

Household Scrapbook

By Roberta Lee

Gasoline Test
The auto driver may use the following method for testing the grade of gasoline he uses: Pour a little gasoline into the palm of the hand; if it evaporates quickly and leaves the hand dry and clean, it is high grade. If it evaporates slowly and leaves a greasy deposit, it is poor grade.

Patching Linoleum
Fill the holes in linoleum with a mixture of finely-chopped cork and liquid glue. When this mixture hardens, smooth down by rubbing with emery paper. Pain with matching color and design.

Ivory Knife Handles
Stains from ivory knife handles can be removed by using cut lemon, dipped into table salt, and rubbed over the stains.

How Can I...
By Anne Ashley

Q. How can I make a delicious French dressing?
A. Mix a solution of 2/3 olive oil and 1/3 lemon juice, salt, pepper, mustard, and paprika to taste; a pinch of thyme, 2 bay leaves, and a bean of garlic. Shake well and allow to stand.

Q. How can I restore flannels, that have become hard and shrunken, to their former softness?
A. Soak the flannels in gasoline for a few hours. Then wash in soft soapsuds as usual, and rinse in clear water of the same temperature.

Q. How can I rid the house of spiders?
A. Saturate some cotton or cloth with pennyroyal and place it in the infested place to rid the house of spiders.

Better English
By G. C. Williams

1. What is wrong with this sentence? "These here apples are very good, and I'm thinking I will take one."
2. What is the correct pronunciation of "unlearned"?
3. Which one of these words is misspelled? Biennial, bivouac, "biological" bibulous.
4. What does the word "conducive" mean?
5. What is a word beginning with ins that means "to intimate"?

ANSWERS
1. Omit here, and say, "I think I shall take one." 2. Pronounce un-lur-ned, three syllables, not un-lurnd. 3. Biennial. 4. Leading or tending; helpful. "These things are conducive to good health." 5. Insinuate.

Modern Etiquette
By Roberta Lee

Q. Is it proper to breathe upon the eyeglasses in public when cleaning them?
A. Never! In the first place, try to avoid cleaning the eyeglasses in public, and above all, the act of holding them to the mouth and exhaling upon them. If absolutely necessary to clean them in the presence of others, try to wipe them without restoring to this last offensive method.

Q. Is it necessary that one send a gift when invited to a bridal shower and one cannot attend?
A. Yes, if one wishes to retain the friendship of the hostess and the bride-to-be.

Q. Is it proper to break bread or crackers in the bowl when partaking of soup?
A. Yes, this is now considered proper.

The Stars Say --
By Genevieve Kemble

For Tomorrow
A HOLD-OVER of important issues, perhaps in the nature of unfinished business, may engage the undivided attention. And while stress and daring, revamping and revision of plans and objectives may be in order, at the same time a determined adhering to fundamentals in arranging a code or plan of action, concentration and conservation must be used in making the most of those factors which have prospects profitable and enduring. Work for security and lasting returns.

For the Birthday
Those whose birthday it is may have much study and calculation of existing situations, prospects and results to do in framing a workable program or course of action, for further solidarity, consequences and happiness. Personal—that is domestic, social and romantic—decisions may be bound up in more sordid or practical considerations. And it may be advisable to use tact and compromise in making decisions rather than forceful or aggressive measures. Major issues and more tangible culminations may gain by due analysis of underlying facts. Test ideas and plans before action, as "jumping at conclusions" might complicate.

A child born on this day, while talented, energetic, urged on by novel ideas or intuitions, may have a dramatic and challenging life.

ELLEN'S DIARY
By an Island Farmer's Wife

Grandfather sat on the floor in the room above the kitchen where we were at a matter of cleaning at the time, a book from the bedside table in her hands.
"Now here," she said opening it and turning the leaves to a place she had marked, "is the clover I found last summer. It has four leaves... that means 'Good Luck!' 'The same' she explained, "as a rabbit's paw, or a horse shoe." Her cousin Gage had dropped to his knee to sit opposite, polite curiosity in his expression. "Do you know what Book this is?" she asked in the motherly voice she uses for younger children. He nodded. "Sure, I know!" She smiled. "Bibles" she confided, "are the best places to put things in you want to save. I put this here a good many months ago."

"My grandmother" she continued "puts clippings — 'Family Clippings' — she calls them in the big Bible down in the parlour. I asked her one day why, when she was putting one in and she said they were for our children to read when we are older. Do you think you'll ever want to read them?" she queried bending nearer to look in his eyes. "No!" he laughed, "I shan't — I'll be too busy when I grow up."

