

The Stars Say

By Genevieve Kemble

For Tomorrow

ALTHOUGH the general trend of this day's objectives may be hopeful, fruitful and expansive, with much promise and advancement inclining high ambitions, there are, as well, signs of intriguing and tricky circumstances to consider. Being alert to peculiar or complicated angles may prevent unhappy and unprofitable entanglements. Logical and honest facing of facts should promote happier and more lucrative relations.

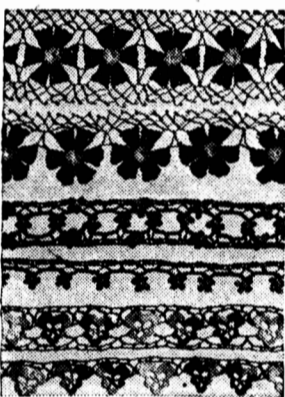
For the Birthday

Those whose birthday it is are confronted by a year of progress, increased opportunity for expansion and growth, with much encouragement for launching plans and propositions of solid worth. Expansion, gain, fame, honors, gratifying tokens of esteem are present in contacts with influential and agreeable persons. Nonetheless, there may be hidden factors to be met with logical thoughts and astute management. Investments, partnerships, social affiliations, demand discretion. Snap judgments could be costly. A child born on this day, is bountifully endowed with talents, qualities and ambitions for an expansive, and pleasant life.

NORTHERN LAKES

Great Bear Lake covers an area of 12,000 square miles, while Great Slave Lake is 11,170 square miles.

Flowerly Edgings To Crochet



Right out of the flower garden come these gay little edgings and insertions, worked in natural hues. At the top, splashy dark red cosmos make a bright border in a lattice of green. Beneath are dainty sky-blue forget-me-nots and at the bottom, a row of pansies in shaded yellows, fuchsias and lavender. All three floral motifs are designed in an insertion and edging pattern. Use them for your towels, bed linens, place mats or handkerchiefs. Directions for making these FLORAL EDGINGS AND INSERTIONS are available. Send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. EI-291.

Household Scrapbook

By Roberta Lee

The Paint Brush

If paint has been allowed to dry and harden on a paint brush, heat some vinegar to the boiling point and allow the brush to simmer in it for a few minutes. Then remove the brush and wash well in strong soapuds.

Piano Care

After renewing the felts in a piano, it is wise to guard against future trouble of this kind and place pieces of gum camphor inside to keep the moths away.

Waiting Period

Newly-plastered walls should stand at least two months before being painted.

Cook's Corner

TOASTED SARDINE SANDWICHES

Half cup mashed sardines, 2 tablespoons finely chopped celery, 1 teaspoon finely diced onion, 1 hard cooked egg, 1 teaspoon prepared mustard, mayonnaise, salt, 6 slices of bread. Mix the sardines, celery, onion and chopped egg with mustard and enough mayonnaise to moisten. Season with salt to taste. Spread half the bread slices with sardine mixture. Put remaining slices on top and toast on both sides in broiler.

BAKED BEEF HASH

Two cups ground cooked beef, 4 cups chopped cooked potatoes, 1 tablespoon minced onion, 1 cup meat gravy or milk, 1/2 cup chopped green pepper (optional), 1 teaspoon salt. Mix ingredients and bake in a greased shallow baking pan in a 350 degree F. oven for 30 to 40 minutes, or until well browned. Or, if you wish, it may be pan-browned slowly in a heavy frying pan. Serve hot with catsup or horseradish.

Modern Etiquette

By Roberta Lee

Q. After "going steady" with a boy for a year, we parted. Is it necessary that I return a watch and pin that he gave me for my birthday and Christmas?

A. Since these were birthday and Christmas gifts, and not engagement gifts, it is not necessary that you return them.

Q. Is it correct to use the superscription "Exc." when addressing a letter to a man?

A. This custom has gone almost out of general use in this country, except among the conservative members of the older generation.

Q. Is it proper at a large dinner or banquet to wait for everyone to be served before one begins to eat?

A. No; it is quite proper to begin eating as soon as you are served.

ELLEN'S DIARY

By an Island Farmer's Wife

Recalling the fascination of the language itself—its tricks we once must learn by heart and its sweetness. Recalling too, an austere: "But that's no mark for you to make in French, Ellen! You don't pay enough attention in class—that's where your trouble lies. I'm actually ashamed of you. And I'm sure your parents will be disappointed in you too."

But that in itself was neither stimulus nor threat. When there were seven others to demand their share of attention in the home, our marks made little stir in the bosom of the family.

