

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ONLY by main strength and determination, with the practical and potent use of unusual powers or situations, could a progressive and productive state of affairs be expected. With stubborn blocks, annoyances and congestions, with little help from influential sources, the way may seem futile. However, there could be an unforeseen factor or situation, surprising or peculiar. If grasped and pushed with concentration of all faculties and powers, eventual success may be surprising. Keep alert and move decisively.

For the Birthday

Those whose birthday it is may have a year of conflict and contradictions. Although major affairs seem crystallized and immovable, with little prospect for action, there may come a sudden and unpredictable development of surprising force and radical significance. This demands definite and strenuous attack for potent and drastic action. Conflict and opposition must give way to peculiar and forthright activity.

A child born on this day may have a nature and disposition conflicting and contradictory. Its stubborn or erratic behaviorisms may spring from strange and sudden impulses.

Morning Smile

At Rest Again

The touring company gave a performance of "King Lear," and a local critic wrote: "If Shakespeare could have seen his play performed he would have turned in his grave."

Next night the same company did "Othello," and the leading actor thought he had made a hit until he opened his paper and read: "We thank the company at the Buskin Theatre, Shakespeare is now on his back again."

Horsepower

A motorist stopping in a small cafe along the road asked for a cup of coffee and the proprietor put a cup of some strong concoction on the counter in front of him. After sniffing the aroma silently for a few moments the man glanced up at the owner and said: "Say, this is pretty strong coffee, isn't it?"

"It sure is," agreed the owner of the cafe. "Around here the boys say it's too strong to stir. They claim that you have to crank it!"

Children's Knitted Coat and Hat Ensembles



What could be better looking and more practical than a smartly knitted coat and hat ensemble? This brother and sister are happily playing in their twin coats. Brother has a real boy's beanie and Sister, a fashionable little girl's hat. If you would like to have directions or knitting the coats, hat and beanie for children in sizes 2, 4, 6 years, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting CHILD'S CARESSA COAT, Leaflet No. CW-34.

That Body Of Yours

By James W. Barton, M.D.

VITAMINS FOR THE ELDERLY

We do not hear or read as much about vitamins today as we did up to a year ago. It would seem that both patients and physicians are not as interested as they were. This is unfortunate because vitamins and also minerals—iron, phosphorus, calcium—are needed daily to maintain health and fitness.

Now that we have more old people in our midst than any other one group, physicians, and especially geriatricians whose specialty is the treatment of elderly people, are finding that not enough of certain vitamins are being eaten to maintain health.

In "The Journal of the American Medical Association in the Question and Answer department. It is stated: "Medical science is becoming more and more concerned with diseases and disorders in relation to the age groups, industrial groups and population groups affected, rather than with specific diseases. More recently the science of gerontology (the treatment of the elderly) has come to the fore as one of the most important new fields of investigation from a medical, sociological and economic point of view."

Unfortunately many of us feel that as people become older they must expect changes in their physical, mental and emotional makeup and must simply learn to live with these changes and disorders. As a matter of fact, experimental studies by nutrition experts seem to point to the fact that an adequate intake of vitamins is necessary to health at all ages and will delay these changes and disorders we blame on old age.

Dr. W. H. Sebrell, in his book "Geriatric Medicine" points out that scaly dry skin is often due to lack of vitamin A and foods rich in this vitamin should be eaten for months till the skin becomes normal. Foods rich in vitamin A are fish liver oils, carrots, yellow squash, sweet potatoes, spinach and cabbage (kale).

Symptoms of vitamin B deficiency, particularly B1 and B complex, include constipation, muscle pains, poor appetite, nervousness, red tongue. Foods rich in vitamin B1 and B complex are lean beef, liver, beet greens, peas, dried prunes, wheat germ, spinach.

Lack of vitamin C may cause spongy, swollen or bleeding gums, bleeding under skin from slight injuries. Foods rich in vitamin C are oranges, lemons, grapefruit, raw cabbage, tomatoes and potatoes.

Lack of vitamin D in the elderly causes softening of the bones, early fatigue, pains in ribs and small of back, irregular teeth. No natural foods contain enough vitamin D for body needs. However, fish oils (cod and halibut), viosterol, or tablets of calcium gluconate or lactate should be taken daily if symptoms occur. Foods considered rich in vitamin D are butter, egg yolk, liver, irradiated foods (in which vitamin is not destroyed by ordinary cooking).

applications, the soda will eat through the glue side and the paper will come off readily.

Q. How can I soften brown sugar and make it easier to measure?

A. Place it in a flat baking pan and put into the oven for a few minutes. However, this must be watched closely to prevent burning.

Q. How can I clean a Panama hat?

A. Rub it with cornmeal. Peroxide will bleach it.

Q. How can I prevent cheese from becoming moldy?

A. Rub the cut part with butter and cover with waxed paper; keep and apply while hot. After a few

Robins Rivalled in Color By Gay Spring Bonnets



Comes the first flash of robin red breast and milady, be she seven or seventy, starts planning the most vital piece of any spring wardrobe, her Easter bonnet. Here Betty Lou MacLean of Toronto proudly displays the flattering results of her handiwork.

