

Household Scrapbook

By Roberta Lee

Lemon Economy

When only a few drops of lemon juice are needed, pierce the lemon with a fork or knife, and squeeze out the juice. Then the lemon can be returned to the refrigerator for later use. There is less waste this way than when the lemon is cut into halves.

Baby's Soap

Pure castile soap is best for bathing the baby. If a delicate aroma is desired, allow the talcum powder used to take care of that, but be sure to use only pure soap for his tender skin.

Water Bugs

A little kerosene poured down the kitchen sink at night is a precaution against water bugs.

Better English

By B. G. Williams

1. What is wrong with this sentence? "It was none other than her."

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

3. Which one of these words is misspelled? Requiem, momentum, straggle, palladium.

4. What does the word "terrestrial" mean?

5. What is a word beginning with "m" that means "to form a mental image of"?

ANSWERS

1. Say, "It was no other than she." 2. Pronounce in-tri-gue-ing, all 's as in it (second 's unstressed), as in ask unstressed accent first syllable. 3. Momentum. 4. Of the earth; worldly; as, "terrestrial delights," or, "terrestrial magnetism." 5. Imagine.

Morning Smile

TOO FUNNY

A retired colonel had prepared a speech to be given at the opening of a new hall. He took his bosom friend into his confidence and said to him: "I want you to be present when I deliver this speech. You must start the laughter and applause. Every time I take a drink of water you are to applaud and every time I wipe my forehead you are to laugh."

"Better switch the signals," said his friend: "It's sure to start me off laughing if I see you up there drinking water."

How Can I!!!

By Anne Ashley

Q. How can I avoid shrinking of the top crust when making jelly roll?

A. Turn the roll out of the baking tin upon a cloth wrung out of cold water. Then spread with jelly, and as it is rolled the steam from the wet cloth will prevent the shrinking and consequent cracking of the top crust of the roll.

Q. How can I remove from the wardrobe perspiration and cleaning odors that have gathered in garments?

A. Try hanging an apple, stuffed with cloves, in the wardrobe.

Q. How can I avoid the unpleasant taste of castor oil?

A. By beating it with the white of an egg until both are thoroughly mixed. Also, it is more palatable if taken very cold.

ELLEN'S DIARY

By An Island Farmer's Wife

In token of Spring cleaning, we dusted great-grandfather-to-Jamie's picture on a parlor wall this afternoon, still not at all clear of his attitude towards us. Whether or not eyes were critical of the housewifery and ways of the present chateleine of this old house of his building at Alderlea, or if they registered a tolerance alone or maybe a hint of approval was only uncertain. In any event he was among the quiet audience enframers of that considered work for an interlude, we sat with granddaughter on neighbouring and very neat chairs to look over an accumulation of pictures from the days now long gone.

Bonnetted and gloved, pleasant-faced women, of evident grace and charm, beautifully though quaintly gowned in the light of present-day fashions; men, dignified in top hats and Sunday broadcloths, and possessed of that considered air of masculinity which belongs to those bygone years. But gallant we knew, and most respectful of women. We chuckled a bit at one so stern-faced and of such pretentious appearance he could never live outside the picture and granddaughter looked up in wonder with the remark: "Have you gone silly? He's not funny at all! He looks like my grandfather when he comes in and the dinner's not ready!"

And it came to mind that blessing with husbands cut from the web or made in the mould of those in the tynotypes or photos, child-rearing would not be the tedious and perplexing problem it has become now to mothers. Just a whispered: "Now, I'll remember to tell your father about this!" would, we believe be a magic set of words to immediately restore law and order. If appearances could be dependable. There would be no occasion for a coaxing: "Now, dear, will you please pick up your toys?" nor any indifferent shrugging of shoulders, which might mean anything besides, but certainly a lessening of parental respect and authority. Oh, no, not if those masculine, pictured expressions could be read aright!

"Housecleaning," Jeanie laughed coming in with the Mack-fellow to sit a moment, "should by rights be listed not as a chore but as feminine entertainment and more time should be allowed for it! What treasures come to light that one would like to linger over! The forgotten things," she smiled "newspaper clippings that just beg to be read of births or deaths or marriages, mostly, but interesting if only to see how history has been made in the interval. Old magazines too, quaintly illustrated, but new. And the books! It's pretty difficult to be casual and



Worthy of your preference
KING COLE TEA

dust and rearrange books on the shelves!"

