

The Stars Say --

By Genevieve Kemble

For Tomorrow

A MOST suspicious turn of the "Wheel of Fortune" is incited by the very benign and promising trend of the orb of abundance, expansion, rare initiative. Stirring events could make this a day of conspicuous achievement. The surprise element is accentuated, with a breath-taking revolution from gloom and distress to a high climax of gratification, joy and possible justification. Some sudden event may be precipitated to bring a whole new set of factors, circumstances and contacts to change the entire course of experience — social, emotional, romantic as well as financial.

For the Birthday

Those whose birthday it is may prepare for a year of sudden change, perhaps in environs, position, personal contacts and intimate relations. All affairs may be drastically revolutionized in the attainment of prospects and desires "devoutly wished for" although deemed to be quite beyond the goal of fulfillment. Social, romantic and geographic change, or the advent

Household Scrapbook

By Roberta Lee

Punch

To make good punch mix one cup of pineapple juice and one and one-fourth cups white grape juice. Add two cups water and sweeten to taste. Pour into a large bowl, add one quart of raspberry ice and serve immediately.

The Mattress

The mattress will be more comfortable and will wear longer if it is turned every week, not only up and down, but the head to the foot, alternately.

Shoehorn

To make a good substitute for the shoehorn, use either a spoon handle or a folded envelope.

of exceptional mental ravings into the realm of the strange or bizarre lend allure to some very material or constructive demands or projects. Home affairs may be stressed under exciting denouement.

A child born on this day is bounteously blessed with exceptional ideas, skills and attainments, with a personal and social life of keen gratification and unusual contacts.

ELLEN'S DIARY

By An Island Farmer's Wife

And presently, putting by our cares for the time we rode into the moonlight together. Or did we not shed these along the quiet miles of road, the colorful aisles sometimes over-arched, and outlined in the truck's passing light? In that companionable understanding acquired and enjoyed by a pair that has faced the vicissitudes of life through years together, we continued our way.

"Just for the ride, Ellen," James had said when proposing the outing, but in a pleasant coincidence we found the car at length turn to enter the gateway of a home at some distance from Alderlea. It seemed as if James had looked into our thoughts to read the wish on our mind. "Well stop just a few minutes, Ellen," James said, "because we have so many things planned for tomorrow, we should be up in good time in the morning." But there was that note in his voice, which indicated the visit might be somewhat extended.

The lane to that home is narrow, and was then lined with colorful bush and bracken. We caught glimpses of reds and bronzes as the machine dipped to the little rustic bridge spanning the brook and then climbed the gradual ascent to the buildings. . . . You reach the yard through a stand of gallant old white birches; and the maple glade to the north provides shelter as well as a fetching background to house and barns in every season.

Flag stones, weathered and smooth, lead to the door. You meet these through a white turnstile in the lawn-fence; and if interested you stop to admire the flowers which grow and blossom in profusion there, in season. . . . old-time roses, bluebells, sweet William, "old man," peonies with red satin petals, "sparrow grass," greenly misting a corner. . . . and pansies.

There were pansies in the low bowl on the windowsill by the table beside which the farmwife sewed—great frilled flowers, solemn-eyed, beautiful. She put down her work at our entrance, but took it up again on insistence to complete stitching the length of binding she was renewing about the quilt. We were alone there in the cozy kitchen, James having gone in the direction of the lantern-light which glowed dimly from the door of the pigery across the width of yard.

"New," she laughed, "dear me, Ellen—it's old! I made it so long ago I was just trying to place the year. . . . It was the first winter Mary was in college, and that's quite a spell ago. It's funny, when you have a family how you can determine the past so exactly. I remember this because of some pieces of a dress I made for her when she was home that Thanksgiving. She looked over the array of colors in her quilt. "There!" she said "this red—and there's another bit of it somewhere. . . . oh yes, over here!" A fine wool it was, as smooth as silk. "I had little hope of finishing it before she went back but she took over much of my work — and was so proud to have the new gown to take along on her return."

"And this?" we pointed to a purplish square, touched up with quaint stitches about.

"That's from a dress I had when I was only a little girl. It was," she smiled, "what they called 'second mourning' — dear me, the things they did to children in those days! For Mother's mother it was. Like her, at first we wore black and later purple or gray. . . . Now there," her finger rested on a bit of bright plaid. . . . But the rest will have to wait. James is a-calling from his bed: "Fetch me a glass of water, Ellen. . . . It's those herrings we had for supper — they're a-floating!"

Until tomorrow . . . Diary -- Good-night

Modern Etiquette

By Roberta Lee

Q. If a widow has a son who has the same name as his late father, and he marries, how does she distinguish between herself and her daughter-in-law?

