

The Stars Say

By Genevieve Kamble

For Tomorrow

ALTHOUGH the astral auguries are for excitement, upheaval, disturbance and provocative situations incident a change, removal, new contacts or commitments at the same time the judgment is under excellent stimulus for getting the proper slants on unsettled conditions, acting with good sense, developing wise plans, and executing profitable deals. While impulses are strong toward the irritable, sound tactics with persuasion rather than strife and contention, win in the long run. It would be safer to compromise, using tact rather than force.

Those whose birthday it is have need to exercise their excellent judgment, mental insight and keen intellect when difficulties and perplexities come up for adjustment. While impulses and irascibility are stimulated, and problems are exciting, with perhaps influential persons non-cooperative, the wise plan would be a show of compromise, submission and erstwhile condescension rather than to take provocative measures. The "soft answer" could be vital in a crisis or in tumult. Keep poised, calm.

A child born on this day is blessed with splendid mentality, versatile and keen, although its impulses may need wise discipline and tactful management. Its life may be active, intriguing.

BABY'S HOTLITTLE HEAD

WHEN your baby's head feels hot to your hand it may be because of simple fever common to some minor baby ailment. If so, Baby's Own Tablets will help reduce this simple fever by clearing harmful wastes out of the system. One Midland, Ontario Mother has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by night-time she was up and around again. If baby's fever is not promptly relieved consult your physician. Baby's Own Tablets are sweet-tasting, easy to take—and have been used with confidence by mothers for over 60 years. No "sleep" stuff—no dulling effect. Equal to good for constipation, evening troubles, upset stomach and other minor ailments. Get a package today at your druggist, 20¢.

Alice Brooks Designs



CROCHET NEWS  
A POCKET on every place-mat—to hold the napkins! Isn't that original and charming? This pattern has a shell-stitch border to match the shell-pocket! Napkin Holder pocket plus edging! Easy-crochet Pattern 7333 has directions for both. 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.

How Can I

By Anne Ashley

Q. How can I give a different flavor to oatmeal cookies?  
A. A good nutty flavor can be imparted to oatmeal cookies by sprinkling the oatmeal in a thin layer in a shallow pan and heating it for about five minutes before mixing. Be careful not to burn.  
Q. What is a good tonic for the liver?  
A. The Juice of half a lemon in a cup of hot water, drunk the first thing in the morning, is a splendid tonic for the liver.  
Q. How can I remove fruit stains from table linen?  
A. Rub the stains with camphor, doing this before wetting the stains with water.

Who is the real Mother of this Child?

The woman who give it life . . . or the woman who gave it love?

Advertisement for wedding veils. Features a photo of a bride and text: 'THE WEDDING VEIL... THE BLUE VEIL... Which should she choose...? NEXT ATTRACTION PRINCE EDWARD'

ELLEN'S DIARY

By an Island Farmer's Wife

This was the day the first nice warm summery wind came in over the hills, allowing the small ones to discard winter jackets out about at play and the farmers to come shirt-sleeved to their work. This afternoon they came to their initial field-work—the fencing, so that soon the ewes may be turned to safe pasture.

About near fields they worked, and yet not always within sight of the buildings. Sometimes they were hidden by the descent which dips towards the millstream. And once when granddaughter slipped away from them without a word to come to the house for a jar of water and a lunch of apples, James became anxious over her sudden disappearance. His calls bringing no response, he, at length and much relieved found her here. . . . How children should strive to please their parents and loved ones, could they but know and appreciate even in part the anxiety and concern they occasion them in their growing-up! The extra steps, the anxious hearts. . . . the dismay—and continuing love over some young error. "But didn't you know I wouldn't go far?" she reasoned, stepping off blithely with him to return to the first field-work of season.

Persuaded by the loveliness of this day which let a whisper of sunny wind steal in at the open door we took up what James' mind was "a very silly piece of work, Ellen—and it the last of the week. If I'm doing any big chore, I never like to be confined by a set time. And what will you do, if you're not done of it before Sunday?" We commenced to paper the walls of the kitchen.

And James himself found, and carried in the three smooth boards which made up an ideal pasting-table. And then with a hasty look at the prevailing disorder of house-cleaning, left us to our own efforts. . . . Wee pots of bright geraniums and misty blue-curtained white casement windows form a pleasing design on the creamy ground of the wallpaper. "I like it," Jeanie looked in through the afternoon to offer, and she so busy at the house across the lane voted it "much prettier than the last" while James holding to the opposite opinion also "didn't see why the old wasn't plenty good for another year."

We hear him talking by 'phone to Karolyn: "Yes—last night . . . a little black lamb. The children must come to see it. Oh, we fenced a bit this afternoon. What was Rob doing? Ellen? No, she's not done papering yet. Helping her? Dear me, no! You wouldn't expect a farmer to stop his field-work to help a woman indoors, would you?" This with a chuckle. "Oh, she'll get it done. . . . It takes her longer than once—now that she's growing old!" And words of a verse come to mind, and we smile to remember: "You're never really growing old. No matter what it seems—As long as through the happy years your heart still sings and dreams—Until tomorrow—Diary—Good-night . . . ."

