

Cook's Corner

ORANGE-COCOANUT CAKE

1 1/2 cups once-sifted pastry flour or 1 1/2 cups once-sifted hard-wheat flour
2 1/2 teaspoons baking powder
2 1/2 teaspoons salt
7 tablespoons shortening
2 1/3 cup fine granulated sugar
1/2 cup corn syrup
2 eggs, separated
1 teaspoon grated orange rind
2/3 cup milk
1/2 teaspoon vanilla
1/4 cup fine granulated sugar
1/2 cup shredded cocoanut, cut up coarsely.

Measure and sift together twice the flour, baking powder and salt. Cream the shortening and gradually blend in the 2/3 cup sugar; cream well; blend in corn syrup. Add the unbeaten egg yolks and beat thoroughly until combined. Stir in orange rind.

Combine milk and vanilla. Beat the egg whites until stiff but not dry and gradually beat in the 1/4 cup sugar. Add dry ingredients to the creamed mixture alternately with the flavored milk, combining lightly after each addition.

Fold in the cocoanut. Add meringue to batter and fold lightly to combine. Turn batter into a greased 8-inch square cake pan that has been lined in the bottom with greased paper.

Bake in a moderate oven, 350 degrees, about 55 minutes. Let baked cake stand in its pan on a cake cooler for 10 minutes; loosen edges, turn out cake, peel off paper and turn cake right-side up.

Morning Smile

Good Answer

A reporter went to interview a local celebrity who had reached his ninety-ninth birthday. As the interview concluded, the reporter complimented the near-centenarian and added: "I certainly hope I can return next year and see you reach a hundred."

Popular

A beautiful blonde had just finished her act at a night club. A rich young man, sitting at a centre table, spoke to her sadly: "You're a lovely, talented and apparently well-educated girl. Tell me, why do you dance in a sordid place like this?"

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A PARTICULARLY astute and polite course of action is recommended for this day. There are peculiar undercurrents to cope with, perhaps intuitively and by strange hunches rather than on a basis of pure logic.

For The Birthday

Those whose birthday it is may anticipate a year of the dramatic, unpredictable and novel, with much of the surprising and unlooked-for developing. In connection with major projects there might be elements of the unique and hidden factors to challenge the abilities. Schemes and plots out of the ordinary may allure with a yen for new experiences and contacts proving dramatic.

A child born on this day, while having strong mental abilities, versatile and shrewd, has a deep grasp of secret or singular factors, which may stimulate and reward ultimately.

For Quick Cough Relief, Mix This Syrup, at Home

You'll be surprised how quickly a bad winter cough can be relieved, when you try this well known recipe universally used throughout Canada. It's no trouble to mix, and costs but a trifle.

In a 16 ounce bottle, pour 2 1/2 ounces of Pinex; then fill up with granulated sugar syrup to make 16 ounces. Syrup is easily made with 2 cups of sugar and 1 cup of water, stirred a few moments until dissolved. No cooking needed. Or you can use corn syrup or liquid honey, instead of sugar syrup. This makes four times as much cough medicine for your money. Never spoils and tastes fine.

Quickly you feel its penetrating effect. It loosens the phlegm, helps to clear the air passages, and soothes the irritated membranes. This explains why it brings such quick relief. Pinex is a special compound of proven ingredients in concentrated form, well known for its soothing effect on throat irritations. Money refunded if it does not please you in every way.

FOR EXTRA CONVENIENCE GET NEW, READY-TO-USE, PREPARED PINEX.

That Body Of Yours

By James W. Barton, M.D.

PROGRESS IN THE CONTROL OF EPILEPSY

As a child I saw a wealthy and very charitable middle-aged woman during a fit of epilepsy. I promised myself then that if I ever studied medicine, I would give considerable time to learning the cause of epileptic attacks and a possible cure.

While the cause or causes of epilepsy have become known, there is at present no cure. However, as epilepsy, in most cases, can be controlled so that the patient can avoid or almost completely avoid attacks, the life span of the epileptic is not shortened to any great extent and he can engage in almost all forms of gainful occupation.