"And what's that paper, Ellen? I declare there's so many books and so much stuff lying about, I never know which to burn or which to save!" "That's my English test... got eighty in it!" "Oh, you did, child? Well, touch the cradle while I get supper things, will you? I believe you'll have to run to the store. We're about out of... Just in a few minutes, Ellen—and don't be long!"

The corner-store was a bewitching place, presided over as we have said by a kindly soul. There was in the dim years a nice looking, but to us an ignorant, old fellow, who did his best to make our life miserable. "And so your name is Ellen?" he would grin wrapping up our parcel. "And I thought all the time it was 'Sissy'! Well, here you are... 'Sissy'! Now how did I make that mistake again? Or don't you see, it's you that is astray!"

But there at first hand from labels on box or bale one learned geography and there too if one had time to listen to the conversation of her elders foregathered there at meal-time or at dusk, she could learn history. But vanished are the old years... We held the text-book a moment, fearful to open it lest a precious memento of our girlhood also had faded.

Then opened the cover to feast our eyes on the name inscribed on the flyleaf, in a thin careful script. For a moment a flush mounted on our cheeks—only a shadow of what had suffused them that morning of the long ago; and the confines of our office-of-sorts receded to have us look upon another scene.

We were back once more to the remembered kitchen of childhood—a girl of twelve, slight and smallish with thick black braids and matching eyes. Quick? We lay no claim to any such talent of youth, yet there must have been, so many sights and scenes they picked up.

We were ready for school, velvet cap, brass-buttoned, ripple-tailed sash of tweed; last year's Sunday dress of red; heavy woolen stockings of black and sturdy boots of the same color. We had gathered our books and at the table were in the act of confining them within the strap we used to convey them. The French text-book, our shiniest, we should put on top.

And a guest of the family for a few days that winter of the deep snows, a lad of perhaps eighteen or thereabouts sauntered over and picking up the volume, opened the cover. "Why, Ellen," he said with one of his smiles we shall ever remember, "where is your name?" Then do you mind if I put it down for you?" And taking his pen from his pocket he sat and wrote: "Miss Ellen..." address and date, as we watched breathlessly beside. It was a gracious gesture.

Indeed in time, because was that not often the way stories went, might there not be something of romance about it? ... a Kissed sort of affair! We... but dear, dear, Until tomorrow... Diary... Good-night...

DOROTHY DIX'S COLUMN

Persistent Rumors

Girl Should Disregard Them In Absence Of Evidence



Muriel Nissen

DEAR MISS DIX: A friend of mine recently took a job at a nearby college. There she met a very nice young man and began dating him. They have grown quite fond of each other. He began taking her out about the time for examinations, and people told her his interest in her was really to obtain copies of the midterm exams.

ALMA F.

ANSWER: The answer to the girl's problem will come when, and if, the boy approaches her for information on the exams. I doubt very much that he will do so. Her informants are, I think, practical jokers trying to stir up a little excitement. Tell her to ignore them.

DEAR MISS DIX: I am a divorcee, 22 years old, with two children. I have gone with several different men since my divorce, and as soon as my children are mentioned they lose interest in me. One even said that men want their own children, but I claim that if a man loves a girl he would be glad to take care of her youngsters.

ANSWER: Your problem cannot be answered with an arbitrary yes or no. Many men are willing to accept the responsibility of another man's children, but they are usually sure of getting a fine woman as a wife. You haven't the stability to interest a man seriously, therefore the men who do take you out are the type who want a good time—not the care of a family. Before you lose all chance of ever getting a second husband, you'd better settle down and acquire some common sense.

DAUGHTERS ARE INCONSIDERATE

DEAR MISS DIX: I am 45, and have three daughters, aged 20, 17 and 15. They are always telling me how fat I am, how old I look and so forth. I do all my work with no help from anyone, then they have the nerve to tell me I look old. Outsiders think I look much younger than my age, but my own children ridicule me.

MRS. S. N.

ANSWER: Your children are most inconsiderate, but have you ever tried to train them to considerate? You say you do all your own work with no help from anyone. With three daughters as old as yours, you should be able to depend on a great deal of help. They are lax not to give it, and you have been even more lax in not demanding it from them. Why not surprise them and try to reform your appearance? Your weight problem could be handled very well through your doctor, and by losing the excess poundage, you will automatically lose years from your appearance. Then when you have acquired a glamorous girl look, turn the dinner dishes over to the girls at night while you go out for fun. Their tune will change very suddenly!

