

Attractive Lady Rose Alexander Misses Her Canadian Friends

By Muriel Narraway Canadian Press Staff Writer

LONDON, (CP) — Lady Rose Alexander is a "little bit" homesick for Canada and she'd like to go back, but it won't be for a while.

The daughter of Canada's former governor-general has promised her family she will remain in Britain another 18 months. Then she'll decide whether her future lies here or in Canada.

The attractive, 21-year-old Lady Rose has nothing against Britain. It's just that she spent seven important years in Canada. Now that she's back in London she finds many of her old friends have grown up, moved away or found new interests.

Friends in Canada "All my friends are in Canada," she said. "Now I have to start all over again."

Lady Rose's dark-haired mother, Countess Alexander explained: "It all takes time. My husband and I are so busy it means Rose spends much time alone."

Meanwhile, Lady Rose has taken a stenographer's job in a civil engineering office off Park Lane. She cycles to work daily, much to the amusement of her soldierly father Earl Alexander, now Britain's defence minister.

"It's good for her," Lord Alexander jokingly said at a "family" interview. Actually he thinks his daughter has plenty of nerve to brave London's west end traffic.

"You could say it is improving my vocabulary," chimed in Lady Rose, referring to the colorful language London's taxi and bus drivers sometimes use when cyclists get in their way.

The Alexander's only daughter—

there are two sons, Shane, 18, Baron Rideau and Brian, 14—came back to Britain last May after completing two years of an arts course at McGill University. Like many Canadians who come to Britain, her first reaction was to shiver. "How I miss the Canadian winter," she said, looking out at London's night lights wreathed in fog.

Embarrassing Moment A favorite family reminiscence concerns the Coronation. Young Brian, acting as his father's page in a little Lord Fauntleroy costume of white knee-pants, white silk stockings and lace ruffles, was en route to Westminster Abbey when a woman within earshot said: "Isn't he sweet?"

Brian blushed brick-red bolted back inside the Alexander apartment and had to be coaxed out again. If he'd dared, the Hon. Brian would have ripped off the fancy clothes.

The Alexanders now look forward to a long Christmas week-end at their country home in Surrey.

"There will be quite a house party," said Countess Alexander. Besides herself and Lady Rose there will be Lord Alexander, young Brian and adopted daughter Susan. Shane, now doing his compulsory army service in the Irish Guards, his father's old regiment, will also be home for Christmas and the party will be completed by the countess's brother, the Earl of Lucan, and four children.

Even if they wanted to the Alexanders would find it difficult to forget Canada.

"There's always some visiting Canadian dropping in," said Countess Alexander. Just recently she had resident Canadian members of the Women's Club down to see the Canadian kitchen given by the women of Canada.

That Body Of Yours

By James W. Barton, M.D.

EMOTIONAL FACTORS IN SKIN DISEASE

Some weeks ago I wrote on the current joke about physicians who, when they did not know the name or cause of an ailment, blamed it on the nerves. The jokesmith stated that in such a situation the physician formerly had blamed the condition on the teeth.

As a matter of fact, physicians today have been able to trace skin eruptions to the nerves, also many cases of asthma.

It will be of interest to laymen, particularly those with skin eruptions, to learn that disturbance of the nerves, emotional disturbances, are so well recognized as a cause of skin eruptions that a psychiatrist, a specialist in psychiatry (emotional disturbances) and a dermatologist (a skin specialist) have written a book entitled "Emotional Factors in Skin Disease."

This unusual new book combines the skill of the dermatologist and the psychiatrist in an effort to clarify the interrelationship of emotional disturbance and skin disease.

Based on wide experience and illuminated with case histories, the material presented will prove helpful in both diagnosis and treatment.

Many have the opinion that the skin is just a bag, or covering, for the organs of the body, but it is in every sense an important organ of the body, registering the emotions, controlling temperature of the blood tissues; it combines with the kidneys and lungs in the important process of ridding the blood of waste and harmful materials; it serves as a waterproof covering to prevent loss of body fluids; is sensitive to heat, cold and the various food and pollen allergies. Through the sensation of pain, it notifies the brain of any injury to the body.

