

ELLEN'S DIARY

By an Island Farmer's Wife

After a short seasonal absence, curtains re-appeared today at a window of the house across the lane. Freshly laundered and white, symbol to the housewife of her world about once more made clean and new...

Morning Smile

Good Reason

He arrived at an Australian Army recruiting station and said he'd like to join up. In no time at all he was before a medical examiner. However, he was turned down because his feet were so flat that his prints in the sand would have looked like a duck's.

That Body Of Yours

By James W. Barton, M.D.

LYING ON ABDOMEN

I have written before of the real help to digestion obtained by lying on the right side for 10 minutes before a meal. This means that the tube carrying the food from the stomach to small intestine, in which most of the digestion occurs, allows the food remaining in the stomach to flow out.

It should be of interest to all of us to learn that lying on the abdomen also is beneficial. In the Munich Medical Journal, Dr. R. Stahl states that in 1923 Dr. Kautzberger used the prone position in treating pulmonary or chest disorders where fluid was beginning to form, and described his results as life-saving.

By lying on abdomen, the musculature is strengthened. In addition the metabolism (building up and tearing down of body tissues) is stimulated and complications resulting from prolonged lying on back are prevented. This position makes it easier for the patient to get rid of mucus, pus and other fluids from the lungs, bronchial tubes and mouth.

A flat mattress and a wedge-shaped cushion are placed under the chest so that the patient can lean his elbows over it. The head is held up but is not supported. Patients can read, write or do handicraft work from this position. This prone position strengthens the muscles of neck, shoulders, arms and back.

First Canadian Sacred Opera To Be Conducted By Minister-Composer



COMPOSER ARTHUR POYNTER IS SHOWN WITH HIS WIFE AND TWO SONS

Cook's Corner

Baked Cabbage with Tomatoes

Four cups shredded cabbage, three to four sliced, peeled tomatoes, two medium-sized onions, peeled and sliced, three strips bacon, one cup grated cheese, one cup soft bread crumbs.

Corn and Pepper Fritters

Two egg yolks, beaten; two cups grated corn, one tablespoon minced onion, one-quarter cup minced green pepper, three-quarters cup sifted flour, one teaspoon salt, one teaspoon paprika, one teaspoon baking powder, two egg whites, stiffly beaten.

Modern Etiquette

By Roberta Lee

Q. What is a good point to remember when planning the centerpiece of the dinner table?

A. That tall ornaments which obstruct the view are not in good taste, as the guests naturally like to see each other across the table.

Q. Do you consider it proper for an engaged couple to make public display of their affection?

A. Most certainly not; this is considered ill-bred. Inasmuch as love is sacred and beautiful, it should not be made a display of and opened to rude comments by strangers.

Q. Is it obligatory that a woman keep her hat on when attending a large card party?

A. This is optional; if she wishes, she may remove it.

Lithuanian Woman Indians' Dentist

PETERBOROUGH, Ont.—(CP)—A Lithuanian woman dentist who came to Canada a year ago, is one of the first persons to give dental treatment to Canada's Indians under terms of the Indian Act instituted last year.

She is Dr. Amanda Gerulaitis, now working at nearby Curve Lake Indian Reservation. To date she has done 266 fillings and 67 extractions at the centre. She has still more work before travelling to another reservation.

This is the first time Indians have been given free dental treatment. Until last year's change in the Act they were entitled only to free extractions. Other work they paid for themselves.

In front of Dr. Gerulaitis' office-door, small dark-skinned patients wait to take their places in the dental chair. Their school companions grab them when they are finished, opening mouths forcibly to see what the woman dentist has done.

No one could have told Dr. Gerulaitis when she read about Indians in her high school days in the Lithuanian capital of Kaunas, that one day she would actually be looking after their dental welfare.

She said in an interview that "90 per cent" of the dentists in her country are women.

While she is an able linguist in five languages, Dr. Gerulaitis doesn't know whether she will be able to master all the Indian dialects.

Rev. Arthur R. Poynter, former Baptist minister of Orillia, Ont., who traded his pulpit for the "ministry of music", will see the culmination of two and a half years of endeavor when his sacred opera, "The Triumph of Our Lord" is presented in Toronto, May 1, 2 and 3.

Mr. Poynter is proud of the enthusiastic cast, all amateurs except for three, most of them of the Toronto Symphony and Philharmonic orchestras, and the 103 voices of Baptist Young People's Choral society.

now working on two other sacred operas, the Birth of Christ, and His Life, dreams of a permanent Canadian theatre, devoted entirely to religious productions.