Household Scrapbook

By Roberta Lee

Wall Paper Cleaner  
To make paper cleaner, mix a thick paste of 3 cupfuls of flour, 3 tablespoonfuls of ammonia, and 1½ cupfuls of water. Roll this into balls of convenient size to fit the hand. Rub a ball over the paper and it will clean thoroughly.

Garden Stakes  
Nothing is better for flower and vegetable garden stakes than the steel ribs from an old umbrella. They will last for several seasons.

Wilted Vegetables  
Wilted vegetables can be revived by soaking them in cold water containing a little salt for a short time before using.

Morning Smile

Forgetful  
"What are you waiting for?" whispered a wedding guest. "Bride's father's a plumber," replied the verger. "He forgot to bring her."

The Test  
"They're very much in love with each other. When she's away she writes letters to him whether she needs money or not."

Old Coin  
A bus conductor handed back the quarter to a woman passenger. "This coin is no good," he told her. "It's spurious."  
"Ridiculous!" she said, examining the coin. "Why, it's dated 1952. It would have been noticed before if it had been bad."

Always  
Ling: "If you looked at a postage stamp, how could you tell we were never going to lose a war?"  
"Long," "I dunno."  
Ling: "Why, because the King is always on the side that's never licked."

KING COLE  
TEA

Heroic Youngster Meets Her Heroine



A dying little girl's wish to meet her heroine—Barbara Ann Scott, star of the Hollywood Ice Revue—came true recently. A victim of acute leukemia, Gail Palmer, seven, a patient in Toronto's Hospital for Sick Children, had planned for months to attend a performance of the ice revue, now being held at Maple Leaf Gardens. But when the show arrived in Toronto, Gail was too sick to attend, so instead, Barbara Ann visited the heroic little girl in the hospital.

DOROTHY DIX'S COLUMN

Consider His Bereavement

Loss Of Mother Accounts For Boy Neglecting Girl

DEAR MISS DIX: My sweetheart has been in the Navy for four years and is about to be discharged. He used to write me frequent letters of love, and on his last leave asked me to marry him. He was sent overseas, and we corresponded. Then his letters stopped. I've written asking him why, but have received no answer. He knows he is alive and well as he was home a few months ago for his mother's funeral.



Muriel Nissen

ANSWER: The whole answer to your problem is contained in a few words you added almost as an afterthought. Are you so blind that you can't see their significance? "His mother's funeral!" To a young boy who presumably was devoted to his mother (most youngsters are) her death would have been a shock overshadowing, at least for the time being, all other emotion. Also, from the casual treatment you give his loss, you probably weren't on hand to offer much in the way of sympathy. Friends are needed most in time of trouble, and if you failed to bring, or attempt to bring, any consolation to your young man during his bereavement, it is quite possible you have lost him forever. I wonder if, even up to this time, you have written a word of condolence to him.

DON'T DATE THIS BOY

DEAR MISS DIX: A friend of mine is going to be married but is not engaged. He wants a date and I would like to go out with him. Do you think it would be all right?

ANSWER: If your friend has definite plans to be married, he is ipso facto engaged, whether he admits it or not. He is, therefore, outside the pale of dating material for girls other than his fiancée.

DEAR DOROTHY DIX: For the past two years I've been so restless that it's beginning to affect my marriage. I have a wonderful husband, but just can't find enough in him or in our home to interest me. We have no children. What is the matter with me? I am 25 years old.

RITA P.

ANSWER: Nothing is so inducive to restlessness as idleness, and of that you have just too much. If your home is a small apartment, or even a small house, you simply don't have enough to do to keep busy. That's a sad state of affairs for a 25-year-old girl. Are you completely lacking in initiative or resourcefulness? Get busy and you'll soon forget to be restless. Volunteer as an aide in your local hospital. Offer to help care for the children there; give them their meals, wash them, read to them. With so few nurses to do so much work, a pair of willing hands will be very welcome. Offer your services to the Red Cross; they have dozens of jobs you could fill. Surely you have some talent you could share with others. Be generous with it!

DEAR MISS DIX: Last summer I met a man on an excursion. I like him very much and we have been seeing each other four or five times a week. I'm 35, he's 39. I have noticed that he avoids crowds, which makes me suspicious. Also, he has an aversion to being photographed. I feel he has a past that is no good, so I have decided to stop seeing him. Am I right?

MARIANNE-R.

ANSWER: The two traits you mention are much more likely to be the evidence of phobias than a guilty conscience. Many people dislike crowds—in fact, this is one of the more common phobias. A dislike to have one's picture taken is also commonplace. Don't break up a friendship on such flimsy grounds, but a few inquiries into your friend's background would be a wise procedure, especially if you are going together with serious intentions.

