

Household ScrapBook

By Roberts Lee

Hair Tonic

One effective method of applying hair tonic or warm oil to the scalp is by use of a medicine dropper. In this way it can be applied directly to the roots without mussing the hair or getting it oily.

Hard Water

If you are obliged to use hard water for rinsing clothes, add two tablespoons of sweet milk to each tub of water, then add bluing the same as in rain water. In this way the bluing will not cause streaks.

Rugs

Try to remember when purchasing new rugs that are to be subjected to a good bit of sunlight, that browns, dark blues, and greens will fade more readily than lighter shades.

Modern Etiquette

By Roberts Lee

Q. Should the mother of a bride-elect or the mother of her fiance give a shower for her?

A. Neither one of these persons should give a shower, as this would be in the nature of inviting gift donations. Properly, only close friends of the bride should give showers for her.

Q. Is it necessary to mail out engraved invitations to an open house one is holding in one's new home?

A. No; this is an informal type of entertainment, and invitations may be extended either personally or over the telephone.

Q. Is it all right to pick up a chop bone with the fingers, when eating at the table?

A. Never. If you are not able to extract all the meat with the knife and fork, then you should sacrifice it.

How Can I ...

By Anne Ashley

Q. How can I remove light scratches on furniture?

A. By rubbing over them with boiled linseed oil, turpentine, and white vinegar, mixed in equal proportions. For the deeper scratches, use a paste made of thick mullage mixed with coloring matter to blend with the furniture. For oak, use burnt umber and raw sienna; for mahogany, Venetian red; for walnut, burnt umber and vandyke brown.

Q. How can I make a transparent cement for glass?

A. By digesting together for about a week one ounce of indiarubber, 67 ounces of chloroform, and 40 ounces of mastic.

Q. How can I make use of old candles?

A. Melt the ends of old candles and add this to common turpentine. The mixture will make an excellent wax for polishing the floors.

The earth is born

Some 3 billion years ago (radioactive rock tells us) the earth was formed — likely from Genesis' "void and darkness."

March Reader's Digest tells how scientists believe our world began, how it's changing now. (Evidence indicates the Himalayas and other mountains are still growing; that the earth's climate will become increasingly warmer.) Read also how some 10 billion years hence the sun may destroy it, fulfilling Bible prophecy.

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Alice Brooks Designs



That Body Of Yours

By James W. Barton, M.D.

DISEASES CAUSING SYMPTOMS SIMILAR TO RUPTURED DISC

Many years ago when pain in the lower back (lumbago) and hip and down the leg (sciatica) was believed due to sprain or strain of the sacroiliac joint, the physician was strapping up these patients with bands of 2-inch adhesive tape pulling firm pressure over the sacroiliac joint itself. Practically all his patients improved and were able to resume their occupation in a matter of weeks or months.

However, in one case he was not getting satisfactory results, pain became worse and he called a general surgeon in consultation. The surgeon found that the pain was caused by an abscess, which he opened, drained out the pus, and the patient made a good recovery. This taught the physician that conditions other than sacroiliac sprain could cause low back pain and sciatica. Today these cases are found to be really a rupture of a disc or discs between the last two or three bones of spine in the lower back.

While some of these cases are helped by rest or application of a brace or support, Dr. H. H. Young in the Journal of the International College of Surgeons, Chicago, states that other lesions or diseases besides the rupture or protrusion of the intervertebral disc may cause pain in the lower part of the back.

He prevents twelve cases that illustrate this fact. In four of the twelve cases, bone growth was present at upper end of the large bone of upper leg—the femur. One of each other conditions or diseases were present in eight other cases: an abscess of the thigh bone, a fibrous growth on part of thigh bone which is inserted into hip bone, a glomus tumor (a small tumor) made up of blood vessels covered with muscle—situated behind the knee joint; a twisted cyst of an ovary; a hard mass of tissue on upper part of hip bone (granuloma), tuberculous arthritis of the sacroiliac joint, a slow growing fibrous tumor of the thigh bone (myeloma), painful swellings of the fatty tissue in spinal canal.

Despite all these conditions that cause pain similar to that caused by a ruptured disc, Dr. Young feels that while the ruptured disc or protruded disc is responsible for low back pain and sciatica in the great majority of cases, the disc is not always the cause. There are so many cases of ruptured discs now discovered that physicians may naturally not think of these other causes above mentioned. Dr. Young states that only by using all available diagnostic means (X-rays, bending, forward, backward and sideways with knees straight, bending and straightening the knees as far as possible, and other tests) will an accurate diagnosis be possible and unnecessary operations such as searching for a ruptured disc, be avoided.

