ELEANOR ROSS

Time To Bring On Holiday Spirit

HAVEN'T you heard people say they just can't work up any Christmas spirit until the last minute? On the other hand, some will start shopping right after Labor Day and have everything wrapped and ready so that they can devote the last few days to decorating the house.

PLAN NEW SCHEME

The best way to bring on the holiday mood is to take out all the Christmas decorations and tree ornaments you've stored away and plan how to use them this year. You'll want a new decorating scheme, perhaps, but one that will include all the old traditions.

If last year's artificial wreaths and sprays look too tired to be used again, but yet are in good condition, try sponging them with dry soapsuds. This will soften and cleanse away accumulated dust and dirt and make them glisten again.

Dreary - looking ribbons probably need only a lukewarm sudsing and pressing beneath a layer of wax paper. White bells that show smudges can be brightened with a gentle daubing of dry suds.

It's wise to revamp old holiday decorations, not just a matter of thrift, but because familiar ornaments are dear to the hearts of young and old alike, even those who scorn sentiment.

Remember, when you were a child, how you always looked for certain favorite tree ornaments? How unhappy you'd have been if they had been supplanted with new ones. Of course there were plenty of new decorations, but here and there an old favorite always gleamed.

And now, as Mrs. Santa Claus, you really have an obligation to keep the familiar things bright, beautiful and in use as long as you possible can.

You might as well face the fact that you're responsible for producing a Christmas morning snow scene, too! Fortunately, all you need is lots of soap and a little water.

Did you know that thick, stiff suds, whipped up with an egg beater or electric mixer, will make the most realistic snow drifts for tree realistic snow wreaths? What's more, after the soap has dried, it will last and last and won't dribble all over the place.

Women

Marion Macmillan, Woman's Editor.

TRACY ADRIAN

Gift Suggestion

HERE'S a really handsome Christmas present for a dear lady in your life, whether she is grandmother, mother, wife or sister.

It is an opulent coat of Persian lamb designed by Schiaparelli and features a black satin scarf, drawn through a wide collar of black-dyed mink and tied in a huge bow. The luxurious topper has cuffed sleeves and is gracefully full.

Your Horoscope

By ESTRELITA

FOR TOMORROW

THIS day's planetary vibrations warn against impatience and self - pity. No matter what your job, get an early start, plan your schedule realistically and keep busy. Thus you'll have no time for the moods which defeat attainment.

FOR THE BIRTHDAY

If tomorrow is your birthday, your horoscope promises fine achievement within the next year. Long-range job or business programs instituted now, and followed up conscientiously during the next four months, should culminate successfully — quite possibly with the aid of an influential person. Financial matters which may seem to be at a standstill presently, should show a definite uptrend by the early part of June.

TRAVEL AND ROMANCE

Personal relationships should prosper during most of 1958, and travel and romance will be under unusually beneficent aspects between May and September. During this period, [illegible] or some stimulating social experiences, too. Those in creative fields should find the new year a highly inspiring one, with some unusual form of recognition indicated for next October.

A child born on this day will be endowed with great perseverance, enterprise and ingenuity.

WINTER SLEEP

The pulse rate of a hibernating woodchuck drops to four or five beats a minute, compared with an average 80.

Patriot Patterns

9116 SIZES 10–18

by Marian Martin

SHAPELY SHEATH

One wonderful dress, you'll wear the whole year 'round. It's our Printed Pattern, with collar or square neckline above that flattering step-in sheath solhouette. Without sleeves, it's also a smart jumper.

Printed Pattern 9116: Misses' Sizes 10, 12, 14, 16, 18. Size 16 requires 3½ yards 39-inch.

Printed directions on each pattern part. Easier, accurate.

Send FIFTY CENTS (50c) in coins (stamps cannot be accepted) for this pattern. Please print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send your order to MARIAN MARTIN, PATRIOT PATTERN DEPT., Charlottetown, P. E. I.

825

by Laura Wheeler

TROUSSEAU LINENS

Linens for the bride-to-be and the bride of yester-year. Done in cross-stitch — so popular today. Crocheted edging.

Pattern 825: transfer of motif 8 x 23 inches, two motifs 7½ x 16; crochet directions for an edging ¾ inch wide.

Send THIRTY-FIVE CENTS in coins (stamps cannot be accepted) for this pattern to PATRIOT NEEDLECRAFT DEPT., Charlottetown, P. E. I. Print plainly PATTERN NUMBER, your NAME and ADDRESS.

