

Better English

By G. G. Williams

1. What is wrong with this sentence? "After her machine had been fixed, she typewrote the letter for me."
 2. What is the correct pronunciation of "illustrate"?
 3. Which one of these words is misspelled? Careen, gangreen, muscatel, musicale.
 4. What does the word "profanation" mean?
 5. What is a word beginning with as that means "constant in application"?

ANSWERS

1. Say, "After her machine had been repaired, she typed the letter for me." 2. Accent on first syllable is preferred. 3. Gangreen. 4. Act of profaning; especially sacred things. "The profanation of the church." 5. Assiduous.

How Can I!!!

By Anne Ashley

Q. How can I relieve tired nerves?
 A. A few suggestions are: Plenty of sleep every night; a carefully-balanced diet that includes plenty of fruit and milk; no parties that mean lots of drinking, eating, and late hours; include a long walk every nice day.
 Q. How can I dry-clean a light-colored suit?
 A. Dry bran is an excellent cleaner. Rub the cloth down with dry bran, using more force on the soiled spots. Then brush thoroughly.
 Q. How can I cause eggs to hold together much better when poaching them?
 A. A teaspoon of vinegar put into the boiling water will cause the eggs to hold together much better.

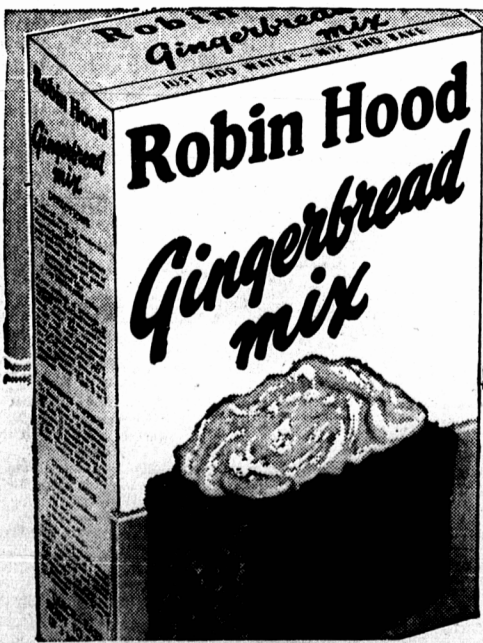
Two for your honey



Cologne Duette...

her two favorite
 Fabergé fragrances
 golden gift boxed
 3.50 the set

Moore & McLeod Ltd.



TO-NIGHTS

...dessert suggestion: hot gingerbread with apple sauce and a sprinkle of cinnamon. One minute and it's ready for the oven—bake while you serve your first course. Be sure you use Robin Hood Gingerbread Mix, preferred by two out of three in nation-wide test. C 37-51

ELLEN'S DIARY

By an Island Farmer's Wife

That Body Of Yours
 By James W. Barton, M.D.

CHILDHOOD SCHIZOPHRENIA

One of the helpful signs of the times, and yet a sign made necessary by mental and emotional disturbances in childhood, is the great number of psychiatrists now being engaged to size up school children.

For years, physicians have been attached to schools so that any physical defects can be noted promptly and help given.

In The Journal of Pediatrics, Dr. Harry Bakwin (New York University) states that in childhood schizophrenia—double personality and persistent dream states—the commonest symptoms are seclusiveness (wanting to be alone) and irritability when seclusiveness is disturbed. Other manifestations or signs are excessive daydreaming or preoccupation with thoughts and fantasies, bizarre behavior, lessening of interests or failure to be attracted by objects and activities which usually attract children. Backward interest in amusements which customarily intrigue children of younger ages, sensitivity to comment and criticism and physical inactivity. Anxiety is a prominent feature.

The statement that these children are physically inactive, no desire to play games or mix well with others, shows the value of play and group games in helping to keep boys and girls normal. In group play there are rules which teach the youngsters to be unselfish, to control the temper and to play their best until the end of the game, despite defeat.

When the youngster has acquired schizophrenic symptoms and they are well rooted, Dr. Bakwin states that he should be in an institution under the care of a psychiatrist especially trained to work with children. Shock treatment is used as an adjunct or help to socialize the young patient. An important part of management of the schizophrenic child is work with the parents. By dealing with their confusion, anxiety, guilt feelings, hostility and hopelessness, a positive realistic attitude toward the child's illness may be developed.