A line of verse came to mind, amusingly—"There's a haven in your dear eyes!" We also find a fitting sanctuary, thanks to wary men fearful of being pressed into service to "Lift that bale" or "move that couch" who leave us strictly to ourselves at the seasonal cleaning, when we can suddenly sink down comfortably on a convenient rug or cushion in the very middle of it and again renew acquaintance with the characters in some old beloved tale to follow them through the vicissitudes of life right down to the closing chapter.

Occasioned by his family's absence in the city today, Jamie came from school to supper, to make of it a pleasant and enjoyed meal... the two Jamies, the one brown haired, the other with little to tell that his once was very like, but now crowned with snowy locks. The chatting was along adult lines. James must ask "how that off heifer doing?" "Did you lose any of that last litter?" "How's he getting along splitting wood?" and with thoughts ahead to Rob's and Karoly's return — and Joeli, also one of the party "What is the road like—is it drying much?"

But James troubles and cares of the choring past is into a monologue in the dim-lit pantry. "Now what have I upset? Well, if this isn't the hardest place to put your hand on what you want! Ellen, where in time, have you managed to stow the tea-pot?" ... A lunch is "coming up!" Until tomorrow — Diary—Good-night

A Country Garden

By Mrs. Gordon Macmillan

God might have made the earth bring forth enough for great and small, The oak-tree and the cedar tree, Without a flower at all.

He might have made enough, enough For every want of ours; For luxury, medicine and toil, And yet have made no flowers.

Our outward life requires them not— Then wherefore have they birth? To minister delight to man, To beautify the earth; To comfort man—to whisper hope, When'er his fate is dim. For who so careth for the flowers, Will much more care for Him." —M. Howitt.

The hardy flower seeds can be sown whenever the soil is dry enough to work up with the rake and the moisture in the soil helps in the generating of the seeds, my garden diaries show that through the years I have planted and transplanted all hardy plants in the first few weeks of May, and sown many seeds of the hard flowers, and there are some lovely daffodils and fragrant Anemones to cheer us in our creating and constructing of a more beautiful garden this year. Lawns should be sown with a good mixture of grass seed now. All bare patches can be raked lightly and some good earth added before seeding.

Sweet Peas must be sown now and earlier than this would have been better, but do not delay if you wish beautiful and strong growing vines.

For-get-me-Not plants have been transplanted to their summer blooming borders in June. A very good rule to follow in transplanting is to move nearly blooming plants as early as you can.

In the garden in early Spring we are conscious of the bird songs, and shall we say of the music of the birds?

"Sounds of vernal showers On the trickling grass, Rain-awakened flowers, All that ever was" Joyous, and clear, and fresh, their music doth surpass.

Golden Yellow and Arkwright Ribby violas are blooming in the rock garden, fragrant and lovely with the evergreen hedge as a background, and this is the time to sow seed of these violas if you wish more of them, they are almost ever-blooming plants and every year I plan on several new varieties.

The trailing Arbutus (Epigaea) commonly called Mayflower is a hardy evergreen plant and blooms as soon as the snow is gone, some in April and other years in early May. For many years we have gone picking Mayflowers in a woody field near a brook after the long winter it is such a delight to find the rosy pink fragrant flower. I remember the large bowl of these Mayflowers that a neighbour girl had placed in the church one evening, and when we consider the time it takes to make up even a small bouquet of these tiny blooms, we appreciate the thought and care in making a church bouquet fragrant and colorful.

Four new Clematis have been received and are now potted up so that when the weather is warmer they may be planted out in their permanent places. These vines are very beautiful and they require a sunny position, sheltered from high winds and well-drained. The large-flowered clematis with purple blue flowers is one of the loveliest vines that we have, and Jackman is the best known and easiest to grow. There is a lovely rose with violet stripes and it bloomed over a very long period last summer. One of the new clematis is named Lawsoniana, it is light blue in color and I hope it will grow well; there is also a pure white, large and good for cutting by the name of Mrs. Le Greville. A dark red medium size and free flowering is Ville de Lyon. These will be something to look forward to in Summer.