"But you might" she offered earnestly "you never know. They'll be there for a long time. Until" she smiled her make-believe smile "you are married. Yes!" she said, "Bibles are the best places to put things in — nice things you want to save."

We were cleaning a cupboard at the time—checking the contents one by one. Finding there often with surprise other "kept" items, fragments of the living of bygone years... It was an interesting morning at Aleria, as these notes on farms invariably are which hurry us with a nifty toward the rush and excitement of seedtime. Indoors we could not be unaware of the brisk pace of the work at the barns. Indeed, James had spoken of it at breakfast, when, lifting eyes to the hills about it seemed as though winter still held the countryside firmly in his grip.

"There won't be much last to the snow, Ellen" he offered, "and, dear me, the hauling that's still to be done!" Choring must be suspended this morning while weightings were taken in a pigery. Then sections of potential and side were given their first and last mile by sleigh to board Rob's truck parked presently in the vicinity of this farm's end... We are inclined to sigh deeply over this practice of leaving machines to the mercy of a winter storm. "Ah me!" we say of it. And James as were we, born to more thrifty ways, agrees. He spoke of it this evening.

"Why, it's not so many years ago on farms when if a farmer had to borrow a sum equivalent to that he puts now in a car or piece of machinery, it was considered a very instance, a disheartening venture. It would take him a life-time to pay it off," we said. And now what do we do? Buy a machine with little concern leave it in a snow storm. We, who one time wouldn't think of leaving our best buggy out over-night! And don't you remember, Ellen how ashamed we would be of our hospitality if we neglected to run our visitors' carriages in the shed or under a tree to 'save' them from the sun? It's a truth, Ellen, that our sense of values has changed!" he smiled, "whatever will be the end of it all."
—Diary—
Good-night...

That Body Of Yours
By James W. Barton, M.D.

HYDROTHERAPY IN TREATMENT OF NERVES, HEART, BLOODVESSELS

Today "physical medicine" is mentioned frequently in magazines and you may wonder what the term means.
Physical medicine includes hydrotherapy, the treatment of physical ailments by baths of all kinds, used by man from the beginning of the world, and today includes massage, physical exercise and electricity.

Another word you see frequently is rehabilitation, the re-establishment of the sick, injured and weak by means of physical medicine so that they can do the best possible for themselves in order to make a living or at least part of a living.
Among the first methods used in re-establishing or rehabilitating the individual is the use of hydrotherapy or bathing in hot and cold water.

The International Record of Medicine, Dr. Ferdinand F. Schwartz, Medical College of Alabama, outlines the methods to correct various ailments, relieve pain, loosen up stiff joints, calm jangled nerves, by use of hot and cold water.

The physiological effects of heat upon the nervous system are:
(a) Sudden application of heat stimulates the nerve endings in the skin and centers, thus providing a brief excitement effect.
(b) Application of moderate heat soothes the outer nerves of skin and will relieve pain in the congested internal organs with

DOROTHY DIX'S COLUMN—

Key To Popularity
4-Step Program For Making New Friends

DEAR MISS DIX: We have just moved to a suburban town from the city. I am finding it very difficult to make new friends, as most of the people around here have known each other for years. I'm a sophomore in high school. After school I have nothing to do but sit home and study or read. My mother says she's tired of my moping, but I do miss my friends in the city and don't know what to do with myself here. Have you any suggestions?
VIVIAN



Muriel Nissen

ANSWER: It does often take a little time and patience for one to break into a new and already established "crowd", but it certainly is not the hopeless task you make it. Your schoolmates are just waiting to see if you measure up to their standards before accepting you as one of themselves. In the meantime, I have a few pointers that may help. Proficiency in four major fields of endeavor will soon bring you all the friends and dates you could possibly hope for. Here they are: Take the four letters that spell G-I-R-L! Let each one remind you of a trait you must acquire, and perfect. These are the things you must do: Groom, Interest, Relax, Live! Not too difficult an assignment, is it?

APPEARANCE COMES FIRST

Groom: Your appearance, of course, is the first thing people notice about you, and from it they can form the most amazing conclusions. If you happen to be a habitually untidy person, you'll be immediately marked tabu with particular people. So you begin by paying meticulous attention to the way you look: Your hair must be clean, lustrous, shining, and arranged simply and tidily. If you use make-up, go easy. Don't plaster color on cheeks that nature has already tinted with a glowing pink, nor waste gobs of lipstick on youthfully red lips. Be sure your clothes are always spotless and pressed, your shoes shined, and belts straightened. Don't go in for extremes in anything, especially when in school.

