

The Stars Say --

By Genevieve Kemble

For Tomorrow

ACCORDING to the sidereal operations for this day, while there may be certain drastic attempts to force strange or curious factors, at the same time the auspices are excellent for accomplishment in a complex and challenging state of affairs.

If It Is Your Birthday

Those whose birthday it is, may anticipate a rather complicated state of affairs, with certain adjustments to be made possibly by main force, but by and large the augury is for a pleasant and prosperous culmination of all personal contacts.

A child born on this day, while happily endowed with social, artistic and cultural aspirations and ambitions, may likewise possess hidden depths, secretive, sordid.

Strange But True

By F. H. MacArthur

On a normal ear of corn there is always an even number of rows of kernels, from eight to twenty-six, depending on the breed of corn, of course. Perfect ears of corn with an odd number of rows of kernels are about as hard to find as four-leaved clovers.

Experiments have shown that the hind legs of frogs will continue to move after they have been separated from the body. The heart and tail of a snake will continue to show motion many hours after death takes place. This is also true of eels and some other creatures.

Most of our forefathers firmly believed that cats sucked the breath of sleeping babies. This silly notion arose from finding cats in cradles with dead babies.

There is a species of bird that eats feathers and also feeds them to their babies. This unique feather eating bird is called a "grebe". The feathers in the bird's stomach may act as filters for fishbones and other things.

Beavers belong to the rodent family and their food consists of vegetables and roots. A lot of people will tell you that beavers eat fish. They never eat fish or any other animal food. Don't believe it!

Three pairs of common English rabbits turned loose in Australia in 1860, increased so fast that ten years later they became a national pest, almost ruining the agriculture of the land down under.

By the way, rabbits and hares did not exist in Australia until the above mentioned date.

T. B. is a disease which is caused by a tiny form of plant life known to medicos as the tubercle bacillus. This dreaded germ is about 1-10,000 in. in length and 1-50,000 inch in breadth. When it develops or grows in any living tissue, it produces a small, round swelling, varying in size from a pinhead to 1-8 inch. Hence the name T. B.

The backbone of a camel is as straight as the backbone of a horse. The humps we see on the animal's back are composed chiefly of fat.

Tradition says that Ben Johnson, the English poet and playwright, lies buried under a tree.

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ELLEN'S DIARY

By An Island Farmer's Wife

This place at Alderlea shelters four generations tonight, of the line, yet not of the name. This rare event came about by the arrival this evening of a man from our girlhood home, to make us a brief visit. This is one whose age marked now in twin eights, continues to sit lightly on him, in spite of the fact that much of his life time has been given over to wrestling a living from the soil.

Autumn too returned to him a familiar and enjoyed task when he must "feed the mill", an extensive chore we know, and not yet given over to other hands.

While a son of the farm attends to the farming, the interest of this one of an older generation and we suppose that with the coming of the "morning light" granddaughter or her father will take him to our stable to view the animals there.

A rain of November is on the window now, a silent shower which accents the stillness of the night. We recall that when we left the city with the folks from the house across the lane not an hour ago the road stretched damply yet not dangerously ahead, a winding dark ribbon in the rich sable of night.

Some humorists poke fun at the medical profession by saying that when the cause of an ailment cannot be located by the physician, he blames it on "the nerves".

Today, however, there are so many ailments caused by the nerves or emotions that the statement is a joke anymore, as cases of asthma, head colds, skin ailments and many others amply show.

In the Mayo Clinic number of Medical Clinics of North America, Drs. Robert R. Kierland, Dermatology Department, and Maurice N. Walsh, Psychiatric Department, state that they have studied a series of patients with generalized skin inflammations and "found that these patients tended to show certain characteristic emotional patterns of which the following were the most prominent: suppressed and repressed hostility towards the mother or a mother figure and occasionally toward the father or father figure.

The skin was apparently used in these patients as a site for the expression of strong unconscious conflicts relating to exhibitionistic and frustrated desire for love and desire for love and affection.

We considered it probable that the mutilation of the skin by scratching may have had the significance of self-punishment. This was thought to be related to feelings of guilt resulting from hostility and death wishes toward the parents. The patient thus, in fact, made himself unlovely which appeared to correspond to his feeling that he was unworthy to be loved.