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DOROTHY DIX'S COLUMN

Fiance A Comic

Girl Is Annoyed By His Sense Of Humor

DEAR MISS DIX: I am engaged to a very nice boy who has, however, one fault I find it very hard to take. I'd call it showing off. When we're out in company, he delights in making witty remarks to attract attention.



Muriel Nissen

way except in the mere fact that they are jokes! With a world so full of gloomy forebodings for the future, high taxes, increasing cost of living and a million other worries, anyone who can create laughter is a welcome addition to a group.

A LAUGH ALWAYS HELPS

I thoroughly disapprove of the sort of fun that ridicules or humiliates others, stoops to lewd comedy or pokes fun at things that are held by some present, at least, as sacred. However, I take off my hat, and put on a grin, for a true comedian who can unfreeze a group with a laugh, bringing everyone out of the doldrums. This is a rare gift and woe to him who tries to kill it!

Be warned. Either accept your loved one as he is or break the engagement. Nagging may accomplish your purpose, but it will change the boy from a gay entertainer to a morose stick-at-home, and you won't like that either!

Learn to laugh with him. A marriage in which laughter plays a large part has little room for argument or bitterness. A man who can laugh with his wife has little desire to roam. If you don't appreciate your fiance's humor, be sure that someone else will—now or later. Be adaptable, and learn to grin, too.

DEAR MISS DIX: I am 20 years old. Several months ago, purely because I love to write letters, I began a correspondence with a man in another state. At first our letters were just friendly, then his began to get serious. He even proposed. He suggested that he come here to work for awhile so we could become better acquainted, and eventually get engaged. My parents think I'm too young, and they also regard the whole business as too risky. Are they right? JUANITA D.

ANSWER: I'm inclined to agree with your parents that you are too young to become so seriously involved with a man you've never met. If your young man persists in his idea of moving to your community, his good intentions may eventually outweigh the defects in the situation. Why not suggest dropping the correspondence for awhile?

Chair Set In Shell Pattern



Trim chair sets for your upholstered pieces are insurance against wear and discoloration at vulnerable spots. Crochet this set in lustrous cotton in a pretty shell-like pattern. It will add freshness to an old chair, keep a new one from growing old before its time. Directions for making this set are available by sending a stamped, self-addressed envelope to the Needlework Department of this paper requesting SHELL STITCH CHAIR SET, Leaflet No. 5-120.

How Can I!!!

By Anna Ashley

Q. How can I clean a tile floor? A. Dissolve 1/4-pound of shaved yellow soap and 1/2-pound of washing soda in a gallon of hot water, and apply to the floor with a stiff brush. Rinse with clear water and wipe dry, using soft cloths that do not leave lint.

Q. How can I relieve a burn? A. When one has been burned, apply a cloth wet with equal parts of sweet oil and lime water. It will bring great relief.

Q. How can I prevent metal door hinges from rusting? A. Wash the hinges occasionally with warm soapy water, wiping dry, and then rub with oil.

Better English

By W. C. Williams

1. What is wrong with this sentence? "Mary's and John's home is not so beautiful as yours." 2. What is the correct pronunciation of "aspirant"?

ANSWERS 1. Only one possessive is necessary. Say, "Mary and John's home is not so beautiful as yours." 2. Pronounce the 's' as in pie, and accent second syllable, not the first.

Household Scrapbook

By Roberta Lee

Woolens If the woolen material just purchased has not been sponged, do it before it becomes spotted by a table and place over it a wet sheet, wrung out so it will not drip. Start at one end and roll material and sheet together and let stand for about twelve hours. Then press on the wrong side of the material with a fairly hot iron, but don't scorch.

Gilt Frames It is a good idea to cover the gilt frames when new with the coat of white varnish. All soil can then be washed off with water without injury to the gilt.

Bluing Spots To remove obstinate bluing stains from white clothing, boil it in clear water.

The Stars Say - -

By Genevieve Kemble

For Tomorrow A problematical state of affairs exists, with much of outstanding promise, and at the same time a prospect of milling things up by blunder and wrong tactics. While the judgment is fair and the opportunity for expansion, sound investments and manipulating big deals into profitable channels is at hand, there is also an inclination to take long chances, to bank on false hopes and dubious promises. Sound evaluation of openings, diligence and due analysis could combine for surprising de-nouement.

For the Birthday Those whose birthday it is are likely to take advantage of excellent prospects for attaining high goals and rich rewards. The ability properly to appraise the developing of current events with balance and sound acumen, could prove thrilling, although in the face of unusual factors. These might have personal complications, with judgment biased by emotional or sentimental appeal. Shun loss of funds, favor and position by adhering to ethical business

Alice Brooks Designs

THRIFTY! JIFFY!