DOROTHY DIX'S COLUMN—

Gift-Giving

"Remembering" Numerous Relatives Hard On Generous Couple's Budget

DEAR MISS DIX: My husband and I are people of small means, owning a small house and considerably beset with doctor's bills. We are godparents to five children, and would like to know to what extent we are obligated for presents to these youngsters. There are three generations in our family, and we have made it a practice to give gifts, or money, on all birthdays, weddings, communions, confirmations and graduations, as well as at Christmas and Easter. With the family growing in numbers so rapidly, it is becoming quite a burden to maintain this custom, much as we would like to. Many, if not most, of the nieces and nephews are better off than we are.



Muriel Nissen

ANSWER: It certainly should not be expected that you give presents beyond your means, or to an extent that means financial sacrifice for you. Your impulses are naturally generous, but as families spread from one generation to the other, the burden can be terrific. Of course everyone, especially children, likes to be remembered on the important occasions of life, but an appropriate greeting card can carry your thoughtfulness as well as a gift.

Our greeting card companies do such a wonderful job of printing handsome, cheery cards that you need feel no apology in sending them. If your means permit, continue to remember your godchildren with gifts, at least until they reach teenage, but the presents need not be costly or elaborate. Youngsters are pleased with very simple things, and to give a small gift that has been chosen with the child's tastes in mind is a better remembrance than a gift of money you cannot afford.

PARENTS WILL UNDERSTAND

Don't be embarrassed to let the parents of these children, as well as the other members of your family, know that your financial condition will not permit numerous or expensive gifts. Everyone realizes what the cost of living is today, and especially what the cost of illness is. If your family is as understanding as you are, they will be very happy to see you curtail the gift list.

One of the best-loved relatives I know is unable to manage even a small outlay of money for gifts; she remembers all the important occasions in her family by composing a poem for each one. These little verses are treasured by all recipients, who wouldn't trade them for any amount of cash.

If you have a talent, why not turn it to use this way? If you are not artistic, you can write a fine letter, so let a lot, or the aforementioned greeting card, convey your thoughts for the day. The im-

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ELLEN'S DIARY

By an Island Farmer's Wife

"It's not: 'What of the night?' Ellen" James replied to our query with a smile as he settled himself in the comfort of the old armchair, farm-paper in hand "I should say rather it's: 'What of the day?' He eyed the clock, remembering that an "early to bed, early to rise" policy suits this season on the farms. "Out of doors, we can't complain of it. Everything went quite well for us. What did we do?" He related his reading for a moment. "Oh, just the routine things—it takes a bit longer, now that we're getting more young stock about . . . but it was a good day, Ellen."

"And isn't it a good day" he observed "if there are no losses? Or nothing ailing—if things are just content to go along on an even keel? That" he nodded "is the way I like it. If all's well—that I think, makes for happy living!"

"If only we could go back to things as they were before this, say, to this time last week" a youngster sighed to his mother one day when in varying degrees of misery the family had come down with a flu and all work was a task. "Wouldn't it be good?" "Yes" she agreed, "but I think occasions like these arise to show folks how pleasant it was when folks were well. You see we're inclined to take even our good health for granted—and sometimes we complain over our work!"

"Yes" James said, "we did very well today—the work about, some wood home, and more logs to the mill. We found that we need a few more pieces, so we'll be taking to the woods again one of these afternoons for more lumbering, and now, Ellen" he said "speak for yourself!" But he was into his reading then, and is yet, forgetful even of our presence. And we recalled that in spite of the glory of this spring morning, misadventure dogged our steps. Little delays and frustrations, scarcely worth remembering now except that the which for a moment tumbled the world about our ears.

It was a new experience for us, one we had heard of in more than one conversation in recent months, but had not sought. It descended suddenly upon us, lifting us out of the pleasant hum of activity—and novelty, peculiar now in many places, to wash-day on the farm and set us down in a wide stillness with nothing to be heard but the beat of a heart. And that skipped a turn! Indeed it seemed for a moment as if time had stopped. Did world's come like this? Or were we all at once without warning afflicted with a fearful misery?

Jeanie broke the stillness with an amused chuckle. "I guess" she offered, "there's a fuse blown. Yes, that's what it is—the blanket is winding on both rollers of the wringer. Well, it might have been worse!" "Oh dear!" she sighed. "Humph!" granddaughter shrugging with the know-all of those born to a mechanical age, "all we have to do is put in a new one—in the box down cellar. My mother can fix that in no time!" And so by a rent in a new woolen blanket, which James later declared "did not need washing at all" this annoying sprit was exorcised and the day run its course beautifully to this end . . . in sun, and light wind in work and play. And in a first bouquet of season: furry pussy willows brought in by Jamie!

