

ELLEN'S DIARY

By an Island Farmer's Wife

"And quite a thaw" the young farmer commented in greeting this morning. He comes in on errands and sometimes to visit with us, to chat of the work and the weather, and to bring us items of news of the farm.

He is a quiet, deliberate fellow, sometimes to our mind a veritable "chip off the old block" and then again, queer engaging thing that such kinship is, in some ways exactly as we are. We find the same characteristics in Rob—now like father, like mother, though the two are as different in many respects as is night from day.

Even in appearance... Rob, tall and broad and the younger farmer smaller and slight. Rob is quick of movement and mostly optimistic, even in the face of difficulties and accomplishments. James declares is "a power of work" in his farming, as must every farmer who operates a farm with any measure of success, and alone. He makes and plans for added conveniences and improvements in the buildings to help make his round of chores, if not easier, at least manageable.

He is interested in improving his herds and it is interesting to note that from a small beginning, even the acquisition of one registered animal, the years in passing soon add to ones store. He reads given time, rather widely and has a mind that retains. Not that the younger farmer is not equally as quick in his reckoning. Indeed, when a problem in calculation appears, while we reach down pencil and paper, he smiles and comes up with the answer.

He reads too, but only articles related to farming. We doubt if he ever read one of the favorite cowboy or detective yarns or a best seller in fiction, because like James, he prefers to find his stories clad in flesh and blood and in real life. So he learns much and has learned, from those with whom his occupation brings him in contact. He likes to talk with older folks and is never happier than when listening to their experiences and lore. As a lad he liked to foregather with others of his age and older, about "The Corner" of an evening. And if there are mothers who will disagree with our findings, he seemed to benefit from the practice.

Perhaps this was because his elders who gathered there were considerate men, who were careful to pass on an example, not perfect at all, but nevertheless honest and wholesome and good to the youngsters about.

He is mostly optimistic too, but only to a point which faces facts and leaves little to chance. He likes to introduce improvements about the place but only in "due season" and, reaching a hand back to make Scottish forebear, he is one to make haste slowly. Different are the two and yet they enjoy a companionship so ideal we wish such a state could be found

That Body Of Yours

By James W. Barton, M.D.

THE FAMILY PHYSICIAN AND CANCER

I have written before of the three middle-aged women who, because of lumps in their breasts, thought they had cancer. They refused to consult their physician, however, because, if cancer were present, it would upset some long-laid plans for entire family. During the months that they were following these plans, these three women spent days and nights of mental torture, but, like all wives and mothers, they had in mind only the happiness of the family. Returning home and consulting their physician and specialist they found that the lumps in the breast were simply enlarged milk glands and as such were perfectly harmless.

Because the Cancer Societies of the United States and Canada know that early cancer is curable and late cancer is not, they have asked all physicians to be cancer conscious and not delay treatment in suspicious cases. Some men and women of cancer age, however, feel that physicians and health writers are causing many to develop cancerphobia (fear of cancer).

It might be well to repeat the statement of Dr. Donald V. Trueblood in General Practice Clinics some months ago.

"The great effort instituted and sponsored by the American Cancer Society some years ago for the purpose of educating the public regarding the early signs and symptoms of the possibility of cancer being present have borne fruit (maybe a few phobias). The people who have been educated by this enterprise, if intelligent, have contacted their family physician immediately, even though they might not have had any of the signs and symptoms described, but because they would like to have a complete examination to assure themselves that no evidence of this dread disease is present. A few that may develop phobias probably need examination as much as the others. After they have been assured in a kindly manner with-out criticism, that nothing can be found, they are usually definitely relieved and content."

Because there is so much writing about cancer, and rightly so, it kills off so many useful men and women in the prime of life, patients are naturally asking what may seem like foolish questions of their physicians. Should the patient present a symptom or sign of which he has heard or read, the family doctor will not only investigate that symptom but do extend and maintained by all brothers.

Because if brothers possessed of the same blood and reared in a like environment can not see eye to eye and work always towards their mutual advantage, how then can we hope or even expect members of nations of widely diversified birth and training, to sit down peaceably together, in terms of respect and faith and good fellowship, about the council tables of the world?

