

Modern Etiquette

By Roberta Lee

Q. Is it really proper for a man today to offer his seat in a bus or other public conveyance to a woman?

A. While there certainly is nothing "improper" about the offer, it is no longer expected today in a workaday world in which women have invaded many of the previous "rights of man."

Q. Is it all right, when entertaining dinner guests, to use a folded napkin to brush the crumbs off the table?

A. This is quite all right. Q. Is it all right for a man to accept a cigarette offered to him by a girl?

A. This is quite all right.

How Can I...

By Anne Ashley

Q. How can I make a good stucco wash?

A. 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.

Q. How can I keep the teeth and gums in good condition?

A. Try using salt occasionally on the tooth brush, instead of the usual toothpaste. It invigorates the gums, and if used with cold water, is an excellent mouth wash or gargle.

Q. How can I remove the small pieces of meat that adhere to the food chopper before washing it?

A. Run a piece of stale bread through the chopper. This will clean out all the particles from the knives and holes.

Household Scrapbook

By Roberta Lee

Yellowed Ivory

If the ivory toilet articles have yellowed somewhat, wash them with white soap and water and place while wet in the sunshine. Keep wetting them with soapy water several times during the day and allowing to dry in the sun. Continue this treatment for several days. Then rinse, and the ivory will be white again.

Cheese

Time can be saved when grating cheese for au gratin dishes by putting the cheese through the food-chopper, using the fine cutter. In this way all the small pieces which are hard to grate can be used.

Foot Odors

Offensive odors of the feet can be dispelled, by washing with a boric acid solution and then sprinkling with powdered boric acid.

Morning Smile

How Honest

Dealer—Yes, sir, this is the most honest horse I ever saw. Buyer—What do you mean, honest?

Dealer—Every time I've ridden him he's threatened to throw me, and he never fooled me once.

Answer That One

At the conclusion of a nature lesson the teacher said, "Now don't you think it's wonderful how the little chickens get out of their shells?"

Whereupon a little girl piped up, "What beats me, teacher, is how they get in."

That Body Of Yours

By James W. Barton, M.D.

HEADACHE, FACE AND CHEST PAINS CAUSED BY DISORDERS IN SPINE BONES, NECK LIGAMENTS

Although there are not less than 50 known causes of headache, most people simply take a pain or headache tablet or, if the stomach is also upset, a dose of bicarbonate of soda, and as the headache passes away may forget about it, and not worry about the cause.

Just as doctors are finding that many attacks of pain in lower back (lumbago) and pain extending down the back of thigh and leg (sciatica) are caused by ruptured discs (little cushions between bones of the spinal column) in the lower back, so they are finding that headache and pain in the face are caused by ruptured discs in bones of spinal column in the neck.

In Annals of Internal Medicine, Lancaster, Pa., Dr. E. Neuwirth states that headaches, facial pains, pains in front part of the chest and dythesias (painful areas) have been observed in patients with disorders of the cervical (neck) spine. Poor posture, or perhaps a fall on the head or a blow, may cause a slip or slide of the bones and pinching or pressure on the nerves issuing from spinal column of neck, resulting in pain in neck, face and chest. As it is sometimes difficult to locate the cause of these pains and obtain relief, some patients become neurotic and resort to narcotic drugs.

Acute attacks of pain may be provoked by emotional upsets, cold or heat, humidity, sudden noise or other factors. Frequently the mastoid region (lump behind the ear) and the side of the neck are painful. The patient naturally thinks the pain arises in the structures beneath the pain—eyes, ears, tongue, lips, instead of in the nerves of the spinal column.

What is the treatment for these pains in face, neck and chest caused by a ruptured disc or other disorders of the nerves of the spinal column of the neck?

It would be reasonable to give relief to these pinched nerves by stretching the bones of the neck apart—"hanging" the patient by the neck—the use of the machine to pull heels and head well apart as in trying to increase height. Dr. Neuwirth suggests traction on the spine portion of the neck. By pulling the spine bones apart, there is more room for the nerves coming away from the spine, ligaments are loosened, muscle spasm relieved and displaced discs go back into place. Pressure is removed from nerve roots, blood vessels and lymphatics, and pain is relieved with restoration of the normal circulation.

Dr. Neuwirth employed stretching in 47 patients. Traction being applied by heading to the cervical (neck) spine in 742 sessions. All but seven of the patients were completely or partially relieved.

