



Here is an extremely easy-to-make and delicious dessert dish—lemon pudding—guaranteed to make your family ask for more!

LEMON PUDDING

Cream together 1 cup sugar and 3 tablespoons butter. Stir in the grated rind and juice of 1 lemon. Add 2 beaten egg yolks and 2 heaping tablespoons flour.

Add 1 1/2 cups milk. Lastly fold in stiffly beaten egg whites. Pour into buttered baking dish. Set dish in pan of water and bake 1 hour in moderate oven.

—Mrs. Nathan Bell, Carleton Siding W. I.

Modern Etiquette

By Roberta Lee

Q. I have received wedding gifts from out-of-town relatives of my husband, whom I've never met. What salutation should I make to each of these in my thank-you notes?

A. Address each relative as your husband does—as "Aunt Mary," "Uncle John," or "Cousin Bill."

Q. If a cup of coffee is filled up to the very top, is it all right to lean over and take a few sips in order to avoid any spilling?

A. No. It is better to use both hands to lift the cup on its saucer, and then sip.

Q. When a woman asks the attendant in a public restroom to lend her a needle and thread for making some small repair, should she tip the attendant?

A. Yes, this is expected.

BIG VEGETARIANS

Wild elephants live chiefly on young plants, roots, twigs and leaves.

SAFE FOR CHILDREN



RUB IT IN—WATCH IT VANISH PENETRATES DEEPLY TO POINT OF CONGESTION, QUICKLY RELIEVES CHEST COLDS

Yes, it vanishes! That's why Buckley's Stainless White Rub brings relief from suffocating chest colds so fast. You simply rub it on chest, throat and back. As it vanishes it carries 9 pain-relieving, congestion-dispelling medicaments right into the affected area.

BUCKLEY'S STAINLESS WHITE RUB

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, 4/0 The Guardian, 60 Front Street West, Toronto, Ontario.

Friends of Pearlens Corcoran are pleased to note that her condition is greatly improved.

Best SOLEX LAMPS BUY

4683 1 1/2-2 1/2 by Anne Adams

ROYAL PALACE Buckingham Palace was built in 1703 for John Sheffield, the Duke of Buckingham.

NOTE DIFFERENCE—Kenneth Arvidson, of Minneapolis, Minn., plays a five-inch-long cornet which is said to be one of the world's smallest.

HELLO, SWEETHEART—Eric Trobelen greets Miss Charlotte Staudte, the girl he's been trying to marry for the past 40 years, as she arrives in Anchorage, Alaska.

THE STARS SAY -- By Genevieve Kumble

For Tomorrow ORIGINAL and imaginative ideas should bring creditable results this day—especially in the solution of difficult financial problems.

For the Birthday If tomorrow is your birthday, you should find the year ahead marked by exceptional progress.

Contract Bridge By Josephine Culbertson

DIFFERENT ROUTES TO THE SAME CONTRACT

Better English By D. C. Williams

ANSWERS

Royalty "Battle It Out"



Princess Ileana of Roumania, second from left, is shown in laughing conversation with her friend, Mrs. Lucille Howard, over a corridor of special term court in Boston.

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Household Scrapbook

By Roberta Lee

Glass Stopper To loosen a glass stopper that will not yield, mix 2 drams alcohol, 1 dram glycerine, 1 dram sodium chloride.

Hand-Cleaning Paste To make a good hand-cleaning paste, dissolve 2 1/2 pounds of white soap in 5 1/2 pints of hot water.

Banana Stain Stains from bananas can usually be removed by covering the spots with a liberal paste made of fullers' earth and water.

That Body Of Yours

By James W. Barton, M.D.

SOME COMFORTING FACTS ABOUT A HEART ATTACK

When we read and hear so much about heart disease and see many in their prime of life pass away suddenly with a heart attack, we may get the impression that the heart is a delicate organ and no chances should be taken by doing hard physical work.

