

Cook's Corner

Graham Cracker Dessert

Three egg yolks, 1 cup sugar, 1 cup graham cracker crumbs, 1 teaspoon baking powder, 1-4 teaspoon salt, 1-2 cup chopped walnuts, 1 teaspoon vanilla, 3 stiff-beaten egg whites.

Beat egg yolks until thick and lemon-colored; gradually add sugar and continue beating. Stir in cracker crumbs, baking powder and vanilla. Fold in stiff-beaten egg whites. Pour into 8-inch square pan. Bake in slow oven, 325 degrees F. for 40 minutes. Cool. Cut in squares and top with vanilla ice cream. Serves 9.

Hot Cheese-Potato Salad

Six potatoes, cooked in jackets (4 cups cubed), 1-2 cup chopped celery, 1-3 cup minced onion, 2 tablespoons finely chopped green pepper, 1-3 cup vinegar, 1-4 teaspoon pepper, 1 teaspoon dry mustard, 2 hard-cooked eggs, chopped, 1-4 cup hot bacon fat, 2 cups grated cheese.

Combine vegetables, vinegar, seasonings and eggs. Toss lightly. Pour over bacon fat. Pour into greased 8-inch square baking dish. Sprinkle with cheese and broil until cheese melts. Serve at once. Serves 8.

The University of Havana, in the capital of Cuba was founded in 1721.



BETTER ENGLISH

By V. G. Williams

1. What is wrong with this sentence? "Of two evils, it is best to choose the least."
2. What is the correct pronunciation of "flaunt"?
3. Which one of these words is misspelled? Gazette, coquette, croquet, bouquet.
4. What does the word "hibernal" mean?
5. What is a word beginning with tra that means "to rise above or beyond"?

ANSWERS
1. Say, "Of two evils, it is better to choose the lesser." 2. Preferred pronunciation is flant, as in ah. 3. Bouquet. 4. Wintery. "They sought shelter from the hibernal weather." 5. Transcend.

For Children's Stomach Upsets

For quick, happy relief, give Children's Own Tablets—designed for youngsters from 3 to 15. Speedily help soothe stomachs, clear out bowels gently—yet thoroughly. Pleasantly flavored, easily-swallowed. Made by the makers of Baby's Own Tablets—your assurance of a reliable product. Be sure to get a package today at your drugist. Only 30¢.



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Household Scrapbook

By Roberta Lee

Stucco Wash

A good stucco wash can be made by stirring Portland cement into water until the consistency of an oil paint is obtained. Two per cent of calcium chloride by weight of the cement may also be added generally with advantage. Apply this paint with a stiff brush, or it may be sprayed on the walls.

Colored Handkerchiefs

To set the color in handkerchiefs take a basin of lukewarm water, pour in a teaspoonful of turpentine, then soak the handkerchiefs for about 15 minutes. Follow by washing in the usual way.

Rain Spots

If there are rain spots on leather, it is better to take a clean, wet cloth and go over the entire piece of leather, to keep the color uniform.

Leather Upholstery

Rub the dirt from leather upholstery with warm water and soap. Wipe with a cloth wrung from clear water. Dry thoroughly, and then rub gently with a cloth wrung from a little warm milk, to restore the gloss to the surface of the leather.

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ELLEN'S DIARY

By An Island Farmer's Wife

We were aware of what was happening at Alderlea yesterday—and today, where in spite of the fact that we were kept busy following Karolyn's paths at this place "on the road", thoughts often strayed. The work of remodelling the other barn there, is in progress though at present only preparations for its removal to a new site close by are being made. Partitions, stalls, mangers and the like, floors as well, are being removed to make a general clean-up of the building, which for long years has remained pretty much in its original design.

Now, an addition is to be built to house the horses and any overflow of stock, and the interior of the main building changed to allow for increased storage of hay. This move is doubtless out of line with present trends of farming which inclines to stress more the making of silage rather than the saving of hay. However, our farmers entertain a fine regard for mows which at the end of haying fairly burst at the seams, gaining from these stores confidence for the maintenance of their livestock through the cold months ahead.

But—girls baring early in winter leave James with a feeling of unease. And his sense of good farming is dismayed at the sight of any hay left ungathered in the field in the season of haying. "The extra stock that would feed!" he will say. "And how does he know there will be any abundance of it another year? A bumper crop now, gives no warrant of that. Indeed often a mighty lean one follows the like of it. And, oh dear! the misery of want after plenty!"

"I've seen it happen more than once myself. We have only to go back to the 'dry year' and the scabby gatherings in barn and granary. An experience like that makes a farmer have more respect for his crop . . . There'll come a time to use any surplus, ay, indeed to be glad it was gathered." The new mows will take care of such surpluses and do away with stacking by the line.

So today the stalls in the horse-stable, as fashioned in the original structure, its time of building dating away back beyond James' earliest recollections, were taken down and discarded. He was a bit silent at supper, we suspected still taken up with the scenes of his day. Finally, "it's just as well that you were here Ellen and not out there to witness the destruction," he offered with a half-smile. "I can't get over it. You know, I was so used to that stable, I don't see how I'm going to farm without it. Well, in the darkest night, I could find my way about—knew every board and beam of it so well."

