

The Experts Say

By Kay Rex

"Rationing" remains both an important and doleful word in the British vocabulary.

Food parcels from this side of the Atlantic still thrill the British friend or relative who receives them.

"We used to get prunes in wartime but since currency deteriorated we don't get them," Mrs. Mary Charley of Kingston-on-Thames in England, recently wrote to a relative in Toronto.

Bananas, she said, never appear in British shops. She was delighted with the dried apricots, prunes and pears received in a food parcel.

The United Kingdom Office at Ottawa recommends that canned meat be included in food parcels. However this doesn't mean tins of such prepared dishes as Irish stew which contains a large proportion of vegetables and gravy.

Cheese also is welcomed, preferably Canadian cheddar with a rind to prevent dryness.

Other suggestions for the British food parcel: Sugar, butter, shortening, and where there are children, candy and cookies of the sweet varieties. Dried eggs also are desirable.

U. K. officials say there aren't any desperate shortages and nothing is missing from the main categories of foodstuffs. However there are shortages of such items as canned salmon, cookies, dried eggs, dried fruits, jellies and evaporated milk.

When packing food parcels it is advisable first to remember the situation of friends or relatives who will receive the gifts. Old persons are at a disadvantage in shopping and standing in line, and often cannot afford restaurant meals which are unaffordable. As the tea ration is small it usually is a good idea to send tea to older men and women.

Housewives who do a good deal of their own cooking probably will welcome shortening, sugar and dried eggs in their food parcels.

Fragrant Fancies

The National Council of Women suggests that as another means of cutting down on food expenditures Canadian housewives serve simpler tidbits and less variety at their teas and club meetings. After all these foods are practically always in addition to regular meals. One kind of cake should do just as effectively as two or three.

Homemade pickles and relishes should add as much zest to meals as olives—which after all are imported.

While the small packages of processed cheese are easy to keep, it's more economical to buy cheese cut from the large mold. This will keep for a long time if wrapped in a cloth wrung out in vinegar. When cheese becomes dry it may be grated for use in cooking.

How Can I!!!

By Anne Ashley

Q. How can I make a liquid glue? Fill a glass jar with broken glue of the best quality; then fill with acetic acid or vinegar. Set the jar in hot water for a few hours until the glue melts. The result will be an excellent glue, always ready to use.

Q. How can I remove rain spots from a garment? A. Place a clean damp cloth on the material and press it with a moderately warm iron.

Q. How can I treat dry skin? A. A very good remedy is to rub the dry parts thoroughly with almond oil.

Alice Brooks Designs



FASHIONS FOR BABY NEW BABY in the family? Crochet this adorable set! And be sure to keep this pattern handy. One of these items makes a welcome gift for a friend's baby!

Shell and puff-stitches! Jacket, cap, one piece each. Pattern 7136; crochet directions 4 items.

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.

ASPIRIN RELIEVES COLDS PEEL BETTER FAST!

ELLEN'S DIARY

By an Island Farmer's Wife

To their delight, two pairs of pigeons are among the company of birds that come these days to dine on the meal and grain. Jamie and Gage scatter in the yard for such feathered creatures of winter as visit there.

At a meeting held under the auspices of the New York Medical Committee on Alcoholism, the manufacturers of antabuse in this country reported that the drug has been tested in more than 100 clinics in the United States and Canada by more than 800 qualified physicians and with more than 5,000 patients.

A muskrat? Oh, dear... granddaughter shivered at the mention of this ugly-faced fellow. A mink then? And over here at the edge of the thicket...

In a glass "Loving-cup," that remains in a nook close by and duly rinsed against chance loitering microbes. ("The world has gotten so sanitary altogether," someone commented the other day, recalling with some signs of nostalgia items from the old years) before and between drinks, it went the rounds.

Clear and cold and refreshing, caught at its very source, as it gushed in liquid streamlets from the base of the giant rocks in the protecting cliff beside. And where does it come from before this? And why? And if we drilled "away a little piece" should we find water from this same spring? But how was this grandmother to know all the answers?

We must visit too the sheet of ice in the meadow close by the house where Jamie practices his skating, and climbing to the summit of a steep hill behind descend, times in succession, with the three on Jamie's Christmas togeggan. "Do I like it?" Gage dived merrily over our query. "Sure I do—don't you? All but the walking up again!"