As a bonus, TWO complete patterns are printed right in our 1957 Laura Wheeler Needlecraft Book. Dozens of other designs you'll want to order — easy fascinating handwork for yourself, your home, gifts, bazaar items. Send 25 cents for your copy of this book today!

HEALTH FOR TODAY

Warning, Poison Common Poisons

By W.W. BAUER, M.D.
Director of Health Education
American Medical Association

The number of non-fatal poisonings is estimated to be from 100 to 150 times the number of deaths attributed to poisoning. Some of these are mild indispositions, others fairly severe illnesses. Some may leave permanent damage, perhaps not recognized and never actually connected with the poisoning. The death rate for all types of poisoning from solid and liquid substances is about one-third what it was 50 years ago, but the total number of preventable deaths from these causes continues to make an impressive figure each year.

Drugs and disinfectants are regulated and their labelling controlled under pure food and drug laws. So are the economic poisons, that is, those used in industry and agriculture—the pesticides. So are corrosive acids and alkalies.

But cosmetics are not so regulated, nor are heating, power and lighting fuels (kerosene and gasoline). Neither are miscellaneous household care and repair articles, such as water-repellents, leather dressings and preservatives. Household cleaners, other than alkalies and acids already mentioned, which are not regulated include soaps, detergents, solvent cleaning fluids (naphtha, etc.), polishes and waxes, and deodorizers. Paints, paint removers and paint thinners are not regulated, nor are miscellaneous articles including toys, inks, dyes, hobby dope and adhesives, and novelty items.

CHILDREN INVOLVED

Drugs of special interest in relation to poisoning, and particularly in relation to children, include aspirin, methyl salicylate and iron compounds. Methyl salicylate under its old name of oil of wintergreen was a popular household remedy long before its compounds, sodium salicylate and aspirin, became available. The poisonings due to its misuse were numerous. Any drug containing over 5 per cent of methyl salicylate, such as a rubbing compound or liniment, must be conspicuously labeled to be kept out of the reach of children.

Many physicians deplore the introduction of candy types of aspirin. These preparations make it easier to give aspirin to a child but they also make it more likely that he may eat poisonous quantities. Special packages have been devised, difficult for children to open; it has also been suggested that no container should hold more doses than could be safely taken, in case a child should eat all the contents.

DRUG CAUTION

What applies to aspirin, probably the safest drug known for most persons, applies with equal or greater force to all medication. Antihistaminics are now commonly found in the home, often legitimately prescribed for allergic conditions, but perhaps more often purchased in the mistaken belief that they are useful for treating colds. Iron-containing medicines have been responsible for poisoning. So have sleeping pills. Everyone must learn that any drug is to be used with caution, and kept safely out of the reach of children.

Keeping pests and rodents out of homes, stores and factories is a major problem which is attacked mainly through the use of poisonous substances known as pesticides. Poisonings have been reported from virtually all of these — including moth repellents containing camphor, napthalene or p-dichlorbenzene; roach poisons containing fluorine; and the rat poisons based on arsenic, phosphorus or thallium. DDT mistakenly regarded as safe, and other organic insecticides have also produced poisonings. Insecticides based on nicotine are highly dangerous, especially when marketed in concentrated form to be mixed with large quantities of water.

MARGARET CARR

Casseroles For Small Family

For a long time I ran a Wednesday column on cooking for the smaller family. Because I am not really in a position to test the smaller recipes, I had a family of two, who were both excellent cooks, test these recipes for me. For a time we had to discontinue these—my family of two went off on a prolonged holiday—but they are back and I hope will again be helpful in bringing you recipes for the small family.

Today we are bringing you casseroles for two. You will note that they may be prepared ahead of time, refrigerated ready for baking when needed.

BEEF DINNER CASSEROLE

1 pound round steak
1 teaspoon salt
¼ teaspoon pepper
2 teaspoons flour
2 tablespoons butter or margarine
½ cup water
1 small onion, sliced
1 teaspoon bottled sauce for gravy
½ cup boiling water
1 beef bouillon cube
3 medium potatoes
2 tablespoons burgundy

Cut meat into long, thin strips. Sprinkle with salt, pepper, flour. In hot butter in skillet, brown meat. Add ¼ cup water, onion, bottled sauce for gravy; cook, covered, 20 minutes. Remove meat; add boiling water, bouillon cube; stir till bouillon is dissolved. Start heating oven to 350 deg. F. Pare, then thinly slice potatoes; place half in one quart casserole; add meat, remaining potatoes. To gravy, add Burgundy; pour over all. Bake, covered 1 hour or until done. Makes 2 servings.