Unfortunately, the X-ray does not always show this pinching of the spinal nerves, but the stretching is safe and may give relief from pain when cause is difficult to find.

Better English

By S. G. Williams

- 1. What is wrong with this sentence? "I am sorry that your hat has been crushed out of shape." 2. What is the correct pronunciation of "grimace"? 3. Which one of these words is misspelled? Symbolism, symphony, symmetrical, sympathetic. 4. What does the word "scintilla" mean? 5. What is a word beginning with all that means "regard for the interest of others"?

ANSWERS

- 1. Omit "out of shape." To crush means to press out of shape. 2. Pronounce gri-mas, 1 as in grim, a as in ace, accent second syllable 3. Symmetrical. 4. The slightest trace. (Pronounce first syllable sin, accent second syllable). "These statements contain not a scintilla of truth." 5. Altruism.

Cook's Corner

PICKLED PORK HOCKS

Four good-sized pork hocks with feet on, boiled, 1 quart vinegar, 4 bay leaves, 1 tablespoon whole cloves, 1 tablespoon broken cinnamon bark, 1/2 cup salt, 2 teaspoons pepper, 1/2 onion, 1 blade mace.

Scrape, singe, clean feet and hocks carefully. Cover with hot water, simmer until meat will separate from bones, covered. Lift meat out carefully, remove largest bones, place meat in clean stone crock. Save liquid. Heat the vinegar with the bay leaves, cloves, cinnamon, salt, pepper, sliced onion and mace. Let these steep over extremely low heat for 45 minutes. Remove fat from top of liquid in which meat was cooked. Strain 1 quart of it and add to vinegar.

Strain vinegar mixture. Pour over hocks in crock, lifting meat to allow vinegar to flow around. Cover. Keep very cold all of the time, but they are ready for use in 3 days.

Regardless

Garage Mechanic—Why, your motor's running like a charm. Car owner—that isn't the point. I want you to make it run like a motor.

Embarrassing FACE BLEMISHES

Relieved in 7 Days with Cuticura. Pimples, eczema rash, blackheads usually clear up fast with Cuticura Soap and Ointment. Buy today.

Hawkins-Morrison Nuptials



The marriage of Miss Roberta (Bobby) Morrison, daughter of Mr. and Mrs. George Morrison, Ottawa Street, Summerside and Mr. James Hawkins, son of Mr. and Mrs. James E. Hawkins took place on February 14th at the Church of the Guardian Angels, Orilla, Ont. For her wedding the bride wore a suit of peach gabardine with blue accessories and a corsage of white carnations. The attendants were Mr. Don Hawkins and Miss Ethel Hawkins, brother and sister of the groom.

Following the ceremony a reception was held at the home of the groom's parents, after which the young couple left on a honeymoon trip to Toronto.

The bride was a former employee of the Island Telephone Company in Summerside, and previous to her marriage was the guest of honor at a shower at which many beautiful and useful gifts were given her.

On their return they will reside in Orilla where the groom, who was formerly attached to the R.C.A.F. Station, Summerside, is a successful architect.

You Can't Go Wrong By Sowing Seeds In A Flat



Flats come "knock-down" and are put together with a few nails.

Among numerous meanings which the word "flat" has acquired, ranging from an apartment to a piece of stage scenery, it signifies to the gardener a shallow box in which seed is sown, usually for growing in the house, in a cold-frame or hot-bed.

This simple device has been used for more than a century without anyone being able to improve it. The modern form comes knock-down and is easily put together with a few nails. It is a standardized item in the garden trade. Anyone planning to start seed in a seed-box cannot go wrong if he uses a standard "flat." It is a serious mistake to use substitutes which are too small, too fragile, or otherwise unfitted for the job of holding enough moist soil to nourish a vigorously growing plant from the time the seed is sown until it is safe to transplant in the garden.

A flat should be large enough for the plants, and not too large or heavy for the planter to handle. Standard sizes range from 14 x 21 1/2 inches, 2 inches, to 16 x 24 inches, 3 1/2 inches deep. The important dimension is depth, two inches being the minimum required to allow unchecked development of the roots of a seedling plant. When spaced, as usually practiced, two inches apart each way, each plant has eight cubic inches of soil in which to grow.

