



CANNED PLUM PUDDING

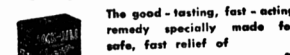
4 1/2 cups flour
3 cups suet
3 cups bread crumbs
1 1/2 cups brown sugar
1 1/2 teaspoons salt
1 1/2 teaspoons soda
1 1/2 teaspoons mixed spice
1 1/2 teaspoons ground cloves
1 1/2 teaspoons nutmeg
1 teaspoon mace
Sift spices, soda and flour together. Add salt, bread crumbs, 3 lbs. chopped raisins, 1/2 mixed peel, 3 eggs well beaten, 1 cup molasses. Mix with warm water not too stiff. Fill No. 2 1/2 size cans about 3/4 full. Cook four hours.

Sauce:—
1 cup brown sugar (packed)
3 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon cream of tartar
2 cups boiling water
2 tablespoons butter
1 teaspoon vanilla

—Mrs. Erith Hughes
South Winslow W. I.

YOUNGSTERS LOVE IT! MOTHERS ARE GRATEFUL FOR JACK and JILL

The good-tasting, fast-acting remedy specially made for safe, fast relief of



KIDDIES' COUGHS and COLDS
50¢

Developed expressly for tender, childish throats by the same laboratory that gave you fast, effective Buckley's Mixture for grown-up coughs and colds. Fortified with VITAMIN C.

Pancake Toppings

BROWN SUGAR SYRUP

Combine 1 cup brown sugar, 1/4 cup water and 1/4 teaspoon salt in saucepan. Cook 5 minutes. Add 1/4 teaspoon maple flavoring before serving.

HONEY BUTTER

Beat 1/4 cup butter or margarine and 1/4 cup honey together until light and fluffy. Serve over Pancakes or Waffles.

ORANGE MARMALADE SYRUP

Combine 1 1/2 cups sugar, 1/4 cup water and 1/4 teaspoon salt. Bring to a brisk boil. Slice one orange very thin; extract juice from a second orange. Add sliced orange and juice to boiling syrup. Simmer for 10 to 15 minutes. Serve warm or chilled over Pancakes or Waffles.

FROSTY WHIPPED BUTTER

Whip 1 cup butter until very light. Gradually add 1/2 cup confectioners' sugar, beating until very fluffy. Chill and serve over Pancakes or Waffles.

SAUSAGE BALL SYRUP

Form 1/4 pound bulk pork sausage meat into small balls. Pan-fry until thoroughly cooked about 10 minutes. Drain off the drippings. Add 1 1/2 cups maple syrup and cook for 5 minutes. Serve hot over Pancakes.

FRALINE SAUCE

Combine 1 cup brown sugar, 1/4 cup water and 1/4 teaspoon salt in saucepan. Cook 5 minutes. Add 1/4 teaspoon maple flavoring and 1/4 cup chopped pecan meats. Serve warm or cold over Pancakes or Waffles.

Morning Smile

The woman stepped solemnly off the coin-in-slot scale. "What's the trouble — overweight?" asked her husband. "Not according to that table on the front," she said, "but I should be five inches taller!"

That Body Of Yours

By James W. Barton, M.D.

MANAGEMENT OF BLEEDING FROM STOMACH AND INTESTINE

The commonest ailment of members of the Armed Forces in World Wars I and II was stomach ulcer and other disturbances and derangements of the stomach and first part of small intestine into which the stomach empties. Its contents. It is called peptic ulcer. Peptic ulcer is caused in the great majority of cases by emotional disturbances which cause excessive movements of the walls of the stomach. These excessive movements or overactivity of the stomach not only cause the stomach walls to scrape the lining of the stomach but also cause an extra pouring out of the stomach digestive juice which is rich in hydrochloric acid, there is pain in the stomach, which pain is usually controlled under medical and diet treatment.

One of the serious and alarming symptoms of peptic ulcer is bleeding, which is usually detected by dark stools containing blood. However, we are learning that blood in the stools is not always caused by peptic ulcer but by other conditions, including varicose veins in walls of the stomach. We usually associate varicose veins with veins in lower legs caused by too much standing on the feet particularly in overweight individuals, but they may appear in other parts of the body.