Until tomorrow — Diary — Good-night



POURTRAIT OF A PRINCESS

Looking graciously regal, Princess Elizabeth smiles for court photographer Baron in this new portrait taken at her London residence Clarence House. She wears an afternoon dress of blue figured silk with square neckline and cross-over bodice.

Better English

By O. C. Williams

- 1. What is wrong with this sentence: "Do you know who I can get to do the work properly?"
2. What is the correct pronunciation of "eviscerate"?
3. Which one of these words is misspelled? Juniper, junior, clother, financier.
4. What does the word "irrevocable" mean?
5. What is a word beginning with po that means "born after the death of the father"?

ANSWERS

- 1. Say, "Do you know whom I can get to do the work properly?"
2. Pronounce e-vis-er-at, first e as in me, second e as in it, second e as in set, a as in at, accent second syllable. 3. Junior. 4. Incapable of being revoked; unalterable. "This is an irrevocable law." 5. Posthumous.

side studies for other clues that might be revealing. This might mean laboratory studies and X-ray examinations.

Even if no sign or symptom of cancer is present, the family physician usually advises a yearly examination.

The Stars Say --

By Genevieve Kemble

For Tomorrow

UNDER an inflationary and highly progressive urge to branch out and enlarge the scope, opportunities, ventures and experiences, many unusual developments may be expected. New propositions, fresh contacts and offers of support and cooperation from influential sources, call for calm analysis and shrewd tactics. Some conflicting angles or alluring projects emphasize the need for discretion and circumspect management. Postpone commitments where possible.

For the Birthday

Those whose birthday it is have presage of a particularly important year, with much in the way of fresh starts, new commitments, with important change, under prospect of growth, expansion and worthwhile rearrangements. However, such should be wisely taken under advisement, since there could be misunderstandings or hidden factors later on to perplex or complicate. Think cautiously, as tentative plans or agreements may provide a safeguard for future consideration. Mark time while influential persons consider. A child born on this day is bountifully gifted with abilities, skills, mentality, with initiative for a progressive and perhaps notable career.

DOROTHY DIX'S COLUMN—

Reputation

Once Lost, Good Name Is Hard To Recover

DEAR MISS DIX: I am a freshman in high school and have a problem that seems serious to me. Recently I attended a theatre where I met my boy friend. He teased me, so I moved away and sat with another boy, merely to make my friend jealous. While we sat together, we kissed a few times. Now some of the boys in school who were at the same show are spreading stories about my school conduct with these two boys. None of it is true, but I am losing friends because of the false rumors. GRACE A.



Muriel Nissen

ANSWER: With just a little reading between the lines, I gather that your conduct was rather more indecorous than you indicate. Certainly it was more un ladylike than a high school freshman should be. Having attained an age where you do, I am sure, felt entitled to a certain amount of liberty as far as dating goes, you are old enough to conduct yourself properly—at least in public. This you have not done! Why, therefore, should you be surprised if a witness to your ill-bred behavior takes it upon himself to spread a story? Naturally the story will be exaggerated, and become more so as it develops—all stories do—but had you not given some basis upon which to build a malicious tale, it never could have come into being.

YOU MUST BE CAREFUL

A young girl's reputation and good name are the greatest things she possesses. Treating them lightly by flagrant flirting, getting in public, making an exhibition of yourself in a public place—as you did—will not enhance the eyes of your particular schoolmates. Do not do have the sense to realize how much you have lost by one indiscretion. (Was it only one?) Let it be a lesson to you! You can show your regret by being especially careful in the future. The unpleasantness which surrounds you at the moment will die down, provided you do nothing to set it aflame again. When you get back to a normal footing with the schoolmates, the loss of whose friendship you so deplored, stay there! Quarrels and reconciliations with your various boy friends are matters for private consideration.