Interest: Now you have attracted the attention, and approval, of your schoolmates by a well-scrubbed and shining appearance. They begin to notice you and make conversation. Show your interest in them. Don't try to impress them with your life in the city, the glamorous friends you knew, or places you frequented. Be curious, but not obnoxiously inquisitive, about the activities of your new acquaintances, and about the school. Even though the goings-on may seem "small town" to you, this is, after all, where you live and local affairs will be important in your new life.

Relax: Now that you are receiving some attentions from your neighbors, don't be flustered by them. Accept any invitations extended to you in a gracious manner, with no false hesitations about not knowing whether you're free on a certain night or not. Even though some of the boys and girls may seem boring to you, be nice to them and accept any overtures in a pleasantly grateful manner.
Live: By this time, you have become one of the bunch. You go to many of their homes, their parties, and are part of the general group. Don't sit back on your laurels. You must begin to do your part by contributing something to the general welfare. If you have talent, don't be hesitant about contributing some of it. If you play a musical instrument or sing, be generous in sharing the gift, but don't overdo it. Gauge the point at which your audience is satisfied, but not bored, and stop. Young peoples' groups become restive very easily, and activities must be constantly changed. If you don't have a particular talent, develop one. Become proficient in at least one sport and be ready to join in any games possible.
Follow this simple program, and see how long it takes to make friends!

DEAR MISS DIX: I was married four years ago when I was 18, and now have three children. My husband has driven a truck ever since our marriage, and has only been coming home once or twice a week. I hated it at first, but now I am glad, as he bores me to death. His only topic of conversation is trucks! Now he wants to get a job where he will be home nights. I dread it as I don't know how I can stand having him home every night of the week.
BONNIE

ANSWER: When a man is working hard to support you and his family, I don't see how you can tell him you don't want him home because he bores you! After all, he's earning the living for you. Being alone so much these past four years has probably made you so independent of anyone else's companionship that you dread having your solitude invaded. This phase, too, will pass as soon as you get used to your husband's new working schedule. If his conversation bores you, have you given any thought to your own? Perhaps you don't always have a sparkling flow of small talk, either.

which the skin nerves are in reflex relation.
(c) Very hot, brief applications stimulate the vasoconstrictors (nerves tightening the blood vessels) in the skin and in the organ which is in relation to area heated.
(d) Prolonged application of extensive heat prevents the heat regulating centers from regulating the accumulation of too much heat within the body, from resulting in accumulation of tissue waste and lessened oxidation of the tissues. All tissues need fresh oxygen.
Effects of heat upon the blood vessels: (a) Moderate heat will slow the pulse, while gradually raised temperature and prolonged application will relax the muscle fibers of the heart and quicken the pulse; (b) sudden, very hot applications will contract the skin blood-vessels and these vessels will dilate in reaction; (c) general hot application, if not properly applied, may cause congestion in the head, which can be prevented by cold applications to the head.
Effects of heat on blood pressure: Warm bath dilates vessels, lowers blood pressure.
Effects on respiration (breathing): General application of heat like the warm bath, will increase the rate and ease of breathing.

A Country Garden
By Mrs. Gordon MacMillan

MIRACLE

Come sweetheart, listen, for I have a thing most wonderful to tell you—news of Spring.
Albert Winter still is in the air, and the earth troubled, and the branches bare.

Yet down the fields today I saw her pass —
The Spring — her feet went shinning through the grass.
She touched the ragged hedges — I have seen
Her fingerprints most delicately green.

And she has whispered to the crocus leaves,
And to the garrulous sparrows in the eaves.
Swiftly she passed and shyly, and her hair
Young faces was hidden in her cloudy hair.

She would not stay, her season is not yet,
But she has reawakened, and has set
The sap of all the world astrir, and rent
Once more the shadows of our discontent.

Triumphant news — a miracle I sing —
The everlasting miracle of Spring.
—John Drinwater.

The maple sap in this garden is being gathered into tall cans these spring days, and then will be boiled down to the most delicious syrup. It is a good plan to plant some sugar maple trees this spring and very soon they will be large enough for tapping.

An illustrated copy of the New York's Botanical Garden's new show at the Bronx has been received from a friend. "New Yorkers stepped out of New York in snowtime into Holland in Tulip Time when five thousand tulips opened in the show and all this month there will be many of these wonderful flower shows. New Yorkers have had a long winter as well as others who live in Eastern Canada and there is some psychological urge to see flowers grow.
Spring is the time to plan the garden for this season and a list of books on gardens and gardening has been received from our Prince Edward Island Library. About two hundred and fifty books are listed with the authors and a description of each.

