

How Can I

By Anne Ashley

Q. How can I clean gilt picture frames?

A. Use a weak solution of ammonia and water. Go over the gilt gently with a moist cloth; after a few minutes, when the dirt has softened, repeat the operation. Don't rub hard; dry by dabbing with a soft cloth. An oiled duster should never be used on gilt or bronze frames.

Q. How can I remove grease from woodwork?

A. A cloth dipped in turpentine will clean the greasy woodwork around the stove. Wipe off the turpentine with a cloth dipped in water into which a little kerosene has been poured.

Q. How can I use less sugar when making apple sauce?

A. Add your sugar to the apple sauce before removing it from the stove, and in this way much less sugar will be required to sweeten the sauce.

NOW—She Laughs at age

Springtime in her heart again! New-found gaiety, pep and energy. A new, alive woman—sparkling eyes, better color, fresh, calm youthfulness—has replaced the worn, tired look. No wonder life has taken on new interest. Yes, thousands of once faded women, weary from blood-iron poverty, have bloomed anew with the help of Dr. Williams' Pink Pills. Try Dr. Williams' Pink Pills yourself for 30 days! Enjoy new health, pep and energy. Start today! Get back "in the pink" with



DR. WILLIAMS' PINK PILLS

Cook's Corner

CABBAGE-APPLE SALAD, COTTAGE CHEESE DRESSING

1 small firm cabbage, 1 cup thinly sliced celery, 2 red apples, 1/4 teaspoon salt, 1 cup cottage cheese, 1/4 cup orange juice, 1 tablespoon lemon juice, 1 teaspoon granulated sugar, 1/2 cup mayonnaise or other thick dressing.

Shred cabbage finely and add the sliced celery. Wash, quarter and core the apples; cut into small dice and add to cabbage mixture; sprinkle with 1/4 teaspoon of the salt and mix lightly. Mash the cottage cheese well and blend in the orange juice, lemon juice, remaining 1/4 teaspoon salt, sugar and mayonnaise or other thick dressing. Toss cabbage mixture lightly with sufficient dressing to moisten. Pass remaining dressing when serving salad.

Household Scrapbook

By Roberta Leo

Biscuits

Biscuits can be mixed and cut several hours before baking if placed in the refrigerator until ready to bake. A dry crust will not form on the top if they are brushed with melted butter before placing in the refrigerator. Then remove them about twenty minutes before time to bake that they may attain a natural warmth before putting into the oven.

The Range

Use a school blackboard eraser for keeping the gas range clean. It may be rubbed over the range each day, removing grease, and no great amount of dirt will accumulate.

Anne Adams Patterns

WEEK'S SEW-THRIFT

JIFFY DRESS! Duster-coat! Evening Wrap! Beach Coat! Get the most use, with the least sewing from this! Make it in a shanting for a spring coat-date-dress. Later you'll wear it over your suit to beach and back if you make it in a tubbable cotton!

Pattern 4530: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 1/2 yards 35-inch fabric.

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.

Morning Smile

Cheapskate

"I feel I've loved you long enough now, Gladys," said Gerald to his girl friend, "to show my devotion by giving you a ring. What is your 'phone number?"

In or Out

"They say his wife's relations are impossible people. He doesn't know what to do about them." "I see. Doesn't know whether to treat them as in-laws or outlaws." 1956.

That Body Of Yours

By James W. Barton, M.D.

INFECTION OF TEETH STILL A CAUSE OF ARTHRITIS

Physicians, who have been practicing for the past twenty to thirty years, have seen patients suffering with arthritic pains and know that the removal of infection from teeth, tonsils, gums, large intestine will cause these pains to disappear within a matter of weeks. Naturally, they are surprised when some of the younger physicians report that in their experience infection is rarely a cause of rheumatism and arthritis. Thus one outstanding physician, in charge of an arthritis clinic, believes that infection is to blame wholly for the commonest form of rheumatism—osteoarthritis—while another, in charge of an even larger clinic, states that infection may be a factor but only because of the run-down condition of the patient.

I am naturally prejudiced toward infection as a cause of arthritis because of four attacks I myself have suffered, infection (teeth and tonsils) was to blame in three cases and injury in the fourth. Fortunately, our medical and dental journals reporting the work of research scientists always place infection as a, if not the, cause of arthritis.

In Life and Health, Judson Klooster, D. D. S., states, "By bloodstream spread, focal infections in the teeth and their upper supporting bones can cause rheumatism, arthritis, neuritis, some eye disorders which may lead to partial blindness and infections of the middle ear, thymus gland and prostate gland. Vague complaints of constant fatigue, lack of energy, sleeplessness, and sometimes loss of sleep and frequent colds are often due to infected teeth... Pyorrhea (infected gums) causes loss of teeth in later years and is a common cause of stomach trouble. These diseases can often be prevented by routine X-rays which detect tooth abscesses and infection."