Morning Smile

Here

A jobber was out with the boys one evening and before he realized it the morning of the next day dawned. He hesitated to call home but finally hit on an idea.

He rang his house and when his wife answered the phone, he shouted: "Don't pay the ransom, honey—I escaped."

Complete Service

The grocer thought the young lady was inexperienced in shopping.

"We have two kinds of eggs, you know," he began.

"Yes, of course, she nodded. "I got both kinds in one carton last week."

Marriage Of Interest At Hampshire



From left to right, above, are Mr. Don Holden, best man, Gnr. Carr and his bride, and Miss Edna Nicholson, bridesmaid.

A pretty candle-light wedding took place amid Yuletide decorations, at the home of the bride at 7 P. M., on December 31st, when Verma Evelyn, R. N., eldest daughter of Mr. and Mrs. Clifford Proud, Hampshire, exchanged marriage vows with Gnr. William Ernest Carr, son of Mr. Preston Carr and the late Mrs. Carr, Pleasant Valley.

Rev. Howard Christie officiated at the double ring ceremony. The bride, given in marriage by her father, entered the parlor, to the strains of Lohengrin's Wedding March played by Mr. John Gillis. She was very lovely in a floor-length dress of net over satin with fitted lace bodice and wore nylon fingerless gloves. Her finger-tip veil was of bridal illusion and she carried a bouquet of red Delight roses.

The bridesmaid was Miss Edna Nicholson, R. N., M. Buchanan, classmate of the bride. She was attired in a floor-length gown of Nile green with matching coronet and carried a bouquet of yellow roses. The groom was ably supported by Mr. Don Holden, Charlotte-town.

The bride's mother chose a dress of cocoanut brown crepe and wore a corsage of Talisman roses. During the signing of the register, Mr. Gillis rendered appropriate music.

After the ceremony a delicious supper was served to the immediate families under the capable supervision of Mrs. Owen Younker. Serving were: Mrs. Wilfred Campbell, Miss Elinor Hobbs, R. N., and Miss Ireta Stevenson. The table was centered with a three-tier wedding cake adorned with miniature bride and groom.

Toasts to the bride were proposed by Rev. Mr. Christie and Mr. Don Holden, to which the groom responded.

The groom's gift to the bride was a rhinestone pendant with matching earrings and bracelet; and to the groomsmen a leather bill-fold. The bride's gift to the bridesmaid was silver candle-holders and to the organist a gold tie-clip.

For travelling the bride wore a two-piece brown dress, natural coat and hat with brown accessories. The happy couple left amid showers of confetti, on a short honeymoon throughout the Maritimes.

Prior to her marriage, the bride was on the staff of the P. E. I. Hospital. The groom is serving with the R. C. H. A., and has recently returned from duty in Korea.

DOROTHY DIX'S COLUMN

An Invalid Problem

Girl, Recovered From Long Illness, Advised To Seek Help Of Friends

DEAR MISS DIX: For three years I had a serious illness, during which my parents cared for and protected me as though I were a child. When I finally recovered, they suddenly wanted me to grow up, act my age, and assume responsibilities. By that time, however, I had forgotten how to make my own way among people; I lacked initiative and didn't know how to make the effort to stand on my own. Now, at the age of 19, I have an inferiority complex. I have thought of running away to prove I could accept responsibility, but know I would hurt my parents by doing so, and I do love them.



Muriel Nissen

One of the most important factors in the care of an invalid is to try to maintain some semblance of independence and initiative in the sick one. It's quite understandable, however, that between the heavy physical work of sick-room care and the natural anxiety involved, psychological treatment is often by-passed.

Probably, Lois, you have forgotten how 19-year-olds act, and the best way to learn is by observation. Invite some of your old friends to call for lunch, tea, or an evening of fun. Tell them that you are getting your back into the ground, and enlist their help in getting you back into your age group. If you're up to it, join a community group such as the "Y," and get into activities enjoyed by the teen-agers of your own church. Don't sit home and feel sorry for yourself! And give up all thoughts of running away. Fight the battle on your home grounds.