So distressing to patient and family, and to others, are these attacks that throughout the civilized world organizations have been formed to conquer or at least control epilepsy.

In The Statistical Bulletin, Metropolitan Life Insurance Company, we learn that there is need for more facilities and personnel to diagnose and treat epilepsy. In the entire United States there are only 23 special clinics and only about 150 specialists in epilepsy. A substantial increase in the number of treatment centers, adequately staffed, would not only reduce appreciably the number of epileptics who enter institutions but would make many more of them self-supporting.

Because this early and adequate treatment has given such brilliant results, both public and private agencies have taken steps to challenge epilepsy. Programs are under way in which national, state and local agencies cooperate and these receive support from the Federal Security Agency. The Maryland State Department of Health and the University of Illinois College of Medicine are training physicians in the medical and social needs of the epileptic. The United States Public Health Service supports activities in the field.

The general home treatment of the epileptic is to cut down on liquids and starch foods and increase fat foods. Daily dose of one of the barbiturate or other drugs is prescribed by the family physician.

SUBFORE GOWER, England—(CP) — Postman Charles Haynes dug up an ancient vase in this Oxfordshire village but his wife would not let him put it on the mantelpiece. The vase now has been labelled by experts as a magnificent specimen of the bronze age, about 3,500 years old, and rests in a museum.

Reproduction Of Halliday's Well Known Portrait



This charming picture of Queen Elizabeth and the Duke of Edinburgh, walking in a garden, is reproduced from a portrait by British painter, Edward I. Halliday.

DOROTHY DIX'S COLUMN--

No Future

Married Beaux Seldom Keep Promises To Get Divorce

DEAR MISS DIX: Three years ago I began going with Bert; at that time he told me he loved me and asked me to marry him. Of course he is married, but said he was getting a divorce. On several occasions he told me he had started divorce proceedings, but I know he never did. He claims that, although he and his wife share the same house, they do not live together as husband and wife. He comes and goes as a single man—an arrangement he says has been going on for sixteen years.



Muriel Nissen

Now he is also dating a woman who works with him. Several times when he said he was working late at the office, I have seen them together in a tavern or at her house. He has made many promises to me that haven't been kept. I have given up friends he didn't like; I gave up a job because my working hours conflicted with the time he wanted to spend with me and now I have no one but him. I love him very much and keep hoping the situation will change for the better. Right now I don't see much future for us.

EDNA L.

ANSWER: You have got yourself into a sorry mess and the best thing to do is face the issue squarely, realize what you have to do, and do it. I appreciate the fact that life isn't as simple as this short solution sounds, but honestly, Edna, prolonging your present way of life will lead to nothing but greater heartbreak.

FACE FACTS

You know perfectly well by now that your sweetheart has no intention of getting a divorce. It's hard to admit this, even to yourself, but there simply is no other possibility. Get back to work and build a new life for yourself throwing away even the ashes of the old one.

You are still a comparatively young woman and need not despair of the future. A man who would give three women as bad a deal as this man has can't have anything to evoke respect or admiration from anyone.

Jobs are not hard to find today, and if you are attractive enough to please one man, I'm sure you'll find others who will make much better companions. All other considerations aside, doesn't the immorality of your life bother you? There is such a thing as sin, you know, and you can't go through life disregarding the fundamental principles of decent living without eventually paying a price. If you get out of this affair now, you'll be evading most of the tragedy that is bound to overtake you in time. Perhaps you will be lonesome and blue at times, but peace of mind and a greater chance for happiness in the right kind of life, perhaps with a decent man, will be your reward.

DEAR MISS DIX: I married John, a widower with three children. He does well at his profession, so money is no problem. He's a hard worker and a good provider, but is self-centered, inconsiderate and selfish as far as I am concerned. Although I love him, there are times when I'm humiliated at the way he treats me. There's nothing he wouldn't do for his children or family, while I do all the housework and laundry and never have a cent to my name. I never go to a hairdresser, for I have no money, and look so shabby for want of clothes I'm ashamed to go out at all. What can I do?