For years physicians have been reporting the appearance and disappearance of warts during some emotional disturbance or disturbance.

It is at the most "emotional" period in the life of the growing boy and girl that that distressing ailment acne (pimples) occurs.

With the publication of this book showing how directly and indirectly the emotions cause skin eruptions and diseases, the physician has one more asset in his equipment with which to recognize and treat disturbances of the skin.

The Stars Say --

By Genevieve Kemble

OVERCONFIDENCE, either in your immediate prospects or in the promises of others, could result in loss of time or money this day. Be patient and await a more propitious period for putting over your ideas. It is better to slow down a little than to rush into situations impulsively with possibly disastrous results.

During the evening hours you may find seclusion and solitude more rewarding than companionship or hectic social activities. Quiet indulgence in mentally taxing hobbies or intellectual pursuits will help you to achieve serenity of mind.

For the Birthday

If tomorrow is your birthday, you are entering a period which opens well for all enterprises requiring courage, energy or initiative. If you will profit by these influences, you can not only bring present affairs to a happy conclusion by year's end, but can also consolidate gains and start the new year on a sound and substantial basis.

While the tide of expansion is running strong, both in financial and professional matters, do not neglect your health. No matter what the momentum of work, do take time out for leisure, relaxation and the enjoyment of congenial companionship. The astrological influences not only favor recreational activities, but stress your need for them if you would retain physical and mental fitness.

A child born on this day will be ambitious, adventurous and extremely loyal in his relationships with others.

Cereals and Flours

Cereals should be well cooked to develop flavour and make them easily digested. To avoid lumping, sprinkle the cereal gradually into boiling, salted water, stirring constantly, until thickened. Cook over direct heat a few minutes then finish over hot water. To use all-purpose flour in place of pastry flour, allow two tablespoons less per cup. The following amount of starches and flours have the same thickening power: 1 tablespoon cornstarch; 2 tablespoons all-purpose flour; 1 tablespoon plus 1/4 teaspoon potato or rice flour or wheat starch. To avoid lumping in making sauces or gravies, and in thickening stews, first mix the flour, cornstarch, etc., with either a little cold liquid, the sugar or the creamed or melted fat, then combine with liquid and cook, stirring until mixture thickens.

Royal Couple On Canadian Soil



During their only Canadian stop on the round-the-world Commonwealth tour the Queen and the Duke of Edinburgh wave to crowds gathered at Gander, Nfld., while their plane, headed for Bermuda from London, is refueled. In the early-morning hours the smiling Sovereign and the Duke dressed and came to the plane's door. —(CP Photo).

DOROTHY DIX'S COLUMN—

Cred Vs. Romance

Boy's Parents Said To Frown On Dating Girls Of Other Faith

DEAR MISS DIX: Last month I was invited to a school play by a boy of another religion than mine. We had a very pleasant time together, my parents liked him, and I have met his family and was treated most graciously by them. Now, I have learned through friends that the boy's family doesn't approve of him dating girls outside his faith. I had planned on inviting him to my prom, which will be next month, but under the circumstances am doubtful if this would be the right thing to do.

MONA J.

INVITE THE LAD

ANSWER: Invite the boy, as you really owe him a return invitation. Since you heard of his parents' feelings through a third person, it would not be fair to accept it as final judgment. They didn't object to their son dating you once. I'm sure they won't disapprove of the second date. What happens after this is between the boy and his parents.

DEAR MISS DIX: This summer I met a boy at the skating rink and fell in love at first sight. When school opened I didn't see him at all (he goes to another school), but I got his address from a friend and wrote, hinting at how I felt about him. He didn't answer, so I wrote again, telling him exactly how much I like him. Still I haven't heard from him. What should I do now?

LOLA R.

ANSWER: Study spelling! If the boy wasn't scared off by your frank and completely out-of-order declaration of affection, he certainly would have been by your spelling and writing. Do spend more time on your schoolwork, then put some extra-curricular effort into learning social amenities and you'll find your future boy friends more responsive. Your public library, or your school library, should have books on teen-age know-how. If they don't, I'll send you a list of inexpensive ones, for a self-addressed, stamped envelope.