DEAR MISS DIX: My boy friend has been in the Army for eight months. He had a leave a month ago. We saw each other the first night he was home, and the second night he was supposed to call at 8 o'clock. When he didn't arrive at that time, I got mad and went to a show. Later, my girl friend said she had seen him going to a show. Now I realize I was wrong. He's gone back to camp. Should I write and explain, or wait for him to write first?

ANSWER: My, but you're an impetuous lass, Shirley. You have been so definitely in the wrong, that it's clearly up to you to write, explain and apologize. Surely you could have given the young man a little leeway and waited for him awhile. Are you always so prompt that you can't overlook a bit of tardiness, which I am sure would have been explained to your satisfaction had you waited. Better learn to curb that temper a bit!

DEAR MISS DIX: Ever since I was 9, I have had a crush on my brother's chum. Now I'm 17, the boy is overseas, and we have been writing to each other. Recently he sent me his picture, and my girl friend says he must like me a lot. In his letters he always tells me I'm a swell friend, but that's as far as he goes. It will be quite a while before he gets home. Should I continue writing him?

ANSWER: Since you've been patiently waiting for the boy for eight years, and still like him, most assuredly you should continue the correspondence—and hope! Your friendly letters are certainly making him aware of you as someone other than a friend's kid sister, and you will undoubtedly be drawn closer through your correspondence. Don't worry if his response isn't as ardent as you wish; boys overseas are having so many troubles of their own that they can't always give their usual consideration to the folks back home.



ELLEN'S DIARY

By An Island Farmer's Wife

The usual brisk, saucy lift was back to the sparrows' wings this morning replacing their more subdued and solemn airs of yesterday. —Or perhaps it is only a childish fancy of ours that even these storied creatures of Scripture, as we too, observe quietly their day of rest.

Pat came by on the way from his Church with a query. "Shure an' what are you goin' to do about Lent this year, Ellen? This is the time now for folks to be lookin' into their hearts—and sweep (Pat gives this a fetching twist; it is 'sweep' to him), out everything that's mane an' distasteful, like old grudges.—What, I'm after askin' you, is the good av harborsin' them? They're just, he nodded, 'takin' up good room, and festerin' there."

"An' old hates and jealousies. They're only," he wrinkled his brow trying to find adequate words, "worse nor useless—an' isn't that the truth! It's a queer thing, Ellen—an' I guess 'm not speakin' anythin' new to you because like as not you often think on the like yourself—but we'll be after prayin' for the war in that haythen land to cease... an' all the time, yes, even when we're down on our knees, there's black thoughts in the backs of our minds, and bad feelin's in our hearts for folks much nearer to home."

"How then can we expect anythin' av haythen, an' us knowin' and brought up to better, at such like ourselves? If brotherly love is ever to go 'round the world—an' the Good Lord knows I hope it does—it's got to start with sweepin' out our own hearts. An' isn't that the truth, Ellen?"

It was indeed... Pat's philosophies are always good. And yesterday we heard the Gospel taught in the Old Kirk at the corner where we too with others gathered together... There was a sunny wind of day in the maples beyond a window and it crooned we knew above Carolyn's grave. Whispers perhaps of her littlest lad's birthday approaching, and that Jamie and the rest were planning to observe it according to his wishes. It is a nice place to rest, there, within the shadow of the Kirk.

"A woman here, isn't it, Ellen?" a woman who once knew the neighborhood well but had moved far away from it, said when one summer evening we stood with her in her holiday-time near the earthy homes of those resting there. "It comes to mind often—I remember it all so well... this and the Church and pews, the pulpit and beside it the choir loft... the peace of worship with the sun coming in so prettily through the colored glass that lights the tops of the windows. One time... but, dear me," she smiled, "I have so many pleasant memories of this place!"

"Some day, I expect I shall come home to it—When Life's last picture is painted I suppose! She looked out over the pleasant rolling farmlands, full then of the gifts of summer. "I hope it won't be at this time of year; but some autumn—that is Nature's season for putting things to rest. It's not the most comfortable topic to dwell upon," she commented, "but here," she nodded, "I sha'n't mind!"

Other visitors we had last evening besides Pat with his lantern... Jeanie's mother, a small, low-voiced woman, beloved of children, grandchildren and friends, a guest at the House across the Lane... and a pair of farm-folks... Until tomorrow... Diary... Good-night...

