

The Stars Say

By Genevieve Kestable

For Tomorrow

A HAPPY regime of fruition and progress, with expansion, growth, and enlarged scope and opportunity is foreseen all along the line, according to current auguries. It is a time to reach up and outward into the realm of heart's desire wherever the preparation, ambitions and aspirations may lead. At the same time, it is possible that unexpected realizations may culminate in promotion, honors, personal gratifications.

If It Is Your Birthday

Those whose birthday it is, may find opportunity knocking at the door, and with peremptory noise and clatter perhaps. Preparedness is the keynote to rich promise in the way of promotion, dignities, with possible surprise tokens of appreciation and personal esteem. This is true in private, business, political or philanthropic affiliations. The opportunity is rare for attainment of much-cherished ends and aspirations. A child born on this day, may be assured of the growth, rewards, gratifications, of an ambitious, honored and efficient life, with possible distinctions and recognition.

That Body Of Yours

By James W. Barton, M.D.

TAKING CARE OF THE ELDERLY IN THE HOME

At school, when we wished to describe a boy too lazy to work or to play, we said he was afflicted with "masterful inactivity." For all we knew, the boy may have had good reasons for not wanting to play or work (physician's or mother's instructions, for instance), but youngsters are thoughtless and sometimes heartless.

I came across this same expression, "masterful inactivity," recently in Dr. Edward A. Strecker's book, "Fundamentals of Psychiatry," in his description of the psychoses of old age in which there is a downward trend, mentally and physically. There are various types of "strange behavior" in the aged: (a) very nervous, (b) depressed, (c) confused, (d) suspicious.

There may be a long time, many months, in which the "beginning" signs of old age appear, one of the first of which is loss of memory of recent occurrences. There is less consideration of others, peevishness, temper tantrums and other changes in disposition besides beginning physical weaknesses.

These elderly patients need and are entitled to careful attention and nursing. Dr. Strecker advises that the first thought in the treatment of these elderly patients with odd behavior is to realize the importance of "creature comforts." Proper, easily digested food at frequent intervals and not in too large quantities, clothing to protect against cold, even in summer, as old people chill easily, a comfortable bed, enough sunshine and fresh air and personal cleanliness.

Medical care should be directed toward "masterly inactivity,"

Modern Etiquette

By Roberta Lee

Q. Would it be all right for a hostess to cancel an evening of bridge if she finds out an hour or so beforehand that one of her guests cannot come?

A. No, this could be inconsiderate of the other guests who have already made arrangements to attend. She should try her best to find a substitute, and if she fails in this; suggest a game of hearts, rummy, canasta, or some other entertainment.

Q. When a dinner guest finds at dessert time that he already has eaten too much, should he apologize and refuse the dessert?

A. Never. He would be exhibiting much better manners if he accepted the dessert and at least made some effort to eat some of it.

Q. Who pays for the bride's bouquet, and for that of her maid-of-honor and bridesmaids?

A. The bridegroom pays for the bride's bouquet, and her family stands the expense of the bouquets for her attendants.

which is the right treatment for the elderly (though we thought it wrong for the youthful). This means keeping bowel regular but not using too much laxative or purgative medicines, and small doses of sedative or quieting drugs when necessary.

"There are a thousand and one medical chores such as relieving skin irritations (senile pruritis), or hemorrhoids (piles) or bladder irritations, toothache, improving the general bodily strength and tone by suitable vitamin treatment. The doctor who considers himself superior to these considerations should never have studied medicine," writes Dr. Strecker.

FAMOUS RIVER

The Yukon River which empties into the Bering Sea has been traced for 1,979 miles to its source.

Household Scrapbook

By Roberta Lee

Chiffon

Chiffon that has a crumpled and limp appearance may be restored by hanging in the bathroom and letting the bathroom fill with steam. After a few minutes of this, the chiffon can be taken into the open air, where it will return to its bright freshened condition.

Ink Stains

Remove the ink stains from fingers by wetting the head of a match and rubbing it on the spots. Then rinse fingers with soap and water, and the ink will disappear.

Chamois Leather

If you will add a few drops of olive oil to the water when washing chamois leather gloves, they won't get stiff when dry.

How Can I!!!

By Anne Ashley

Q. How can I make a cleanser for brass, copper, and pewter.

A. A good cleanser is a mixture of salt, with an equal quantity of flour and vinegar. Apply a paste made up of these ingredients and allow to remain on for an hour; then rub off. Wash with water; then polish.

Q. How can I make better coffee?

A. The grounds should be removed from the coffee as soon as it is made, as they absorb the aroma. If possible, serve the coffee, immediately. If it has to stand awhile, keep it hot over a very low flame.