Dr. Klooster states further that once these infections are discovered, the entire tooth and infected bone should be removed, not just the tooth nerve itself.

The thought then is to look for the commonest cause of arthritis—that is, infection, but keep in mind the other causes—injury, cold and dampness, and too much starch food—potatoes, sugar, bread and pastry.

Treatment with ACTH and cortisone gives brilliant results in the majority of cases.

Better English

By G. G. Williams

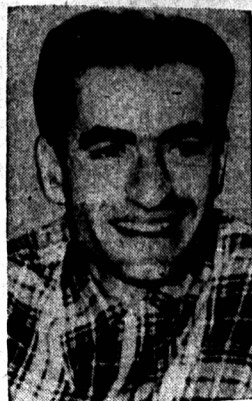
- 1. What is wrong with this sentence? "It would be alright if the secret was between you and I, and I know the party who will go with me."
2. What is the correct pronunciation of "abdomen"?
3. Which one of these words is misspelled? Distipation, dromedary, doldrums, dogmatic.
4. What does the word "exposulate" mean?
5. What is a word beginning with gr that means "use of lofty language"?

ANSWERS

- 1. Say, "It would be all right (two words) if the secret were between you and me, and I know the person who will go with me."
2. Accent on second syllable preferred.
3. Doldrums. 4. To reason earnestly with a person on some impropriety of his conduct.
5. Grandiloquence.

Canadian public hospitals in 1951 admitted 1,677,781 adults and children, six per cent more than in 1950.

Shah Remains On Throne Of Iran



The Shah of Iran and his queen will remain in their country after planning a flight to Switzerland or Italy. When his flight was announced, crowds stormed the residence of Prime Minister Mossadegh, who accused the monarch of conspiring against him.

The Shah has made no public attempt to interfere in the economically ruinous policies of Mossadegh.

DOROTHY DIX'S COLUMN

Hasty Remarriage

Father Neglects Second Home For Children By First Wife

DEAR MISS DIX: My problem is a desperate one, and I hope you can help me. I have been married less than a year, and have a six-week-old baby. The first three or four months of our marriage were wonderful. My husband says he loves me, as I do him, and we get along fine except for one thing. He got a divorce just before I married him, and he has three small children. Lately he has begun to miss them very much. To satisfy him I took one child with us and had her for a month. His ex-wife wanted to visit her all the time, so after an argument I sent the child back. I would have kept her if the mother had stayed out of the picture.



Muriel Nissen

Now my husband has taken a job in another city to be nearer the children. He sends me money but that isn't enough; I miss him terribly. I thought our own baby would make up for the others, but he still seems to love them above everything. Do you think if I adopted one of the children, it would help matters? MRS. S. R.

REMARIED IN HASTE

If the second marriage had not followed the first so closely, your husband and his first wife might have been reconciled. Perhaps he's not fully conscious of this possibility himself, but there is no doubt that he is still very much aware of his original family, and is torn between both his households. His place now certainly is with you. He should stop teetering between two families, settle down with one and concentrate his responsibilities where they primarily belong right now.

DEAR MISS DIX: Quite some time ago I wrote asking your opinion of my situation. I have never seen my letter in the paper. I'm in my 20's, and am fond of a married man. I have been seeing him regularly, and though I've tried to change my feelings toward him, I find my affection increasing. The situation is becoming serious and I'd like your advice.

ANSWER: Had you given me your address, a personal reply would have been sent you. As for seeing your letter in the paper, the same question has been dealt with so often, and so emphatically, in this column, that no reader can be in doubt of my stand. You're kidding yourself when you say you have tried to break your attachment. No love, particularly a clandestine affair, is broken by continuing to see the man. You are deliberately feeding your love. You aren't looking for advice; you're seeking justification, and you'll never get it from this column.

DEAR MISS DIX: After several years of widowhood, and at the age of 50, I married a man 70. The trouble is he doesn't want to go anywhere and I like to go places and have a good time. I get so blue staying home.

MRS. RHODA T.

ANSWER: You can scarcely expect a man of 70 to enjoy galivanting. He's earned the right to rest by the family hearth. In fact, he probably married you to get home comforts. Better learn to make the best of it.

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

Modern Etiquette

By Roberta Leo

Q. Does the bride or her parents pay for her wedding invitations?

A. Usually the bride's parents assume all expenses of her wedding, including her gown. However, this would depend upon circumstances, and if her parents are unable to afford the expense and she is working, then the bride may assume the costs.