Cook's Corner

CRANBERRY PUDDING (Steamed)

Four tablespoons (1/4 cup) shortening, 2/3 cup sugar, 1/4 teaspoon salt, 2 1/2 cups sifted flour, 3 teaspoons baking powder, 1/4 cup water, 2 beaten eggs, 1 cup water, 1 1/2 cups chopped raw cranberries.

Cream the shortening and sugar together until light and fluffy. Sift together the flour, salt, baking powder and nutmeg. Beat the eggs into the creamed mixture, sift the sifted dry ingredients over alternately stirring them in with the

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Better English

By G. G. Williams

1. What is wrong with this sentence? "He would not own up that he had dropped the dollar in the basket."

2. What is the correct pronunciation of "pro rata"?

3. Which one of these words is misspelled: Acetylene, acquittal, accelerate, acerbate.

4. What does the word "over" mean?

5. What is a word beginning with fe that means "state of being happy"?

ANSWERS

1. Say, "He would not confess (or, admit) that he had dropped the dollar into the basket." 2. Pronounce first as in rate, not as in rat. 3. Accelerate. 4. Public; viewable; evident. "Most of the officials were overt, but those who had something to hide were not." 5. Felicity.

The Stars Say

By Genevieve Kenble

For Tomorrow

ENERGY and ambition will amount to such a driving force this day that you may find yourself impatient with delay, irritated at those who seem to stand in your way. But if you will use diplomacy and try to avoid argument, your path will be made infinitely smoother. It is an excellent day for domestic affairs and one which, if you are a homemaker, you will find ideal for making long-planned changes—rearranging furniture, buying new equipment, throwing out the old. In this connection, however, don't be too zealous for, in your driving desire to "get rid of everything," you may discard articles that are really useful—with subsequent regret.

For the Birthday

If tomorrow is your birthday, you may look ahead to a year in which achievement will depend on your personal efforts. You cannot rely on the help or promises of others, and you must resist the importunities of those who would dazzle you with get-rich-quick schemes and blind bargains. Not only is speculation foolhardy for you this year, but it would also be unwise for you to indulge in unnecessary expenses or to lend large sums of money. Rather, plan business ventures on a solid, constructive basis with a view to long-range benefits, and you will find that by the end of the year your ambitions will have been realized beyond your fondest hopes.

A child born on this day will be sympathetic, affectionate, and endowed with great personal charm.

cold water. Stir in cranberries—if desired they may be chopped in food grinder using coarsest knife. Half fill greased pudding mould or moulds. Cover lightly and steam 2 hours. Serve hot with lemon or brown sugar and nutmeg sauce.



4890 12-20 30-42 by Anne Adams

The Experts Say

By Kay Rex

Canadian Press Staff Writer

A bachelor was quoted the other day as saying you can always spot a good housekeeper by the way she peels potatoes. He explained that thick peelings are a dead giveaway for the wasteful homemaker, and a sloppy one is known by the number of eyes she leaves in the spuds.

So it's good advice to peel your potatoes cleanly and thinly. The critical bachelor might be tempted by the following dish:

Potatoes Au Gratin

Butter a shallow baking-dish and into it slice eight medium-sized potatoes which have been partially cooked—they should be firm and waxy. As you slice sprinkle 2 1/2 cups grated old cheese between the layers and on top. Also sprinkle these layers with salt and pepper. Dot the top with butter and add enough skim milk almost to cover the top layer. Bake at 400 degrees for twice weekly help to keep Canada's fisheries department happy. A department booklet contains a recipe for tuna crunch salad which sounds like a good thing for this time of the year.

Smart Fish Salads

Housewives who serve their families with fish salads at least once or twice weekly help to keep Canada's fisheries department happy. A department booklet contains a recipe for tuna crunch salad which sounds like a good thing for this time of the year.

Ingredients: One seven-ounce tin Canadian tuna; one-quarter cup chopped green pepper; one tablespoon minced onion; two cups crisp shredded cabbage; two tablespoons vinegar; salad dressing; two cups potato chips.

Add green pepper, minced onion, cabbage and vinegar to flaked tuna. Add salad dressing to moisten. Just before serving add potato chips and toss lightly together. Serve on crisp greens. Yield: six servings.

Other salad combinations: 1 slice of cold cooked salmon with cucumber, tomato, hard cooked egg slices and celery curls.

Diced pineapple, apple, celery flaked lobster, mayonnaise, lettuce.

Sardines, diced beets and potatoes, sliced eggs, dressing and lettuce.

Flaked fish, peas, cucumber, tomato, dressing, lettuce.

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