QUICKNIC CASSEROLE

3-4 cup boiling water
2-3 cup packaged pre-cooked rice
¼ teaspoon salt
2 onion slices
1 10-ounce package frozen chicken a la king
3-4 cup milk
Dash Worcestershire sauce
½ teaspoon salt
½ cup grated process cheddar cheese.

Start heating oven to 400 deg. F. To water in saucepan, add rice, salt, onion. Cook as label directs; remove onion. In double boiler, heat chicken a la king with milk; add Worcestershire, salt, rice. Turn into greased 1-quart casserole; top with cheese; bake 15 minutes. Makes two servings.

HEARTY CASSEROLE

1 cup elbow macaroni
2 medium onions, quartered
2 quart boiling water
1 teaspoon salt
2 tablespoons butter
¾ pound ground shoulder beef
1 small onion, chopped
¼ teaspoon salt
Dash pepper
1 cup catchup
1½ teaspoons prepared mustard
½ teaspoon oregano
½ cup grated process dheddar cheese.

Start heating oven to 375 deg. F. Cook macaroni and quartered onions tender in water (add 1 teaspoon salt); drain. Meanwhile in hot butter in skillet, saute beef shoulder and chopped onion until meat turns gray. Stir in ¼ teaspoon salt, pepper, catchup, mustard, oregano, macaroni-onion mixture. Turn into 1-quart greased casserole; top with cheese. Bake 15 to 20 minutes, or until cheese melts. Makes 2 servings.

Lornettes Grow Popular

CHICAGO — Housewives are going highbrow. They're wearing lorgnettes to the supermarket.

"This isn't strictly affectation" said Ted Uhlemann, vice president of an optical company. "It's mostly because women want to see what they're buying without the bother of putting on ordinary spectacles."

You don't have to be "social register" to wear a lorgnette, Uhlemann said.

"There used to be a stigma attached. Only [illegible] Plush wore one. But now lorgnettes are [illegible] wear glasses for reading but who don't need them to see. Even tweedy types use lorgnettes."

Lorgnette sales have increased 40 per cent in the past few years. The company makes them for every taste, in all colors, and disguised as watches, clips and pins with precious stones. Lorgnettes also are made to match other jewelry.

One model, studded with rhinestones, snaps out like a switchblade.

LOST IN WOODS, DIES

SAULT STE. MARIE, Ont. (CP) — Harold Patrick, 49-year-old tourist camp operator, died in hospital Tuesday of exposure suffered during a five-day [illegible] in the Algoma districte bush. Patrick died 12 hours after being brought to hospital when his three sons found him lying unconscious and almost frozen 65 miles north of here.

BIG 'COPTER

A new British-produced helicopter can carry 40 to 48 passengers or 9,000 pounds of cargo.

to show you care!

THIS CHRISTMAS GIVE THE GIFT OF HEARING

ZENITH QUALITY HEARING AIDS

THE ZENITH "DIPLOMAT" SLIP-ON HEARING AID

Worn entirely at the ear. Plugs instantly into tiny, light weight ear mold.

THE NEW ZENITH EYEGLASS HEARING AID*

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Social Highlights

Prime Minister Diefenbaker has requested that His Honour Lieutenant Governor Prowse remain in office till such time as a new incumbent has been chosen some time in 1958.

Jose Iturbi, celebrated the world over as a pianist and conductor, was an unexpected guest on Monday at the Admiral Beatty Hotel in Saint John, N.B. Bad weather forced the Halifax-Boston plane to land in Saint John. With him was his famous sister, Amparo, with whom he had given a two piano recital in Halifax on Sunday. "Magnificent" was the way he described Canadian audiences. "They are so solid. When they like something they let you know with applause and call for encores. We had many encores in Halifax." Asked in his interview how long he thought "Rock and Roll" would last, his answer was "I never heard it." The famous pair left that night by train for Boston.

Mr. Harold Lacey of Westville, N.S., has been transferred to the Bank of Nova Scotia in Montague.

Mr. Douglas MacKenna, Montague, is visiting his brother and sister-in-law, Mr. and Mrs. William MacKenna, Alliston, Mass.