Modern Etiquette

By Roberta Lee

Q. Do a bride and bridegroom rise from their seats while being toasted?

A. No; it is proper for them to remain seated while the toast is being given. Then the bridegroom, however, should rise and speak a few words of acknowledgement and appreciation for both himself and his bride.

Q. Is it permissible to write "City" when addressing a letter to a person who lives in the same city?

A. No, it is not. The name of the city should be written out in full.

Q. What should a woman do if a man offers his hand when being introduced to her?

A. Take the man's hand cordially and without hesitation.

Cook's Corner

VEGETABLE SALAD

Ingredients: 1 1/2 cups shredded cabbage; one cup celery; one-quarter cup chopped pimento; three-quarters cup small peas; three-quarters cup green beans; two tablespoons gelatine; one-half cup cold water; one-half cup mild vinegar; two tablespoons lemon juice; two teaspoons worcestershire sauce; two cups boiling water; one-half cup sugar; one teaspoon salt.

Soak gelatine in cold water about five minutes. Add vinegar, lemon juice, worcestershire sauce, boiling water, sugar and salt. Cool. When mixture begins to stiffen add remaining ingredients. Turn into wet mould and chill. When set turn out on bed of lettuce.



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That Body Of Yours

By James W. Harton, M.D.

UNDERACTIVE THYROID GLAND MAY CAUSE MENTAL SYMPTOMS

I have written before of the mental hospital in New Jersey in which the superintendent noticed that a patient who had been an inmate for two years was able to leave the hospital, cured of her mental symptoms, after the removal of several infected teeth. The superintendent was so impressed by this dramatic cure that he had specialists in the various departments of medicine examine all the patients and remove all infections present and correct any defects. The result was that about 40 per cent of the patients were able to leave the mental hospital for home or business. A condition somewhat similar to the above is reported in "The British Medical Journal" by Dr. R. Asher.

Dr. Asher states that myxedema, the condition in which the thyroid gland is not manufacturing enough thyroid juice, is one of the commonest causes of mental illness. The usual symptoms of myxedema are gain in weight, lack of interest in surroundings, moonlike face, coarse features, dry, scaly skin, brittle hair, rough nails, and metabolism test shows that the body processes are not active enough to complete or finish their various jobs throughout the body.

Dr. Asher described 14 patients all of whom had myxedema and mental symptoms. They all showed symptoms of complete insanity, ten having been admitted to the mental observation wards under the Lunacy Act, one to the nerve surgeon for brain tumor, and three to the general wards for other ailments.

When the thyroid gland is over-active (goiter) the removal of all or most of the thyroid gland is the treatment; and so the body processes do not work too rapidly. In these myxedema cases with mental symptoms, thyroid extract was prescribed to increase the rate at which the body processes worked. There was a dramatic and complete recovery in nine of the cases, a partial improvement to two, no change in one and two died.

These cases were sent to the mental hospital because of mental symptoms and in many of them these mental symptoms were due to an inactive thyroid gland. Physicians and families should recognize the symptoms of overactive thyroid—bulging eyes, rapid heart, trembling—but fail to recognize under-active thyroid with overweight and mental, and physical sluggishness.

GOITER

Goiter may be of the simple type, which is not dangerous, or it may be severe. Send today for Dr. Barton's informative booklet on this subject entitled "Goiter: Sim-

DOROTHY DIX SAYS -

Loveless Match

Should Girl Marry For Security Only?

DEAR MISS DIX: I am wondering whether to marry or not. I am 26 and have a job, but dislike my work and long for a home. The man I am considering has no education, but by pinching pennies has accumulated a fortune. He offers security and he would be good to me even if he is close with himself. But he is personally repulsive to me. My mother says I would soon learn to love him and that all men are alike when once you are married to one and all the older people say I am foolish to let this opportunity slip by. What happens to girls when they sell themselves for a mess of pottage? ANNE

ANSWER: Most of them get divorces or else they drag along through dreary years regretting their bargain. For nothing makes marriage worth while except love. There's no happiness in it except spending the long years of your life with somebody who is congenial and companionable and in whose society you find a never-ending joy.