Knock-down flats are made of half-inch cypress or pine, both resistant to dampness. Between the boards on the bottom, narrow cracks are left to allow excess water to drain away. When filled with soil, a flat provides a seed-bed adequate for the plants, yet easily moved around indoors and out to locations which provide favorable conditions for growth.

They are easily placed on a table or bench to eliminate bending over when sowing seed, thinning out or transplanting seedlings to pots or other flats. They can be moved from sunshine to shade outdoors and kept in a place convenient for watering. When it is safe to set out plants in the open flat can be carried to the garden and transplanted done with a minimum of shock to the plant and disturbance to the roots.

A single flat of minimum size has room to develop 60 seedling plants to transplanting size without check if the seeds are sown in rows two inches apart and thinned out to stand two inches apart in the row. The excess plants can be moved to other flats if desired, and thus all seedlings saved, for transplanting to exactly the place desired in the garden.

Plants started in the home, or in the cold frame, before the weather is warm enough for outdoor operations, get a head start which results in an earlier harvest of flowers or vegetables in spite of the brief setback which they may receive when transplanted.

Flowers which should be started early, if possible, include petunias, snapdragons, and asters, all of which germinate and grow slowly. Most of the annual flowers can be started early, enabling them to start blooming as much as a month earlier than when sown direct in the garden. Vegetables which need an early start include egg plant, peppers, cabbage, broccoli and cauliflower.

ELLEN'S DIARY

"Listen!" Jamie reminded his younger brother in the yard this morning. We watched them spend work then to stand stock-still, faces turned expectantly toward the sunny blue above a hill. Presently Jamie smiled to us in the doorway. "Would you believe it!" he exclaimed in awed tones. "It's as I thought—Canada Geese on the way to their nesting grounds."

Yes, in lonely honks they hailed the lads in passing. And presently following in their train other feathered friends will return to tree and bush and meadow about, to brighten our days with their wings and song. Back too to northern haunts and homes are those air migrants privileged too as are the migrating birds to beat a course south or it may have been westward to the sunlit summer lands, for a longer or shorter winter holiday.

"We spent Christmas in Florida, enjoying the sight of Poinsettias growing in their natural setting in great masses of red, an urban housewife wrote to us not long ago. "What a trip we had leaving winter behind—the bare branches and gray-quiet of the north, further back with every mile measured off by the wheels, of our machine. And as we journeyed southward, meeting summer on the way."

There is something actually magic about it; something that is exceedingly fascinating and unforgettable in the experience. I needn't tell you that I loved it all: the blossoms that are so luxurious and strange and colorful the fruit groves, the beaches, the fruit groves—and trees, the historical sights. It was all so amazingly lovely that in many instances it defied description.

"We attended service at the Pasadena Community Church in St. Petersburg. . . . And can you imagine, in a world suspected of steadily getting 'worse and worse,' twelve hundred cars parked in that fourteen-acre Garden Sanctuary, which is served by a modern amplifying system? That in itself was a touching experience. A far cry, though the same Scripture, from the candles and log-cabin 'Meetings' of great-grandmother's day! Yes, an enjoyable and wonderful trip it was. . . . but it's nice to be Home again!"

Born under no especially lucky star was this woman; one of a family of nine, born and reared on an Island farm. But blessed with good parents; and from a small one, with that which still makes one to cultivate those gifts she owns. Here, we would say, lay in mastering easily it would seem, every task that came to her hand. But doubtless it was patience, a keen perception and a heart unafraid which took her past girlhood, a successful career of nurse, wife and mother to these, her more carefree days. In appearance, she is neither short nor tall; and steady-eyed as was the child, mature even then beyond her years. She leans toward the Scottish element in her make-up, reminiscent to us of those attractive portraits of women who look back at you steadily from quaint old frames on parlor walls.

And you know that despite her obvious charm and grace here is no "ornament" but one capable in every circumstance or twist of fate, at home wherever it should choose to place her, Serious—and sunny, and kindly we are sure, is this city woman who spent a winter holiday in that sunny land to the south. "Playoff blues," we have tonight with certain members of the Family missing. And James offering us with a chuckle by 'phone: "You needn't be concerned Ellen. If anyone should carry you off, they'd bring you back in the morning!" Until tomorrow—Diary—Good night . . .

