

How Can I!!!

By Anne Ashley

Q. How can I cause a hair brush to last much longer when washing it?

A. After washing, hold it under the cold water faucet. The cold water will harden the bristles and make the brush last longer than if rinsed in warm water.

Q. How can I prevent tinware from rusting?

A. Tinware, tempered by smearing with lard and placing for a few minutes in a hot oven, will not rust.

Q. How can I remove finger-marks from mahogany furniture?

A. Before trying to remove these marks by polishing, go over the woodwork with a cloth dampened in a hot solution of vinegar and water. Then follow immediately with the polish and rub until dry.

Better English

By G. C. Williams

1. What is wrong with this sentence? "She was with us throughout the whole week."

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

3. Which one of these words is misspelled? Evenness, eventually, evanescent, evaporation.

4. What does the word "bravado" mean?

5. What is a word beginning with inf that means "a violation"?

ANSWERS

1. Omit whole. 2. Pronounce gar-nish-ee, a in arm, i as in wish, e as in she, accent last syllable. 3. Evenness. 4. Boastful behavior; ostentatious show of bravery. "He faced the mob with an air of bravado." 5. Infraction.

Household Scrapbook

By Roberta Lee

Dyeing Materials Much of the trouble experienced when dyeing materials is due to the fact that the material is not washed clean before it receives its dye bath. This is very necessary before the dye will take an even color.

Hardened Shoes Shoes that have become hardened by water can often be softened by applying kerosene.

Finger Marks A few drops of ammonia on a cloth will wipe off the finger prints made by children on the freshly-washed windows.

The Stars Say --

By Genevieve Kemble

For Tomorrow

THE day should get off to a lively start, with the mentality keyed to fresh ideas, with new ways and means to accelerate important objectives. As the day advances there should be a dynamic boost, with the forces and faculties keyed to novel or untried initiative or into daring channels. Such stimulated energies and singular drives could lure into pathways of romantic thrills, unplanned, unpredictable. An intuitive lead could be safely grasped.

For the Birthday

Those whose birthday it is are assured of high adventure, with all things moving at high tempo into unusual contacts and experiences, unforeseen and unpredictable. The accent is on the romantic, curious, fanciful, with the culmination mentally and emotionally exciting. Sensational, spectacular may be the benign denouement.

A child born on this day will be ardent, enthusiastic, original, adventurous. Its lines will fall in pleasant places of high adventure and novel experience.

That Body Of Yours

By James W. Barton, M.D.

ULCERATIVE COLITIS CURED BY TREATING EMOTIONAL DISTURBANCES

For many years it has been known that simple mucous or spastic colitis (irritation of the large bowel or colon causing chronic diarrhea or, at times, spastic constipation) is caused by emotional disturbances. Just as emotional disturbances cause over-activity of the lining of stomach with excess flow of stomach digestive juices and hydrochloric acid and often formation of ulcer of stomach and duodenum, so emotional disturbances cause chronic diarrhea. Treatment is really the treatment of the emotions — psychotherapy.

Chronic diarrhea and spastic constipation is an annoying affliction but what is known as ulcerative colitis is a serious condition with severe inflammation of the lining of the colon and formation of ulcers and pus. For years the final treatment of ulcerative colitis has been by surgery, the removal of a portion of the colon in which there is advanced ulceration.

It will be reassuring to the victims of ulcerative colitis to learn that as the underlying cause of ulcerative colitis is the same as simple or mucous colitis — emotional disturbances — treatment of these upsetting emotions by psychotherapy is yielding good results in many cases.

In Gastroenterology (Stomach and Intestines), Drs. J. Croen and J. Bastian report the treatment of 12 male and 17 female patients, suffering with ulcerative colitis, by a supportive form of psychotherapy. Eighteen of the 29 cases were rated severe and 11 moderately severe.