DEAR MISS DIX: There's a boy across the street whom I like very much. He seems shy and I'm wondering how I can go about getting introduced to him. He seems to want to meet me, but he probably thinks I'm shy, too.

GLENDIA A.

ANSWER: Here's a situation in which mother could be of invaluable aid. If she doesn't know these neighbors across the street from you, invite her into meeting the lady. Then it's just a step to having you and the boy introduced.

DEAR MISS DIX: Do you advise me to wait two years to marry, which will make me 18? I have been going steady with a 19-year-old boy for the past year, and we want very much to get married. He earns enough to take care of me but my parents are hesitant about giving their permission.

EVALEEN

ANSWER: By all means wait. Yours is the perennial problem of adolescence. Marriage has a better chance of success when the couple are at least in the late teens, and have acquired a fairly good education. Stick to high school until you finish; you'll have a much better beginning to wedded life. Remember all the many, many years ahead and you won't begrudge a short wait now.

DEAR MISS DIX: My boy friend is my brother's best friend. I am 25, and he is 10 years older. I have known him for many years, as he and my brother, Tom, have been chums since they were in school together. I have been in love with him all that time, but he has never paid much attention to me. He takes me out occasionally, but his visits here are usually to see Tom. About a year ago we began to go steady; now he tells me he won't be around to take me out as often and I should go out with other boys. He hints that perhaps in a year we'll go steady again. Do you think he's handing me a line?

DORIS L.

ANSWER: If you enjoy the prospect of spending the rest of your life seeing your friend come around only to go out with Tom, go ahead and swallow the line! And believe me, it is a line! You have made a very convenient little footstool of yourself. Always available when wanted, but quite willing to be pushed out of the way to make room for something more important. Wake up, girl! The man's interest in you is very superficial and eventually you'll have to make way for someone he falls completely in love with. Don't wait for that day! Take matters in your own hands and go out with other boys.

How Can I!!!

By Anne Ashley

Q. How can I remove chewing gum from clothing?

A. Take a piece of ice and hold it tightly over the gum for a few minutes. This hardens the gum and causes it to crumble. It can then be brushed off without injury to the cloth.

Q. How can I whiten clothes when laundering them?

A. It is a good idea to soak them over night in a solution of one quart to one teaspoonful of cream of tartar.

Q. How can I remove slight scorchers from linen or cotton?

A. Wet the spot with soap and water, and expose to the direct sunlight for a day or more.

Better English

By W. C. Williams

1. What is wrong with this sentence? "The two brothers both were there, and I think the younger was the best looking."

2. What is the correct pronunciation of "maintain"?

3. Which one of these words is misspelled? Anonymous, annuity, antecede, anecdote.

4. What does the word "abrasion" mean?

5. What is a word beginning with ch that means "visionary"?

ANSWERS

1. Omit both, and say, "the younger was the better looking." 2. Accent second syllable, not the first. 3. Anonymous. 4. The act of wearing, or rubbing off; the wearing away by friction. "Time causes an abrasion of these coins." 5. Chimerical.

YOUTHFUL FANCIERS

LONDON — (CP) — To encourage school children to take an interest in pet birds, a competition in bird-cage design was organized here. Prizes include budgerigars and canaries.



DEAR MISS DIX: I am a divorcee, 22 years old, with two children. I have gone with several different men since my divorce, and as soon as my children are mentioned they lose interest in me. One even said that men want their own children, but I claim that if a man loves a girl he would be glad to take care of her youngsters.

That Body Of Yours

By James W. Barton, M.D.

THE OPERATION FOR HIGH BLOOD PRESSURE

The emotions affect the blood pressure and, as high blood pressure is most often the cause of heart strokes (coronary thrombosis) and brain strokes (apoplexy) we can readily see how acquiring calmness and learning to take things in our stride may delay or even prevent these strokes.

While the acquisition of calmness of spirit may require constant calls on our religion or philosophy of life, we can all at least try to remember its importance to health and to life itself.

The whole world is upset and, naturally, this tenseness that is a part of most of us raises our blood pressure. While no drug will permanently reduce blood pressure, there are drugs which have a quieting effect and physicians prescribe these drugs for certain highly emotional patients.

An operation known as sympathectomy is now being used throughout the world. This consists of cutting the nerves tensing and tightening the blood vessels. In Angiology, Baltimore, Drs. G. P. Whitlow and R. H. Smithwick state the nervous system plays an important role in raising the blood pressures. This has been demonstrated in the results obtained by sympathectomy. They present the changes in level of diastolic blood pressure following extensive sympathectomy which are divided into three categories: (1) greatly lowered, 20 points or more; (2) slightly lowered, 10 to 19 points and (3) same or worse. A comparison was made of diastolic blood pressure response in 500 surgical and 50 non-surgical cases, followed one to three years. It was found that when the nervous factor is the dominant factor in raising blood pressure, extensive sympathectomy is effective in lowering the blood pressure.