Q. How should friends and relatives respond to a birth announcement they have received by mail?

A. By writing notes of congratulation, by calling on the mother, or by sending flowers to the mother or a gift to the baby.

Q. Is one ever permitted, when dining in a public place, to call to a waiter for some item he wishes?

A. Not if it's necessary to raise the voice. One should exercise a little patience until the waiter is nearby, then ask in a low voice.

The Stars Say

By Genevieve Kemble

For Tomorrow

THE Lunar influences are especially benign this day in that they will help in the solution of many problems that may have bothered you recently. Also, you may be quite surprised at the simplicity of the solution you have been seeking. With a little ingenuity, you can clear obstacles that have seemed to hinder your progress and toward this day's end, you should find that your worries have been for naught. The stars caution, however, that this is a day to guard

ELLEN'S DIARY

By an Island Farmer's Wife

We saw in the sunshine and mildness of the day there, other Springs break... scented sooner or later with fragrance of bursting bud and clean-washed gardens and the tang of the wind of sea. We caught the incense once more of spring-cleaning fires, the gay calls of children glad for the freedom and delight of the new season; and instead of the cars and great trucks lumbering by, we could hear the beat of the horses' hoofs of those bygone years.

We saw too, this time not in fancy, housewives intently regard with resurging seasonal interest displays of wall-paper... speculating... choosing, bound to contribute something to the time of year when once again all things are made new. A farmer carried an "extra" for his harrow to his car; and in front of a mirror a woman set an adorable creation of straw and tulle a-top her concerned brow.

And we saw — with a wifely apology to James who accepts current security measures with reservations — children warmly and nicely clad, obviously well kept and fed, with no sight of any pitiable waifs of the long ago. We discerned a comfortable and independent air about elderly folk; we saw mothers buy carefully, spinning out wisely the children's allowance, giving the lie to the "come-easy, go-easy" patter of that ancient by-word.

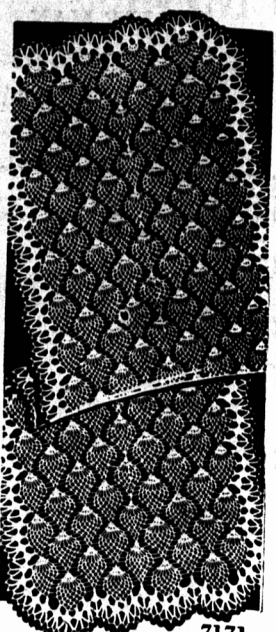
An elderly pair with love in their faces, and also some surprise over the miracle which had brought this about, at a counter where white and pastel shades range, selected a dainty gown of pink — we supposed for a little granddaughter. We stopped a moment, the sight warming our heart. "But it's fair-ly dear," we smiled to hear him remark to her as James might have to us. He touched the soft folds. "Ah — there's little to it, to cost so — and still soon grow out of it. Perhaps..."

"Don't worry your heart, dear," she smiled. "I'll buy it out of my own. It's not," she said lightly, "as though this is the last bit of money I'll ever have — there'll be more," she nodded. We moved along to another counter but looked back to smile again as we saw them both put money on the salesgirl's palm. And this is a queer world, we thought, unpredictable, sad and lovely in turn, but we would say that if it is not actually happier than once, at least more

Alice Brooks Designs

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OF COURSE it's easy! It's pineapple design! And so versatile — this crocheted can be used for mats and scarfs, for runners any length. You need this pattern! Scarf may be any length you desire! Quickly memorized. Pattern 7171 has crochet directions. 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.



Alice Brooks 7171

secure and content.

Despite our need to make haste in order to allow the farmers to come to their work in the woodlands, what delightful little visits we enjoyed with the old and new friends it was our good fortune to meet. This hearing interesting items of their living, strangely similar Island-over; picking up threads of our weaving that have lain idle for an interval to brighten the pattern of our days.

What of today? Continuing pleasant weather... woodwork... sap runnin'... spring bulbs sending up keen shoots in the border... a new calf born in the stable... no lambkins yet — not so much as one little black one! Until tomorrow — Diary — Good-night...

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RECIPE

SALMONBURGERS Preheat broiler. Drain 1 can (approx. 1/2 lb.) salmon... Slice 3 hamburger buns or large tea biscuits... spread with a mixture of plain cream cheese and a little finely-chopped green pepper... top each bun with a thick slice of salmon, then place on broiler... broil slowly until heated and brown is cooked. Serve piping hot. Yield: 3 servings.

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