"But we took down the horse-shoes my father hung above the stalls, and those of mine saved 'about'. And the wooden pegs that held each horse's harness. And I couldn't help remembering the horses it had sheltered: the chestnut and the gray—you mind him, Ellen? And the young mare we gave Rob; and the old mare of all and her foals . . . How many springs have I awaited the arrival of one there!"

"Well! Jamie offered with a chuckle, "there'll be no more foals born there—or kittens either! All the same, no matter how convenient it's going to be when it's done, that new barn's not going to mean so much to me as the old one. "Wouldn't it be nice", he queried wistfully, "if things you like could stay just as they are, forever?"

Until tomorrow — Diary — Good-night.

Tartan and Terry Cloth Beach Coat



Flacid cotton lined with white terry cloth makes a stunning coat for the beach. This simple design can be made in an evening and requires only 2 yards of such material. If you would like to have a direction leaflet (medium size) which includes sewing and cutting diagrams, just send a stamped, self-addressed envelope to the Needlework Department of this paper requesting BEACH COAT, Leaflet No. S E-2286.

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FREE 18-page booklet gives many new, money-saving uses for Cow Brand Baking Soda in kitchen, bathroom, nursery and all through your home. Church & Dwight Limited, Sun Life Building, Montreal.



COW BRAND BAKING SODA

Married In Hamilton, Ontario



—Photo by Kingscourt Studio. Shown above are Mr. and Mrs. Emmett Joseph McKenna, whose marriage was solemnized at St. Lawrence Roman Catholic Church in Hamilton, Ont., on June 14th. The bride, the former Aurelie Wippel is the daughter of Mr. and Mrs. Hubert Wippel of Simcoe, Ont., and the groom is the son of Mr. and Mrs. Peter McKenna of Orwell Cove.

DOROTHY DIX'S COLUMN

Visiting In-Laws —

Both Sets Of Parents Should Receive Equal Attention

DEAR MISS DIX: My husband's home is in this city, where all his people are. I come from a city 1,000 miles away. Each year I go, alone, to visit my people; the last time my husband went with me was five years ago. Of course, all holidays are spent with my in-laws, since I can't get home to my own people.

My husband had been planning to go see my folks this summer, which naturally pleased me very much. Now, however, he has changed his mind and claims he would be bored stiff. It doesn't occur to him that I have spent many boring evenings at the gatherings of his family. My grandparents, who were looking forward to our visit, have always been most generous to us, sending us checks at times when we needed them and always paying my expenses back home each year. My husband's invariable answer, when I try to argue with him, is, "Well, you know what you can do about it—leave for good."

I am deeply in love with him, but sometimes his actions are very hard to take. Do you think I'm wrong in wanting this little favor?

PHILIPPA B.

Muriel Nissen establishing a good relationship with in-laws is to provide for equal, or nearly equal, visiting time with both sides of the family. As distance precludes such an arrangement for you and your husband, an adjustment should be made for as much visiting with your folks as is compatible with time and money.

HE SHOULD CO-OPERATE

Since you give so generously of your time to your in-laws, it certainly is not expecting too much to want him to make one visit in five years to your home town. True, it might be a sacrifice for him to spend two weeks with people he doesn't know too well, but of such sacrifices is a good marriage made. Co-operation and mutual consideration are the keystones of matrimonial bliss, and your husband seems to be woefully lacking in these assets.

If he is determined to stay home on this year's vacation, you can scarcely drag him along. Make the visit alone again, and have a good time. Under the circumstances, then, you would be most justified in cutting down your own in-law visits. If he can't extend to you the courtesy of visiting your people, you should not be expected to knock yourself out entertaining his family.

It's quite possible you have the man spoiled to the point where he expects, and gets, his own way just about all the time. He sounds like a person thoroughly bent on having his every wish fulfilled without delay.

DEAR DOROTHY DIX: Although I am happily married to a wonderful man, I find myself getting thoroughly disgusted with his irregular working hours. We can never enjoy a happy family supper hour; the only time we really get together is Sunday. He can obtain a position with less pay but better working hours. Do you think this would solve the problem?

F. H.

ANSWER: That depends upon your financial status. Can you afford the reduced salary? And is it worth the sacrifice of pay to give you a more contented mind? You know, many, many women have the problem of a husband's inconvenient hours. Policemen, firemen, truckmen, as well as factory workers, and men in many other

Continued on page 11

That Body Of Yours

By James W. Barton, M.D.

FOOD AND RHEUMATIC FEVER

A common saying is, "It takes three generations for a family to go from poverty to riches or from riches to poverty." From the health standpoint, this change of social standing sometimes works to the advantage of the individuals and families and sometimes to the disadvantage.

It is known that during World Wars I and II, insufficient amounts of rich, fat foods increased the percentage of cases of tuberculosis among inhabitants of certain countries, but decreased the percentage of cases of heart and blood vessel ailments and also diabetes.