After a control period of at least 10 days, during which the patients were treated with bed rest and, if necessary, with injections of fluids and blood transfusions, psychotherapy was started. These physicians explained to the patients that they were studying the relationships between life situations (which cause emotional disturbances) and disease in general.

Most patients were eager to cooperate in this study. The patient was given an opportunity to discharge or pour out his aggressive feelings and he was given constant sympathy and protection so that he might re-assert himself. "Improvement of social conditions and change in attitude of parents, marriage partners or employers also had a favorable effect on the course of the disease."

The physicians and nurses in attendance, realizing that these patients were immature in their outlook on life, patiently treated them from this standpoint.

Under this method of treatment — sympathetic listening to their story, careful examination including X-ray to show no organic trouble but how emotions disturbed body processes — 14 of the 29 patients were cured.

Modern Etiquette

By Roberta Lee

Q. Would it be all right to have two maids of honor, both of them dressed in white?

A. This is quite all right, if you wish. Usually, however, only the bride is dressed in white. But in some summer weddings, an all-white wedding is extremely effective. Of course, the bridesmaids never wear white of any kind.

Q. When a man is dancing with a girl, and another man "cuts in" on him, is it all right for him to cut back on that man in a few minutes?

A. Never; however, it is all right for him to cut in on a third man, if he wants to, and especially if he is giving the girl "a rush."

Q. Should a woman, staying at a hotel, wear a hat into the dining room?

A. Yes.



This picture shows the Princess and Prince at the head table at the recent Banquet in the Mount Royal Hotel, Montreal.

Left to right: Archbishop Leger, Princess Elizabeth, Mayor Houde of Montreal, Prince Philip, Mrs. Houde and Bishop Dixon of Montreal.

The Birthday Murder

By Lange Lewis

CHAPTER FOURTEEN

Part Two

Before Victoria awoke, she dreamed.

New York City, 1924. Public school 132. A field day in Van Cortlandt park. The sloping wood bleachers overlooking the oval field. The white middie blouses and the red silk ties of the little girls blaring in the sun, fluttering in the sun of the bleachers. The hoarse-voiced little boys. Beyond the bleachers the silver mirror of the little lake. The spectacular sound of the blank cartridge fired by the boys' gym instructor at the start of each race.

Thin little Victoria in her element. Poor Bernice could only run in the girls' relay races blundering along behind the others, handing the stick of wood to Victoria, who sprang forward, caught up with the others, imagining herself a Greek runner, carrying a message which would save Johnny Vente's life.

The boys' gym instructor blowing the bright whistle hanging around his neck, announcing the eighth and ninth-grade girls' fifty-yard dash. Except for the eighth and ninth grade boys' dash, this was the most important race of the day. To the home room of the winner would pass the custody for the rest of the term of a large silver cup with a slight dent near one handle.

Victoria trotting to the starting line, the pit of her stomach empty with excitement. Forcing herself not to look toward the bleachers, not to try to single out Johnny Vente's face. "On mark!"

The toe of her canvas sneaker edging out into the white powder of the starting line. "Set!" Her finger tips down on the soft warm dust. "Go." The agonizing forward lunge and the legs running, running. A woman Greek runner, bearing a message that would save Johnny Vente's life.

Over so soon. The sudden horizontal tape of her stomach empty with excitement. Forcing herself not to look toward the bleachers, Victoria, Victoria.

And Victoria, small, hot and panting, pulling up the leg of one black sateen bloomer, casting bright glances among the boys and girls who swarmed around the finish line. No Johnny No Bernice.

The pink moist face of Adele Her gligle. Her whisper, behind one hand, "Listen. It's awful. They're wearing a rowboat. They're towing on the lake. Bernice and Johnny Vente. When Miss Jacobs finds out..."