As high blood pressure is progressive, the progress of the disease may be halted if early after it develops, the nervous factor is interrupted by extensive sympathectomy.

The thought then is that when the nervous or emotional factor is very strong, the use of assurance and quieting drugs may calm down the patient. If not, and the emotional factor keeps the patient in a nervous tensed condition, keeping his blood pressure high, the operation of sympathectomy is the logical treatment.

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Morning Smile

No Imitation

Mother: Shirley, be still! Why can't you be nice and quiet like Johnny? He isn't making a sound and you're jumping and screaming. Shirley: Sure. That's our game. He's daddy coming home late, and I'm you.

Refund Due

Visitor: Your painting astounds me. Artist: I spent thousands and thousands of dollars studying with the best teachers in order to learn how to paint. Visitor: I'd like you to meet my

Anne Adams Patterns

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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, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.



Enchanted Garden

O little son, you do not know That in this garden long ago; When silvery stars shone bright and clear.

I met your mother walking here. You do not know that 'round our feet The violets blossomed white and sweet; And when she smiled at me, I knew My secret dreams would all come true

You do not know that one June night I kissed her 'neath the moon's soft light, The scent of roses filled the air, (But I am sure you do not care.)

Now little son I walk with you. Among the flowers wet with dew; You hold my hand with chubby fist. You with your eyes of amethyst.

But I would have you understand This garden is enchanted land; Here in the twilight dim and low I met your mother long ago.

Constance I. Heckbert

MY HIGH ENERGY TONIC HELPS BUILD STAMINA



SCOTT'S EMULSION

HIGH ENERGY TONIC

ASTHMA Get welcome relief from the wheezing, gasping struggle for breath caused by Asthma. Take RAZ-MAH, specially made to relieve Asthma misery. Helps you sleep and work in comfort. Don't lose another night's sleep. Take Templeton's RAZ-MAH today. 65c, \$1.35 at druggists. R-58



Bakes Prize-Winning Bread For 1951 St. Stephen Fair

Feeding husky appetites on the farm means plenty of baking for Mrs. Hazen Russell, of Moore's Mills, N.B. And at the St. Stephen Fair, Mrs. Russell's bread and rolls are plentifully decorated with prize-winning tags. Of course she knows a few things about ingredients! "I'm extra careful about my yeast," says Mrs. Russell. "For going on twenty years I've been using Fleischmann's Yeast. I know I can depend on it—it's always good and lively." It's true! Fleischmann's Yeast is made extra active to give you grand results every time. No wonder the majority of prize-winning cooks in the Maritimes prefer Fleischmann's!

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Keep Regular CHAMBERLAIN'S TABLETS A PLEASANT PHYSIC Effective, Pleasant to take, safe for children and adults. 40 tablets to box. Sold at all drug counters.

Alice Brooks Designs USE SCRAPS! KITCHEN MAGIC! Turn scraps into flowers and a gay basket to hold them! Pansy, rose and daisy potholders, keep fingers safe and the kitchen pretty. Easy to make! Pattern 7391 has transfer for three flower potholders and a basket to hold them. 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. 7391 VITAL ISLAND The island of Okinawa 325 miles from the Japanese mainland, scene of a costly American victory in the second World War, covers 485 square miles. KING COLE COFFEE First in Union by Alice Brooks

Tasty? Sure, they're MAGIC baked! GINGER CUP PUDDINGS Mix and sift twice, then sift into a bowl, 1 1/4 c. one-sifted cake flour, 2 1/4 tsp. Magic Baking Powder, 1/2 tsp. salt, 3/4 tsp. ground ginger, 3/4 tsp. ground cinnamon, 1/4 tsp. each of ground cloves and grated nutmeg. Cut in finely 5 lbs. chilled shortening and mix in 1/2 c. lightly-packed brown sugar. Combine 1 well-beaten egg, 1/2 c. corn syrup and 1/2 c. milk. Make a well in dry ingredients and add liquid; mix lightly with a fork. Two-thirds fill greased cup-cake dishes with batter. Bake in moderate oven, 350°, about 25 minutes, or cover each pudding with wet cooking parchment paper, tie down and steam for 25 minutes. Serve hot with vanilla sauce. Yield—5 servings.