If parents study their child and recognize that the child is suffering with a mental and emotional illness, they will be firmer. They will realize that it is sometimes cruel to be kind, if laxness prevents the child's growing into a normal adult.

Cook's Corner

CHILI CON CARNE

The amount of beef may be increased without altering the other ingredients.

Generous gravy, tender beef, flavoured beans, all unite to make this a very likeable dish, indeed.

- Yield—6 servings.
- ½ pound piece round steak
- 1/3 cup chopped onion.
- 2 tablespoons beef dripping or shortening, heated.
- 2½ cups (20-ounce can) tomatoes
- 2 tablespoons chopped sweet pickles
- 3 teaspoons chili powder
- 1 teaspoon dry mustard
- 1 teaspoon granulated sugar
- ¼ teaspoon salt
- ¼ cup cold water
- 1 can (20 ounces) baked beans.

Wipe the steak with a damp cloth and cut into ¾-inch pieces. Add meat and onion to heated dripping or shortening and fry, stirring occasionally, until nicely browned.

Add the tomatoes and chopped pickles to meat mixture.

Combine the chili powder, mustard, sugar and salt and blend in the cold water; stir into meat mixture and combine well.

Cover closely and simmer, stirring occasionally, until meat is tender—about one hour.

Add the baked beans; cover and simmer 15 minutes longer.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a bridge player to lay down several remaining cards in his hand with the remark, "The rest of the tricks are mine"?

A. No; this is very annoying to moderately skilled players, and it is often quite possible that the tricks might not have been his if the hand had been played out. Poorer players are not likely to question the action, but they feel none the less that their "rights" have been taken away. It is poor sportsmanship!

Q. Who should be first to leave a luncheon table?

A. The hostess gives the signal, just as she does at dinner, by rising at the conclusion of the luncheon and leading her guests into the living room.

Q. What kind of stationery should a man use for his social correspondence?

A. A man of good taste will use only plain, white, unruled paper, of good quality.

POWERFUL HORSE

The shire draught horse, a famous English breed, often reaches a weight of 2,000 pounds.

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CAMAY
 When you buy
 1 Large size
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 2 CAMAY bars OXYDOL DUZ
 for 2 each, 100000 OXYDOL DUZ
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"Wives Get Worst Of It" Says Retiring Judge



Magistrate with daughter-in-law, Mrs. T. Hopkins left, R. Smith

After 17 years on the bench in Niagara Falls, Crystal Beach and Fort Erie, Magistrate John B. Hopkins has concluded that women get the worst of the marriage deal in the long run. The retiring magistrate should know, for he has presided over 75,000 police court cases and traveled 340,000 miles to out-of-town hearings. Father of three children himself, Magistrate Hopkins does not condemn "this younger generation," for he believes that "there is no difference between the young people coming up, except maybe they get caught and we didn't." A picture of health, Magistrate Hopkins, son of a Northern Ireland Presbyterian minister, plans to re-enter private practice.

DOROTHY DIX'S COLUMN—

Bury The Hatchet

Family Quarrels Should Be Patched Up If Possible

DEAR MISS DIX: My mother died when I was 15 months old; my father is a drunkard. Consequently, I have lived from family to family on my father's side. Each relative made it a special point to tell me I was unwanted, that they were being kind to me by allowing me to live with them. Yes, they were kind at times; all humans are. Being tossed from house to house has made me keenly aware of family peace and happiness.



Muriel Nissen

I was living with my uncle and his family when, at 18, I met Roy. When we became engaged, my family objected so strenuously that I moved to the Y. W. C. A. They thought Roy wasn't good enough for me, he wasn't making enough money, etc. They told me never to come to them if I needed help, etc., etc. I slammed the door when I left—and never went back.

We have now been married over a year, have a darling son and are as happy as can be. We are building our own home, living in the basement until we finish the rest. Roy's working hard, and making more money than when we were married.

My problem is my uncle's family. I do not harbor grudges, and wonder if I should make an effort to call on them. When my son grows older, he'll wonder why his father's family gets together and mine stays away.

ANSWER: I thoroughly agree with you that one should not harbor grudges, but of course with some people it is impossible to keep on good terms. They'll find fault no matter how hard you try to please them. The best you can do is call on your uncle and his family, tell them you'd like to be friends, and if they rebuff your overtures, get along without them.