The Stars Say

By Genevieve Kemble

For Tomorrow

REGARDLESS of how ambitious you may feel this day, it would be advisable to "go slow," for judgment may not be completely dependable. There is a tendency toward blundering, also an inclination to be argumentative. Instead of rushing into untenable positions, therefore, it would be safer to reserve decisions for the time being. Devote yourself to reading, writing, other pleasant, but quiet, diversions. And, no matter how strong the provocation, do not lose patience or temper. Plans for remodeling or refurbishing the home, interior decoration of any sort, are especially favored this day.

For the Birthday

If tomorrow is your birthday, you may find a confusing and restrictive period ahead, but realization of the cause will brighten the situation considerably. The fact is that during 1953 your personal problems are involved with those in your community, your nation and the world at large, so that you must regard your individual concerns more objectively than ever before. If you take your anxieties to heart, with the idea that Fate has singled you out for personal abuse, nervous tension and emotional conflict will result. But if you will realize that you are one with the "big things" happening in the world today, your reward will be a feeling of buoyancy and stimulation. You can then go ahead with confidence, completely with the knowledge that by the end of the year your objectives should reach successful culmination. A child born on this day will be temperamental, restless and fond of change.

DOROTHY DIX'S COLUMN

Method In His Dating

Girl Fears That Lad Only Turns To Her To Arouse Jealousy Of Her Rival

DEAR MISS DIX: I'm still in my teens, and not attractive at all. A boy I like very much has dated me for quite a while, after breaking off with his former girl friend. About a month ago he dated her again, then broke up. He asked me for another date saying he and the other girl are through for good. However, I'm afraid he only takes me out to make her jealous. I certainly don't want to be the scapegoat in this affair.

W. O.

ATTEND TO PERSONAL APPEARANCE

ANSWER: First of all, I must scold you for saying you aren't attractive. There's no reason in the world why any teen-ager today can't be attractive. There is information readily available to teach you how to overcome any physical blemish or defect, be it straight hair, muddy complexion, poor figure, even crooked teeth. So go after the points that you believe detract from your personal appearance and correct them.

Perhaps the boy is dating you in an effort to re-arouse interest in the other girl, but stop worrying about it. Don't let him know you even suspect such a thing, and make up your mind that dating you will become so interesting that the other lassie will be completely left in the cold. Even if it should happen that he goes back to her, at least you've had good experience in being an entertaining guest, and when a less fickle lad appears, you'll be equipped to charm him.

If you need help in evaluating your appearance, get it from the physical-training teacher at school.

DEAR MISS DIX: I have been married three months, during which time my husband has been called into service. The problem is that every week-end he comes home and wants to eat and stay at his mother's. This is causing many quarrels between us.

E. C.

ANSWER: Your husband is obviously a very young man, and the fact that he rushed into marriage just before entering the service hasn't given him any time to adjust to his new status. Of course, his place is with you when he's home week-ends, and his mother should make the fact apparent to him if he can't see it for himself. There's not much sense quarrelling with him and widening the breach between you; perhaps these quarrels are an added reason for avoiding you. Impress upon him, but pleasantly, that his place is with you, and be sure to schedule a visit to his mother while he's at home.

DEAR MISS DIX: Why is it so wrong for a girl to telephone a boy? My mother makes a big fuss whenever I want to call a boy friend.

Is it all right for a 12-year-old girl to use lipstick? My parents say it isn't, but I see no harm in it.

E. S.

ANSWER: While you're on the subject of what a 12-year-old girl should or should not do, she certainly should be able to spell simple words better than you do. A little less time with the boys and a little more attention to school would be a wise adjustment.

It isn't wrong for a girl to call a boy, but it is unwise, since boys prefer to do their own telephoning and are apt to feel a girl is chasing them if she preempts their rights. The lipstick question is squarely up to your parents. My opinion is "no."

If you go to the show in a group, it's inevitable that you'll meet the boys there. In most communities the movie house is the accepted place of Saturday afternoon recreation. Whether the meeting is prearranged or not, the outcome is the same, so the problem is academic.

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

LARGE FAMILY

descendants. They have 13 children, all living, and 44 grandchildren and nine great-grandchildren. Mr. Kane is 76 and his wife 67.

CANNING, N. S. OP — Mr. and Mrs. John R. Kane who celebrated their golden wedding anniversary here boast of 66 direct



Anne Adams Patterns

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4832 SZES 12-20 by Anne Adams

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