At your age you should be friendly with boys, and if you are fortunate enough to know lots of them, so much the better. Treat at them all as friends, and do not let them get too serious over you. Be a good friend; a cheerful, amusing companion. Don't get the idea that because you attract boys easily you are superior to any of your less favored friends. Perhaps popularity is slightly turned your head, and made you a little boastful with other girls? If so, you are on the straight road to losing favor with them. If you have given this impression, they are naturally going to seize on any gossip that circulates and spread it accordingly. You have deserved no better! Take stock of yourself, Grace. A popular girl can be a great factor for good in a school if she knows how to use her gifts properly. Don't throw away a good reputation and good friends by careless behavior.

DEAR MISS DIX: No matter how hard I try to stop, I am always nagging at my boy friend, accusing him of things I know he doesn't do. I'm 21 now, and a few years ago I had an unfortunate romance with a boy who wasn't trustworthy. Since we broke up I seem to suspect everyone. We are to be married in a few months but I know if I don't stop this nagging (which I cannot help) he'll call off the wedding. H.B.

ANSWER: You know perfectly well that you must stop your jealousy and nagging if you expect to marry. No man is going to stand for false accusations. Either you pull your will power together and get over this habit (which is all it is) or you face a very dismal and lonely future. If you aren't able to trust your future husband now, you won't after marriage, and you'll make his life a veritable Hades.

DEAR MISS DIX: For the past six months I have been going with a divorced man who has a 7-year-old daughter. He has asked me to marry him but I hesitate because of his attitude toward the child. She will not be living with us but he is very devoted to her, sees her as often as he can and takes her places without asking me along. He fully supports her and admits that his daughter will come first in his life at all times. I have never been married before. I like his child and want him to be good to her but I think I should have some consideration, too.

ANSWER: Though you deny it, your attitude most certainly is jealousy, both of your sweetheart's child and his ex-wife. He is to be commended for his care of the youngster, and if you continue to resent it I can recommend nothing else but parting. You've only known this man six months and can scarcely expect in that short time to supplant a daughter in his affections. If you cannot reconcile yourself to second place in your husband's life, this man is not for you.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Household Scrapbook

By Roberta Lee

Washing Shields

To keep dress shields fresh and make them wear longer, place them flat and brush them with tepid soap suds on both sides. Souse up and down in clear rinsing water to which a little ammonia has been added. Press, but do not wring. Hang over the line and allow to drip dry. Do not iron.

Care of Shoes

Rub the leather of the shoes with the inside of a freshly-cut orange peel, then polish with a soft cloth, and see how it improves the appearance.

Pie Stains

Oven-browned stains on pie dishes can be easily removed by soaking in a strong solution of borax and water.

How Can I...!

By Anne Ashley

Q. How can I clean smeary mahogany furniture?
A. First sponge with a cloth dipped in a solution of hot water and vinegar, and then with a cloth dipped in a pint of warm water to which one teaspoon each of linseed oil and turpentine has been added. Follow this by polishing with a soft, dry cloth.

Q. How can I prevent clothing from sticking to the varnish of a chair?
A. Rub the chair with a cloth dampened with turpentine, and follow with a cloth wet with linseed oil. Rub thoroughly with both applications.

Q. What is a good eye wash?
A. A saturated solution of boric acid is a good eye wash.

Cook's Corner

FRIED CHICKEN

Fried chicken is recommended as excellent party fare, or just as a special family treat. The whole eviscerated chicken may be bought and cut up at home, or the ready-to-cook cut-ups may be used. Coat the pieces with flour, salt, pepper and a little paprika. The paprika helps in the browning. An easy way to do this is to put the coating mixture in a bag and shake the chicken in it, several pieces at a time. Heat 1/2-inch of fat in a heavy frying pan. Never allow the fat to reach the smoking point—it is hot enough when a bread cube browns in 30 seconds. Carefully place the chicken pieces in the hot fat and brown on both sides turning with tongs.

When the chicken is well browned, cover and cook for 25 to 30 minutes. The bony neck and back pieces, which do not require as much cooking, may be removed after about twenty minutes. If the chicken is not crisp enough, cook it uncovered for about five minutes. As an alternative method of cooking the chicken, after browning the pieces may be transferred to a shallow uncovered pan and baked in a moderate oven of 350 degs. F. for 20 to 25 minutes.

