

Household Scrapbook

By Roberta Lee

Potato Cakes

To make potato cakes, pare and boil 1 quart of potatoes; then mash and season with salt, pepper and paprika, and add 1 tablespoon of melted butter; mix lightly. Take a spoonful of this mixture in floured hands and roll. Dip into egg beaten with 1 tablespoon of cold milk, then into flour, and fry in hot fat.

Winter Quilts

Winter quilts can be rolled up along with camphor flakes, placed inside the paper bag in which clothes come from the cleaners. Tie securely, and the comfort is ready for storing.

Avoid Scratches

Many scratches on table tops can be avoided if pieces of felt are glued on the backs of the pottery, ashtrays, vases, etc.

Modern Etiquette

By Roberta Lee

Q. Are showers for prospective brides appropriate?

A. They are growing in popularity, although mostly humorous in character. Usually they consist of socks too gaudy to wear, "dainty" handkerchiefs, budget books, ball-and-chain, and the like. Of course, the shower of useful gifts is also appropriate—such as a book shower, smoking-necessities shower, or workshop-tool shower.

Q. I've been told it is permissible to leave the soup spoon in the soup bowl. Is this correct?

A. If the plate on which the bowl rests is wide, it is better to lay the spoon on it. If very narrow, however, it is all right to leave the spoon in the bowl.

Q. Is it necessary that a pallbearer at a funeral wear a black suit?

A. No; any dark business suit is appropriate.

That Body Of Yours

By James W. Barton, M.D.

THE OUTLOOK FOR PATIENTS WHO HAVE HAD A HEART STROKE

"Thirty years have elapsed since coronary occlusion or thrombosis became widely recognized as a clinical entity or group of symptoms. It is now possible, therefore, to have a comprehensive view of an acute attack and to study the heart stroke, as it is called, among the many patients still alive."

I am quoting Drs. Arthur M. Master and Harry F. Jaffe, New York, in "The Journal of the American Medical Association." At first, only the severe attacks were recognized as occlusions and their death rate was high. The prognosis, or likely outcome, was considered to be poor. A coronary occlusion or thrombosis was considered fatal; the individual might live for a while but the death mark was on him. Then came the complete bed rest, a diet low in food values, and the discreet use of drugs which saved many lives. "It is now relatively simple to recognize milk coronary attacks from which the patient usually recovers. The death rate in first attacks of heart stroke is at present only 10 per cent or less," state Drs. Master and Jaffe. For this reason the early feeling that death would soon occur has been changed to one of hope and not despair.

The progress of patients who have lived through a heart stroke has been carefully followed and shows that one-third of these patients had no symptoms afterward and did not have to lessen or decrease their usual activities. One-half of them resumed gainful employment. "In a recent series of 84 patients, 43 per cent were working one year after the attack. Occasionally patients have lived for 20 and even 40 years after an attack."

Despite the above excellent findings, many physicians and laymen believe that a coronary occlusion causes a marked reduction in the patient's activities and a marked decrease in his life expectancy. Drs. Master and Jaffe state that their follow-up studies have impressed them more and more by the large number of patients who have made a complete recovery as far as the use and strength of the heart is concerned. After reviewing the progress made of 412 patients with coronary thrombosis, they found that most patients survive the first acute attack and that many make a full, useful recovery and are able to resume gainful employment and live almost the entire life span of others who have had no attack. "They should be encouraged to lead as normal lives as possible, avoiding excessive mental and physical strain. In this way we shall send many more patients back to a happy life rather than into the exile of invalidism and despondency."

ELLEN'S DIARY

By an Island Farmer's Wife

We caught a glimpse of the bride's face. It was filled with a radiance which we suspected was happiness of earth as well as gratitude to Heaven. We glanced toward the pulpit to see if we could sense any reflection of this astounding joy there and we fancied a new tenderness in the voice of the old Minister. Here in truth was a Bride and Bridegroom of the Pages before him, and was it not he, sanctified in his calling who had made one of the twin?

What a lovely morning that was! Early summer in all its fragrance and blossom lay over the farmlands—lay hushed and still in respect to the Day at hand. It was a fitting one we decided for a story continued through a number of years to come to an enchanting ending. This was the end of the chapter for the bride of the silvery blue gown. Nothing for her now but to "Live happily ever after."

Continued on page 11

Cook's Corner

FRENCH FRIED SALMON

1 lb. can pink salmon
Juice of ½ lemon
¼ teaspoon salt
¼ teaspoon pepper
1 egg, well beaten
1 tablespoon water
½ cup fine, dry bread crumbs
½ cup shortening for frying.
Remove salmon from can; drain and separate into about 20 chunks. Sprinkle with salt, pepper and lemon juice. Combine egg and water. Dip pieces of salmon into egg mixture, then crumbs. Place on tray and let coating dry about 30 minutes. Fry in deep fat, heated to 400 degrees Fahrenheit, until light browned. Drain on paper towelling. Serve at once.