Until tomorrow — Diary —
Goon-night

Anne Adams Patterns

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R4512 14½-24½ by Anne Adams

The Experts Say

By Kay Rex

Home-making, 1952 style has become a penny-watching business, most of it concerned with food budgeting. Leaders of Canada's largest Women's organizations agree on that point.

The heads of several of these associations have offered a variety of suggestions about the cost of living, and now they are coping with it personally.

"We all know that we have to stretch meat by using it with a cheap filling such as bread crumbs," says Miss Anna Templeton of St. John's. "Nfid" organization secretary of the Jubilee Guilds of Newfoundland and Labrador.

Mrs. Hugh Summers of Fonthill, Ont., has found a home freezer one of the most economical ways to preserve food. Mrs. Summers is president of the 55-year-old Federated Women's Institutes of Canada.

A volume of tips—including several family recipes—has been offered by the leaders of organizations which include the Dominion Women's Association Council of the United Church of Canada, the Hadassah Organization of Canada, Les Cercles Des Fermieres of Quebec, the Canadian Association of Consumers and the National Council of Women.

The National Council of Women five months ago launched a "Canada-wide thrift" campaign to get women to save intelligently. Together with other organizations and particularly with the C.A.C., the council has distributed innumerable household tips and recipes aimed at economy.

Needs First

The council slogan of the drive is "Buy only what you need, not what you want." It has introduced recipes such as the following for quick beef stew:

One pound hamburger, or left over meat put through the grinder; two tablespoons fat; two tablespoons flour; one cup tomato juice; one cup diced cooked vegetables; one cup vegetable water; salt and pepper to taste.

Brown the hamburger or left over meat in hot fat. Add flour and brown slightly. Add cup of tomato juice, vegetables, seasoning and vegetable water. Cook, stirring constantly, for 10 minutes.

Cook's Corner

HALIBUT PATTIES WITH RELISH

1 lb. halibut steak, 1 egg, ¼ cup milk, ½ teaspoon salt, 2 tablespoons pickle relish, 1 cup bread crumbs, 2 ounces butter or margarine, pinch of sage.

Wipe halibut with damp cloth; place halibut in wire steaming basket. Pour 2 cups water in saucepan; boil. Place wire basket in pan. Do not allow fish to touch water; cover; steam 15 minutes, or until fish flakes easily when tested with fork. Remove fish; flake with fork; set aside. While fish is steaming, prepare patty mixture. Break egg into mixing bowl; beat lightly with fork; add milk, salt,

relish, sage and ¼ cup bread crumbs; blend well; add flaked fish; mix well; shape into about 8 patties; roll in balance of crumbs. Melt butter of margarine in frying pan; heat but do not allow to smoke; fry patties 3 minutes, or until golden brown. Serve piping hot on pre-heated plates with your favorite sauce or garnish.

FRUIT COBBLER

Sweeten to taste with corn syrup 2½ cups canned fruit or 3 cups fresh fruit plus ¼ cup water. Bring to the boil and thicken with 2 tablespoons flour dissolved in 3 tablespoons cold water. Cook 3 minutes. Pour into 8-inch greased casserole. Dot with butter and sprinkle with ½ teaspoon cinnamon.

Make a rich drop biscuit dough. To 2 cups prepared biscuit mix, add 2 tablespoons sugar. Cut in finely 4 tablespoons firm shortening. Stir in ¼ cup milk. Drop by spoonfuls on fruit mixture. Bake about 25 minutes in moderately hot oven, 400 degrees. Serve hot with cream. Serves 6 to 8.

Don't limit wonderful shortcake desserts like this to the strawberry season. Fresh, frozen or canned fruit may all be used.

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7108

by Alice Brooks

Males Rejoice: Poodle Cut On It's Way Out—Hair Expert



The befuddled male, who gazes with horror at his girl friend's canine creator, the "poodle cut," can now take heart, according to

Robert King, a hair stylist from New York, who is in Toronto for the hairdressers' convention. King prophesies the poodle craze among teen-agers won't last beyond the summer as it takes too much work to keep in shape. For the uninitiated, a poodle cut is a hair style in which milady's tresses are chopped to about two inches then

curled softly all over the head, as seen on model at left. Hair styled to match her dress is shown by pretty blonde at right. The New York hair stylist thinks there are

"too many faint hearts" in the hair-dressing business, adding that operators "should tell their customers the truth about their appearance."

CRUNCHY Cole Slaw with a NEW MUSTARD TANG

COLE SLAW DRESSING

- 1 teaspoon Colman's Mustard
- 1 teaspoon salt
- 1 tablespoon four
- 1 teaspoon sugar
- few grains pepper
- 1 tablespoon melted butter or salad oil
- egg yolk
- ½ cup hot vinegar
- ½ cup whipped cream

Mix all ingredients—except the cream—in the above order. Cook in double boiler; strain and cool. Then fold in whipped cream.

For free recipe booklet, write to Rickett & Colman (Canada) Ltd., Station T, Montreal.

Colman's MUSTARD