

How Can I!!!

By Anne Ashley

Q. How can I make a palatable drink for an invalid?
A. By putting two tablespoons of grape juice into a wine glass, adding the beaten white of an egg and a little chopped ice; sprinkle sugar over the top and serve.

Q. How can I easily sharpen a knife?
A. To sharpen a knife, fold a piece of emery paper in the center and draw the knife rapidly back and forth several times.

Q. How can I remove paint stains from glass?
A. Try using undiluted vinegar for the removal of obstinate stains on the mirror or window pane.

Morning Smile

A Little Late

A doctor asked the woman patient her age. "I never tell anyone my age," she answered coyly. "But as a matter of fact, I've just reached twenty-one."

Only Second

"Your daughter has consented to marry me," announced the young man. "What?" exclaimed the girl's father. "She has accepted you? Young man, you're the second happiest man in the world."



TEETHING WITHOUT TEARS

At first sign of feverish restlessness give Baby's Own Tablets. It's wonderful the way they relieve fever and help baby get restful comfort. No "sleepy" stuff—no dulling effect. Fine, too, for quick relief of irritative upset, constipation and other simple ills. In use for over 50 years. Only 30¢.

BABY'S OWN TABLETS

Household Scrapbook

By Roberta Lee

Paring Vegetables

The thin, tender skins of new vegetables and young carrots can be easily removed, and without waste, by rubbing gently with a copper-tinsel pot cloth. Keep both vegetable and cloth wet by dipping frequently in water.

Dish Washing

It is sensible to scald the dishes with boiling water after washing them. This not only removes all the suds but makes the dishes much easier to dry.

Shine on Serge

The shine can be removed from serge goods by rubbing it with hot vinegar, and then sponging with ammonia.

Modern Etiquette

By Roberta Lee

Q. Some men are annoyed because of their inability to prevent their napkins from slipping off their laps at the table, and I've noticed some of them tucking a corner into their belts. Is this all right?

A. No; this is almost as bad as tucking the napkin into the collar. Q. How well must a girl know a boy before she invites him to a school dance?

A. It is all right for her to invite any boy who has shown that he likes her. She would hardly ask any boy who has paid very little attention to her.

Q. How long should a woman remain when making a first call on a new neighbor?

A. From 15 to 25 minutes is quite long enough.

Simple Ulcers - Old Sores

Now Get Real Help At Home - No Time Lost From Work

The simple Emerald Oil home treatment permits work as usual while those old sores are being helped. You get relief real quick for Emerald Oil helps promote healthy healing. Legs feel strong and sturdy again—like new. Emerald Oil acts instantly to quiet pain, reduce inflammation and stimulate circulation bringing fresh blood to the injured part. Just follow the simple directions. Emerald Oil is sold satisfaction or money back all druggists.

HUGHES DRUG CO. JENKINS PHARMACY REDDIN BROS.

That Body Of Yours

By James W. Barton, M.D.

HEALTHY CHILD - ITS MANY DISGUISES

A mother cannot be blamed if when she notices something different about her child, she becomes upset. It may be a red spot on the skin or tongue, some white spots on one or both tonsils, nail-biting or other condition. The majority of these conditions are harmless, but the mother should get the matter off her mind at once.

In the British Medical Journal, Dr. Israel Gordon describes children's disorders which are almost always harmless and do not require treatment but come to the physician's attention, often through anxious parents. Outstanding disorders are: enlarged tonsils—hospital are overcrowded due to indiscriminate performance of tonsillectomy and thus cannot accommodate those who are really needing the operation; feet defects that can be corrected at home; tight foreskin in young boys that will usually not correct itself at puberty; constipation in breastfed babies; heart murmurs—most murmurs are harmless and if unnecessary treatment is given, the child and sometimes the parent develop a neurosis (thinking a disease is present when none exists).

Unwarranted anxiety is also caused by (1) skin disorders such as a birthmark, sebaceous cysts, (little lumps full of hardened oil), oil that keeps the skin soft and pliable, bald patch at top of head, swelling of infant's hands in cold weather, pigmentation of skin (sunburn) near fingernails, blister on upper lip, sweating; (2) nervous disorders such as common tics (spasms, twitchings), bed-wetting in children under five, night terrors, sensitivity to sudden noise, head banging, breath holding, breathing holding in the morning due to anxiety about school; (3) disorders of the mucous membrane (lining of the mouth) such as its color (if pale, parent naturally thinks the child's blood is thin); (4) eye disorders; such as overflow of tears due to a blocked tear duct; cross eye; (5) disorders of the urine—strong smell of ammonia, more urine passed in cold weather, as child does not perspire so much; (6) heart and blood vessel disorders such as fainting after long periods of standing; (7) ear disorders such as prominent ears touching of ears by teething children; (8) bone, joint, and muscle disorders—head held to one side; (9) genital disorders such as testicle drawn up; (10) growth—no gain in weight when a child first learns to walk; (11) stomach and intestine disorders—grinding of teeth, poor appetite, bad breath, undigested food.