DEAR MISS DIX: Recently, I moved to this town where I met a very charming miss of 17, a year older than I. Because of illness and several operations, I never attended school regularly, and finally quit in first high. I told her I left in second. Should I tell her the truth? I am now working and she, of course, is in school.

T. D.

ANSWER: Don't permit your friendship to begin under the cloud of a foolish untruth. Your past record isn't nearly as important as your present conduct and your ideas for the future. I hope you plan to further your education in some field, either during the day or at night. Coming, as you do, from a city that is especially noted for its schools, you'll have no difficulty in finding one that will fit your requirements. If the young lady is as understanding as she is charming, you'll have no difficulty with your admission of telling her a falsehood.

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

Milk card it since it contains valuable solids. To prevent milk from sticking during heating, rinse pan with cold water or lightly grease the bottom of the pan. In heating milk, use very low heat, do not boil... use a double boiler, if possible. If a scum forms when scalding milk, do not dis-

Needlecraft News

by Pauline Roy

MOTHERS AND SISTERS who like to knit are certain to be in great favour with the boys in the family. These athletic youths require plenty of sweaters, scarves, socks and mitts for their many daily activities. Knitwear serves a double purpose for it is number one on the list for what the well dressed boys will wear and it is voted most likely to succeed for long wear, comfort and warmth.

Be Neat in Your Work

When you are knitting, follow your pattern closely. Use only the wool and size needles recommended, and be careful always to check your tension with the one in your pattern. If you do this, your finished garment will be correct in its size and shape. Neatness in your work goes a long way towards making your garment perfect in its appearance. Check your number of stitches as you go along because if you drop even one stitch, it can upset the continuity of your pattern. If you drop a stitch in stocking stitch fabric, the simplest way to pick it up is to use a steel crochet hook. With the right side of your work facing you, catch the stitch with the crochet hook and draw the first crosswise bar through the stitch. Continue doing this until the stitch is even with the other knitted stitches. Then slip the picked up stitch onto the needle. If you drop a stitch in pattern stitch fabric, pick up the stitch in the same way but pick it up the first time on one side of the work and the next time on the other side. Continue doing this until the stitch is the same level as the other stitches then slip the stitch onto the needle.

Sleeveless Pullovers

Sleeveless sweaters are all-time favourites for the young men in the family. These smart looking, comfortable designs for boys 14, 16, and 18 years of age are just what the boys like to wear. The one on the left, knitted in all one colour, requires only 6 to 7 ozs. of wool and the one on the right, knitted in double knitting wool, requires 10 to 12 ozs. If you would like to have a leaflet with directions for knitting the SLEEVELESS PULL-OVERS, just send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. CW-52.

ELLEN'S DIARY

By An Island Farmer's Wife

Panais still blossom in our strip of flower-border, pensive-faced, heartiest of flowers, well content so it seems to spread their sweetness to these days of sunny weather. For now, some declare, is Indian Summer.

Today soft were the quiet winds, the sky an inverted bowl of sunny autumn-blue; billowing clouds set sail above an horizon, through these we fancied were more solemn than those of the summer. And the bougainvillee in delicate patterns etched themselves against these were bare, for a deep fall stillness held the farmlands, far and wide, in its spell.

How silent it was! No rustle of leaves, nor inspiring sprightly song of birds. We pinned a little lad's washed shirt and sweater to the lines and lettered a long moment though with insistence other chores called. The sun caressed his plumage. How handsome he was... though we were aware, not always dependable. He touched jauntily his dark cap.

It's a great morning isn't it, Ellen?" he said. "In fact all these days are... or most pleasant. So mild and with little frost as yet. This Island," he chuckled, "isn't too bad a place to live in after all, is it? No smog, no..."

"In the South a few days ago they were enjoying weather like that of our summer" we observed. "Temperature about 80. Flowers and shrubs blooming: Poinsettias, hibiscus, bougainvillee and the like. And the early fruit was then almost ripe—just a bit tart to the taste: grapefruit and pineapple, oranges and tangerines..."

"Now, now, Ellen!" he laughed, "don't continue that, please. Because before these over-ripe crab-apples weren't bad eating!... But how can you be so sure?"

