

Royal Tour Etiquette

(Summarized from the Toronto Daily Star)

There are certain rules of protocol to be followed at a time when distinguished visitors are present.

Countless people across the country have been mystified as to how they should dress and act in the presence of Their Royal Highnesses, Princess Elizabeth and Prince Philip.

Many questions have been asked—Is it improper to appear with shoulders bare? Is black in good taste? To attempt the deep court curtsy—not to curtsy at all, but shake hands instead?

It's expected that hand shaking will be the order in Washington, but in Canada women are sticking by the curtsy—a simple one to be sure, just a graceful bob of about six inches, and it's much easier than it sounds to curtsy and shake hands at the same time should that be necessary.

The proper form of address on first speaking to either of the Royal couple is "Your Royal Highness" and simply "Sir" or "Ma'am" should the conversation continue.

For civic receptions across the country, women have allowed good sense to be their guide, and as a result have almost invariably turned up dressed appropriately and in good taste.

White kid gloves, long for formal and short for informal affairs, are necessary at all times, and are kept on while shaking hands.

Men at civic receptions have been in dark business suits, plain white shirts with stiff detached turned down collar, conservative

tie and black calf shoes and silk socks. Topcoats if necessary are blue, grey or black.

Full dress is usually the rule for evening functions, including state dinners. For men it means tails, white tie, winged collar, stiff shirt without pleats, and pearl or white gold studs and cuff links.

Ottawa has settled the problem for servicemen—men currently in the armed forces are to appear in full dress uniforms and former servicemen may wear uniforms if they wish.

The bare shoulders controversy has never been satisfactorily answered. However, covered shoulders are "right" and fashionable, now that stoles have become so pretty and popular, and little jackets are equally appropriate.

Fur capes and stoles, and full length black velvet dinner coats are all acceptable for women needing evening wraps, but of course are not worn to dining or reception rooms.

Tiaras, studded with diamonds or brilliant, or brilliant feathers may be worn with evening dress, but other forms of headgear and flowers worn in the hair are out, although corsages and pin-ups are perfectly all right.

To complete the ensemble women wear evening sandals, (if they're young) of gold or silver, or plain satin or velvet pumps to match the dress.

(Guests at the state dinner here will go to the hotel lobby, where they will hand their cards to the aides, who will direct them from there in.)

Gift To Princess



Judy Ewert, 7, presents a gift of hand-knitted caps and cardigans for Princess Anne and Prince Charles, children of Elizabeth and Philip, Judy, who is totally blind, made the presentation on behalf of the Queen Elizabeth Lodge for the Blind, in Vancouver.

Modern Etiquette

By Roberta Lee

Q. Are there any rules of etiquette or good behavior to follow when bowling?

A. Outside of the usual rules of good sportsmanship, there is one ironclad rule to observe. Never attempt to deliver your ball at the same time a bowler at either side of you is delivering his.

Q. Is it necessary to excuse oneself when necessary to blow the nose at the dinner table?

A. No; this merely calls every-one's attention to an unpleasant ritual. The only thing to do is to end it as inconspicuously and as quickly as possible.

Q. Is it all right to send handwritten formal invitations to lunch?

A. Yes, and these may be written in the first person.

Morning Smile

Smart

A guest had been admiring the new wall paper in his host's lounge, when the small son of the house strolled in and with a crayon drew a huge pink elephant all over the wall.

"I say," said the startled visitor, "did you see what your boy did?" "Yes," said the host; proudly; "and do you know, he's only seen an elephant once in his life!"

Nice Society

A man was standing in the queue outside an employment exchange when another man came up to him and said: "Will you join my society?"

"What's it for?" asked the first man. "Don't worry about that," said the second. "All you have to do is pay ten cents a week."

"What benefits do I get?" asked the first man. "Well," said the second, "if they give you a job we'll fight the case for you."

Household Scrapbook

By Roberta Lee

If Your Face is Plump

If the face is plump, avoid large and heavy earrings. Wear the hair parted on one side rather than in the middle. Avoid square necklines, and use the V-shaped ones. Don't rouge heavily and apply what is used high up on the cheeks—never over the whole cheek. Turned-down hat brims are always more becoming.

Perspiration on Silk

Perspiration stains on a delicate silk garment can often be removed by rubbing gently with a soft dry cloth.

China

When washing gilt china, do not use too much soap. In time the soap will remove the gilt.