In the New England Journal of Medicine, Dr. S. A. Hoerr states that peptic ulcer is the cause of bleeding in the stomach and upper part of small intestine (duodenum) in 75 per cent of cases. Inflammation of lining of stomach, varicose veins, and growth (cancer) are next in order in causing bleeding in this region.

As indigestion and loss of blood can cause weakness, thin blood, and loss of weight, conservative treatment, including liberal use of blood transfusions and the usual ulcer treatment — diet and alkalies — is the proper treatment in the great majority of cases.

If the physician is sure that he is correct in his diagnosis and finds that, despite his medical and alkalies treatment there is still bleeding present, he has to consider treatment by surgery.

"Emergency surgery should be considered in patients over the age of 50 because the bleeding may be coming from hardening of the blood vessels (arteriosclerosis) that cannot easily contract or clot to stop the bleeding with the evidence of massive bleeding, where blood transfusions are not keeping the blood up to its normal condition, with return of bleeding after it has stopped for a certain time, with bleeding of over one pint a day, and in cases where bleeding is slow but persistent. With these conditions present, the physician is justified in recommending surgical treatment.

Contract Bridge

By Josephine Culbertson

AN EFFECTIVE RUDE

On many occasions the only defense that has a chance is that sort of play which may make the declarer change from the normal line of attack — which would succeed — to a different line. Here is a typical illustration.

North dealer.

Both sides vulnerable.

♠ Q 8 6 ♠ K J 4
 ♥ Q 5 ♥ A K 9
 ♦ A Q 7 ♦ 8 3
 ♣ A Q J 10 5 ♣ K 8 5
 ♠ A 10 9 7 5 2 ♠ 7 4
 ♥ J 4 ♥ 10 6
 ♦ 10 6 ♦ K 9 3

The bidding:
 North East South West
 1 ♣ 1 ♥ 1 ♠ Pass
 2 ♣ Pass 3 ♠ Pass
 4 ♠ Pass Pass Pass

West opened the deuce of his partner's bid suit, hearts. East won with the king, gave dummy a quick but comprehensive survey — and then shifted to a club. Declarer viewed the sequence of plays with deep suspicion, and determined to get out the trumps as fast as possible to prevent East from ruffing a club, he led the spade six to the ace and returned a spade toward the queen. East, restraining a chuckle, collected his two spade tricks, then laid down the heart ace to defeat the contract.

East's lead of the club was designed to have precisely the effect that it did have on the declarer. East recognized from the bidding that South had a long spade suit, lacking only the king and jack, and he knew that the proper way for South to play such a suit (especially in view of East's vulnerable overall) was to take successive finesses for the king and jack — in other words, to lead from dummy, and if East did not put in an honor, to play an intermediate card from the closed hand. This method of play obviously would guard against the very position that existed.

East hoped, however, that if he could make South believe that he held a singleton club, South would be afraid that West would win the first spade trick (if the ace was not played) and give East a ruff. It was no great discredit to South that he fell for East's ruse. The best players have fallen into the same sort of trap.

ELLEN'S DIARY

By An Island Farmer's Wife

"The children, Ellen—the boys, now mostly in your care, I'm interested to learn how you manage them," a young mother, some kind of ours, wrote the other day. "I know they're good little fellows—so are my two, usually! But we have too our disturbing occasions over some issue on another that has come up. . . . Do you ever punish yours? And how?"

It was such a wide question we referred it to James. He laughed until there were again definite signs of the young dimples he suggests some of his grandchildren have inherited in intriguing beauty. "Well," he offered "you can tell her you don't do any punishing; you just threaten I think I heard something this morning when I was getting mangels in the cellar—about a clean shirt, wasn't it? He said he didn't have time to change and you said, 'Well, you'd better or I'll . . . And he came out doors laughing.'"

"But wearing the clean shirt," we chuckled. "You shouldn't threaten, Ellen. Better to send them to their room or take them across your apron once and for all and be done with it."