Q. How can I clean sponges thoroughly?

A. Soak the sponges in milk for several hours. Then wring them dry, and rinse thoroughly in hot water.

Mid-Morning Coffee

This week the thought has come to many how far in years the missionary groups of the various branches of the Christian Church have been in advance of political developments and economic plans. Every church member who has at one time or another contributed towards their own denominational missionary fund for "aid to the countries of the east," did indeed assist in their own private "Columbo Plan." Dozens of our teachers were sent, but many times without their necessary equipment of surgical and medical supplies, or blackboards and text boards, because we at home did not take time to understand their need.

Reading a newspaper can give you a fairly good picture of its community of subscribers. Often it is surprising to check over the reports of societies and welfare groups, to find that the majority of members who associate themselves with the church are women. Just look through the reports of missionary groups and you will find the W.M.S. which is always Women's Missionary Society, or the C.W.L., or a W.A. reporting the work that is being done in their own particular religious group. To these women there must come a feeling of accomplishment in knowing that they are and have been for many years working towards peace.

Questions for today. To put away your fur coat or to leave it out. To wear your cloth coat or to wear your fur coat. To wear a suit with a top coat. Or, to wear a suit with a fur coat. Or just forget the whole thing and stay in the house.

The Austrian ambassador to Canada made palate history last week in Ottawa when he entertained the commercial representatives of the embassies, legations and consulates and their guests at a luncheon meeting at the Chateau Laurier. The Wiener Schnitzel and the Linzer Torte on the menu were made strictly after Austrian recipes. Does anyone know how to make Wiener Schnitzel or Linzer Torte as I would like the recipes?

One Brighton housewife tells me this is how she avoids the last minute dressing problems of her husband. She has typed out the following pointers and tucked them in the top dresser drawer.

- Do let shirt collars show half an inch above suit collar.
Do let shirt cuffs show half an inch below coat sleeves.
Do wear double shirt cuffs and links.
Do wear collar pin to hold tie in place if required.
Do wear tie slide at end of tie.
Do wear white or solid-colored shirt with striped or patterned suit.
Do wear plain socks for business and dress-patterned for sports and leisure.
Do wear black shoes for dress-up and brown or black for business.
Do wear black dress shoes with formal clothes.
Do have coat sleeves pressed without crease.
Do wear trousers with only slight break at shoes.
Do wear full dress for formal evening and morning suit for formal days.
Do wear a grey hat with blue suit - brown hat with grey or brown hat with grey or brown.
Do wear sports slacks with sports coat.
Do wear garters or elastic top socks.
DON'T
Don't wear Oxford cloth shirts starched.
Don't wear button-down collars with dressy suits.
Don't wear brown shoes with dark blue suit in evening.
Don't wear dress bow ends behind your collar wings with tall coat.
Don't allow sides of white dress vest to show below front of tall coat.
Don't wear dressy shirt with tweed suit or sports jacket.
Don't wear sports shirts for business.
Don't wear clothes fitted too tightly.
Don't wear black bow tie, white jacket at afternoon affair.
There are times when I think this card must get lost.
Well Friday was a fine day in both weather and sales for the opening of the Homecraft project in the Market Building. This project which is to provide an outlet for the sale of homemade goods and handicrafts of all kinds, will, I feel, in a short space of time, develop into a fully organized industry. The women who first began to correspond in "Mid-Morning Coffee" to discuss the idea of marketing their own work now find that others, who through distance or handicaps can not take as full and active part as the originators of Homecraft, wish to use the 'shop' to market goods which otherwise could not be put before the public. This makes the Homecraft Shop a much larger community and co-operative organization than was first intended. It has certainly been a revival of industry which for many years has been so lacking on this Island.
"Business was so good," said one committee worker, "we ran out of wrapping paper."
And thanks to "A.M.R." who writes... Dear E.M.D. - "Thanks again for your valuable aid in our project. In fact I may say that though I am the instigator of the plan, you are definitely the egg-head." Sincerely, "A.M.R."
Next week I hope to have a marmalade recipe which has been promised by the Rev. X. - E.M.D.

Better English

By B. C. Williams
1. What is wrong with this sentence? "We have hopes of it succeeding."
2. What is the correct pronunciation of "auxiliary"?
3. Which one of these words is misspelled? Remedies, remittance, renaissance, remembrance.
4. What does the word "palladium" mean?
5. What is a word beginning with H that means "ancestral line"?

ANSWERS
1. Say, "We have hope of its succeeding."
2. Pronounce og-sil-yar-i, or as in of, both as in it, accent on second syllable.
3. Remembrance.
4. That which offers security. "The church offers a palladium to all conscientious people."
5. Lineage.