Better English

By G. C. Williams

- 1. What is wrong with this sentence? "If I was you, I'd let the book lay." 2. What is the correct pronunciation of "really"? 3. Which one of these words is misspelled? Apathy, apostle, apologetic, apertain. 4. What does the word "santimonious" mean? 5. What is a word beginning with nu that means "insignificant"?

ANSWERS

- 1. Say, "If I were you, I'd let the book lie." 2. Pronounce re-al-i, three syllables, not real-i. 3. Apertain. 4. Making a show of sanctity. "He was a sanctimonious hypocrite." 5. Nugatory.

That Body Of Yours

By James W. Barton, M.D.

TREATMENT OF LOW BACK PAIN AND SCIATICA FROM RUPTURED DISC

When we see an individual bent forward and, sometimes, with a list sideways, with an expression of pain on his face, it is usually (but not always) safe to say that he is suffering from a ruptured or herniated disc which got pushed out of its rightful position between two of the bones forming the spine.

In addition to the pain in lower part of the back, there is often intense pain (sciatica) down the back of the thigh and leg, sometimes extending to the heel. Pain in lower back and down the leg is caused by pressure on the nerves supplying lower back and leg.

While injury to the back from lifting or making a misstep is the commonest cause of low back pain and sciatica, infection from teeth, tonsils, gums, gall bladder, large intestine, is also a common cause. As stated before, when the pain in back and hip is more painful while the patient is at rest, infection is believed to be the cause. When the pain is more severe when the patient is up and around, injury is more likely to be the cause as with ruptured disc, due to heavy lifting, a blow on the head or shoulder, or a fall as in football.

In Clinical Symposia, Dr. Abraham Kaplan, Clinical Professor of Neurosurgery, New York Polyclinic Medical School and Hospital, New York City, states that there are four fluctuating phases in the development of ruptured intervertebral discs.

1. Irritation. Back pain with or without sciatica is the outstanding symptom, with spasm of the muscles in back which keep spine erect, a tilt or list of the trunk and partial disability. Bed rest with a board under mattress and local heat gives relief. If not, then there is:

2. Compression. Disc gets displaced and there is pressure on the nerve root and ligaments. Back pain may lessen but sciatica increases and is aggravated by coughing and sneezing or increased activity.

3. Partial paralysis from increased pressure from disc on nerve and ligaments.

4. Paralysis—disc is so large and so situated that it acts like a growth, pressing so heavily on nerve roots that paralysis of legs occurs.

Treatment: In most cases bed rest, heat, massage and wearing of snug abdominal belt brings relief. If no relief from this treatment, operation to remove the disc is performed.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A HIGHLY stimulated creative urge will be fulfilled. Well formulated plans, pushed with vigor and enthusiasm, could reach a new high status should the objective be benign and worthwhile. Health, wealth and prosperity are ripe for the plucking. Seek favor from influential and friendly sources. Keep conservative and do not attempt to force issues.

For the Birthday

Those whose birthday it is may find their affairs under a graceful and happy stimulus. There is an incentive for doing important things in a big way. Ambitious plans, hopes and wishes should be built upon rational and sound objectives, not forced into reckless or intemperate climax. Social, cultural and romantic inclinations are built upon firm foundations. A child born on this day is bounteously equipped for a happy, prosperous and progressive station in life.



Daffodil Types Differ Chiefly in Size of Trumpet.

Months Of Spring Colour Possible From Daffodils

Daffodils, first major flowers to blossom in the spring, have been cultivated in gardens almost as long as tulips.

While limited in color range, they vary much in form and season of bloom. By using all available types, and selecting early, midseason and late varieties, daffodils can be kept blooming during two spring months.

Varieties suitable for garden borders are classified as: Large Trumpets, in which the trumpet is as large as the perianth (surrounding petals). Colors include yellow, white and bicolor, in which the trumpet is yellow and the perianth white, or the reverse.

Incomparabils, with medium length trumpets, of yellow, white, orange, red or flushed pink, combined with perianth of white or yellow.

Barri, with small trumpets or cups, with color range similar to Incomparabils.

Leeds, having white perianths and white or sulphur medium trumpets.

Poets, with white perianths and small red or orange cups.

Jonquils which are not suited for a cold climate, except with heavy protection. They bear fragrant flowers in clusters.

There are also small flowering varieties suitable for rock gardens, and cluster-flowered varieties called "poetas" which are attractive in flower arrangements.

Double-flowered daffodils are more curious than beautiful, but many like them for flower arrangements.