Repressing or holding back strong emotions, and the ensuing frustration in adult life, was followed almost immediately by the appearance of a dermatitis — inflammation of the skin.

What is the treatment of an inflammation of the skin where the emotions cause symptoms or aggravate symptoms already present?

Drs. Kierland and Walsh state that most cases of neurodermatitis — skin inflammation caused by the emotions — can be successfully treated by the dermatologist (skin specialist) alone, but it is important that the dermatologist treat the patient first by reassurance of the final favorable outcome of the treatment and then treat the disease itself in the usual manner.

There will, of course, be such severe emotional disturbances in some cases that the psychiatrist must be consulted and even shock treatment used to cure the skin ailment.

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That Body Of Yours

By James W. Barton, M.D.

SKIN INFLAMMATION CAUSED BY EMOTIONAL DISTURBANCES

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Young Islanders off to Toronto



Winners of the Prince Edward Island Provincial Boys' and Girls' Club contests photographed en route to Toronto where they will participate in the national contests at the Royal Winter Fair under the auspices of the Canadian Council on Boys' and Girls' Club Work, judging cattle and other agricultural exhibits. The party travelled in a special Canadian National sleeper attached to the Ocean Limited. The group includes Miss Ardele MacAuland, Miss Doreen J. Smith, Charlottetown; James B. Blanchard, John D. Pineau, Hunter River; Miss Birdie E. Kidson, Miss Karolyn D. Stewart, East Lillian M. Bernard, Bloomfield; Fred F. Kitson, Colville; John F. Sanderson, Milton. Miss Maylea Boswell, assistant Women's Institute Supervisor, is on the extreme left. —Photo — C.N.R.

Household Scrapbook

By Roberta Lee

Squeaky Shoes

If the shoes are black and they have developed an annoying squeak treat in the following way. Place the shoes in a basin and pour in enough limeseed oil to cover the soles. Allow to stand until the following day and the squeak will have disappeared.

Cleaning Mohair

When the mohair furniture has become water-spotted, go over the entire surface with a cloth wrung from cold water. After this has dried, go over it with equal parts of alcohol and ether.

Health Hint

For the sake of the health and complexion, one should acquire the habit of drinking at least eight glasses of water every day.

Cook's Corner

WALNUT CAKE SQUARES

You can cut either 9 or 16 squares of shallow cake from each pan—which makes this rather nice to consider for a party. The toasty walnut topping is very delicious over the moist cake. The keeping quality is quite good.

Yield—two eight-inch squares. 2 cups once-sifted cake flour 3 teaspoons baking powder 1/2 teaspoon salt 11 tablespoons butter or margarine 1 cup fine granulated sugar 2 eggs, well beaten 2/3 cup milk 1/2 teaspoon vanilla 1/4 cup desiccated cocoanut 1/4 cup lightly packed brown sugar 2 tablespoons cream 2 tablespoons corn syrup 1 cup coarsely chopped walnuts Measure and sift together twice the flour, baking powder and salt. Cream 9 tablespoons of the butter or margarine until soft; gradually blend in the granulated sugar and cream well. Add the well-beaten eggs, a little at a time, beating well after each addition.

Combine the milk and vanilla. Add the dry ingredients to the creamed mixture alternately with the flavored milk, combining lightly after each addition; fold in cocoanut.

Turn batter into two greased 8-inch square cake pans. Bake in a moderate oven, 360 degrees, about 26 minutes.

While the cakes are baking, cream the remaining 2 tablespoons butter or margarine; blend in the brown sugar, cream, corn syrup and walnuts.

When cakes are baked, leave them in their pans and spread with the nut mixture. Return to a hot oven, 425 degrees, and bake until nuts are toasted—about 10 minutes. Leave cakes in their pans until cold; cut into squares for serving and lift carefully from the pans.

How Can I!!!

By Anna Ashley

Q. How can I clean delicate colored fabrics?

A. Use fuller's earth or powdered starch, mixed to a paste with glycerine. Apply thickly to the spot and let remain until dry. Remove by brushing with a whisk broom. Repeat if necessary; or, if the stain has nearly disappeared, sprinkle with dry fuller's earth and let stand 24 hours.

