don't make her job too hard.

DEAR MISS DIX: Twenty-two years ago I was left a widow with three small boys. Two years later I married, and from then on have had things very hard. My boys are now all married and nicely settled, but my husband, who has always been lazy and shiftless, is worse than ever. Through all our married life I worked to care for my children. Now the doctor says I must take things easy as I have a cardiac condition and am very nervous. There's nothing I can do except anyone call on me. My boys want me to go live with them but if I do my husband comes after me and makes trouble for everyone. He's even broken windows in their homes.

ANSWER: There certainly is no reason for you to go on supporting a worthless man, and if either you or your sons had an ounce of spunk you wouldn't do it. Leave him, go live with one of your sons, and if your husband comes around to make trouble, call the police. After all, you are entitled to protection, but you can't expect the law to make your husband work. All the angels in heaven couldn't accomplish that miracle.

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

Morning Smile

Just A Peep

Mrs. Murgatroyd, from the country, asked the bus conductor: "Do you go to the West end?"

"Yes, madam."

"Well, do you think I could have a peep at its evils without getting off the bus?"

Crust!

The proprietor of a small crossroads cafe prided himself on his cooking and the one thing that he was proudest of was his art of baking pies. One day a motorist stopped in for a bite to eat and the proud exponent of the culinary art talked the man into having a slice of home-made pie. After the man had taken a couple of bites of the pastry, the owner was astonished at the severe criticism of the pie.

"My dear sir," he protested, "I made pies before you were born."

"That may well be," replied the customer, "but why sell them now?"

The Stars Say --

By Genevieve Kemble

For Tomorrow

ACCORDING to current auguries, this may be a day of surprise, strange experiences, adventures or contacts. Be prepared for queer, thrilling, breathtaking and possibly heart-lifting and stimulating experiences. Fall in line with all such dynamic prospects and contacts, but it would be unwise and disturbing to let them run away with you. Feelings, emotions, queer urges and ideas could prove exciting but dangerous. Check subtle dangers. Resist peculiar lures or fascinating urges.

For the Birthday

Those whose birthday it is may expect a period of exciting, alluring and strange adventures, with the unique, fascinating, spectacular, holding peculiar excitement and stimulation, but all the same time harboring subtle dangers and regrettable compulsions or involvements. Keep a firm leash on erratic

ELLEN'S DIARY

By an Island Farmer's Wife

There was, we believe, more innate courtesy to be found in the old days perhaps because the folks in this new land of Canada were not so independent in thought then and only a generation removed from the customs and respects of the Motherland across the sea.

"Why I recall when I clerked in a town store we thought nothing of going out to a carriage by the curb to take an order—that was fun!" a former saleslady reminisced in our hearing of "the good old days," not long ago. "And when we filled it, we were careful to put in only the kinds and brands the customer fancied. We were supposed to keep these in mind. And, oh dear!" she laughed, "it was a breach in good manners to 'forget'!"

Then seated sedately the saleslady would parade for her her wares... How talented indeed are the clerks who for the time can put themselves in their customers' place! Who in hating us can lighten our very plainness and stress our best features. Gifted with that touch given to folks called to a preferred occupation by Heaven itself... adding a discerning "little more" here, taking away to leave the "little less" there, to make women-kind bless their names and remember their kindness forever.

And what of the escort? Did he come straight from the hostelry where he had stabled his team to approve her selection of bonnets? Eyeing each offering critically? Noting the various prices? Or had he stopped to chat with another farmer over the merits of "these new mowers" or the binders, marvels of machines, then replacing the reapers? As James would be sure to arrive rather breathless—! at all—with the whispered news, and timely: "They tell me, the bottom's dropped clean out of pork!" Or, "They don't think there's going to be any sale for beef this summer!"

Then "There, Ellen—I'd take that one! You once had one something like that didn't you? And I always liked it." And turning on his heel, "The truck is over on the square... right there by the scales. You won't be over-long will you?" Then catching sight of our bewilderment over the selection: "Oh, take whichever one you like best, Ellen... as I said, I rather fancy that one." And James who can quickly sight an almost imperceptible blemish on a horse, an ailing animal in a stable or piggery as he says: "when I step inside the door," is usually of the opinion when at home we draw forth the new headgear: "Are you sure that's the one, Ellen? Well, it doesn't look one bit like it did in there!"

That woman of the long ago would have eyed critically the varied offerings doubtless, for time seemed to pass more leisurely then, mirroring the effect of the trying-on from various angles. And then perhaps ultra-fastidious, would order one to be made according to her own design... And one day, after final fitting it would be taken home and in tissued folds, placed tenderly in the bonnet basket up in a corner of the spare room... A bonnet basket is woven of fine wicker, it is without handles—or is this one at Alderley, and is capped acorn-like with a neat cover.

Where had the bonnet been? Ay, 'T! Kirk, the first appearance, doubtless causing some discreet but nevertheless sure feminine interest from the pews about. And would the Psalms be quite lost to the wearer that morning? Or would they not fall the more sweetly on her ears matching her spirit of gladness?

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

Anne Adams Patterns

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4848 SIZES 14-20 32-42

by Anne Adams

How Can I...?

By Anna Ashley

Q. How can I sweeten a "sour" stomach?

A. Much will be done to sweeten the "sour" stomach, and remove indigestion if a half-teaspoonful of baking soda is placed on the tongue and then washed down with a drink of cold water.

Q. How can I prevent pudding from boiling over in the oven?

A. Butter the top of the pudding dish for about an inch around the edge and add a small piece of butter to the pudding itself.

Q. How can I remove match scratches from painted surfaces?

A. Rub them with the cut side of a lemon, and then rinse quickly with cold water applied with a cloth.

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SELF-ICED SPICE CAKE

Mix and sift 3 times, 2 1/4 c. once-sifted pastry flour (or 2 c. once-sifted hard-wheat flour), 2 1/4 tsp. Magic Baking Powder, 1/2 tsp. salt, 1 1/2 tsp. ground cinnamon, 1/4 tsp. each of ground cloves, ginger, allspice, nutmeg and mace; mix in 1/2 c. washed and dried seedless raisins and 1/4 c. chopped walnuts. Cream 1/2 c. butter or margarine and blend in 1 1/4 c. lightly-packed brown sugar; beat in 3 well-beaten egg yolks and 1/2 tsp. vanilla. Add dry ingredients to creamed mixture alternately with 1/2 c. milk and spread batter in 9" square pan, which has been greased and the bottom lined with greased paper. Beat stiff, not dry, 3 egg whites and a few grains salt; gradually beat in 1 c. lightly-packed brown sugar and spread over cake; sprinkle with 1/4 c. chopped walnuts and bake in a rather slow oven, 325°, 1 1/4 to 1 1/2 hours; cover lightly with brown paper for last half hour.

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LADIES' READY-TO-WEAR

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Repeats Baking Successes at 1951 Stanley Fair

Over the years at Stanley's century-old fair, a goodly crop of top awards for baking has come to Mrs. Frank Good, of Stanley, N.B. In 1950 she received the further honor of being named "Most Worthy Settler" for the year, in recognition of her services to the community. "Certainly it takes experience to be a good cook," says Mrs. Good, "but it also takes the best ingredients. For example, you have to use a good reliable yeast to get top results for rolls and bread. I myself use Fleischmann's Yeast... Fleischmann's is so active and dependable."

That's where they all agree! Prize-winning cooks say that Fleischmann's Yeast simply has what it takes to give you perfect risings each time. No wonder it's been the favorite with Maritime women for over 80 years!