Among all these types there are some varieties which blossom early, and others which are late, though most varieties blossom between the two extremes. To prolong the flowering season it pays to search out these early and late kinds and make sure that a few of both are included in your planting.

Cook's Corner

TUNA SHORTCAKE ROLL WITH CHEESE SAUCE

Two cups flour, 3 teaspoons baking powder, 1/4 teaspoon salt, 1/4 cup butter, 1 egg, beaten, 1/4 cup milk, 2 6 1/2 oz. cans tuna, flaked, 1/4 cup milk, 2 teaspoons chopped onion, 1 1/2 tablespoons chopped parsley, 1/4 cup chopped sweet pickle, 1/4 teaspoon salt, 1 lb. pasteurized process Canadian cheese, 1/2 cup milk.

Sift together the flour, baking powder and 1/4 teaspoon salt. Cut in the butter. Beat the egg and add the 1/2 cup of milk, then mix this into the flour mixture. Roll out to a rectangular shape about 1/4 inch thick. Combine the tuna, 1/4 cup milk, chopped onion, parsley, pickle and 1/4 teaspoon salt. Spread the tuna mixture over the dough, then roll up like a jelly roll. Bake on a greased sheet in a moderately hot oven, 425 degrees F., 40 minutes, or until well baked.

QUICK CHANGE ARTIST

WARDROBE DOUBLER! Day-time jumper and blouse or date-time dress! Here is the all-time most practical outfit you ever saw or sewed. Smartest-to-make jumper in rayon or wool; and the beautiful balloon sleeved blouse in contrast fabric!

Pattern 4699 in sizes 12, 14, 16, 18, 20; 40. Size 16 jumper, 4 1/2 yards 36-inch; blouse, 1 1/2 yards.

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.

Send order to ANNE ADAMS care of The Guardian, 60 Front St. West, Toronto, Ontario.

and lightly browned. Melt the cheese in the top of a double boiler. Gradually add the 1/3 cup of milk, stirring until the sauce is smooth. Slice the shortcake and serve with the cheese sauce.

PEOPLE ARE TALKING!

—the way Cuticura helps clear up pimples, rash

Blackheads, eczema, pimples and rash usually clear promptly to Cuticura Soap and Ointment. Fragrant, scientifically medicated with valuable medicinal ingredients. Buy at drug store today. Made in Canada.

SCALDS • BURNS

Dab on a paste of Baking Soda and water and cover with a damp cloth.

COW BRAND BAKING SODA

CUTICURA

VICTORIA BOUND



The Royal couple, Princess Elizabeth and the Pier before boarding the destroyer Crusader which Duke of Edinburgh, are shown arriving at Vancouver transported them to Victoria, on Vancouver Island.

The Experts Say

By KAY REX (Canadian Press Staff Writer)

TO STORE VEGETABLES

Food storage is one way to cut living costs says the National Council of Women, and the Council doesn't necessarily mean renting a deep-freeze locker or buying one for the kitchen.

A cellar will do—just as long as it's cool. The Council, now sponsoring a country-wide "thrift" campaign, says this is just the place to store root vegetables—the potatoes, beets, carrots, parsnips and turnips that are so plentiful these days.

While temperatures should range from 30 to 40 degrees Fahrenheit, there should not be any danger of freezing. High humidity, ventilation and protection against light are necessary.

Vegetables should be permitted to cool off overnight before being placed in storage. All damaged specimens should be removed. Potatoes, says the Council, should be kept in bins, bags or boxes. However, as ventilation is important, orange-crates are best—or any other container made of slats.

Cover the spuds so the light cannot reach them. Examine them periodically, removing any which show signs of decay. Remove sprouts as soon as they appear. Under ideal conditions they should keep as long as six months.

Fruits or dairy products should not be kept in the same storage as they absorb a potato flavor.

Flavor

Slightly dampened—but not wet—and is the best place to store vegetables such as beets, carrots, parsnips and turnips. Storage temperature for these should be 32 degrees Fahrenheit.

Place a layer of sand in the bin or box and add sand simultaneously with the vegetables so that all spaces are filled. Spread a layer of sand on top. Sprinkle the top with water when required—to keep it slightly damp.

Storage Cabbage

Firm heavy heads are best. Remove diseased or broken outer leaves. Store in bins, boxes, or on shelves—but leave room for ventilation. Humidity can be maintained around 90 per cent by sprinkling water on the floor or by setting out pans of water. Don't sprinkle cabbage.