The little lake, a silver mirror in the sun. Miss Jacobs stalking to the dock at its margin, followed by an excited, whispering horde of boys and girls. The loving cup bright and cool in Victoria's arms. The trumpet of Miss Jacobs' wrath as she stood on the dock, calling out of the rowboat blunder. Bernice's eyes looking for Victoria, finding her. The strange look of triumph on Bernice's plump pretty face, even while Miss Jacobs' tongue lashed her. Bernice, glamorous in her known, red-handed sinning. Bernice's day. Not Victoria's.

A hand closed on Victoria's shoulder. First the hand belonged to someone in that June of 1924, and then Victoria opened her eyes and there Bernice, in pale blue, bending over her. They looked into each other's eyes.

"You know what I was just remembering?" Victoria asked her, dreamily. "I was remembering that field day when you went boating with Johnny Vente."

Bernice's shiny brown eyes, which had been empty of anything but watching, clouded over with recollection. Her tiny voice said, "Yes, I remember."

And then Victoria saw the three thin masks on the wall beyond Bernice, and it was now and Albert was dead.

"Oh, my God!" she whispered. For the first time the enormous truth dawned on her. Albert was really dead. Their short time together was at an end. She felt tears start into her eyes. "Albert's dead," she told Bernice. "Some-

DOROTHY DIX SAYS—

Altar-Shy Male

A Bad Risk For Girl Who Seeks Matrimony

DEAR MISS DIX: Howard, with whom I have been going for the past year, is a college graduate and comes close to being my ideal man. Before he met me he was going with a girl living in a nearby city, and I understand they had quite a romance. He had not seen this girl for quite a while until lately, when they met accidentally; now they are seeing each other regularly. He claims he loves me, but just has a feeling of friendship for the other girl, but doesn't want to marry as he's too young (24). My opinion is that he just wants to remain a sophisticated bachelor for a while. He has been such a wonderful company but I'd hate to take a chance on being hurt—which has happened to me before. Do you think there's a chance for me if I stick around?



HOPEFUL

ANSWER: Howard has set you straight on one point. He certainly is not ready for marriage—not because of his actual age, but because his emotional age is about six. He wants a good time, plenty of attention and no responsibilities. He sounds more like a kindergarten freshman than a college graduate.

ACCEPT HIM AS FRIEND

Since he does show you a good time, and is a pleasant companion, that is the role in which you should accept him—if you can! Hearts don't always do as they're told, but if you could enjoy Howard's company without having your affections too deeply involved you have a perfect solution.

Funny thing about these non-marrying men! They go around with one girl for years, give her the bally-hoo about not being ready for marriage, then the first thing the hopeful lassie knows she sees an announcement of her beau's wedding in the society column. Just a case of a girl with more gumption and less aversion to waiting who has taken up the cudgels and grabbed herself a man. She'll be happy, too, just as long as she keeps the upper hand.

DEAR DOROTHY DIX: My husband is in a Veterans Hospital and my family doesn't want me to go see him or send him anything. They think I shouldn't talk about him in front of the children.

ANSWER: What a heartless pack of relatives you have! You must be completely run by your family to give any consideration at all to their opinion. Better move away from them before they have you as thoughtless and cold as they are.

Your sick husband needs your attention and consideration far more than your family does. See him as often as you can, send what you can get together and above all, don't let his children forget him. He got his wounds in the service of his country; in defense of the weak. His children should be proud of him and thoroughly ashamed of the mercenary relatives on their maternal side.

DEAR DOROTHY DIX: Is it possible for a man to love his wife and still think of an old girl friend? My husband says he can't forget her. I feel as if I want to go miles away and never return but I have two children who need me.

ANSWER: Do you give your husband a chance to forget his old girl friend? Most people have an old romance lurking in the background that comes to light every now and then, and I surmise you have a wide streak of jealousy that insists on dragging your husband's old love into the present every now and then. Don't nag him into getting any more romantic over the past than he is.

DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

Morning Smile

—sure Cure

A Russian who had managed to get across the Red border was being questioned and searched by the police in his new country.