As a matter of fact, the heart is the toughest, strongest organ in your entire body.

In February of this year the annual heart fund got under way. It is heartening to see how this organization is appreciated by people in all walks of life.

The American Heart Association tells in simple language that we should not be afraid of heart disease or worry about it.

In their pamphlet issued for the Heart Fund Campaign, Dr. H. M. Marvin and David Lath tell us that if you're like most people you probably think of your heart as a delicate organ easily strained by over-activity but, actually, the healthy heart is the toughest, strongest, muscle in the body.

When an increase in blood flow is needed, the heart responds smoothly and tirelessly. First the heartbeat speeds up to twice its normal rate. Second, the muscle contracts more completely, pumping out more blood with each beat.

In moderate exercise the heart may pump five times as much blood as at rest.

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These heart research workers point to the wonderful repair system of the heart. There are two main kinds of repair, those required by damage to the valve and repairs called for by the blocking or narrowing of the arteries that feed the heart.

The valves direct the flow of blood into the proper channels and prevent it from flowing back into the chamber it has just left. They are like delicate little doors and they open and close partly in response to the pressure of the blood stream and partly by muscular contraction.

The heart is even more effective in repairing damage caused by closing or narrowing of the blood vessels if a clot (thrombus) forms inside the blood vessel it usually blocks the channel completely causing what is known as a heart attack (coronary thrombosis).

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ANSWERS

1. What is wrong with this sentence? "Mary's solution was more perfect than yours."

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

3. Which one of these words is misspelled? Petroleum, petulance, petrety, pestiferous.

4. What does the word "segregate" (verb) mean?

5. What is a word beginning with fo that means "to nourish"?

ANSWERS

1. Say, "was more nearly perfect than yours." 2. Pronounce ma-ni-ak, first and second a's accent second syllable. 3. Petrety.

4. To separate or cut off from the others or from the main body. "They tried to segregate the sick people from the healthy." 5. Foster.

ELLEN'S DIARY

By An Island Farmer's Wife

And here it was again when this morning faced us toward the cares of the new day: spring weather too soon! With gentle skies, you might say, and over all an appearance which made James who has seen many a winter come and go declare: "I don't quite know what to make of it; it can't be that the break-up is here."

Damp lay the fields, mostly bare of snow now in the valley; the millstream swollen by the flow of the contributing streamlets ran red and hurried as if the mills on its course begged more and more of its waters for the power to grind the white-sacked grists of the farmers' wheat. But, we reflected, this age which has given so much had done away with such grist and grinding hereabout.

"The lad is doing well," we recall two oldish men of the long ago, discuss the fortunes of a young man faced with the trials of first years of settling on a farm. "Give him another crop or two and he will be well on his way," one said. "A good head he has—and a back that is not afraid of the burdens."

"Aye," the other nodded solemnly. "It is remarkable the crop he will reap this harvest—as fine a field of wheat as you would see between here and town, and the oats, I never set eyes on a better stand of it. There will be no want there, I'm thinking."

"No want," the first agreed, "but plenty for man and beast through the year."

Could we then if we had been adult and "tetched" with the gift of prophecy have foretold that one day we knew would be reserved—nay, consecrated to its use by the heart and mind of the sower—for wheat and mind of the sower would not need to fash itself over the grinding?

Nevertheless when we come to our little dream-farm with James—which we shall reach in an armchair and a tidy rocking chair facing into the west-beyond the pasture whereupon grazes the white-faced "Blossom" cow, the dappled old brown mare, the plump ewe, bell a-tinkle at neck, we hope for our delight a satin-shadowed piece of wheat will wave. Not from ultra clean seed let it be, but that in which old seeds of facing into the west-beyond the pasture whereupon grazes the white-faced "Blossom" cow, the dappled old brown mare, the plump ewe, bell a-tinkle at neck, we hope for our delight a satin-shadowed piece of wheat will wave.