Q. How can I make attractive mats for flower pots?

A. Use the bottom parts of oil-cans, lineoleum, for making mats for pots containing plants and flowers. And if these mats are enameled, the water will not soak into them.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a well-bred girl to accept valuable gifts of jewelry from men acquaintances?

A. No. The only gifts a girl should accept from men acquaintances are such inexpensive things as flowers, candy, books, stationery, or perhaps, ice skates, tennis rackets, and such. Anything that is too elaborate or costs a great deal of money is taboo with the well-bred girl.

Q. When introducing two men, is it proper to say, "Mr. Baker, this is my very good friend, Mr. Harris?"

A. This would be a rude statement to make, as it implies that only Mr. Harris is your "very good friend."

Q. When accompanying a woman to the dinner table, should a man sit down exactly at the same time she does?

A. No. He should draw out her chair first, and not sit down until immediately after she is seated.

Better English

By B. C. Williams

1. What is wrong with this sentence? "There is no need of your searching, since most all the money is gone."

2. What is the correct pronunciation of "asinine"?

3. Which one of these words is misspelled? Moratorium, morgantic, mortification, mortgagor.

4. What does the word "pertinent" mean?

5. What is a word beginning with "s" that means "keenness of discernment or judgment"?

ANSWERS 1. Say, "There is no need of your searching, since almost all the money is gone." 2. Pronounce as-i-nin, a as in as, first i as in in, unstressed, second i as in nine, accent first syllable. 3. Mortification. 4. Related to the matter in hand; relevant. "His remarks were by no means pertinent." 5. Sagacity.

Morning Smile

A sergeant-major had the reputation of never being at a loss for an answer. A young officer wagged a brother officer that in less than 24 hours he would ask the sergeant-major a question that would baffle him.

The sergeant-major accompanied the officer on his rounds, in the course of which the cook-house was inspected. Pointing to a large copper of water just beginning to boil, the officer said: "Why does that water boil only round the edges of the copper and not in the centre?"

"The water round the edges, sir," replied the veteran, "is for the men or guard; they have their breakfast half an hour earlier than the rest of the company."

THE CAKE

You're Hearing About!

Here's cake as delicate, tender, deliciously moist as only Swans Down Cake Flour can make it!

Soft winter wheat... special "Controlled Milling"... many siftings... these make Swans Down 27 times as fine as ordinary flour. Cake flour specialists have been making Swans Down for over 50 years. That's why you get better results when you depend on Swans Down for all your cake-making.

CAKE TALK

by Frances Barton

Here's a word of cake-making advice to the young bride! Use tested recipes from our Swans Down kitchens and dependable Swans Down Cake Flour. We predict then a smooth road of baking successes all the way!

Of-times, the new bride (and the woman with a small family, too) will want to make just a half-size cake. Use your favorite two-layer cake recipe. Simply make up half of the recipe and bake the batter in a one-layer pan. When the cake is cool, cut it in half. Fill it and frost it as you would your regular-sized cake. And there you are with a perfect "double-decker" or two-layer cake — oblong or half-moon in shape depending on the shape of your pan.

To cut your half-sized cake, you might like to follow these simple diagrams:

1. For half-moon shaped cake, cut diagonally as shown first one way, then in the opposite direction.

2. For oblong cake simply cut crosswise slices, the width depending on the size of the slice you wish to serve.

Wonderful Recipe Book—"Learn to Bake—You'll Love It". Cakes, cookies, frostings, pastries. Full-color illustrations. Send 20¢ in coins, with your name and address, to General Foods, Limited, Cobourg, Ontario.

HOT BISCUITS

Parochial Doughnuts! Gingerbread! They'll melt in your mouth! FREE booklet gives new recipes. Write Church & Dwight Ltd., Sun Life Building, Montreal.