Better English

By V. C. Williams

1. What is wrong with this sentence? "The necessary requisites of this position are difficult to find."
2. What is the correct pronunciation of "recourse"?
3. Which one of these words is misspelled? Perimeter, arbiter, creditor, commander.
4. What does the word "demonstrable" mean?
5. What is a word beginning with om that means "present everywhere at once"?

ANSWERS
1. Omit necessary; it is superfluous. 2. Accent second syllable, not the first. 3. Creditor. 4. That can be made evident; capable of proof. "These things I have told you are demonstrable." 5. Omnipresent.

How Can I!!!

By Anne Ashley

- Q. How can I launder quilts?
A. Make a generous lather with pure soap and washing soda and ammonia in enough moderately hot water to cover the quilt, and soak the quilt for half an hour. Press the dirt out with a wooden potato masher or a croquet mallet. Do not rub or wring. Rinse in the same manner. Hang on the line to drip, and shake often. When partly dry, beat lightly with a rattan carpet beater to lighten the filling. Repeat several times.
- Q. How can I prepare a vinegar rinse following a shampoo?
A. Mix four tablespoons of vinegar in one quart of lukewarm water. A lemon rinse is made in one quart of clear, warm water.
- Q. How can I rid boiled water of its flat taste?
A. Pour it back and forth from one pitcher to another; or shake it well in a large bottle.

Symbolism Of Hot Cross Bun Precedes Christianity

Hot cross buns are for Good Friday, and one of the nicest ways to observe the day is to sit down in the afternoon to a cup of tea and a plate of hot buttered buns, fresh from the oven, leed or glazed and marked with the cross.

Despite their present day significance, their history dates back to the days before Christianity. Archaeologists say that the Greeks of pagan times offered buns marked with the cross (to symbolize the four quarters of the moon's phase) to the moon goddess, and that the Egyptians did likewise. Similar customs apparently continued down through the ages, as there are references in the Old Testament to the use of cakes as a sacrificial offering.

After the coming of Christianity the cross acquired a new significance, and in the Middle Ages the church used to distribute buns to communicants after mass on Easter Sunday. Bakers began to realize that here was a good thing on which to capitalize, and as far back as 1252 in England there was a controversy between the bakeries and the churches as to just who should have the right to make the buns.

An old saying has it that "blessed is the housewife who bakes on Good Friday and five days thereafter, but cursed is she who washes." The saying of course has its origin in the tale of Christ on his way to Golgotha. He stopped at the house of a woman who was washing and she, not wishing to be seen with a common vagabond, threw suds at the Lord and ordered him to be gone. Then Christ knocked at the door of a woman who was baking and requested bread and water. The woman sealed him by the fire and gave him bread from the oven and fresh water, which is why it is more blessed to bake than to wash on Good Friday.

Another legend long persisted, that hot cross buns, if made according to particular ritual and completed before a certain time of day, would keep for one year to the next, and that they had a great many beneficial and useful properties—to protect homes from fire, keep moths out of the clothes, mice out of the food stores, among a number of similar functions—and so heavily spiced were the pastries and cakes of the Middle Ages that probably they did keep without any difficulty through the year to the next Lenten season.

Hot Cross Bun

8 cups sifted all-purpose flour.
1 cup sugar, 2 cakes compressed yeast dissolved in ½ cup lukewarm water, 2 cups milk, 1 cup butter or substitute shortening, 2 cups cur-

The Stars Say --

By Genevieve Kemble

For Tomorrow

A PERPLEXING and intriguing day, with all manner of affairs and interests complex and challenging. Matters of grave and deep-seated significance come up for decision, these in relation to promotion, honors, with tokens of preference and support from those in high places in corporations, government and financial circles. All should be managed with shrewdness and finesse. Intuitions may be relied upon, but creative imagination is also highly stimulated.

For the Birthday

Those whose birthday it is may encounter a year of strange events and startling experiences. While things material and tangible may call for forthright and worldly decisions, the source of all constructive action seems to spring from hidden, psychological or spiritual undercurrents. The imagination may be active, feelings and emotions probably erratic, unaccountable. Yet with strong intuitions and canny wisdom, all may prosper and be constructive to a mystifying climax.

A child born on this day may have a strange, unique and unfathomable character. Shrewd and subtle in its material activities, it may be incited by psychic, spiritual or peculiar ideas.

DOROTHY DIX'S COLUMN—

Self-Consciousness

You Can Overcome Trait By Interest In Others

DEAR MISS DIX: I have three children, 4, 6 and 10. In bringing them up, I have tied myself down so much that I have developed a complex when talking to or visiting others. I never did have too much poise or personality, but at least I felt more at ease with people than I do now. My husband and I both realize our mistake in not building more of a social life, but how can we undo the error now? I dread meeting strangers, and though we have just joined the church and are meeting nice people, I actually get chills when I think of talking to them. It doesn't happen when we have guests in our own home, or with people I have known a long time. This situation is not helping me to be a good wife, or a good and patient mother. I have a devoted husband who never mentions my shortcomings, but I know he would like to see me more active socially.