"A sister told of it in a letter yesterday—the one who has her winter home down there; the nurse—'you remember? Meticulously antiseptic, puncturing and dispatching quickly suspicious microbes and germs; orderly and exact, yet withal kind of hand and heart?'"

He nodded. "I always had a yearning myself to go down through that blue grass country and 'along but I shouldn't like to experience one of those tropical blows. No' he preened a feather, 'all in all, I like it here—roundabout, I mean: in the spruce grove over there—you should see those squirrels lugging off and storing cones these days, Ellen!—and down along the stream and up here in the orchard. No scarcity of food, so far this fall; there's plenty."

"Yes, the children say that even the muskrats they trap, are plump and fat from their pickings of grain in the fields," we said.

"And what more was in the letter?" "She said in closing—and now that it is lunch-time before retiring—the black again in the white of her written words come back to us!—'Ellen, take good care of James!'"

Until tomorrow... Diary... Good-night...

Scenery Shouldn't Detract From Play, Says Designer

TORONTO, (CP) — Scenery is an adjunct to a play. It should never detract from the actors and the play itself, says Hutchinson Scott, currently one of London's most-sought-after set designers.

If settings remain in the mind of a playgoer, the designer has failed to do his job properly, he says. "Actors and the acting are the thing. Costumes should be designed to feel the period and after dress rehearsal the actors should be able to forget all about them."

Mr. Scott is in Toronto to design scenery for a new, permanent repertory theatre which Murray and Donald Davis are opening early in January. He leaves behind him four plays running in London's west end for which he designed the decor: T. S. Eliot's "The Confidential Clerk," "Escapade," "Dear Charles," and "Birthday Honors."

His first design, when he was an art student, won the approval of Alex Clunes of the Arts Theatre of London. He followed Tanya Moiseiwitsch into Oxford, later was with Bristol's Old Vic and did the "Two Gentlemen of Verona" for London's Old Vic. He also did the decor for "The Merchant of Venice" which opened the Stratford England festival this summer and now is on tour.

Household Scrapbook

By Roberta Lee

The Sewing Machine

After the sewing machine has been oiled, to prevent the oil from seeping the material, tie a small piece of cotton string tightly around the needle bar, near the point where it grips the needle.

Lacquered Brass

When cleaning chandeliers or other articles of lacquered brass use warm water and sweet oil. Then apply whitening to restore the polish.

Hiccoughs

Place a few grains of granulated sugar on baby's tongue as a good remedy for the hiccoughs.

Canada has seven time zones—

Newfoundland, Atlantic, Eastern, Central, Mountain, Pacific and Yukon.

BETTER ENGLISH

By D. G. Williams

1. What is wrong with this sentence? "I do not know as I shall be there, but I shall try and keep the appointment."

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

3. Which one of these words is misspelled? Extravagance, extrinsic, extraordinary, exemplary.

4. What does the word "rampant" mean?

5. What is a word beginning with ps that means "closeness in expenditure?"

ANSWERS

1. Say, "I do not know that I shall be there, but I shall try to keep the appointment."

2. Pronounce di-a-mund, three syllables, and not di-mund. 3. Exemplary. 4. Unchecked; widespread. 5. Parsimony.

Alice Brooks Designs

TV SLIPPERS!

Easy? TWO pattern parts to cut out, stitch up—SO EASY, anyone can whip up both pairs of TV slippers in fifty time. Use gay scraps, colorful embroidery.

Pattern 7000: sizes Small, Medium, Large, Extra Large ALL included. Plus embroidery transfer. 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.

Morning Smile

Mrs. Newly-Rich went up to compliment the author after his talk about his new book. "I feel we have such mutual interests," she cooed. "You have written a book and I have read one."

BRONCHIAL COUGH

Are you kept awake by a nerve-racking bronchial cough? Is phlegm so tightly packed in your bronchial tubes, no amount of coughing seems able to dislodge it? Templeton's RAZ-MAH capsules are especially made to loosen phlegm, so it comes away easily and you are relieved of coughing and wheezing. Get RAZ-MAH for quick relief. 65c. \$1.35 at druggists. R-34

Modern Etiquette

By Roberta Lee

Q. Is it all right for a woman to place her purse and gloves on the restaurant table while she is eating?

A. No; she should keep them in her lap. Or she may place them on a vacant chair if she feels sure they are safe and that she won't forget them.