"What's this?" the police asked, when they found a bottle of pills. "Oh, that's a cure for headaches," the Russian said.

"Shhh!" soothed Bernice. "I know all about it. Everything's all right, Victoria. His secretary phoned to find out why he hadn't come to the studio. I just told her he wouldn't be out and to call you tomorrow."

Victoria shook her head dazedly. Then a new thought struck her. "The police!"

"Shhh! They're here. They're in there where Albert is."

To Be Continued

MAGIC makes baking fine-textured, delicious!

CINNAMON SANDWICH BISCUITS

Mix and sift once, then sift into a bowl, 2 c. one-sifted pastry flour (or 1 3/4 c. one-sifted hard-wheat flour), 3 tps. Magic Baking Powder, 1/4 tsp. salt and 1/4 c. fine granulated sugar. Cut in finely 4 tbs. chilled shortening. Combine 1 well-beaten egg, 1/4 c. milk and 1/4 tsp. vanilla. Make a well in dry ingredients and add liquid; mix lightly with a fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thickness; shape with floured 1 1/2" cutter. Cream together 1 1/4 tbs. soft butter or margarine, 1/4 c. lightly-packed brown sugar, 1/4 tsp. grated orange rind and 1/4 tsp. ground cinnamon. Using only about half of the creamed mixture, place a small spoonful of the mixture on half of the cut-out rounds of dough; top with remaining rounds of dough and press around edges to seal. Spread biscuits with remaining creamed mixture and arrange, slightly apart, on greased cookie sheet. Bake in hot oven, 450°, about 12 minutes. Serve warm. Yield—16 biscuits.



Fashionable Yet Moderately Priced In London

By MURIEL NARRAWAY

Canadian Press Staff Writer LONDON, Oct. 31—(CP)—Suits and dresses with a fashion-plate look, at prices most working girls can afford, were shown to a large audience of women in London's Coliseum, well-known theatre in St. Martin's Lane.

Sponsored by a popular woman's magazine, Women's Own, the show was aimed to give women, rather than buyers, some idea of the wealth of up-to-date styles and colors obtainable at prices suited to every pocket.

Costing as low as £3 and fashioned to suit all tastes, styles ranged from the classic button-through dress with its eye-pleasing to tight-skirted Paris fashions with peg-top skirts, hip draping and balloon sleeves. For £5 to £8, there were clothes even the fastidious might find suitable for "that special date." Much of the lure, however, lies in the choice of clever accessories.

Black suits and dresses with stark simplicity of line were highlighted by such contrasts as jacked green hat and gloves. The new charcoal greys might be teamed with leopard muff and fur-trimmed hat.

"Lady In Black"

A sophisticated "lady in black" outfit worn with black accessories and priced at £7 10s. Had a flowing line to the wide, waist-deep grosgrain revers that matched a grosgrain over-flap to the apron front. The only touch of color to this dolman-sleeved dress with its wing-cuff, three-quarter sleeve was a metallic spot in gold throughout.

For the more conservative there were classic styles in unobtrusive checks such as the straight-jacketed dress with big flap pockets, three-breasted shirt-top and three-quarter cuffed sleeves, priced at £8 12s.

Three-piece outfits with smart, slim-skirted suits under box swagger coats cost 19 guineas and could be found in different styles and colors. A sportswear three-piece had classic oatmeal suit topped by a yellow-and-brown swagger coat in birdseye check.

An up-to-the-minute garment with a utility price was the black wool cloak with soft shoulderline, iron pointed collar and red lining. Worn with black accessories over a slim black suit, it had the somewhat sinister look reminiscent of Victorian melodramas. It may also be used as a reversible evening wrap.

Afternoon and evening wear included housecoats, cocktail two-pieces and evening dresses, all at moderate prices. A lovely housecoat in black gold-trimmed Angora cost £7 10s.