Muriel Nissen Make an appointment with your pastor; explain your difficulty to him and ask for a recommended list of books on improving one's disposition. There are many spiritual volumes which, if carefully read and followed, are bound to give you a different outlook on life, and a subsequent change in your attitude towards other people.

ASK FOR PRAYERS Ask him, also, to suggest a few special prayers that you can say for humility and a better understanding of your fellow men.

Q. What is proper behavior when our national anthem is played? A. When the flag is not displayed, all present should stand and face the music. When the flag is displayed, all stand and face the flag. Those in uniform salute at the first note and retain this position until the last note.

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She's First Female RCAF Para-Rescue Instructor



One of the first four R.C.A.F. women to complete the R.C.A.F.'s rugged para-rescue course has been appointed to the instruction staff of the para-rescue school at Tactical Air Group Headquarters, Edmonton.

DOROTHY DIX'S COLUMN

Improve Your Disposition Nasty Temper Means A Lonely Future

DEAR MISS DIX: I have a very hateful disposition and would like to know how to correct it. I'm sarcastic and seem unable to avoid making remarks that to me seem funny, but which I know are hurting someone's feelings.



Muriel Nissen

Make an appointment with your pastor; explain your difficulty to him and ask for a recommended list of books on improving one's disposition. There are many spiritual volumes which, if carefully read and followed, are bound to give you a different outlook on life, and a subsequent change in your attitude towards other people.

ASK FOR PRAYERS

Ask him, also, to suggest a few special prayers that you can say for humility and a better understanding of your fellow men.

A good disposition is the most priceless gift a person can possess. Fortunately, unlike so many other gifts of nature, it can be acquired. The first step in its attainment is one you have already taken—a realization of one's shortcomings and an earnest desire to conquer them.

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Seven Days A Week

(By Anne Shannon)

1. Monday—Not a very pleasant thought this is with which to start the week!—Especially if you feel you are all in and it's a "blue Monday," but here is what Dr. C. H. Curran, Curator of Insects and Spiders at the American Museum of Natural History, says:—"Scarce-ly a day passes that we do not eat some six-legged creature in one form or another. Maybe two or three plant lice from a lettuce leaf, rice weevil from a rich rice dessert or fly larvae from spinach. Grim thought, isn't it, but Dr. Curran swears it's true and who are we to argue!"

2. Tuesday: How about giving your rubber overshoes, slippers and ordinary low rubbers a new look? Wash off soil carefully, and apply a thin coating of liquid self-polishing wax with a cloth. Be sure the wax is the liquid kind as it is the only kind that is suitable. Liquid wax is good also to apply to your rubber sink mat and a thin coating of it makes sticky bureau drawers run slick. Try it, eh?

3. Wednesday: A nice salad would give your spirits a lift today! Why not make a wagon-wheel one? Do it "thisaway"—Fill green peppers with cream cheese, chill thoroughly, then slice. Press thin red apple slices into the cheese to make spokes of the wheel. Strips of red tomato would do too, if you can make a neat job of it. Serve on lettuce (Dr. Curran to the contrary!).

4. Thursday: Start your Spring dress-making yet? Here's a good tip to help out amateur dressmakers. Sketch fabric won't fray when you cut patterns, if the edge of the paper pattern is traced on the fabric with a wax crayon. Then cut along the crayon line. It really works!

5. Friday: Remember to add one teaspoon or two of lemon juice to your fish cakes for supper today and add an egg too, to bind the makings together. To top off Friday's supper, serve orange bran muffins. Fill muffin cups one-third full of bran muffin batter, add a bit of orange marmalade to each cup and top off with more batter. Bake as usual. Hits the spot!

6. Saturday: No doubt you have a heap of goodies baked by now—I'll bet you could make one thing more while the baked beans are browning, now couldn't you? Do try a deep dish apple-pear pie. Instead of using all apples, use half pears and bake as usual. Your men folk will be your willing slaves forever after they sample this pie!

7. Sunday: Another week has slipped away and its time once again to put on your best duds and humbly pray in the church of your choice. Viewpoints may differ, but humble sincere prayer always reaches God's ears, you may be sure. And now in closing here is a short poem called:

Viewpoints

I heard the children singing and thought the sound was sweet. But it was just disturbing noise to neighbors down the street. I thought how true of everything that life has ever given. Some find in daily trials a snare, and some—a road to Heaven!