In regard to diet and rheumatic fever, "childhood's greatest enemy," Dr. Lucille V. Moore, Research Associate, Northwestern University Medical School, Chicago, in Medical Clinics of North America, states that "the correlation of poverty and rheumatic fever has long been noted. Undoubtedly crowding, insanitary living conditions and exposure to cold contribute to the spread of nose and throat infections due to streptococcus organisms among individuals susceptible to these infections and thus to an increase in the number of cases of rheumatic fever."

Dr. Moore states further, quoting authoritative references, that the most important factor in the environment of poverty conducive to the development of rheumatic fever appears to be a poor diet. To date no one food or food substance has been shown to cause individuals to be susceptible to the organisms causing infection of nose, throat and bronchial tubes; rather, a deficiency of a number of food essentials or substances has induced this condition.

Studies of rheumatic fever conducted in Chicago showed a marked difference in the percentage of cases of private school children from families of upper middle class and among children attending school in one of the poorest sections of the city. Foods deficient of lacking in protein were eaten by the poorest families, thus causing more cases of rheumatic fever. In these cases, the percentage of rheumatic fever was nearly 3 per cent (2.8). In the middle and upper classes, where high proteins, meats, milk, eggs, vitamin A and C foods were in abundance, the percentage of cases was about one-half of one per cent (0.6).

Dr. Moore points out that the low rate in the private school group was particularly significant because these children had a high family history of rheumatic fever, between 12 and 16 per cent.

The Stars Say

By Genevieve Kemble

For Tomorrow

Peculiar or novel developments, with strange obstacles and curious entanglements, may make of this day a stimulating one—dynamic, challenging. The energies may be exciting to aggressive action, the emotions keen for unraveling curious factors and strange relations. At the same time, the mentality is ill-equipped for solving complications with so many emotional incitements. Judgment is obscure and liable to lead up a blind alley. Wise heads might assist in forming opinions.

For the Birthday

Those whose birthday it is may find themselves enmeshed in a web of strange, conflicting and erratic circumstances, with peculiar situations placing them in a curious and baffling quandary. Since the mentality is not dependable, the energies quickened and indomitable there may be no escape from calamity and upset, unless more intelligent and influential minds intervene. Gain through such important contacts. A child born on this day may find many conflicting and perplexing adventures and experiences in life. Their own judgment being uncertain, they may gain by the influence of wiser heads or established powers or authority.

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How Can I . . .

By Anne Ashley

Q. How can I clean tan shoes that are badly soiled or spotted?
A. Place on a shoe tree and wash with a flannel cloth squeezed out of white soap suds. Absorb the moisture from the shoes with a dry cloth, then rub well with castor oil or vaseline jelly. When dry, wash with soap and water.

Q. How can I prevent jelly from getting cloudy?
A. Jelly should be poured into the glasses just as soon as it has cooked sufficiently. If allowed to congeal before pouring, it will be cloudy.

Q. How can I impart a pleasant, delicate scent to my handkerchiefs?
A. Place in the handkerchief box a blotter that has been moistened with your favorite perfume.

Q. What is expected of the bride's parents when the bridegroom's parents are strangers and are coming from out of town to the wedding?
A. The bride's parents should help them to find accommodations and show them every courtesy possible. This does not mean, however, that they have to invite them to stay in their home or even to pay for the hotel.

Q. Is it proper, when addressing a letter or an envelope, to use the abbreviations, Chas., Jas., Jos., Wm., Robt., etc.?
A. Only if that man abbreviates his name in his signature. Otherwise, never use an abbreviation when addressing a man.

Q. Is it proper for a woman ever to use her nickname, by which she is much better known, on her visiting cards?
A. No.

Q. Oldest parliamentary assembly in the world is the Althing in Iceland, established in 930 A.D.

Morning Smile

Comedians

"I think it's disgusting that some comedians should earn twice as much as Cabinet Ministers." "Oh, I don't know. After all, taking them as a whole, they are funnier."

Finl
Mr. Smith: "I understand your wife is a finished soprano."
Mr. Jones: "No, not yet, but the neighbors almost got her last night."

Too Late
First Soldier: "I dreamed last night that we were sent to a country where there were lots of pretty girls."
Second Soldier: "Not so bad, not so bad."
First Soldier: "Not so good. I also dreamed that the marines had landed ahead of us."

The Neighbors

By George Clark



"Hello, dear, did your big business deal go through? I'm thinking of buying a rib roast."

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Girls' Cotton Dresses	\$1.95 to \$4.95
Girls' Dirndl Skirts	\$1.49 to \$2.95
Ladies' Cotton Dresses	\$5.95 to \$16.95
Afternoon Dresses, all new materials and styles including brides' mothers' dresses from	\$6.95 to \$39.50

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Plastic Tablecloths Regular \$1.75, now	\$1.00
Rayon Tablecloths, Regular \$1.49, now	\$1.00
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Sheets, regular \$4.95 each, now each	\$3.50
Sheets regular \$3.95 each, now each	\$2.50

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