Cook's Corner

CREAMY CHICKEN-NOODLE SOUP

1 envelope chicken-noodle soup 1 egg 2 teaspoons lemon juice Make up the chicken-noodle soup according to directions on the package. Beat the egg until thick and light and stir in lemon juice; gradually stir in hot soup. Pour soup back into saucepan and cook over very low heat, stirring constantly, for 2 minutes. Serve immediately.

TOMATO AND GREEN PEA CONSOMME

Yield—8 dinner-appetizer servings, or 5 or 6 substantial lunch-son dr supper servings. 1 can (10 oz.) condensed green pea soup 1 can (10 oz.) condensed tomato soup 1 can (10 oz.) condensed consommé 2 cups milk Turn the green pea soup into upper pan of double boiler; very gradually blend in the tomato soup. Gradually stir in the consommé and milk. Cover and heat thoroughly over boiling water, stirring occasionally.

Anne Adams Patterns

YOUR SLENDERIZER!

You look so young and pretty in this graceful new classic! A shirt-frock style, it's so softly flattering it could be your tea-and-luncheon best! Shown in all-one fabric, the collar and pocket-tops also make striking spots for contrast. That skirt is NEW! Pattern 4804 in sizes 34, 36, 38, 40, 42, 44, 46, 48. Size 36 takes 3 1/2 yards 39-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 St. West, Toronto, Ontario.

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ELLEN'S DIARY

By an Island Farmer's Wife

Our holidays — how they return to mind, perhaps because we like to recall not so much our moments of leisure, but that we would retain in heart the quiet, lovely scenes of that season... leaves drifting slowly earthward, gold to small hills and cartons or scuffling happily along and a parting, or a smile that was and is suddenly no more. Silver mist of morning lifting from the river, mellow sun of Autumn warming the fields, night-shadows sometimes a Balm in Gilead to the weary, flooding the valley.

Other precious scenes we remember: the children parcelling the harvest from the white birch branches, gathering its discarded gold to small hills and cartons or scuffling happily along and a parting, or a smile that was and is suddenly no more. Silver mist of morning lifting from the river, mellow sun of Autumn warming the fields, night-shadows sometimes a Balm in Gilead to the weary, flooding the valley.

And we recall Jeanie proudly capping her jars of jelly, which contained not only the essence of the fruit used, but a reflection of the sunbeams aslant through her kitchen windows, her children's laughter, red furrowed fields, the creak of the heavy wheels of the farm-cart bringing home some gift of the harvest, chickens in the yard practising strange lusty crows.

And it is so easy for us to remember James... pleased at the progress of some work about, steps brisk along the yard, carrying a drink to a stabled animal or tempting one with a jaded appetite with an interesting offering. And then with a never-say-die attitude off to some work of the day.

"Is the pond always quiet like that, Ellen does it always dream?" a visitor asked with a smile, for holiday-time brought to Alderlea more than one interesting caller... farm-wives, ladies o' pairs, whose education of necessity, includes a variety of subjects; smart and talented town and city women, colors of their ensembles blending beautifully with the shades of the season... mothers, great hopes and plans bound up in the lives of their children, grandmothers with the love-light of affection for theirs in older eyes. Men too — a boy of eighty-one, and a lad returning from murmuring "sweet nothings" to his fair one; farmers to compare notes and talk shop with ours, older ones to visit stable and piggery, the young to "caress" the tractor and its machinery, in the machine age we now enjoy.

Holiday-time? It brought us the quiescent mood of autumn — soft haze of smoke on distant hills, echo of year's passing from waste-gate and field and wood-herald of fall rains in the flash of land. Sight of it in bare branches, blue jays' wings along the alders by the stream. "And with Hal-lowe'en past" granddaughter said today, eyes aglow with lovely expectancy "next comes the visit of the Princess... and then Christmas! There's always something nice happening, isn't there?" she smiled. Until to-morrow — Diary — Good-night....

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Alice Brooks Designs

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When Your BACK Begins to Ache

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by Alice Brooks

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