An excellent way to prepare chicken cut-ups with a minimum of work is to bake them entirely in the oven. Cover the bottom of the pan with fat then place the coated pieces in the pan, skin side up, and bake for one to one and a quarter hours at a temperature of 350 degrees F. Baste every 15 minutes with melted fat. If the chicken is not well browned, the broiling unit may be turned on for a few minutes.

Morning Smile

He Knew

"I love your daughter very dearly, sir," said the young man earnestly, "I would suffer deeply if I ever caused her a moment's unhappiness." "You certainly would," grunted her father. "That girl is her mother all over again, and I know!"

BOYS! GIRLS! 13 to 18 BAD COMPLEXION

Do this: Cleanse with Cuticura Soap—it's different, medicated. Then apply Cuticura Ointment to help clear up pimples, blackheads, Cuticura works—often satisfies when others disappoint. Buy at drugists. CUTICURA

Anne Adams Patterns

CUT IN LARGE SIZES

YOU'LL BE SMART to get this in the making for Spring! Slenderizing shirtdress has high-style touches—cuffed pockets, saddle stitching, fake monogram. Make it in shantung for afternoon; in cotton for an all-day special! Pattern 4014: Women's sizes 34, 36, 38, 40, 42, 44, 46, 48, 50. Size 36 takes 3 3/4 yards 39-inch. Transfer is included in pattern. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (36c) 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.



Modern Etiquette

By Roberta Lee

Q. Is it proper for a girl to write to a young man who is in the army, even if she didn't know him too well previously and if he hasn't already written to her?
A. If she has his correct address, this is quite all right. Among the peace-time rules of etiquette which definitely reverse themselves in times of emergency, none is more conspicuous than the rule about young girls writing to men. Those letters are really appreciated.

Q. Is it proper to make use of the word "meet" when introducing two persons?
A. It is better to avoid use of this word, as well as the old, stereotyped phrase, "make you acquainted with." The best form is, "Mr. Lawson, this is Mr. Brooks."

Q. What is the proper thing for one to do when a piece of silver has been dropped on the floor while dining in a hotel or restaurant?
A. Don't try to fumble after it yourself. Call the waiter's attention to it, and he will replace the silver.

A. N. TRIM, Northern Ireland—(CP)—James Wilson, 82, decided to use a hot brook instead of a hot water bottle when he went to bed. He was burned to death.

Barbara Brent's BUYS AND WHYS



MONTREAL, Jan. 31st—Pots 'n' pans gleam and dishes sparkle when you use those grand new detergents. But you've probably found, as I have, that detergents are drying to your hands. That's when wonderful JERGENS LOTION comes to their rescue! Just smooth Jergens on your hands after every watery job... because it's liquid, Jergens quickly supplies the softening, smoothing moisture that dry, thirsty skin needs. I always keep a bottle of Jergens lotion handy in both kitchen and bathroom... use it regularly... and by the end of the day, my hands are soft and smooth as can be. Ask for Jergens Lotion. Just 15c, 37c, 65c and \$1.15.

A Roaring Bliss always makes me think longingly of warm summer sands and sunshine. And that brings on eating. I haven't decided yet whether I'll head for fun 'n' frolic, but I've done one very important thing as part of my 1952 Personal Planning program... I've opened a Sunshine Account at the BANK OF MONTREAL. That's the one way to be sure that you'll have the necessary cash when winter's snows are gone and the beach is beckoning. Resolve now that lack of holiday funds won't force you to make do with a "second-best" vacation. Open funds now! Account at the B of M tomorrow. Then, save a definite amount each pay-day, and you'll be all set to enjoy every sunshine-filled moment when your holidays come round.