A. The widow may have "Sr." added to her name.
Q. Is it proper to use the double-fold visiting card instead of the regular single visiting card?
A. No; double-fold cards are for

DOROTHY DIX'S COLUMN—

Disappointed Bride

Married Less Than Four Months, She Thinks Mate Unsympathetic

DEAR MISS DIX: I'm a bride of three and a half months with an aching heart. My husband loves himself more than he does me; sometimes I wonder what sort of heart he has. Nothing seems to touch him. He hasn't any emotions. He's generous enough with his money and helps around the house, but it seems that anything he does is for his own benefit. We moved to a strange town after our marriage. I am very lonely and often unhappy, but my husband never notices it. He's never lonely and thinks it foolish for me to feel that way.



Muriel Nissen

ANSWER: What you are really lamenting, Sheila, is the fact that a honeymoon doesn't last forever. Yours did end rather quickly, but as men differ so does their method and length of courtship. You are facing the inevitable period of marital adjustment, and the resentment with which you approach the task bodes small success for your marriage.

A CONTENTED SPOUSE

The amenities of courtship are, for a man, a means to an end. He wants a wife, and when he has one, he sees no reason why he should continue chasing her. A woman, contrariwise, wants to be wooed forever. Harmony in marriage comes from a reasonable adjustment—and reasonable, in this instance, usually means that the wife surrenders her romantic dreams and settles for acceptance of her man's obvious content. Be assured, if your husband provides well for you, and helps with household chores, he is content, and a contented husband is a wife's treasure.

You are going overboard on your reform movement; unless you come to a stopping point soon, your man is likely to rebel and bolt. After three months of marriage you want to change his personal habits, increase his romanticism, while retaining all the fine qualities that attracted you in the first place. What's your aim? A Perfect Husband? You can't create one and if you persist in trying you'll wind up with two nervous wrecks in the family—if there's any family left! Don't be so strenuous! Learn to take things a bit easier and remember there are many, many years of marriage ahead, so don't expect to do all the building in a few months. Your husband sounds like a man who is quietly, but completely, satisfied with everything about you and your home. Don't jeopardize his satisfaction by blatantly proclaiming your own discontent. You are the one who should be making the adjustments; get to work and do your part.

All the makings of a fine married life are in your hands; don't let them slip through your fingers while you try to grab the nebulous stuff of which dreams are made.

DEAR MISS DIX: My brother is 18 years old, and in a mental hospital. I write him quite frequently and send him magazines and things to read. His condition is not too serious, and he is apparently responding to treatment. He will be there for quite some time, however, and I wonder if you could suggest something to send him besides food and reading material.

ANSWER: I hope you also visit him whenever possible, as nothing means as much to a person in his position as personal contact with members of the family.

Jigsaw puzzles and games would make a variation in your packages. He should be able to do these, and if you can't find any, you could send him the equipment for pursuing a hobby, such as stamp collecting. Any stamp dealer will give you help in selecting the material he would require.

DEAR MISS DIX: After nine years of marriage, my husband has left me for another woman with whom he is now living in common-law marriage. We had no argument or disagreement; in fact, we have always been very happy. He gives me some money, but I have to pay his debts. My pastor suggested that I see the girl's mother, who told me her daughter never was any good, was lazy, and actually enjoyed hearing other people. My husband tells me to wait, something might happen. He won't promise anything but wants me to keep the apartment up. Do you think I should take legal steps?

ANSWER: If you expect to subsist on the vague hopes evoked by your husband's non-committal statements, you have a long, hard haul ahead. He may come back penitent, and he may not, but you are the one to live out the uncertainty in heartsickness. I think you are making yourself unnecessarily open to heartache by seeing him once a week to collect the money he allows you. Couldn't this be done through a third party or by mail? The less you see of him, the easier it will be for you. Also, just why do you have to pay the debts he contracted? On this score, at least, you should have legal advice.

messages and invitations, and are not used when paying visits.

Q. We should like to serve champagne to the guests at our wedding reception. How much champagne should we figure on providing?
A. A good general average would be to figure on two glasses for each guest.

Cook's Corner

CHILI CON CARNE

Although it looks small, the amount of meat in this mixture is entirely satisfactory. The thickness is good. The flavor is lively but there is not too much chill powder for the average taste.

This good savory main-dish is at its best served with a fresh green vegetable and rice, or mashed potatoes—or with a green salad and heated crusty bread or rolls.

Yield—7 or 8 servings.
2 tablespoons shortening or beef dripping.
¼ pound minced lean beef
½ cup chopped onion
2½ cups (one 20-ounce can) tomato juice
¼ teaspoon salt
1 teaspoon fluid meat extract or 1 bouillon cube
1 teaspoon granulated sugar
1 tablespoon chili powder
1 can baked beans (15-ounce size)
2 tablespoons corn-starch
2 tablespoons cold water

Heat the shortening or dripping. Break beef up with a fork, add to heated fat and fry, stirring often, until browned. Pour off excess fat. Sprinkle meat with the onion and add the tomato juice, salt, meat extract or bouillon cube, sugar and chili powder; combine well. Cover closely and simmer for 10 minutes.