While most of the above list of disorders are harmless, Dr. Gordon suggests that the explanation of them and any treatment should be left to the physician.

DOROTHY DIX'S COLUMN

Clothes And The Girl

High School Student Wants More Dresses

DEAR MISS DIX: I'm a teen-ager in high school and considered popular. My parents give me a small dress allowance, and I earn extra money for clothing. Still, I would like more and nicer clothes. While I realize my parents are trying to make me responsible, they could afford to add to my wardrobe. Do you think they are fair to keep me so restricted?

ANSWER: Your parents are wise in their solution to the clothes problem. Probably no teen-ager has, or ever did have, enough clothing according to her desires. Being responsible for your own purchases gives you experience in buying that can come in no other way than through practical knowledge.

If you want to add to your wardrobe without too great expense, why not learn to make your own clothes? You can then have many more dresses—and of better quality than can be purchased at the same cost in the stores. You will also have acquired a talent that will be useful the rest of your life.

Muriel Nissen



DEAR MISS DIX: A few months ago my family moved to a new neighborhood. When we moved in I noticed the very nice boy next door. I'm only 14, but I have never been attracted to a boy before. I still go around with the old crowd and will admit we were considered pretty wild. I guess my new neighbor heard some of the tales because he seems friendly to other kids but not to me.

ANSWER: You have apparently earned an unenviable reputation, which will take lots of work to overcome. In the first place, continuing to pal around with the very people who are responsible for your unpleasant standing in the community will continue to make your position worse and worse. If you want your nice neighbor or any other reputable youngsters to be friendly, earn their friendship by offering them something better than a soiled name. It is really amazing how choosy most adolescents are of the company they keep. You are old enough now to realize the difference between a tawdry crowd and a nice one. Make the right choice and you'll have no trouble making the friends you want.

DEAR MISS DIX: A friend of mine has asked my advice regarding the length of time she should wait to marry a widower whose wife died recently. I said she should wait a year, but her pastor told her three months would be long enough. They are both middle-aged. The man's last wife had been an invalid for many years. T. K. ANSWER: Since the woman's pastor is in a much better position to know and understand the circumstances than either you or I, his counsel can certainly be followed safely.

DEAR MISS DIX: How can I get rid of a boy who wants to sit with me between dances. I don't want to hurt his feelings.

ANSWER: A rounded social life can include many incidents of this type. You can't always be with people you like and admire. Being kind to those for whom you have no great affection is a social grace you must learn sooner or later; so let it be sooner. Be pleasant to the boy until someone else approaches for a dance.

DEAR MISS DIX: I have been going steady with a boy for a year. Now, however, he is acting most peculiarly. He doesn't come around as often as he did, yet he doesn't want me to go out with other boys. He just expects me to sit and wait until he is good and ready to take me out.

ANSWER: If the boy is sincerely interested in you, and wants you to go steady, his behavior belies it. You are completely right in assuming that you should go out with other boys if he neglects you. Stop taking foolish orders, assert yourself and insist on knowing what he really intends to do—go out with you exclusively, or play the field. If the latter is his intention, you are entitled to the same right. Don't take him too seriously after just one year's friendship. Perhaps you have been assuming too much in expecting him to be your friend, exclusively.

ELLEN'S DIARY

By An Island Farmer's Wife

Today his family and friends honored Great-grandfather to ours and others of the fourth generation of his descendants, on the occasion of his ninetieth anniversary of birth... Not one shrunken with the toll and frosts of so many past years is this man, but one whose appearance denies his age. Blessed always with excellent health and with a spirit to match, his eye is still bright, his step sure, his heart fairly young. While he now does not share the field-work of farm, he still claims for himself a part of the choring.

If we sometimes find him less inclined to conversation than once—more withdrawn within himself, we fancy he is back in mind to the scenes he once knew. Perhaps somewhat bewildered with the confusion of this age of farming, or again maybe experiencing some frustration over not being able to take advantage of the opportunities for progress in the occupation now, in marked contrast to some bleak and exacting years he has known. He was a good farmer, because he had a liking and respect for his land and as well a way with the livestock. To make a success of farming, the two must go hand in hand.