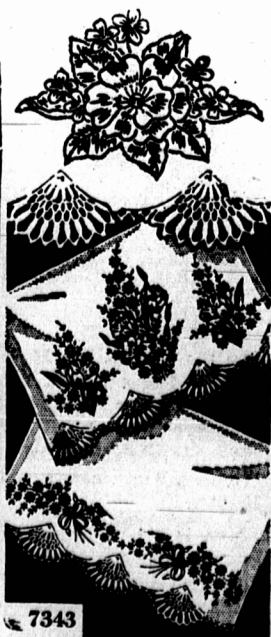
YOU HAVE RIGHT SPIRIT

You and Roy have a fine spirit of co-operation and mutual consideration. With such a home atmosphere your son will have a goodly share of the family peace and happiness you missed. While it will be fine if the same spirit can be extended to include all the relatives on both sides of the family, it does take more than one side to effect such a relationship. If your uncle's family is not disposed to the same end, you can do nothing but ignore them. Simply explain to your son that your own mother is dead and consequently you don't have the relatives his father has. Don't expose him to the disagreements of quarrelling kinfolk.

DEAR MISS DIX: Eight years ago I married a fine girl. We were happy for a while, had a beautiful baby girl. Then my wife began to drink and after four years of marriage, she left me to return to her mother. We were divorced and I remarried. Now she wants to come back to me, says she is sorry for the things she did and will never repeat them. The problem is that I know now how much I love her, and will never love anyone else.

ANSWER: If you are convinced that your happiness, and the welfare of your child, depends upon your returning to your first wife, you could ask the second wife for a divorce. However, she may not be willing. You were in too much of a hurry to marry the second time, and should really have given the matter more reflection. If things do work out the way you want them, and you get back to Continued on page 3

Alice Brooks Designs



SPRING ALL YEAR

PLANT a spring flower-border that will be beautiful for years to come! These motifs are for all sorts of linens—and grow quickly—the stitches are easy!

Flowers and leaf border. Pattern 7343; transfer 6 motifs about 5x12 inches; crochet directions.

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.

LOWER CORNAL, Eng.—(CP)—

A vicar in this Staffordshire town will relax his 50-year-old ban on marriages during Lent. He says "newlyweds need all the money they can get and if couples marry before April the husband can claim tax rebate for the year."



Flavour and Bouquet

Economical Meals

DIVISION OF NUTRITION, DEPARTMENT OF HEALTH AND WELFARE

"Food Makes A Difference"

The food you eat can make a difference between good or poor health. It can also make a difference to your pocket book.

The common ordinary foods recommended in Canada's Food Rules are usually cheaper than many fancy foods that we serve every day. These foods are high in food value and you get more for your money.

Milk instead of pop, tea, or coffee. Skimmed milk is excellent for cooking.

Ordinary cheddar cheese instead of fancy package brands. Cheese is a good substitute for meat.

Small size oranges and grapefruit instead of large fancy ones. Prunes and raisins instead of fancy canned fruit and fresh fruits out of season.

A variety of vegetables especially cabbage (raw), canned tomatoes, squash, carrots, turnips, are more important than sweet deserts.

Home made whole wheat bread, biscuits, muffins and rolls instead of refined white bread.

Oatmeal and cracked or rolled wheat instead of fancy package cereals. Oatmeal used often in cooking.

Cheese, fish, and eggs used often in place of meat. Cheaper cuts of meat carefully cooked and tastily seasoned.

Liver once a week. Milk puddings, rice and gelatin deserts dressed up with fruit instead of rich pastries and sweets.

Vitamin D daily for every growing child.

These are the foods to use every day! Try new recipes. Add seasonings, fruits and garnishes to make common ordinary foods more attractive.

VENGEFUL DRIVERS

AUCKLAND, N. Z. — (CP) — A radar device operated secretly has resulted in many motorists being summoned for speeding. Suspicious motorists have been getting their revenge on an innocent rubber tube laid across the highway, which merely records the number of passing cars. The tube has been cut and slashed several times.

Crocheted Blouse



If you're handy with the crochet hook, you'll enjoy making and wearing this attractive blouse. Made from one of this year's fashionable colors, it's suitable for many occasions. If you would like to have a leaflet with directions for making the CROCHETED BLOUSE, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. PC-5132.