HAVE TWO new hats this thrifty way! One 2-ounce spool of straw yarn for the bonnet, three 1-ounce spools for the sailor! Plus a little ribbon, a flower and veil! Smart! Becoming! Jiffy-crochet! Pattern 7396; crochet directions for bonnet and sailor hat.

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.

Wasp Waistline Fashion's Whim

(By The Canadian Press)

The girl with the spreading waistline had better diet. Otherwise she won't be able to keep up with 1952 Easter parade styles.

The Canadian Press in a survey of the bib-and-tucker industry discovered that spring suits with "that nipped-in, rounded look" are all the rage this year.

But the short, full jackets may create more hips than style to figures already "rounded" by winter fat.

At Edmonton, fashion experts emphasized that spring suits will be more feminine in appearance than last year. There will be more detail in the sleeves. And more bad news for Hippy Hannah—silk skirts will be "very full".

Spring styles at Regina were described as "entirely new, gay and beautiful". Favorite colors with western women will be "shrimp," a new coral shade, and navy.

Across Canada spring brides may forsake the traditional floor-length gown of satin for a perky cocktail-length model of nylon net. One of Toronto's large department stores has the short wedding-gown in a window display.

Montreal designers are accentuating button-holes with satin and braid. The leather belt is coming back on tweed suits. The long, fitting lines of the "business-style" suit also has returned. Many of these garments are lined with bright material.

Anticipate Spring

At Winnipeg, fashion-wise women already are wearing silk blouses under blonde fur coats. As soon as the weather grows warmer those furs may be exchanged for white or near-white coats.

Those in the know say dress styles in Winnipeg are "reminiscent of 1929". Dresses have adopted the "middy line," and newest box jackets taper toward the hip-line.

"Bat-wing" jackets, "wind-mill" jackets "tucked dummies," and bowties will be trotted out for Vancouver's feminine trade.

In the Maritimes, midday will continue to wear the crinoline petticoat made popular last season. In Halifax, fashionable women will wear their dresses 13 inches from the ground.

In Newfoundland, the stores so far have displayed little Easter merchandise. However, it was learned that the new "coat" dresses featuring stiff rayon taffetas will continue to be popular.

Corduroy matched skirts and jackets in vivid shades of lilac, chaireuse and coral also are expected to attract buyers.

Finally, wherever she lives, the little woman probably will buy a hat this year with "back interest." For the benefit of the uninitiated male, this means the most fashionable hats will depend only on the face for decoration at the front.

The back of the hat probably will have clusters of artificial flowers, fruits, veils—perhaps even a feather—to tickle you when she turns around.

codes, despite all bids for expediency. A child born on this day has excellent abilities and conditions for outstanding success, but it should be advised as to subtle emotional snares.

Anne Adams Patterns

NEW PANEL - FRONT

SEW THIS! So useful! A style adaptable to many kinds of fabrics. In cottons it goes to market, to neighboring doings. In rayons it goes to club meetings and teas. Dependable, smart, ever-suitable classic! You'll wear it all summer!

Pattern 4572: Misses' sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 3 1/2 yards of 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

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7396 by Alice Brooks

Prairie Grandma Is Ardent Artist

SASKATOON —(CP)— Nearly 70 years ago a young girl started training as a school teacher in St. Cloud, Minn. She brought with her from the farm four tubes of oils and the ambition to learn to paint.

Fate decided otherwise and she had to teach mathematics. But Mrs. Mary E. Cryderman never lost the desire to paint pictures. She was a wife and mother of four children before she found time to indulge in this hobby.

Now a great-grandmother—she will be 87 in May—Mrs. Cryderman still delights in painting, and is generally found working on a new creation. Nowadays she doesn't paint from nature, but contents herself with copying the works of the Masters.

She has never taken art lessons. In her long life she has lived on three floors, and had neither time nor opportunity for art classes. The Crydermans first moved from Minnesota to North Dakota, and came to the Weyburn district of Saskatchewan in 1902.

Mrs. Cryderman still was "hungry to paint" but money was scarce in the pioneer days. She got a real start after making an agreement with her husband that she would get as much money for art materials as he put into "smokes." She says it has proved a rewarding hobby.

DERBY, England.—(CP)—An old double-decker street-car sold for 1 pound at an auction here. Old trams and buses are found transformed into living accommodations in many rural districts.

FOR BATHROOM AND KITCHEN

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4572 by Anne Adams

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