

The Stars Say - -

By Genevieve Kemble

For Tomorrow
The indications are for a perplexing and complicated situation, giving cause for concern and possible entanglement, this being accentuated by a state of mind involved and confused by peculiar issue or implications of a strange nature.

For The Birthday
Those whose birthday it is may find themselves in an intriguing year in which unusual problems come up for decision.

FOR BATHROOM AND KITCHEN

Buy two packages of Cow Brand Baking Soda at a time. The extra one is so handy in the medicine chest and costs only a few cents.

Anne Adams Patterns



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ELLEN'S DIARY

By an Island Farmer's Wife

This was a day the folks of this community and others near and far, especially those of us who are older, will recall with regret.

Yes, she was petite and dainty, the daughter of a Manse, who continued the customs of girlhood in her own home. Never, we suspect, was a meal partaken of here that was not first blessed.

Modern Etiquette

By Roberta Lee

Q. When a girl has been married and divorced very shortly afterwards, and is marrying again, is it proper to send her wedding gifts again, in view of the fact that she did not make much use of the first gifts?

Better English

By G. C. Williams

1. What is wrong with this sentence? "Won't you try and get John to go in the house?"

Household Scrapbook

By Roberta Lee

Tight Shoes
To relieve the pinching of tight shoes lay a cloth wrung out in hot water, over the area that pinches.

KING COLE TEA
Lemon Flavour

Musical Festival Winners



The Parkdale Choral Club, under the direction of Mr. Royston F. Mugford, was the only entry in class 23, first year competition, and also competed in class 8 when they sang "Come to the Fair".

DOROTHY DIX'S COLUMN

Hardworking Husband

This Wife Must Adjust To Demands Of Mate's Career

DEAR MISS DIX: My physical and mental health are in serious jeopardy unless I can find a solution to my problem. I am 25 and have been married for three years to a fine man.

Cook's Corner

Minted Lamb Roll (Serves 6-8)

Crust: Two and one-half cups sifted flour, 3 teaspoons baking powder, 1/2 teaspoon salt, 1/4 cup fortified margarine, 1/2 cup milk.

SHIRRIFF'S SHIRRIFF'S SHIRRIFF'S SHIRRIFF'S

The LUSHUS SLOW has come to town!
Hurry, hurry, step right up for the gayer dainties in the land. See it glitter! Taste its tang!

Be Sure To Attend THE FISH COOKERY DEMONSTRATION
By MISS VIVIANNE MAGUET, Dept. of Fisheries, Ottawa.
Home Economics Department, Vocational School
TODAY (Thursday) 2 P.M., 8 P.M.
No Admission. Free Recipe Books
ALL WELCOME

That Body Of Yours

By James W. Barton, M.D.

LIVING SAFELY AFTER A HEART STROKE

There are so many cases of coronary thrombosis - heart stroke - that nearly every family is familiar with the symptoms.

In describing the response to effort of the patient who has had a heart stroke, Dr. Ernst P. Boas in his book, "The Patient Fast Fifty" says: "He is usually fearful, always on the lookout for any heart embarrassment."

A little pain in his chest, no matter what the cause (often gas in stomach) will cause him great concern. There is danger that these convalescents from a serious heart attack may become confirmed neurotics.

What about patients who have had their first serious heart stroke; what is likely to be the outcome? "Many of these patients, particularly those who have experienced their first attack of coronary thrombosis, recover fully and have no further heart symptoms."

"A sudden momentary effort may do more harm than a year's tempered activity and may, in fact, induce a coronary thrombosis in the heart blood vessel. The patient must learn not to push himself, to avoid competition, to escape the drive which many middle-aged men and women indulge in."

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From One Cook to Another



By Mary Blake

HAVE MORE FUN WITH COOKING!

Cooking, I think, is one of the very nicest parts of home-making. Of course, the greatest enjoyment and satisfaction goes to the woman who can depend on her cooking and baking results.

USE CARNATION EVAPORATED MILK, mixed with an equal amount of water, for your milk recipes. Use undiluted Carnation for all cream recipes.

HERE'S A RECIPE to illustrate the smoother, richer flavor Carnation Milk gives to creamed dishes.

ASPARAGUS WITH EGG SAUCE
1 tablespoon butter
2 tablespoons flour
1 cup undiluted Carnation Milk



For tender egg whites in hard-cooked eggs, don't boil. Simmer gently in water just below boiling point, then place in cold water.

LISTEN to the delightful Saturday radio show, "Stars Over Hollywood".

FREE: Carnation's "Velvet Blend Book" of tested recipes, new and old. Write to Carnation Company Limited, Toronto or Vancouver.

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