The ladies Social Club of Trinity Church, Summerside, held a successful Christmas tea at the residence of Mrs. A. S. MacKay on Tuesday afternoon. In keeping with the holiday season the attractive tea table was centered with a bowl of red roses, flanked by tall red tapers. Mrs. George Sheen, president of the club, received the guests.

Mr. and Mrs. Nelson MacLeod celebrated their fiftieth wedding anniversary at the home of Mr. and Mrs. William E. Johnstone, Long River, on November 27th. About one hundred and fifty guests gathered with Mr. and Mrs. MacLeod to join them on the happy occasion. Rev. L. B. Bartlett was master of ceremonies and after a few complimentary remarks called on Diane and Darrell Campbell, great - grandchildren of Mr. and Mrs. MacLeod to present them with a bouquet. A number of beautiful gifts were received from the family and members of the community. After the presentation, Mr. MacLeod expressed his thanks on behalf of his wife for their kindness. Lunch was served by the ladies.

Pte. Stephen Cheverie, R.C.A., who recently returned from Germany after two years service, is spending his leave with his parents, Mr. and Mrs. Ivan Cheverie, Souris. Pte. Cheverie returned to Halifax on the S. S. Arosa Sun.

SPRINGHILL, N. S., — (CP) — A tentative three-man citizen's committee was named here to work with representatives of the Nova Scotia government and A. V. Roe Canada Ltd., in efforts to solve the town's mining problems.

The Roe company has already named its representatives. Provincial appointments are expected to be made this week.

Named to the Springhill committee were C. J. Allbon, William Mont Jr., and Edward Nicholson.

The magnificent baptistery at Parma in northern Italy was built between 1196 and 1281.

ANNE HEYWOOD

Co-operate On "Over 35" Jobs

The nicest thing about life is the fact that so many things change.

Yesterday's villain is today's hero and yesterday's nasty chore becomes today's pleasant activity. By the time we get used to coping with a difficult thing, it has become something easy.

A FAR CRY

What started me thinking about this is today's woman's club, a far cry from the woman's club of my grandmother's day or even my mother's.

In those days, remember, marriage was about the only course for a woman. If you married you didn't have to worry, but if you didn't marry you would either be a spinster school teacher, an underpaid seamstress or you would be dear old auntie, living on charity in the spare room and contributing free services as a baby - sitter and maid-of-all-work.

Naturally there was a good deal of back - biting and beau-snatching, in those days.

You needed a husband, so you used any means to get one. Co-operation between women was pretty rare.

Women's clubs were either the pink tea variety, concerned with gossip, petty politics and the merest pretense of "good works" or they were the militantly feminist groups of career women. There were exceptions, of course, but it was pretty hard to find examples of cooperation and mutual helpfulness on the distaff side.

However, all this is changing fast.

For example, the advertising women's club in Cleveland recently did a study on the older woman in business. Under the title, "Thirty-Five But Still Alive," they published their findings to help career women over thirty-five to get jobs.

A small club in Indiana has regular meetings to help their members, all housewives, prepare for and get jobs.

When their children are grown these women, like so many, want to go to work, but they are shy and bewildered by the business world and don't know how to go about entering it.

Realizing that misery loves company, this group gets together to exchange ideas on job-hunting, contacts, how to dress, how to handle housework after hours, etc. When a member uncovers a job she doesn't want, she tells a fellow member about it.

Women have already made great strides in mutual cooperation and, together, may even lick the problem of Age — one of their biggest enemies.

If you are finding it hard to get a job after years as a housewife, and if you'll never see thirty - five again, send me a stamped, self-addressed envelope, care of this newspaper, for my pamphlet, "The Older Housewife Goes to Business."

Lovely Lingerie will fulfill her secret heart's desire

You'll be spellbound with the versions of exquisite, misty lingerie, and luxurious robes and lounge-abouts, they're lavishly adorned, and touched with luxurious lace. Come in today. Nicely boxed in fancy Christmas Boxes—

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SLIPS and PETTICOATS of nylon, satin and crepes, white, pink, blue, red, navy and black. Sizes 32 to 44.

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BED JACKETS in nylon and nylon tricot—shirred with ribbon and lace, a gift to please any Lady—Pink, blue, and white. All sizes.

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LADIES' FLANNEL GOWNS & PYJAMAS

Plain and Patterns, so warm and comfortable for the chilly nights. S-M-L.

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