Anne Adams Patterns

IT'S VERSATILE!

SPRING WARDROBE in one pattern! Blouse has stunning scalloped neckline to wear three ways! Easy-sew! Sleeves, short or three-quarter, are cut in one with bodice. Skirt is a gem! Match it to blouse in dress effect. Suited to almost any type jacket! Pattern R4742 in Misses' sizes 12, 14, 16, 18, 20. Size 16 blouse 1 3/4 yards 39-inch, skirt 2 1/2 yards. 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.

Canada Or England Gretchen A Problem

LONDON, Jan. (CP)—Gretchen, a sleek daschund who didn't like Canada, may have to move over and make room in her dog-house, figuratively speaking, for a couple of human beings.

For the last four years, ever since she took a dislike to the chilly Canadian climate, Gretchen has been a problem to her mistress, Mrs. Mary Stott, and to property owners.

Now it looks as though Mrs. Stott and her 15-year-old daughter, Hyllerie, may have to move again—all because Gretchen is back in the dog-house. The municipal authorities who own Mrs. Stott's apartment in nearby Ilford have sent her six warnings that she must get rid of the dog—or move out.

"Dogs aren't even allowed to visit the apartment," Mrs. Stott said. "I wish we'd given Canada another chance," she added with a sigh. "I'm sure we could have found friends who would have given us a home and allowed us to keep Gretchen."

The Stotts emigrated in 1947 and lived in two Toronto hotels. Gretchen made many friends, the family says, but couldn't stand the climate. Back in Britain, Gretchen was boarded out with Mrs. Ethel Lee. But Mrs. Lee left to visit her daughter in Montreal, and Gretchen was back in the bosom of the family.

That brought the six strict warnings from the housing authorities. Now Mrs. Stott doesn't know what to do. Her only consolation is that Mrs. Lee will soon be back bringing with her a new dog coat from Montreal. Meanwhile, if the eviction notice is finally served, Gretchen may have to give up part of that dog-house.

Morning Smile

A Return Visit

The big-game hunter was showing his trophies to a guest. He pointed proudly to the wonderful collection of heads around the wall and the tiger skins on the floor.



R4742 12-20 by Anne Adams

Household Scrapbook

By Roberta Lee

Hardened Paint Brushes

When the paint brushes have not been used for some time, and through carelessness, they become hard and dry, heat vinegar to the boiling point and soak the brushes in it for twenty minutes. Then boil gently in strong soapuds for a few minutes. The brushes will be like new.

Hand Cleaner

After working around the car or the furnace, and dirt is ground into the hands, rub Vaseline jelly thoroughly into them, let it remain for at least 15 minutes, then wash and see how easily the dirt is removed.

Plant Fertilizer

A little ammonia added to the water affords a rich fertilizer for the plants, and also aids in preventing bugs.

"Very interesting," muttered the guest, peering at them through his spectacles. "Perhaps you'll drop in some evening and see my butterfly-flies."

Her Size

Mrs. Dumbly was waiting to be served in the shoe shop. Presently a girl assistant approached her. "What size shoe do you wear, madam?" she inquired.

"Well," said Mrs. Dumbly, "I bought size four last time." The girl looked puzzled. "Yes, madam, I remember," she replied; "but you're buying this pair for yourself, aren't you?"

For Smooth—Youthful Skin

NEW PALMOLIVE IS MILD!



Let Your Beauty be Seen...

Prove for yourself Palmolive's beauty results. Do this:

Touch your face before you wash. Next a gentle 60-second massage with Palmolive's mild lather. Then touch your face again... now so soft, rose-petal smooth! Palmolive's mild lather searches out every trace of dirt from even the finest pores... leaves your skin smooth as a rose petal! Proof... not just a promise! 36 leading skin specialists proved Palmolive's beauty results in tests on 1285 women of all ages. So, start your mild Palmolive facials today.

Lovely Young Mother prefers Palmolive - IS MILD!

She says: "I wouldn't use anything but Palmolive on my baby's tender skin. It's the mildest soap I know. As for me... Palmolive keeps my complexion so soft and smooth!"

Smart Young Women say PALMOLIVE - IS MILD!