

## How Can I...

By Anne Ashley

Q. How can I make a good substitute for maple syrup?  
A. If the peelings of pears, or peaches, are covered with water, sweetened to taste, and boiled until about the consistency of syrup, it will make an excellent substitute for maple syrup, and is not expensive.  
Q. How can I clean a black straw hat and restore the faded color?  
A. Mix well together two-thirds olive oil and one-third jet black ink, and go over the hat with a small brush.

## Morning Smile

Bad Company

When charged with being drunk and disorderly, and asked what he had to say for himself, the prisoner gazed pensively at the magistrate, smoothed down a remnant of gray hair, and said: "Your honor, man's inhumanity to man makes countless thousands mourn." Ten not so debased as Swift, as profligate as Byron, as dissipated as Poe, as debauched as—"That will do!" thundered the magistrate. "Ten days! And, officer, take a list of these names and run them in. They're evidently as bad a lot as he is!"

## That Body Of Yours

By James W. Barlow, M.D.

### GETTING READY FOR A PHYSICAL EXAMINATION

An old family physician was asked to make a thorough examination of a young man who was about to take out some life insurance and wanted to know if he was in fit condition to obtain a policy. After a thorough examination, the physician told him he was sound and would obtain the policy if he followed some simple suggestions.

Among the suggestions were that he go to the examining physician's office as early in the day as possible and without breakfast. When heart and blood pressure were being tested, he was to let his body go flaccid or limp so as not to raise the blood pressure or the pulse rate. If the examining physician found pulse or blood pressure high, he was to ask to read the morning paper for a few minutes in order to "calm down."

The idea behind this procedure was the fact that emotions and nervousness can throw out normal blood pressure readings. During one of the sessions of the American Heart Association, Dr. Heinz Magendanz and Joseph Shortleeve, Boston, recounted their experience in taking electrocardiogram readings. They found abnormal readings in patients without obvious heart disease and no tachycardia (very rapid beating of the heart). When examination of these patients' heart and blood vessel systems by clinical, x-ray and laboratory means failed to show evidence of any heart disease, it seemed possible that anxiety was responsible for the changes in the electrocardiogram. Therefore, the electrocardiogram was repeated with reassurance and 15 minutes of bed rest. Surprisingly, this often led to reversal or disappearance of the electrocardiogram abnormalities.

Clinical study of these patients revealed that many suffered from anxiety, neurocirculatory asthenia (irritable, nervous, soldier's heart) or related psychiatric (emotional) disorders. These findings are in line with those of other investigators who have reported instances of abnormal electrocardiograms in fearful patients. The following factors have been blamed for such electrocardiogram abnormalities: alkalosis, imbalance of extracts of the glands, heightened sympathetic (central nerve) tone and others. Drs. Magendanz and Shortleeve were able to correct these abnormalities by the simple treatment of rest and reassurance.

## Latimer-Costain Wedding



A wedding of local interest took place on March 27th, in Cravenhurst, Ontario, between Lillian Goldie Costain, eldest daughter of Mr. Donald Costain and the late Daisy Costain of St. Louis, P. E. I., and Bernard Morris Latimer, only son of Mr. and Mrs. Eldon Latimer, of Angus, Ontario. The bride wore navy blue tulle with corsage of red roses, and was attended by Miss Patricia Chaisson, also dressed in navy blue with corsage of red roses. The bridegroom was attended by Mr. Clarke Hudson. A small reception was held at the "Joe Gawa" hotel, from whence the bridal couple left for a short honeymoon in Toronto, prior to both returning to their places of employment.

## ELLEN'S DIARY

By an Island Farmer's Wife

The sawing of firewood which began at Alderlea yesterday was completed this evening. We heard the not unusual sound of the saw suddenly cease toward sunset and by the continued silence knew that the endeavour was over—done for another year. And were grateful that none of the workers had suffered any ill of sawing. That no accident, no careless slip or undue haste in handling saw or wood had appeared to leave a tragic or sombre note in its wake.

What a convenient season the farmers had chosen for it—or towards which their good fortune had borne them! Lovely April days, clear and sunny, and pleasantly cool. James himself declared he "never saw better" for the chore nor more despatch at the work. He whom we continue to regard as "the young lad" from the house on the hill—nephew to Mr. C. operated the saw. Expertly—and doubtless having been cautioned by James to "take your time now!"

Rob attended the sawn blocks—those that will provide the housewives with many a comfort in the months ahead: maple sticks for "staying fire, white birch for remembrance of open fires of the old years, spruce and fir for quick fragrant substance, apple-wood from the old brown russet for "witches' wood." Returning to mind Tim, our one-time hired man and his happy teasing ways. As a lad commenting to James, after a friendly scuffle: "I'll soon be the stronger man—give me another year!" And James' merry: "You'll have to grow some yet—I'm thinking!" Or bringing in sticks of apple wood for our "cauldron."

So Rob tossed the blocks in turn to the heap—from which after a fashion gained in past years, James carried us an armful of the new sticks, a gesture to fortune he vows, so that these may be ever in goodly supply. Our younger farmer and a valued helper—a man new come to the neighborhood, big and alert and experienced in farm-work, offered the lengths of wood to the sawyer Mr. C., from the house on the hill came to lend a hand to hasten the work to a close.