Looking back along the time Continued on page 9

The Stars Say - -

By Genevieve Kemble

For Tomorrow THE stellar indications for this day may not be construed as happy or constructive. On the contrary, destructive or retaliatory forces are in the saddle, tending to disrupt or annihilate all pleasant operations or peace of mind. Steer clear of quarrels, violence and dangers, physical or mental. Conserve the energies, restrain tongue and temper, use caution in making decisions, keep calm in emergencies.

For the Birthday Those whose birthday it is are urged to take firm grip on their tongue, temper, emotions, to conserve the energies. Refrain from hasty and careless actions. Shun all manner of erratic acts, ideas and conduct. Rash, angry or provocative words or deeds could provoke harmful and disagreeable reprisals. Calm and studied action could avert accident or calamity. A child born on this day may be fiery, tempestuous and eager, filled with verve, energy. Early discipline is needed.

Anne Adams Patterns

WHAT A SWEETHEART

TWO MAIN pattern parts! Yes, this is a beautiful apron — with princess lines and flirty skirt. Wild-Rose embroidery, bias binding and heart pocket add gaudy and charm. For a kitchen shower this would please a bride. Easy embroidery transfer included! Pattern 4886: Misses' Sizes small 14-16; medium 18-20; large 40-42. Small 2 1/2 yards 35-inch. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35¢) in for this pattern. Print plainly size, coins (stamps cannot be accepted) name, address, style number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.



Better English

By V. G. Williams

- 1. What is wrong with this sentence? "She almost never attends the meetings and, in fact, she has few sociable interests."
2. What is the correct pronunciation of "trader's"?
3. Which one of these words is misspelled? Morphine, kerosene, gasoline, magazine.
4. What does the word "vulnerable" mean?
5. What is a word beginning with comp that means "satisfied"?

ANSWERS

- 1. Say, "She very seldom attends the meetings and, in fact, she has few social interests."
2. Pronounce ti-rads, i as in time, a as in aid, accent first syllable.
3. Kerosene.
4. Useful in healing wounds. "Vulnerable" means "vulnerable" as were possible.
5. Complacent.

Cook's Corner

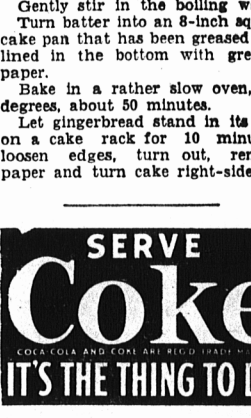
GINGERBREAD

- 1 2/3 cups once-sifted cake flour
1 teaspoon baking soda
1 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon salt
5 tablespoons shortening
1/2 cup fine granulated sugar
1 egg, well beaten
2/3 cup molasses
2/3 cup boiling water.

Measure and sift together three times the flour, baking soda, ginger, cinnamon, cloves and salt. Cream the shortening and grad-

4886 S-14-16 M-18-20 L-40-42 by Anne Adams

ually blend in the sugar; cream well. Add the well-beaten egg, a little at a time, beating well after each addition; blend in molasses. Add the dry ingredients to creamed mixture, about a third at a time, combining lightly after each addition. Turn batter into an 8-inch square cake pan that has been greased and lined in the bottom with greased paper. Bake in a rather slow oven, 325 degrees, about 50 minutes. Let gingerbread stand in its pan on a cake rack for 10 minutes; loosen edges, turn out, remove paper and turn cake right-side up.



Good News for Charlottetown Homemakers!

SWIFT COOKING SCHOOL - OCTOBER 21

at Prince of Wales College Auditorium

Martha Logan demonstrates new, easier ways to plan more exciting, delicious meals in "Pinafore Fun."



MARTHA LOGAN Swift's home economist, will personally conduct the Cooking School. With wide cooking experience, Miss Logan lights the way to new methods in meal planning and preparation.



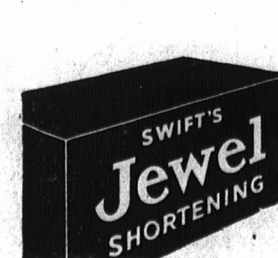
MARY SPENCE assists Miss Logan in on-stage preparing, cooking and serving appetizing and attractive meals. Miss Spence and Miss Logan will be pleased to answer food and meal planning questions.