WILL RESENT HIM

Every marriage calls for sacrifices, particularly from the wife.

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The Stars Say -

By Genevieve Kemble

For Wednesday, May 3

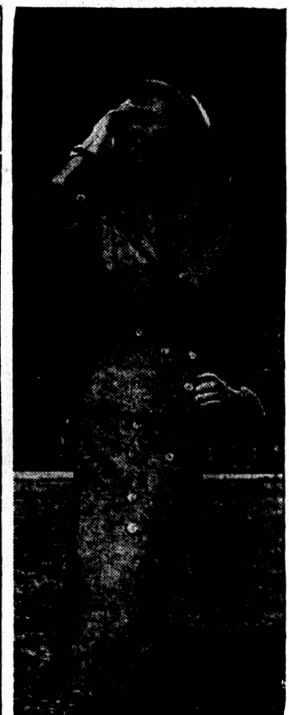
A RATHER dubious and uncertain state of affairs may be aggravated by bad judgment, bungling, hasty or forced agreements or commitments. Discretion and careful consideration of details and system might turn the balance to profitable and progressive denouements. Careful work and shrewd manipulation of promising factors could happily advance career, contracts and desired objectives.

For the Birthday

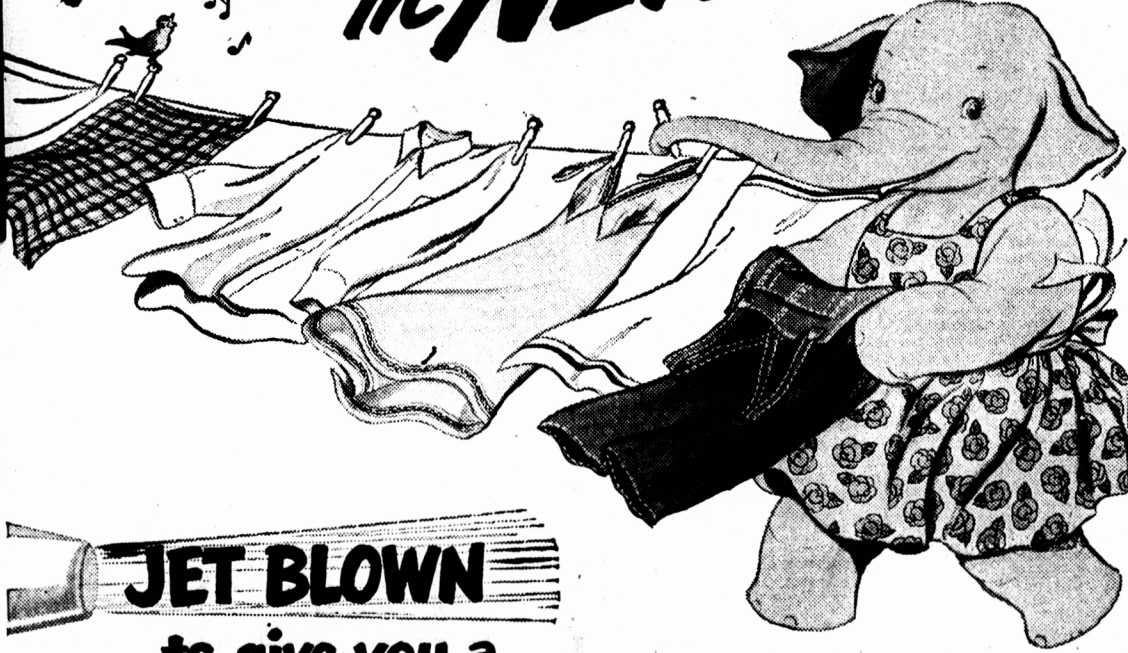
Those whose birthday it is may encounter variable or uncertain conditions, with much promise but with inclination to waver, to neglect details, to rush into false commitments or agreements. Affairs could be bungled or a deceptive situation might incite you to reckless and involved tie-ups. Develop astute and cautious management of existing circumstances. Study details and tactics.

A child born on this day might gain by training and direction in cautious attention to critical affairs. Hasty and rash inclinations might affect its career.

ple or severe." To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.



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-Needlecraft-

FOR THE HOME

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