Anne Adams Patterns

PRESTO CHANGE-O

Beautiful basic! It's KIND to your budget! Clear classic lines, adaptable collar, frivolous fascinating accessories give you many dresses for the making of one!

Be smart—make the dress in a neutral shade and many accessories in prints, checks, or white!

Pattern 4766 comes in Misses' sizes 12, 14, 16, 18, 20. Size 16 dress takes 3½ yards 36-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.

Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.

Household Scrapbook

By Roberta Lee

Carved Furniture

Dip a good-sized round bristle paint brush into kerosene, hang in the open air until it appears dry, and use for dusting deep carvings and intricate moldings. After using, clean by wiping vigorously on a handful of rags. Wash when it becomes too dirty to use, and repeat the application of kerosene.

Paint on Clothes

Remove paint stains on the clothing by saturating them with equal parts of ammonia and spirits of turpentine. Soak the places well and then wash with soap suds.

Cream

If the sweetness of cream seems uncertain, stir a pinch of soda into it. This will prevent it from curdling even in hot coffee.

Morning Smile

He'll Be Good

He'll try to make you a good husband. She—And if you don't succeed, I'll make you a good husband."

Same Only Different

Bill—"You know, your wife doesn't seem to dress as well as she did a few years ago before you married her."
 Will—"Yeah? I don't see why not. She wears the same clothes now that she had then."

No Choice

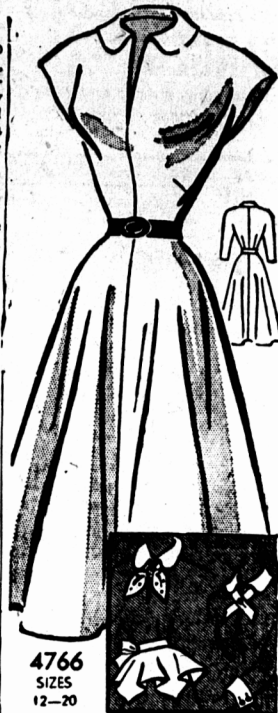
Judy—"Why did you ever marry such an awful man?"
 Jane—"He asked me, dearie."

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A PARTICULARLY lively and eventful day, in which all affairs are pushed forward at hectic tempo. Matters of major importance demand keen study and understanding of minutiae and details, as well as consideration of lasting prospects for expansion, growth and probably some explorations into the unknown, with certain hazards or gambles. Fight shy of all sorts of false ideas or extravagant propositions. Also be prepared for some setbacks, post-



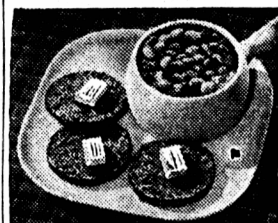
4766
 51255
 12-20

by Anne Adams

For the Birthday

Those whose birthday it is may be prepared for quick acceleration of lagging or crystallized matters already well on the way for satisfactory growth and development. Temporary frustrations could yield to forthright action, with courage and determination to win out against obstacles or sudden twists, perhaps in withdrawal of promised cooperation. Home or feminine influence could be dubious.

A child born on this day, while ambitious and efficient, may have to forge ahead against obstacles or handicap, probably in its domestic or social relations.



NEW! QUICK!

ALL-BRAN HOT-BREAD

So light and good tasting, made with Kellogg's ALL-BRAN and molasses. Delicious with Oven-Baked Beans.

- 1 cup Kellogg's ALL-BRAN
- 1/2 cup raisins
- 2 tbs. shortening
- 1/2 cup molasses
- 1/2 cup hot water
- 1 egg
- 1 cup sifted flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. cinnamon (if desired)

1. Measure first 4 ingredients into bowl. Add water, stir until shortening melts. Add egg; beat well.
2. Sift together flour, soda, salt, cinnamon; add to All-Bran mixture, stirring only until combined.
3. Fill 2 greased baked bean cans 3/4 full. Bake in preheated mod. oven (350°F) 45 min. Yield: 2 loaves. Or use 8 x 8-in. pan. Bake in mod. oven 35 min. Yield: 1 loaf. Makes delicious lunchbox sandwiches.



and now...
 for the Eve
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 woman

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You'll revel in the sheer, tempting beauty of NYLONS OF NOTE in these fabulous shades... lightly touched with danger... inspired by the breathless story of earth's first awakening. "FATEFUL GARDEN" Shades... your new Spring shades.

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