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## DOROTHY DIX'S COLUMN—

### Back-Street Love

#### Other Woman Always Loser In Triangle Situation

DEAR MISS DIX: For three years I have been desperately in love with a married man who has two children. He is twenty years older than I. The feeling is not one-sided, nor is it a schoolgirl fancy. I've passed my thirtieth birthday and am too mature for that. Running around with someone else's husband is no joke. I do not approve and therefore I've hesitated to be seen with him, although I'm not happy with anyone else. I do not believe in divorce, neither does he, and we don't want to hurt his wife. She is a fine woman and deserves something better than to be tossed aside. I've gone out of my way to procure work elsewhere, but have had to come back here to finish the job.

Serious talks to each other helps for a few minutes, but a handclasp or kiss puts a stop to it all and love wins again. I want him for my husband, he wants me for his wife. Why can't I have him without hurting his wife?

The only answer for me seems to be to marry a chap who has proposed to me. I've told him of the situation but he wants to marry me anyway. I certainly don't love him, as my heart belongs entirely to the man I can't have, but I do admire him. Do you think it would work?

ANSWER: Your letter, which I have somewhat curtailed, gives a very fair and honest picture of your problem. Aside from the ethics and morals involved, which I will not discuss, as preaching is rather out of my orbit, the situation is one that can result in nothing but tragedy for you.

#### YOU'RE TO BE PITIED

As you view the affair now, from a vantage point completely enveloped in rose-colored clouds, the disaster is very well hidden. You probably regard "the wife" as the party of the triangle most deserving of pity; actually, it is you! She has the security of her position and, while her husband may not love her, he certainly holds her in great respect and admiration, judging from what you say. She has her children! She can afford to wait until the affair blows over. The man has nothing to lose either way. He enjoys the ardor of your love, then goes home to the affectionate atmosphere of

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## LITTLE ROMANTICS!

### "MATCH-MATE" HATS TOO!

by Little Tugget



Dearly beloved! Demure young sister-coats in softest, lushest all-wool covert cloth—combined with houndstooth—soft n'curved n' scalloped.

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7-11	\$16.95
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CHILDREN'S OWN TABLETS

## Cook's Corner

### ORANGE SUGAR COOKIES

3 2/3 cups once-sifted pastry flour or 3 1/2 cups once-sifted all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
2/3 cup shortening  
1 1/2 cups fine granulated sugar  
1 egg  
3 teaspoons grated orange rind  
1/2 cup orange juice.  
Measure and sift together three times, the flour, baking powder and salt. Cream the shortening and gradually blend in one cup of the sugar. Cream well. Add the unbeaten egg and beat until well combined. Combine 2 teaspoons of the grated orange rind and the orange juice.  
Add dry ingredients to creamed mixture alternately with orange juice, combining well after each addition. Roll out dough, part at a time, on lightly-floured canvas or baking board to about 1/4-inch thickness. Cut into fancy shapes using floured cookie cutters. Arrange cookies on greased baking sheets.  
Combine the remaining half cup of sugar and one teaspoon orange rind, sprinkle on top of cookies. Bake in a moderate oven, 350 degrees, 12 to 15 minutes. Lift onto cake coolers and cool thoroughly before storing.  
Yield—about five dozen cookies (approximately 2 1/2 inches in diameter).

## Modern Etiquette

By Roberta Lee

Q. When two men and two women attend a theater, in what order should they enter the row in which their seats are situated?

A. It is now customary and acceptable for the two women to be seated next to each other. So, one of the men enters the row first, followed by the two women, and then the second man.

Q. Is it correct to begin a social letter with the excuse that you have been too busy to write earlier?

A. No, this is trite and in very poor taste. If you are really embarrassed about your delay in writing, merely say that you are sorry, then plunge into your letter.

Q. Am I obliged to ask my bridegroom's sister to serve as a bridesmaid at our wedding?

A. A bride chooses her sisters or her best friends, as her attendants. And she is in no way obligated to include the bridegroom's sister.

promise of fulfilled goals in sight. The magnitude of exceptional openings may excite and thrill, but letting such captivating situations get out of hand could be disastrous. Keep on an even keel in the midst of most alluring and intriguing bids for progress, promotion and favors from on high. At the same time, there could be subtle and sinister pitfalls for the unwary. Loss of funds, friendship, prestige, could complicate or work against excellent prospects. Shun extremes and overplaying the hand.

A child born on this day may have ideas, talents and urges of expansion, optimism and good nature, with exceptional enterprise and ambitions. It might gain by training in moderation.

## Better English

By V. C. Williams

1. What is wrong with this sentence? "Referring to your brief note, you said that I made some mistake."
2. What is the correct pronunciation of "canonical"?
3. Which one of these words is misspelled? Disposable, dispensation, dispeptic, disparity.
4. What does the word "peremptory" mean?
5. What is a word beginning with red that means "exceeding what is necessary"?

### ANSWERS

1. Say, "Referring to your brief note, I observe that you said I made some mistake." 2. Accent second syllable, the o pronounced as in on. 3. Dyspeptic. 4. Taking away a right of action, debate, etc.; conclusive. "The officer's peremptory command was obeyed." 5. Redundant.

## The Stars Say - -

By Genevieve Kemble

### For Tomorrow

THE indications are for a day of peculiar and intriguing developments, affecting employment, contacts with superiors or those in power and authority. Cherished ambitions, hopes and wishes may give concern, and call for particularly astute and shrewd handling. Since affairs of first magnitude are involved, it might be advisable to keep well established on neutral ground until developments show just how the wind blows.

### For the Birthday

Those whose birthday it is may have a year of exceptional opportunities and bids for enhanced power and expansion, with high

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