DEAR MISS DIX: I'm a high-school girl and my problem is clothes! My parents raise a fuss every time I want something new, and expect me to wear the same dress to school every day. I'm so discouraged that I'd like to quit school and get a job but my parents won't let me.

GIGI

ANSWER: Are you being entirely fair to your parents? Perhaps they can't afford to raise your clothes allowance, or perhaps your ideas of a small wardrobe are a little exaggerated. There is one perfect solution to your difficulty. Why not learn to make your own clothes? You'll be acquiring a craft that will be useful for the rest of your life and, by the expenditure of a small sum of money, you can have nicer dresses than many girls with large clothes budgets. If your school doesn't have a dressmaking course, try the Y. W. C. A. or similar group.

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

Advertisement for Yeast Phos. Text: 'CONTAINS B1 VITAMIN A1 TO MAKE YOU FEEL Tastes so good... children love it, too! YEAST PHOS'

That Body Of Yours

By James W. Barton, M.D.

HOW ANIMAL GLANDS MAKE UP FOR HUMAN DEFICIENCIES

It is because diabetes, formerly always fatal, is due to an insufficient supply of insulin from the pancreatic gland that it is necessary for diabetics to continue the use of insulin during their entire lifetime. Fortunately, it is not necessary to inject insulin two or three times daily as it was when insulin was first used, as new forms of insulin give ample protection for a number of days. As insulin prevents the patient's death, the taking of insulin once or twice a week, or less often, does not seem to be too much effort.

Similarly in pernicious anemia. At first about five ounces of liver had to be eaten daily to keep the red corpuscles of the blood increased enough in numbers and hemoglobin (iron) to maintain life. It was soon discovered that liver extract could be taken instead of the actual liver and this extract also does not require daily doses.

Our research workers and clinical physicians are now finding that the new wonder drug, cortisone, can be used in such a manner that daily doses of the drug are unnecessary. This is because a supply lasting a couple of weeks can now be given at one time.

In Science, Washington, is a report from Drs. E. Henderson, J. W. Gray, M. Weinberg and E. Z. Merrick, who experimented with pellets of cortisone, implanting them under the skin in cases of rheumatoid arthritis, the commonest form of rheumatism. Eight adult patients with typical rheumatoid arthritis of severe grade received subcutaneous implantations of 900 mg. cortisone in 12 pellets of 75 mg. each. In four of the cases no cortisone had been given previously. Five patients had been given cortisone by daily injections into the muscles for various periods of time prior to the implantation of the pellets. Prompt clinical improvement of moderate degree in all eight cases followed the implantation and was sustained for two to four weeks, whereupon all the patients except one relapsed to their condition before the implantation treatment.

It is of interest that the effect of cortisone by implantation lasts such a short time (two to four weeks) in patients with normal adrenal glands but in patients whose adrenal glands are not normal (Addison's disease of insufficiency of adrenal glands), the implantation doses remain effective for several months.

It is interesting to see how insulin, liver extract and cortisone, all obtained from animals, can help insufficiencies in human beings.

Modern Etiquette

By Roberta Lee

Q. Are people supposed to dress formally every night for dinner while on a luxury cruise?

A. This is not obligatory, although the majority of people do. The "veterans" don't, as a rule, dress for dinner on the first night out, and they don't dress on a day there is a shore excursion, or the evening before arriving in port.

Q. Is it all right, when playing bridge, to draw a card from one's hand and hold it apart ready to play when your turn comes?

A. No; this is extremely rude, as it indicates impatience for the play to reach you.

Q. Should a physician's title be written out or abbreviated on his cards?

A. It should bear the abbreviation.

Ballet Festival Draws 12 Companies From Canada



More than 240 amateur dancers in 12 separate companies from Vancouver to Halifax will assemble in Toronto for the fifth annual Canadian Ballet Festival, at the Royal Alexandra theatre May 5 to May 10. Those taking part were selected from 19 companies auditioned by National Film Board. Of all the talented dancers taking part in the program, it is expected by observers that five-year-old Christliot Hanson, above, of Toronto, will steal the show. Under the guidance of her mother, who is a famous dancer of Burmese descent, Christliot has been dancing the barefoot Oriental religious dances since she was two. Her father is Australian. One official remarked that the child youngest ever to appear in the festival, "is really a polished professional."

Anne Adams Patterns

TEEN FASHION NEWS

YOU sew this, Teener! You CAN—easily! And won't the crowd be envious of your new dater! That big whirl skirt, that dainty waist, that scoop of a collar—ed neckline, that new fashion look of the whole dress—all these show you know your fashion!

Pattern R4669: Teenage sizes 10, 12, 14, 16. Size 12 takes 4½ yards 35-inch; ½ yard contrast. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35¢ 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.



R4669 SIZES 10-16

by Anne Adams

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