COW BRAND BAKING SODA

PURE BICARBONATE OF SODA

Backward Suitors

Long Courtship, No Proposal Wastes Girl's Best Years

DEAR MISS DIX: We are three girls, 27 years of age. We each have a nice boy friend with whom we have been going steadily for seven years. While they are apparently very much in love with us, they always put marriage off until the future, which always seems to get farther and farther away. They each have fairly good positions. Although they are true blue so far as other girls are concerned, we are getting discouraged, as we realize we are getting near the shelf age and there is still no sign of wedding bells. Our once ardent love is gradually fading and we are wondering if it will stand the test much longer. What do you suggest?

THREE OLD MAIDS

ANSWER: My suggestion is to give the young gentlemen the air. If at the end of seven years weary waiting they still shy away from the altar, you may be sure that they have no intention whatever of ever heading into matrimony WITHOUT INTENTIONS.

There are plenty of men like your lukewarm lovers whose attentions are without intentions, and they are one of the problems of courtship with which inexperienced girls have to deal, and which they are so incapable of handling adroitly that it makes us wish for the good old days when about the third time a young man visited a maiden her father took him aside and asked him if he was serious or otherwise.

Of course, if a girl is so much in love with a man that she is willing to waste her youth on a gamble that some day her shy, shuffling sweetheart will come to the point and pop the question, that's one thing. But if a girl is just a normal girl who wants to marry, settle down and have her husband, her children and her home, she is foolish to let any man take up her time for more than a few months unless he means business, or there is some very definite and real reason why he can't marry.

The custom of "keeping company" is a disastrous one for girls. It gives the men all the breaks. By always being Johnny-on-the-spot, by assuming the right to be jealous if any other man looks at the girl and by monopolizing her society they keep away the suitors who would like to marry her, and then when they are tired of the girl or they see someone they prefer they simply fade out of the picture.

DEAR DOROTHY DIX: For four years, I have had an affair with a married man whom I love very desperately. I know he has a lovely wife, but I didn't think that the little affection he gave me and the little money he spent on me hurt her. Now he has forsaken me for another woman and I can't stand it. I want to hurt him just as much as he has hurt me. Shall I tell his wife all about it or what?

BROKEN-HEARTED

ANSWER: The only thing you can in decency do is nothing. You

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NEW QUICK-MIX RECIPE

MOLASSES ALL-BRAN MUFFINS

with raisins

No creaming, no egg-beating—no easy mixing this Kellogg-quick way!

1 cup Kellogg's 1/2 teaspoon salt

All-Bran 1/2 cup molasses

1/2 cup milk 1 egg

1 cup sifted flour 2 tablespoons soft shortening

1 teaspoon baking powder 1/2 cup seedless raisins (or chopped dates)

1/2 teaspoon baking soda

1. Combine All-Bran and milk in mixing bowl.

2. Sift together flour, baking powder, soda and salt into same bowl. Add molasses, egg, shortening, raisins or chopped dates. Stir only until combined.

3. Fill greased muffin pans 3/4 full, or for pan bread spread in greased 8" x 8" pan. Bake in pre-heated moderate oven (400°F.) 20 to 25 minutes. (Slightly longer for pan bread.) Makes 12 medium muffins, or 9 squares of bread.

Small's most famous wheat bran cereal for kids and adults alike—by a healthy today!



Advertisement for Rinso detergent. Features a woman washing clothes and a man looking at a white sheet. Text includes: "WHY ISN'T MY NEW SHEET AS WHITE AS YOURS?", "MINE IS RINSO WHITE!", "ONLY Rinso HAS SOLIUM... GIVES YOU THE WHITEST WASH", "Whiter than brand new!", "Brighter than brand new!", "So safe for clothes... so kind to hands!", "MORE WOMEN USE Rinso than any other washday product".

Advertisement for Butter-Nut Bread. Features an image of a loaf of bread and the text: "GOT IT? GET IT! Eastern Bakeries BUTTER-NUT BREAD".

Advertisement for Swans Down Cake Flour. Features a large image of a cake and the text: "The Cake You're Hearing About!", "Here's cake as delicate, tender, deliciously moist as only Swans Down Cake Flour can make it!", "Soft winter wheat... special 'Controlled Milling'... many siftings... these make Swans Down 27 times as fine as ordinary flour.", "Black-Eyed Susan Cake", "Swans Down CAKE FLOUR".