SUZIE V.

ANSWER: I'm afraid, Suzie, that you share the fate of many second wives, namely, your husband married you simply to acquire a cheap housekeeper. This is one of the pitfalls to consider whenever a widower with children courts a capable woman. If you don't have the respect of your husband, you surely won't get any from his children. The minute they are grown you'll be out of a job and a younger woman will be ready to step into your shoes. Fore-stall that issue, and set out for yourself if you want any future at all.

DEAR DOROTHY DIX: I'm 19 and very much in love with a boy of 20. We went steady for six years until last summer, when we broke up because I moved to another city to work. I went out with other boys, he dated other girls, but we finally decided to resume our friendship where we left off. Now he is going to another city to school and I am worried. He's handsome and can have all the dates he wants. He comes home every week end but I know nothing of what goes on during the week. Perhaps I just have a jealous nature but I just can't trust him.

WANDA G.

ANSWER: Since faith is the essence of love, you can't have the devotion to your boy-friend you think you have if you don't trust him.

After all, since you are admittedly pretty and not adverse to dating yourself, he has as much right to mistreat you as you have to doubt him. If you can't believe in each other during forced separations, your chances of a happy marriage are practically nil. Furthermore, a student doesn't have too much time to go out during the week; classes and study keep him pretty busy.

Revise your own thinking, and if you can't emerge with a more trustful attitude, better make another—and permanent—break with your young man.

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

ELLEN'S DIARY

By an Island Farmer's Wife

We baked cookies this morning... These were of the ice box family though the chilling was effected by leaving the moulded dough over-night in a cool room. We mixed them last evening in one of our ends of time which came at that spell of day when it is lit winsomely by a fading after-glow — and the countryside is still.

And above it wild ducks — a companionable pair we like to think, comfortable and well content in the assurance of undying mutual affection — home. And through it odd vehicles, a sleigh, a car or truck strange — moving amid wintry surroundings, on the same intent, pass.

And room-corners dim, and as we continue our work managing as best we can until lamp-light in, granddaughter born to a new era of brightness on farms that has nothing to do with lamps and wicks with kerosene and matches, turns a switch a bit previous and the twilight is gone and the kitchen becomes lit as by day.

She was beside us at the mixing, commenting, asking questions: "What does 'enthusiasm' mean? Like in this — I heard it on the radio today — 'drink a cup of tea to help your enthusiasm.'"

The laugh was rueful. We suspected she still retained unpleasant memories of her experiences in wrestling with its mysteries. It couldn't make even a loaf of bread when I was married. I thought baking was something that would automatically come to one with marriage.

A few turns at the baking, exploded by theories and taught me a profound respect for cooks. And I vowed then and there, that if I ever had a daughter, I would stress in her education, the ways of housewifery.

"It seems to me, Ellen, from what I've seen of life and living, it's on the comfort and well being of the family that the happiness of homes rest. It's all very well for a girl to be widely educated — the more the better, say I, but let her know how to bake a loaf of good bread! If she can sew a fair seam and know something of nursing... well she'll find when she's married that too, is all to the good. Yes" she said settling back comfortably, "I think Mary'll get along. And" she nodded "she can thank me for it!"

And for the recipe for cookies, take... But here is James' lines, Ellen!

Until tomorrow — Diary — Good-night

Modern Etiquette

By Roberta Lee

Q. What are some of the proverbially "lucky" pieces that are sometimes inserted into the wedding cake?

A. A shining dime for riches; a thimble for the old maid; a tiny ring for the next to be married; a very small wishbone for the luck-least girl, a button for the old bachelor, and miniature dice — for the luckiest man.

Q. When leaving a stranger to whom one has just been introduced, is it all right to say, "Good-by, Mr. Brown; I am very glad to have met you?"