But how could we banish a lad to his room with school-hours nearing? As for the latter, if it would be possible now that we find we are breathless at the end of less strenuous chores, a first wall would bring James indoors on the run to say, "Oh, oh, Ellen . . . the poor little fellow! What has he done? Well, so he was in a hurry wasn't he? And besides," for James invariably sides with the child, "the shirt was clean enough for another day. I know just how you feel, dear. Come to Granddaddy. It's a hard job, isn't it this here growing up!"

And when peace had been restored to the troubled waters in our precincts we would find ourself searching religiously our heart to wonder if perhaps after all the momentary disobedience had been ours and not the little lad's, so perplexed about it we should be.

Two lads we helped rear—or did they not in those extremely busy years of their time with us at Alderlea just grow up? by taking time to explain the issue, by reasoning it out in words as best we could. It is a good method, we believe, though one which is not effective with every child. It is one which we have found gives both parents and children a mutual respect and never a regret.

So what do we do with these, presently given up mostly to their care? As James has it, we probably do threaten, though the occasion is rare. We talk to them as if they were mature, respecting their opinions and wishes, encouraging them in worthwhile words and works, and most of all, always loving them much. "I'm big now," Gage said to-night when he nestled down in bed beside Jamie to tuck away into his dreams. "When you put your arm straight out, my head touches it. That's tall isn't it? And I guess, I'll grow a little more before midnight."

"Don't be silly!" Jamie laughed affectionately, "you don't grow much the night before your birthday—you grow all year. I guess it's all done by now." "Well anyway," the little fellow burrowed into his pillow, "I'll be a year older—I'll be seven years old tomorrow!"

Until tomorrow . . . Diary
 . . . Good-night . . .

The Stars Say

By Genevieve Kemble

For Tomorrow

INTUITION and imagination are at their peak now, and constructive ideals formulated this day might well affect your entire future. Consider well; then plan to put them into effect as soon as action seems feasible. Beware of emotional tension however, and steer clear of arguments within the family circle.

Make effective use of your leisure hours by engaging in pursuits which are physically restful but mentally stimulating. A period of rest and relaxation tomorrow will enhance your fitness for the responsibilities ahead.

For the Birthday
 If tomorrow is your birthday.

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Tips on Making Better Pancakes

By Anne Ashley

1. Measure the ingredients carefully.
2. Add liquid all at once and stir lightly. The small lumps in the batter will come out in the baking to produce light, tender pancakes.
3. Season griddle properly. To season a new griddle or one that has been scoured, cover it with a thin coating of unsalted shortening or oil. Heat the griddle slowly until it begins to smoke; turn off the heat and let the griddle stand overnight. Remove excess shortening before baking pancakes.
4. Grease the griddle very lightly with an unsalted shortening and heat slowly. Test griddle for correct temperature by sprinkling a few drops of water on it. If griddle is hot enough, the water will bounce a second before evaporating.
5. Pour the batter for each pancake onto the griddle all at once. Use a small pitcher or measuring cup. If the batter is spooned on the first spoonful starts to bake before the second can be added.
6. Turn pancakes when the tops are covered with tiny bubbles and the edges look cooked. Turn them only once.
7. Serve pancakes "hot off the griddle."

Better English

By D. C. Williams

1. What is wrong with this sentence? "It don't make any difference who proceeds me down the aisle."
2. What is the correct pronunciation of "alien"?
3. Which one of these words is misspelled? Gangreen, garnishes, guarantee, gallon.
4. What does the word "endowment" mean?
5. What is a word beginning with do that means "easy to manage"?

ANSWERS

1. Say, "It doesn't make any difference who precedes me."
2. Preferred pronunciation is le-en, in two syllables, with the first e as in lee, accent first syllable.
3. Gangrene, 4. Natural capacity; gift of nature; talents. "His early endowments fitted him for the work he was to do."
5. Docile.

Honey Walnut Spread

Perk up the small fry lazy appetites with this "Honey Walnut Spread." It's child's play to make—just whip the honey and butter, stir in the walnuts and wait for the reaction. Good energy food for frisky children and frisky grown-ups too!