Q. When writing a letter to a boy of high school age, should "Master" or "Mr." be written before his name?

A. The title "Mr." should be used.

Q. Should the hostess at a cocktail party wait until all her guests have arrived before serving the drinks?

A. No, this isn't at all necessary.



FINEAPPLE PIE

1 can crushed pineapple (pulp and piece), 1 tablespoon lemon juice. Heat in double boiler. Mix 1/2 cup flour and 1/2 cup sugar with a little water, add to above. When thickened add one egg (beaten). Cool. Pour into baked pie shell and cover with whipped cream.

—Brackley Point W. L.

Anne Adams Patterns

WEEK'S SEW-THRIFTY!

BEGINNER'S LUCK! Just a few seams to stitch—presto! You have the season's smartest slim-jin skirt. Choose a kitten-soft wool—

can pick the prettiest because Pattern 4729 requires just ONE YARD 54-inch fabric. And that goes for Misses' Waist Sizes 24, 25, 26, 28, 30 inches. Back zipper assures smooth fit. Send for Pattern 4729 now!

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LACOMBE, Alta. (CP) — Wilfred Jackson of Hilldown saw his grain crop destroyed by hail this year. Jackson, who has a wife and five children, later won an automobile in a service club raffle.

4729 WAIST 24-30 by Anne Adams

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HOSIERY OF DISTINCTION

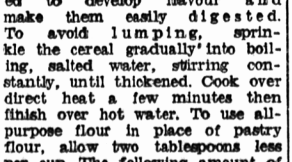
Nylonist

by Chavelaine

EXTRA ELASTICITY FOR DURABILITY

Sleeveless Pullovers

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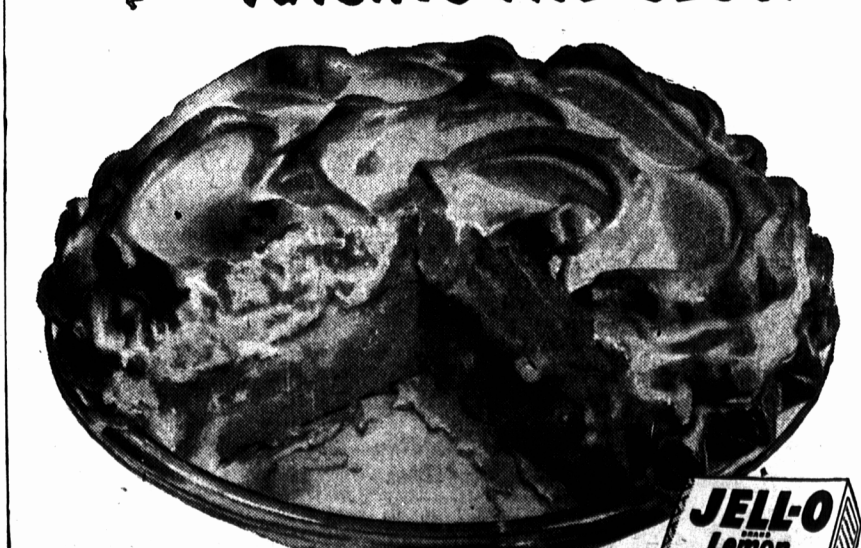


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WHEN YOU'RE RACING THE CLOCK!



HERE'S THE ANSWER to dessert on a busy day. You can prepare the filling in minutes! And the flavor is pure fruit from real lemons. You get the smoothest consistency you ever let melt in your mouth. Jell-O Lemon Pie Filling is never too thick, never too thin. Try Jell-O Lemon Pie Filling soon. Not a lemon jelly. (Jell-O is a registered trade-mark, owned in Canada by General Foods, Limited.)

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ON ANOTHER BUSY DAY — use Jell-O Coconut Cream Pie Filling. Creamy, rich-tasting—with snowy coconut right through the filling.