AUDREY MAY

ANSWER: To overcome acute self-consciousness such as you have is not easy, but you do have in your favor the fact that you are young, apparently have many opportunities to get among people and have a naturally friendly spirit. Many other young mothers get into the same spot; they spend the child-rearing years totally isolated from the rest of the world, then feel terror-stricken at the thought of crawling out of the shell. However, I assure you, it's the initial step that hurts most. Once you get out among

Continued on page 11

Anne Adams Patterns

STAG-LINE STOPPER!

LIKE BEES to the clover! That's the way dancing partners swarm about you in this dress. Teenier! Doll-waisted, bouffant skirted, with that crinoline air, oh, this is a beauty, indeed! And to add the final touch of feminine flattery—those scallops!

Pattern R4656: Teenage Sizes 10, 12, 14, 16. Size 12 takes 4½ yards 35-inch fabric.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five Cents (35¢) 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.



R4656
SIZES
10-16
by Anne Adams

ASPIRIN
RELIEVES PAIN AND
SORE THROAT
DUE TO
COLDS
FEEL BETTER FAST!

RED LILAC



Enjoy

BOUQUET

RED LILAC

by LENTHERIC

1.35

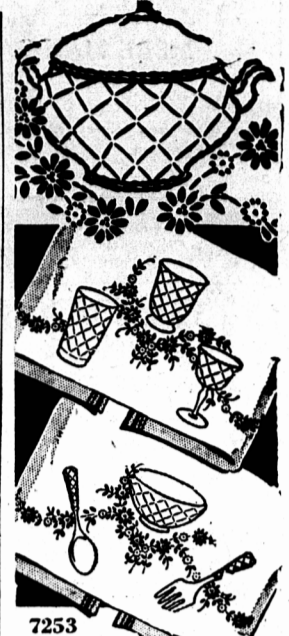
An exciting new fragrance! experience awaits you when you first wear Red Lilac, the scent that echoes fashion's newest Spring shades!

REDDIN BROS.

Alice Brooks Designs

TROUSSEAU FUN

APRIL SHOWERS coming your way? These will make a bride's kitchen colorful and gay! Simplest outline, single, and other stitches to embroider on dish towels, tablecloths, etc. Pattern 7253 has transfer of six motifs 5 x 11 inches. Send Twenty-five cents in coins 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.



7253
Alice Brooks

Morning Smile

Need Speed

An old lady at the Zoo was sitting on a camel, while the keeper was trying in vain to make it move. At last the old lady got off and started to pet it, but still it would not budge. Suddenly, however, it got up and went running off. The keeper turned to the old lady. "Madam," he said, "what did you do to him?" "I only tickled his back!" she replied. "Well," said the keeper, "you'd better tickle mine. I've got to catch him!"

EASTER SPECIAL

of Spring Dresses

50 ONLY
NEW SPRING DRESSES
in Prints, Marilons, etc.

One Lot Regular to \$15.95—
SPECIAL PURCHASE PRICE 10.95

One Lot Regular To \$8.95—
SPECIAL PURCHASE PRICE 5.95

ON SALE THURSDAY AND SATURDAY

AN OPPORTUNITY TO PURCHASE YOUR
EASTER DRESS.

The FASHION SHOPPE

141 GT. GEO. ST.

PHONE 55

FOR ME? Yes, You!

NEW DOUBLE-QUICK RINSO
IS SPECIALLY MADE FOR THE
WATER IN THE
CHARLOTTETOWN AREA

SO THAT'S WHY YOUR
DRESS IS SO MUCH
WHITER
THAN MINE!

YES, MINE IS RINSO WHITE!
ONLY RINSO HAS SOLIUM AND
IS SPECIALLY MADE FOR OUR
LOCAL WATER!



Rinso

ONLY RINSO HAS
SOLIUM
TO GET YOUR WASH
WHITER, BRIGHTER
THAN NEW!

* World's whitest wash! Clothes are whiter after ONE washing in Rinso than after several with other leading washday products.

* "Double-Quick"! Rinso goes into action faster, gets clothes whiter faster than any other soap tested.

* Special for you! Rinso is specially made to give best results in your local water.

ACCESSORY FASHIONS
for Spring

Gifted little items with a flare for fashion, to freshen up your entire wardrobe.

Gloves are all important to the well groomed woman. See the handsome collection today.

Bewitching 'neath your favorite suit or with your favorite skirt... a promise with one of the blouses from our spring-themed new collection.

Roomy, smart, beautifully made handbags of many fine materials, offer a choice to the well groomed woman.

SUITS—Appealing, yet long wearing of fabric... in a color that's a perfect reflection of Spring '52 fashions.

NORMA'S LADIES' WEAR
160A KENT ST. PHONE 3058