Everyone will be at the Swift Cooking School! Watch the date, and come to learn Martha Logan's own secrets of clever, easy ways to prepare food! Everything from roasts to desserts! Pick up delightful party ideas... delicately tinted pastel pastry, for instance! And above all, don't miss the exciting demonstration of new Quick-Mix Jewel Shortening. You'll see Miss Logan make the "Challenge Cake" she created to test and prove new Jewel! Cooking will be a new delight—meals a joy—when you've joined Martha Logan's class in culinary magic! Get your FREE tickets at your neighbourhood store. Yes, admission is FREE. So do ask your grocer for your tickets next time you're shopping. P.S. YOU CAN WIN EXCITING PRIZES, TOO! SWIFT CANADIAN CO., LIMITED

YOUR SWIFT COOKING SCHOOL PROGRAMME

- "PINAFORE FUN APLENTY" THE ART OF JEWELLED PASTEL PASTRY—Jewelled cheery cherry pies... orange pastry... scrumptious ice cream pie with delicately tinted pink pastry. CHILDREN'S PARTIES—Gay Hallowe'en cookies... lots of clever tricks for party decorations to delight the children. MEATS ON THE MENU—Martha Logan shows you how to imitate famous food connoisseurs who cook expertly and easily, and whose meals are interesting as well as nutritious. Even on a budget, delicious meals can be easy. Martha Logan gives you tips and helpful hints on buying, cooking, serving and storing meats. Learn how to garnish a Swift's Premium Ham and other favourite meats. See the demonstrations of dry heat cookery of beef, pork and ham... with attractive, delicious sauces and garnishes. Learn about moist heat cookery—"The Pot Roast of Merry England"... with a mouth-watering lemon sauce. Broiling Swift's Premium Franks, too! And a platter of Mock Filet Mignon... clever tricks with ground beef and Swift's Premium Bacon to make a low-cost meal fit for a king! PARTY FARE—how to make your reputation as a smart hostess soar! A delectable tea ring for coffee parties. How to glamourize your cakes with streusel toppings! Demonstration of the time-saving, work-saving New Jewel Basic Mix... see Martha Logan whip up melt-in-the-mouth Cheese Rolls in jet time! Attractive hints on arranging Table Ready Meat trays. How to make delicious buttercrisps. Learn the expert's way of tossing a green salad... team it with a cheese and fruit tray. SANDWICHES—for every day and every party! The hearty "Poor Boy" Sandwich... the glamorous, conversation-making Sandwich Loaf. HISTORY OF CAKE BAKING—from hours of preparation to the present-day 4-minute quick-mix no creaming method using just one bowl. See Martha Logan mix and bake her own "Challenge Cake" with New Quick-Mix Jewel. And to show you that the revolutionary quick-mix method does not require an electric mixer... you'll see two cakes made at once... one by hand, and the other with an electric mixer. Both ways are just as easy! FROSTINGS—Dare to be different when icing your cakes! Miss Logan shows her breathtaking Strawberry Festival Cake... demonstrates a deliciously different frosting of whipped cream, nuts and jam... and a gay Christmas frosting, too!

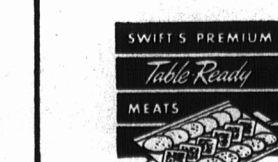
Martha Logan uses these products



NEW QUICK-MIX JEWEL—Revolutionary new development gives you higher, lighter, finer-textured cakes every time... whether you use the quick-mix no creaming method or the conventional creaming method!



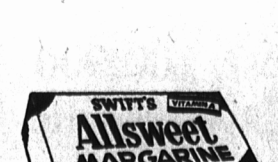
SWIFT'S PREMIUM BACON—Start the day right... start the day bright... with SWIFT'S PREMIUM BACON! Wonderful sweet-smoke taste!



SWIFT'S PREMIUM TABLE READY MEATS—each one guaranteed the finest of its kind. Choose your favourites from a delicious assortment.



SWIFT'S PREMIUM FRANKS—Just seven minutes to prepare from package to platter. Tender beef and juicy pork—the franks of "dinner-quality" meat!



ALLSWEET MARGARINE—The favourite spread for the family bread in hundreds of thousands of homes! Allsweet now comes FOIL WRAPPED so you get all the delicate, natural flavour fresh as the moment it was creamy-blended.



SWIFT'S PREM—handiest, tastiest ever meat-in-a-dish! A blend of tender beef and juicy pork. Just open! Slice! Serve! And enjoy the double-flavour goodness!



SWIFT'S BROOKFIELD CHEESE—tangy, full-flavoured Brookfield Cheese, Canadian Pimento, Aged Cheddar, too. Men love 'em!