Honey Walnut Spread: 1 cup walnut, 2 tablespoons butter, 1/4 cup honey, 1/4 teaspoon salt. Grind walnuts, using medium blade of food chopper. Cream butter and honey together. Blend in walnuts and salt. Makes about 1 cup spread.

Bringing Up Baby

Hints Collected by Mrs. Ann Carter (Mother of 5)

What a wonderful day it is when baby makes the first attempt to finger-feed himself. Of course it's messy! But think of the fun he's having trying to gain his independence . . . of the real strides he's making in learning hand-to-mouth coordination. A plastic bib will keep the dribbles from his clothes . . . sheet plastic under baby's high chair will save the floor from stains and spills.

What a wonderful day, too, when baby graduates from strained to junior or chewing foods! When the first smattering of teeth come through, both you and baby will appreciate Gerber's Junior Foods. For the tender, minced texture gives baby something to get those new little teeth into! (The bite-size bits really encourage chewing.) And the true-flavor, natural-color goodness which makes Gerber's Strained Foods so appealing, helps to keep junior's appetite perked up.

First steps depl. Once your active little sprout starts getting the waderlust, you can save him a few tumbles (especially on the kitchen floor) if you lightly sandpaper the soles of his first hard-soled shoes.

Five heavenly varieties of luscious sun-ripened fruits . . . processed to preserve the true-to-nature colors and flavors baby likes. Good eating toddler is in store for your teething toddler when you serve Gerber's Junior Foods. Nice "as is"—swell for a cereal topping or as a spread on bread for an older child.

Send for this handy baby bib! Made of vinylite plastic with "catchall" bottom, edged in pink and blue. Wonderful for saving baby's clothes (from mealtime spills. Just send either 6 Gerber's can labels or 3 Gerber's box tops to Mrs. Dan Gerber, Box 17, Toronto 18, Canada.

How Can I!!!

By Anne Ashley

- Q. How can I remove a heat stain from a highly-polished article of furniture?
- A. Apply the following in order, using a separate cloth for each: Kerosene, alcohol, and sweet or linseed oil. Rub the last in until the spot is no longer visible.
- Q. How can I prevent the drying out of children's rubber shoes?
- A. A little glycerin rubbed over the rubbers before putting them away will keep the rubber from drying out, and they will also wear much longer.
- Q. How can I make a fine-grained sour milk cake?
- A. When making a sour milk cake, dissolve the soda in the milk and whip with an egg beater. This will assure a fine-grained cake.

Modern Etiquette

By Roberta Lee

Q. When visitors arrive unexpectedly, while a family is having its meal, what should the hostess do?

A. If the visitors are merely acquaintances, you can ask them to wait for a few minutes in the living room until you have finished your meal. If they are very good friends, it is nice to ask them to sit at the table with you and have a cup of coffee while you finish your meal.

Q. What should one write on the card enclosed with flowers sent to a funeral?

A. "With sympathy" or, "with deepest sympathy" is sufficient.

Q. Does the receiving of a wedding announcement require a gift?

A. No.

Household Scrapbook

By Roberta Lee

Pancakes

The next time pancakes are to be made, instead of greasing the griddle, try heating it first and then rubbing it with a slice of freshly cut raw potato. It prevents sticking, as well as an unpleasant odor.

Toilet Water

An excellent toilet water can be made by mixing two ounces of elder flower water with an equal quantity of distilled water.

Frosted Glass

Glass may be given a frosted appearance by covering it with a mixture composed of 6 ounces magnesium sulphate, 2 ounces dextrin, and 20 ounces of water.

LAME SHOULDER?

If your shoulder is painfully lame because of piercing, stabbing pain, do what thousands have done successfully. Take T-R-C's, specially made to give quick relief from Rheumatic, Arthritic, Neuritic, Sciatic pain; also Lumbago, Neuralgia. Don't suffer needlessly. Get T-R-C's today, 65c, \$1.35 at drug counters. 1-437

Alice Brooks Designs

By Alice Brooks

QUICKIE SQUARE!
 ONE square (30 inches) makes a new dolly or mat! FOUR make a 40-inch luncheon cloth! SIX, a 40 x 60 tablecloth. Use this pineapple beauty for bedspreads, tablecloths, too. Easy to memorize!