Onions must be kept dry, preferably in shallow, slatted trays or open mesh bags. The latter can be suspended from the ceiling which permits ample ventilation. Temperature may range from 32 to 50 degrees Fahrenheit.

It doesn't pay to store celery, cauliflower or tomatoes as they can be kept only a short time.

Squash may be kept for several months—in warm dry storage at between 55 and 60 degrees. Pumpkins should be stored under the same conditions but won't keep as long.

Winter apples should be stored in well ventilated boxes. Each apple should be wrapped in tissue and kept at a 32-degree temperature with relative humidity 90 per cent.

DOROTHY DIX SAYS—

Safeguard Your Reputation

Girl Must Choose Her Friends Carefully

DEAR MISS DIX: Should a younger brother be penalized because other boys in the family have earned poor reputations by drinking heavily and keeping the wrong company? I am 16 and very fond of a boy slightly older who is very nice, considerate and every inch of a gentleman. He has two brothers who are just the opposite. Consequently, no one respects with them in everyone's mind. I should hate to lose my own good name by being grouped with Keith, but still I like him very much and do feel he should have a chance to prove he is different. I go with other boys, too, but he is the one I like most.

J. L. E.

ANSWER: You are young to form an opinion on so weighty a matter as a boy's reputation; suppose you talk this matter over with your mother, or some other adult who has your confidence.

HE CAN EARN RESPECT

Since Keith is so different from his brothers, most assuredly he should be judged on his own merits, and though it might be harder for him to convince people of his good intentions, it is not impossible. With the exception of a few malicious gossips, you'll find most people inclined to see the best in others, and if Keith really keeps his character above reproach, he'll earn the respect of his neighbors.

You are so right to safeguard your own reputation. If, after due consideration and consultation, you feel Keith really is worthy of your regard, go out with him. But, make sure you keep good hours, choose your mutual companions carefully, and stay away from questionable places of amusement. If Keith shows discernment in the dates he offers, and you conduct yourselves in proper fashion, both reputations will be enhanced.

DEAR MISS DIX: For the past two years, since I was 16, I have been going with Larry, whom I have known since childhood. I loved him very much, but he constantly disappointed me, breaking dates, going away for week-ends without giving me a chance to make my own plans and pursuing hobbies in which he was more interested than he was in me. We had many arguments, and finally broke up. Then I met another boy, Ray, who is wonderfully considerate and shares the same hobbies and interests as I do. So we became engaged. I love him very much but not with the ardent love I had for Larry. Do you think I should marry him?

T. T.

ANSWER: The ardor of first love can never be recaptured; the man who first wins a woman's heart leaves an imprint upon it that nothing ever removes, even though he turns out to be worthless. So no matter how much you love your fiance, don't ever expect to forget Larry entirely.

Larry certainly does not have the material from which a good husband is made, and you were right to break off with him. Your fiance's consideration and congeniality do indicate a potentially fine husband. You and you alone can tell which one you will be happier with—dashing, selfish Larry, or steady, thoughtful Ray. You'll be miserable with Larry, happy with Ray, provided you can remove the

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Anne Adams Patterns

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and lightly browned. Melt the cheese in the top of a double boiler. Gradually add the 1/3 cup of milk, stirring until the sauce is smooth. Slice the shortcake and serve with the cheese sauce.

Lingerie Cases



Printed plastic in floral design makes a practical and attractive set of lingerie cases. In this three piece set, there's a cover for pajamas or nightgowns, one for slips and a third with sections for hosiery and gloves. If you like a neat effect in your bureau drawers or in your valise when you're travelling, make a set of these cases. A direction leaflet is available for LINGERIE CASES. You just send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. E-1730.

Alice Brooks Designs

COLORED RUG

A beginner can make this rug! It's worked entirely in single crochet—can be two sizes. Use rug cotton in three colors with white or say scraps of many colors.

It's easy! Single crochet rug in two sizes 30 x 36 or 30 x 50. Pattern 7323 has crochet directions.

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, Pattern Number.

How Can I...!

By Anne Ashley

Q. How can I make a good silver polish?

A. Dissolve 1 ounce of powdered borax in 1/2-pint boiling water. When cold, add 4 ounces of precipitated chalk and beat until smooth; then add 1 gill of alcohol. Bottle for use. Shake thoroughly before using.

Q. How can I soften a paint brush?

A. To soften a used paint brush, boil it in vinegar. If the brush is very full of paint, boil it the second time.



4699 12-20-40 by Anne Adams