A. Yes, this is quite all right. Or, "Good-by, Mr. Brown; I hope I shall see you again real soon."

Q. What is the proper material for calling cards?

A. White bristol board, glazed or unglazed, and of medium thickness.

Chemical and allied trades employed more than 700,000 persons in the United States in 1950.

Hot Biscuits. Packaged Doughnuts! Gingerbread! They'll melt in your mouth! FREE booklet gives new recipes. Write Church & Dwight Ltd., Sun Life Building, Montreal.

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THIS IS THE WAY you want to look—sleenderer, younger, smarter! Your new-season dress allows your figure with that panned skirt, trim yoke gaily with big embroidered flowers. And stars you in a lovely neckline! It's a step-in, easy to don!

Pattern R4637; Women's sizes 34, 36, 38, 40, 42, 44, 46. Size 36 takes 3 1/2 yards 39-inch. Has transfer. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.



R4637 by Anne Adams

Better English

By V. C. Williams

- 1. What is wrong with this sentence? "Both of them—him and her—were there."
2. What is the correct pronunciation of "covey"?
3. Which one of these words is misspelled: Vacliate, vague, vagabond, validation.
4. What does the word "fragmentary" mean?
5. What is a word beginning with cla that means "conducted with secrecy"?

ANSWERS

1. Say, "Both of them—she and she—were there." 2. Pronounce kuv-ee-ee, u as in up, i as in it. 3. Validation. 4. Composed of fragments; not complete. "The evidence was fragmentary." 5. clandestine.

How Can I!!!

By Anne Ashley

- Q. How can I remove a splinter from under the fingernail?
A. When one has difficulty in removing a splinter from under the fingernail, a cold water bandage around the top of the finger will in time loosen the splinter and prevent festering.
Q. How can I prevent white silk from turning yellow when laundering it?
A. Put bluing into each water, and hang in the shade (preferably in the dark to dry), and it will not turn yellow.
Q. How can I add a more pleasing flavor to apple sauce?
A. If a slice of lemon, or the grated rind, is added to apples to be used for sauce, it will impart a pleasing flavor.

Household Scrapbook

By Roberta Lee

Prevent Tarnish. Wrap gold and silver cloth slippers in black tissue paper before putting them away. If treated in this way, they will not be liable to tarnish.

Dishes. A few drops of ammonia added to the dishwasher will help a great deal when washing very greasy or fishy dishes.

Lowly Peanut Yields

New Synthetic Cloth

LONDON — (CP) — Austerly-riden Britons will soon be parading about in mothproof, unshrinkable clothing made from peanuts grown in West Africa.

Known as ardil, the new protein-type wool substitute, is being mass-produced by a factory near Dumfries, Scotland. Clothes made from the material will be sold in British shops for the first time this year.

A report issued by the Commonwealth Economic Committee estimates that approximately 20,000,000

Alice Brooks Designs

GOOD IDEA!

BASKET to hold a washcloth! Add it to bath-towels or hand-towels—such a pretty touch for a modern bathroom. Plain crochet and popcorn stitch in string or fine cotton to match or contrast!

Pattern 7378 has crochet directions for basket and edging. Send twenty-five cents in coin 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.

Cement for Pipe Joints

A cement for steam and water pipe joints can be made by mixing 10 lbs. of yellow ochre, 4 lbs. ground litharge, 4 lbs. whiting, 1/2-lb. of hemp, cut up fine. Mix together with linseed oil to about the consistency of putty.

KING COLE TEA. Dependable Quality.

patterns of the synthetic fabric will be produced during 1952 and marketed in the United Kingdom and overseas.

The new cloth, said to be superior in quality to anything developed by the synthetic textiles industry in Germany before the war, can be dyed any color and blends well with wool or cotton to produce a hard-wearing fabric.

Tests have shown that ardil clothing lasts as long as cloth made from pure wool and possesses the wool-like qualities of warmth and softness. It will also be cheaper as the new material sells at 30 per cent less than natural wool.

The committee's report discloses that experiments are also being made with fish, feathers, soya beans and eggs in the development of synthetic fibres.

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