It is possible to learn all that is necessary from these books to garden in the finest way. The cultivation, landscaping, lawn-making, rock gardens, wild flower gardening, color and fragrance, annuals, perennials, herbs, roses, vines and climbers, hedges and shrubs, indoor gardening, flower arrangement, gardening experiences and several good garden magazines. One of these lovely books is here on my desk. "Gardens and Gardening," by F. A. Mercer and R. Hay. It is beautifully illustrated by one hundred and fifty photographs of gardens.

Nine specialists have written the book, including men and women from the Royal Botanic Gardens, Kew, and the Royal Botanic Garden, Edinburgh, and the Curator of the Wisley Gardens, and many amateurs who have made a success of their particular flowers. Several of the illustrations are of gardens in America, New Zealand and of the wonderful gardens in the British Isles.

There is a chapter on Garden Design by Percy S. Cane and he stresses the gardens and the planting which can be beautiful and still be easy to care for in these days of austerity.
It is an annual book and up to date and can be secured from our wonderful Library for the asking, as well as hundreds more on the subject of gardening.

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Two Can Sing
by James M. Cala

CHAPTER ONE
Part One

All this that I'm going to tell you, started about four years ago. You may have forgotten how things were then, but I haven't. I'm a contractor, junior partner in the Craig-Borland Engineering Company, in New York, and in my business there was nothing going on. We sat for three years with our feet on our desks reading magazines.

It got so bad that when Craig, my partner, came into the office one day with a comical story about a guy who wanted a concrete chicken coop built, somewhere out in Connecticut, we looked at each other shifty-eyed for a minute, and then without saying a word we put on our hats and walked over to the railroad station to take a train. We wanted that coop so bad we could hardly wait to talk to the man.

After the coop was built, Craig dug in at the farm upstate, and that left me all alone.
It was about four-thirty on a fall afternoon when I decided to call it a day and go home. The office was in a remodeled loft on East 35th street. We own the whole building. The house is on East 84th street, and it's a house, not an apartment.

But I had forgotten it was Wednesday, Doris' afternoon at home. It was the usual mob: a couple of Doris' cousins, three women from the Social Center, a woman just back from Russia, a couple of women who have boxes at the opera and half a dozen husbands and sons. They were all Social Register.

Me, I'm Social Register too, but I wasn't until I married Doris and I'm a traitor to the mind that took me in. These friends of Doris', I don't like them, and they don't like me.

I went around, though, and shook hands, and didn't tumble that anything unusual was going on until I saw Lorentz. Lorentz had been Doris' singing teacher before she married me, and he had been in Europe since then and this was the first I knew he was back. And his name for some reason, didn't seem to get mentioned much around our house. You see, Doris is opera-struck, and one of the things that began to make trouble between us within a month of the wedding was the great career she gave up to marry me. I kept telling her I didn't want her to give up her career, to go on studying. But she would come back with a lot of stuff about a woman's first duty being to her

home, and when Randolph came, and after him Evelyn, I began to say she had probably been right, at that. But that only made it worse.

They left about six-thirty. I poured two drinks, and set one beside her and said here's how. She kept looking out the window and in a minute or two saw the drink and stared at it like she couldn't imagine what it was. That was a bad sign, because Doris likes drink as well as you or I do.

"Oh, no. Thanks just the same," she said.

"You feel bad?"
"Oh, no; it's not that."
She pointed at her throat.

"Oh? Bad for the voice, hey?" she said.

"Ruinous."
She kept looking at me with that sad, orphan look which she always gets on her face when she's getting ready to be her worst, as though I was far, far away and she could hardly see me through the mist, and then she went back to looking out the window. "I've decided to resume my career, Leonard."

"Well, gee! That's great!"
"It's going to mean giving up everything. And it's going to mean work, just slaving drudgery from morning to night."

"I guess singing's no cinch, is that?"
"But—something has to be done."

"Yeah? Done about what?"
"About everything. We can't go on like this, Leonard. Don't you see? I know you do the best you can and that you can't get work when there is no work. But something has to be done. If you can't earn a living, then I'll have to."

Now, to you maybe it sounds like a game little wife stepping up beside her husband to help him fight when the fighting was tough. It wasn't that, at all. In the first place, Doris had high-hatted me ever since we had been married, on account of my family, on account of me being a low-brow, on account of everything she could think of. But one thing she hadn't been able to take away from me I was the one who went out and got the dough, and plenty of it. And this meant that at last she had found a way to high-hat me even on that.

To be continued

Morning Smile

Let's Face It!

Two girls were talking about their social affairs one afternoon over a cup of tea and one of them leaned over in a confiding manner and said:
"Do you know that Harry was wearing my picture over his head in Korea and it stopped a bullet?"
"Yes," murmured her friend, surveying her. "And I'm not at all surprised."

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