Crocheted square, 30 inches in No. 30 cotton. Pattern 7143.

Send Twenty-five Cents in coins 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.

For BABY'S TUMMY UPSETS
 Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 50 years to quickly help relieve minor digestive upsets, gas, constipation and fretfulness resulting from irregularity at teething time. No "sleepy" stuff—no dulling effect. Get a package today at your drugstore.

BABY'S OWN TABLETS
 by Alice Brooks 7143

DOROTHY DIX'S COLUMN—

Information, Please

Mother Wants To Learn About Family Of Daughter's Suitor

DEAR MISS DIX: Just how can I go about getting information in a tactful fashion on the family of my daughter's suitor? They live quite some distance away. Their son is anxious to present our daughter with an engagement ring, but we would like to know something about his background before they get too serious. I want to avoid offending the boy or his family.

MRS. R. D.

OTHERS FEEL SAME WAY

ANSWER: If you will appreciate the fact that the boy's family is just as anxious to know about you people, you'll find it much easier to approach the problem. They almost certainly are concerned with the same question that is upsetting you. If you have become very friendly with the young man, it shouldn't be difficult to ask him about his parents, his home, etc. You might say you'd like to see pictures of his folks. It would be quite in order for you to write his mother, suggesting that, since the young people are about to become engaged, you and she should enter into a correspondence to create a more friendly atmosphere all around. I'm sure she'd like to know your reaction to the engagement, as you would be pleased to know hers. If you want further, more complete, or more direct information, you might write the clergyman of the boy's church, asking his advice.

Your wish to know more of the boy's background is commendable. A girl in love can scarcely be expected to have a practical view of her romance, yet so much marital misery could be avoided if a little investigation preceded the nuptials. So many young men leave wives and families in a home town, then go elsewhere to do more wooing. The disillusion suffered by a girl who was too trusting certainly should be avoided if possible. I'm sure your daughter's friend has nothing to hide, but what you want is assurance on this point, not guesswork. A pleasant relationship developed between both families can forestall most in-law trouble, but it's a wise parent who recognizes this truth and endeavors to do something about it. Again, congratulations on your sensible attitude.

DEAR MISS DIX: There are two men in my life. One has been married before and has three children. He's kind, considerate, doesn't drink, and is a wonderful father to his youngsters. The other man is now in service but will be home in two months. He drinks a good deal, breaks dates without apology or explanation, and is a chronic

Continued on page 9

Anne Adams Patterns

WEEK'S SEW-THRIFTY

STUNNING! SEW-EASY! This is a wonder-pattern! Collar is in one with bodice, no side-seams in skirt. Simplest of lines, smartest of frocks. Make it in a crisp, washable fabric for spring and summer. Whichever way you make it, this will make you a hit!

Pattern 4854: Misses' Sizes 12, 14, 16, 18, 20, 40. Size 16 takes 4 1/2 yards 35-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.

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Heat and light tend to evaporate the alcohol base in perfumes and toilet water.

TOPS in tangy taste!

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 by Anne Adams

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Sunlight washes everything washable

New Sunlight is Canada's favourite bar soap by far. It's all pure, extra soapy. Kind to hands, too. Get Sunlight today!

WHEN DINNER IS A SPECIAL EVENT...



MAKE a special dessert . . . make a lemon pie! And, for the most special of all lemon pies . . . use Jell-O Lemon Pie Filling!

The flavor is pure fruit from real lemons . . . so you get that tangy, appetizing goodness you find only in the best old-fashioned lemon pies!

Always turns out creamy and smooth. You make a prize lemon pie EVERY time . . . with Jell-O Lemon Pie Filling! Grand for puddings, too! It's not a lemon jelly.

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JELL-O PIE FILLINGS

Lemon Coconut Cream