Cook's Corner

SALMON ESCALLOPED WITH TAPIOCA

With cool winter breezes whetting the appetites of children and adults alike, meals tend to become a little more substantial and nourishing than in the hot summer months. We think this new salmon casserole-type of meal provides a main dish that is both nutritive and wholesome, as well as very satisfying to a hungry family. Canned salmon, as many of you know, contains Vitamins A, D, and G, and valuable amounts of minerals and protein, as well as being an excellent dietary source of niacin. Since economy figures largely in running any household in these days of high living costs, we might add that using canned salmon is a thrifty habit, for it is what we call an excellent "extender" - it can be combined with many inexpensive foods such as macaroni, noodles etc., to feed a large family at low cost. For a meal that combines essential food elements with wonderful appetite appeal, at very low cost try this new recipe:
1/4 lb. can of salmon
1/2 cup milk
1/2 cup water
3 tablespoons minute tapioca
3 eggs
Seasoning
1 cup bread crumbs
Dabs of butter
Heat milk and water in double boiler, add minute tapioca and cook 10 minutes. Add salmon, flaked, and cook 5 minutes more. While this is cooking, beat the

LONELY SPOT

St. Helena, made famous by Napoleon's exile, is 1,200 miles off the west coast of Africa.

DOROTHY DIX SAYS

Looking For Miracles Too Many People Expect Too Much From Marriage

DEAR MISS DIX: The great trouble with marriage is that both men and women expect too much of it. I saw that clearly thirty-eight years ago when I was a young man, and I said to myself: "One is, in general, a little better off all along the line when married than single, then marriage is a success. I will expect no more of it than that." Result: Never the slightest disappointment or letdown. Expecting too much of marriage is comparable to having a play, a book, or a person overpraised beforehand. Disappointment is a mathematical certainty. Those who expect too much forget that dreams never come true. W. T. L.

ANSWER: Right you are, Mr. W. T. L. The main trouble with marriage is that both men and women expect the impossible of it, and when their expectations are not realized, and their venture does not pay 100 per cent in happiness they consider it a failure and refuse to recognize that after all, they are getting a fair dividend of comfort and ease and helpfulness on their investment.

NOTHING IS PERFECT It is a strange thing that marriage is the only thing in the world in which people expect to get absolute perfection. In everything else they are prepared to find defects and to accept them philosophically. They know they can take no journey without having to put up with inconveniences and adapt themselves to travel conditions. They know that when they enter into a partnership they will have to adjust themselves to the peculiarities and prejudices of the party of the other part. They know that there are losses and worries and disappointments in every undertaking. They know that you have to take people "as is" and make the best of them.

But they expect to make the matrimonial voyage under sunny skies and with favoring winds and with' never a cloud to mar it. They expect their domestic partners to always yes-yes them and never contradict that they have a right to any say-so in the firm, or to any share in the profits except what they choose to give. They expect marriage to give them nothing but happiness and prosperity and are never prepared for the trials and tribulations and sickness and bills and sacrifice it brings. And they expect those they marry to change into just the kind of people they wish them to be instead of what they are.

So it is no wonder that so many people are disappointed in marriage. They are looking for miracles and miracles never happen. DEAR DOROTHY DIX: Should a couple deny themselves children because of their financial situation when they want them more than anything else in the world and the waiting seems so long? My husband and I are 22 and we have been married nearly two years. We have nothing saved up and are paying on our furniture, but we expect to be out of debt by the end of this year. My husband likes being in debt and thinks we should wait until we are even with the world before we have a child. Is it always better to wait until you can afford a baby? MOTHERLESS WIFE.

ANSWER: Evidently you have a mother complex that amounts to an obsession, so I should say be a sport and take a chance on the baby. Lots of us were born into families that couldn't afford us yet somehow, some way we got fed and clothed and educated and given our chance in the world.

It can be done. It has been done millions of times. And if it imposed heavy burdens and called for many sacrifices on our parents' part, they never complained. And sometimes they have got their reward and the child that shouldn't have been born according to any dictate of prudence, grew up into a man or woman who was a blessing to the world and an honor to the father and mother who took a chance on it.

If we waited until we could guarantee the future and be sure that everything would be safe, we should never do anything at all, much less bring children into a world that is full of uncertainty. No man knows what a day may bring forth. Everything may go to pot, but on the other hand, we are just as likely to have good luck as bad. You pay your money and you take your choice, and who shall say that a baby is not worth all its costs?

DEAR MISS DIX: At what age is a girl considered an old maid and at what age is a man considered an old bachelor? THREE OLD MAIDS

ANSWER: These terms are virtually obsolete. Men and women are spoken of as young or old, but they are not put into any particular class because they are not married. The nearest definition that I can give is to say that a woman is an old maid when she gives up hope of marrying, and a man is an old bachelor when he determines not to marry, and these states of mind may be arrived at at any age.

white of an egg until stiff, and beat with bread crumbs and dabs of butter and beat again. Add to salmon mixture, and season to taste. Remove from stove, and put in well-buttered baking dish. Cook with bread crumbs and dabs of butter and bake until brown, about 45 minutes in a moderate oven. Serves 6.

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