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DOROTHY DIX'S COLUMN

Ghost Of Not Long Ago

Wavering Maiden "Loves" Present Beau But Harps On A Youth Who Is Wed

DEAR MISS DIX: I am engaged to a boy I've dated for a year. He's 22 and I'm 20. He loves me very much, and I'm quite sure I love him.

When he got out of the Army, his mother invited me to visit her (they live in another state). I saw Bud just a few times after, then the gates dwindled, and soon I heard nothing from him. Finally, I wrote and received a letter from his mother saying he was married. She seemed disappointed, and intimated that she would have liked me for a daughter-in-law.

Now, Bud is still so much on my mind that I am constantly hurting my fiance, though I am always very sorry later. I keep comparing the two men—to my fiance's disadvantage. It's been a year since Bud's marriage, and I just don't seem able to get over it.

ANSWER: Your first move, it would seem, would be to break your engagement. First, because, while you claim to be in love with your fiance, your emotional fidelity to another man certainly belies it also; you're being very unfair to a devoted beau to belittle him in your own mind with the constant comparisons to Bud.

If there is any love between you and the man you now plan to marry, you'll kill it yourself by having him live up to your conception of a devoted sweetheart. Bud is a person in your past; at best he should have only an incidental part in your thoughts, instead of which he is monopolizing them. One thing that keeps him so much on your mind is your correspondence with his mother, which you should stop. Perhaps she is disappointed in her daughter-in-law, and would have preferred you in the role. However, the past is over and done with. Both she and you must face and live with the present.

FORGET THE PAST

Your confusion is likely to lose you a fine husband. Aside from being young for marriage, your fiance seems to be a splendid person, whom you would be foolish to give up for the chimera of a past love. You didn't lose much time in becoming engaged after Bud's marriage, and I don't think you really gave yourself a chance to make the necessary adjustment. Take the time now, before you hurt someone else.

DEAR MISS DIX: My husband and I belong to an organization which holds weekly dances. One of the women in the group who takes care of the cloakroom often asks my husband to help her when things are rushed. I resent this and have told him so. He says I'm in the wrong.

ANSWER: It's quite customary for members of a club to help each other on social occasions and, unless there's more to this story than meets the eye, I can't see where you are right. If the cloakroom is periodically rushed, you might suggest at the next meeting that the lady in attendance be given regular help—preferably another woman.

MISS NISSAN cannot reply personally to readers but will answer problems of interest through this column.

Toronto To Enforce Heating By-Law

TORONTO, (CP)—Board of health Friday authorized the purchase of six thermometers, each costing \$175.

The thermometers will be used to enforce the city's heating by-law which now is before the legislature. They will be placed in a dwelling when the tenant complains about lack of heat and record the temperature over a period of time.

The by-law, if passed, will force landlords to maintain a minimum temperature of 68 degrees in

A young husband realized it was time to start saving money. He decided that he would not use the bus any more when returning from his office. He ran behind the bus arrived home gasping, and said to his wife: "Darling, I saved 10 cents this morning by running behind the bus!"

"You're a fool!" said his wife. "Why didn't you run behind a taxi and save half a dollar?"

rented premises. It has passed the committee stage in the legislature.

Morning Smile

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Alice Brooks Designs

He's 44-inches tall—an armful of lovable charm! Make him of gay scraps—attach elastic to his feet so he can dance!

To make this doll washable, stuff him with foam rubber chips. Pattern 7157; diagrams; pattern pieces, embroidery transfers.

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 and Pattern Number.

EARLY MARTYR

St. Alban, a Roman soldier convert, was the first Christian martyr in England where he was killed in 303 AD.

AEROWAX SAVES RE-WAXING!

THE SHINE COMES BACK AGAIN AND AGAIN WITH EASY BUFFING!

AGAIN AND AGAIN WITH EASY BUFFING!

43¢

7157 by Alice Brooks