Add the baked beans; cover and simmer, stirring occasionally, 30 minutes longer.

Measure the corn starch and smoothly blend in the cold water; stir into meat mixture and cook, stirring constantly, until smoothly thickened. Cover and simmer, stirring occasionally until no raw flavor of starch remains — about 5 minutes longer.

MASON'S 49 for Coughs and Colds 45¢ — 75¢

That Body Of Yours

By James W. Barton, M.D.

RESULTS OBTAINED IN THE TREATMENT OF HUNDREDS OF CASES OF ACNE (PIMPLES)

I write often about acne vulgaris (pimples), not because it is a dangerous disease or uncommon, as no one dies and about 90 per cent of all teen-agers, boys and girls, have some pimples at one time or another. But, occurring at this period of life, pimples can spoil many a romance and cause an inferiority complex that may remain long after the pimples have disappeared. Because of this great depression of spirits at a time when life should be brightest, any help from authoritative sources that will lift the morale of these young folk is worth passing along.

In the Canadian Medical Association Journal, Frederick Kalz, M. D., Hope Pritchard, B. Sc., Claude Fournier, M. D., and Anthony Janauskas, M. D., Montreal, give the history and methods of treatment and results of these treatments in three hundred and twenty-four patients seen in private practice by two of the above research workers from 1944 to 1949. An additional 119 cases have been seen during 1950 and 1951. Most of these patients have had some previous treatment by the family physician or other skin specialists and about 20 per cent had previous X-ray treatment.

One of the points not emphasized by some skin specialists is that in so many cases of acne (over 50 per cent) the metabolism rate (rate at which the body processes work) is below normal. As the metabolism rate is controlled by the thyroid gland, the giving of small doses of thyroid extract daily helps many cases.

In the treatment of acne, these research workers outline: (1) Local treatments (ointments and salves), ultra violet radiation, removal of the blackheads (comedones) in some, but not all cases. (2) Dietary treatment — avoid chocolate, nuts, salad dressings; cut down on fats, particularly fried foods and pork fat. Milk was not reduced. High protein (meat, eggs, fish) was advised. (3) Thyroid, 1½ grains daily, for six weeks in those with a low or minus metabolism rate. (4) Treatment by female sex extract (ovarian hormones) in some female cases and progesterone in males. (5) Control of secondary infection by germ-killing drugs (antibiotics). (6) Treatment of emotional disturbances, as these can upset practically all the working processes of the body.

The results obtained showed that over 60 per cent gave history of improvement during the summer and increase in symptoms during the autumn months. This may point to heavier diet in cold weather. The significant fact was that these satisfactory results were obtained without use of X-rays. X-rays have been used for years in treatment of acne.

Better English

By G. G. Williams

1. What is wrong with this sentence: "Mary is some better today, but she doesn't expect to go no more if you will come and see her."

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

3. Which one of these words is misspelled? Tranquillity, tragedy, transcend, trapezium.

4. What does the word "expiate" mean?

5. What is a word beginning with rep that means "filled to capacity"?

ANSWERS

1. Say, "Mary is somewhat better today, but she doesn't expect to go anymore if you will come to see her." 2. Pronounce eg-zort, accent second syllable. 3. Tragedy. 4. To atone for. "We must expiate this erroneous thinking." 5. Replete.

Morning Smile

Pretty Good

"I've spent nearly \$20,000 on that girl's education," complained the aggrieved father, "and here she goes and marries a fellow with an income of only \$2,000 a year."
"Well," said the friend of the family, "that's 10 per cent on your investment. Pretty good going. I should say."

Anne Adams Patterns

WEEK'S SEW-THRIFTY!
IT'S VERSATILE! It's the Wrap! Wrap it on now for a coverall apron, later for a wrap-around sundress. Sewing and ironing are so easy—you see by the diagram how few parts and seams there are. Smart, too, with that princess panel, those pockets!
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How Can I . . .

By Anne Ashley

Q. How can I prevent varnish from chipping off furniture?

A. Always remove all traces of furniture polish from surfaces which are to be renewed with varnish, paint or enamel. If this is not done, the new varnish will not dry properly and is liable to chip off. Benzine is effective as a remover.

Q. How can I stiffen the bristles of a brush?

A. Should the bristles of the brush not be stiff enough, dip into a strong solution of alum, saturating thoroughly.

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Enjoy the simplicity and speed of Jell-O Lemon Pie Filling too! No grating or squeezing of lemons — no long, tedious cooking. Just use a pan, a spoon, a cup. Easy directions on the package. Your grocer has Jell-O Lemon Pie Filling. (Not a lemon jelly.)

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