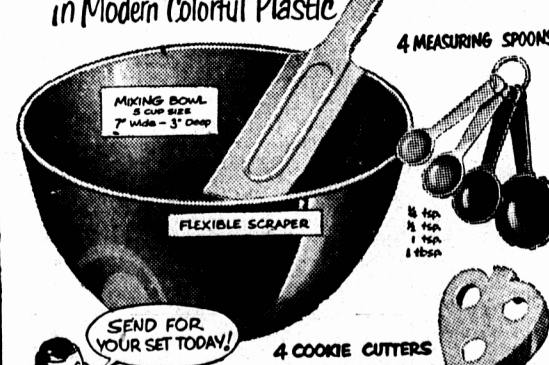
Ever Had Six Youngsters Between the ages of 4 and 8) come to visit you? I have—and we had ourselves quite a time. But when it was all over I was ready for a good, relaxing cup of coffee. So I made a cup of INSTANT CHASE & SANBORN COFFEE. Good? Yes! For Instant Chase & Sanborn is made by coffee experts... it's the only instant coffee backed by over 85 years coffee experience. But you don't need to know this to appreciate its hearty, deep-down flavour. Every sip tells you that here is something special. And Instant Chase & Sanborn is so quick to make—takes no longer than boiling the water. Economical too—there's no waste. Look for it next time you're shopping. I know you'll be impressed!

Like To See that "Oh What A Wife!" look in your husband's eyes? Yes, Heinz Tomato Products add delicious variety to mid-winter meals. Heinz Cream of Tomato Soup—so good as a first course or in meat and vegetable dishes. Heinz Tomato Juice—Heinz Chik Sauce and Heinz Ketchup to add zestful flavour to main dishes. I like to buy Heinz Ketchup in the big, economy-size 13-ounce bottle. Compare it with the 11-ounce bottle of some brands. You'll see how little it costs for Heinz extra value... ketchup that a few drops go a long way!

Something For The Small Fry—something extra-good for breakfast is tempting "Cream of Wheat". Top it with raisins or apricots for a really wide-awake breakfast dish that'll have the youngsters saying, "M-mmm—so good, mmm!". And you can be happy in the thought that "Cream of Wheat" is good for them, too. Yes, 5 Minute "CREAM OF WHEAT" provides Iron, Calcium and Phosphorus for diets deficient in these elements—far for less than a cent a bowl! What's more, "Cream of Wheat" is wick-quik to prepare... cooks to satin-smooth digestibility in just 5 minutes of boiling.

There! THAT'S Better! What a relief it is when you get rid of nagging rheumatic or neuralgic pain by rubbing BEN-GAY (Baum's Bengay) on the aching areas. Yes, that's all you do. Just rub in wonderful Ben-Gay and relief is almost instant. And no wonder— for Ben-Gay contains up to 2 1/2 times more of those two famous pain-relieving agents—methyl salicylate and menthol—than 5 other widely offered rub-ins. Ben-Gay is so comforting—so pleasantly warm when you rub it on... and kind to your skin, too—for it contains skin-softening lanolin. That's why, when "Peter Pain" strikes, I always reach for Ben-Gay. Wonderful relief—for just 75c a tube!

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USE THIS COUPON—MAIL TODAY! Kellogg's, Box 726, Toronto, Ont. Please send me... I enclose 50¢ in coin and less from any 2 boxes of Kellogg's Corn Flakes for each set. NAME, ADDRESS, TOWN & PROVINCE. Offer limited to residents of Canada. A GO-GETTER BREAKFAST FOR MORE PUNCH 'TIL LUNCH!

NESCAFÉ CUTS COFFEE COSTS as much as 40¢ a pound. Even the 4 oz. jar—though costing far less—makes as many cups as a whole pound of ordinary coffee. The big 12 oz. family size jar saves even more. No waste with Nescafé—you make just what you use. No messy grounds. *Nescafé is specially processed to stay fresh to the last spoonful.

Alice Brooks Designs EASY CROCHET. NEW DOLLIES to add to your collection of beauties! A lovely background for plants, vases or lamps, stunning as a buffet set, superb as a party table-setting! Large dolly is 18 inches in No. 30 cotton, small, 13 inches. Pattern 7225; crochet directions. 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.

*Nescafé (processed BEN-GAY) is the exclusive registered trade mark of Nestlé's Milk Products (Canada) Limited to designate its soluble coffee product which is composed of equal parts of pure soluble milk and added pure carbohydrates (dextrin, maltose and dextrose) added solely to protect the flavor.