

Modern Etiquette

By Roberta Lee

Q. When a man asks a girl in advance what kind of flowers she would prefer for her evening dress, should she make any suggestion, especially if the flowers she prefers are expensive?

A. It would be better if she told him the color of her dress, and let him choose appropriate flowers. The florist can help him here.

Q. Should a woman rise when seated at a restaurant table, and another woman comes by and stops to shake hands?

A. This is not necessary, unless she is very young and the newcomer is an elderly woman.

Q. Is it proper to exchange a duplicate wedding gift?

A. Yes, this is quite proper and the only sensible thing to do.

How Can I!!!

By Anne Ashley

Q. How can I acquire a clear, soft skin?

A. Try using a little olive oil and salt. Coat the face with the oil and then rub it briskly with table salt. Wipe off the oil and salt with cleansing tissue, and the skin will have a nice, smooth texture.

Q. How can I impart a rich, creamy taste to soup?

A. Put in for each quart of soup a piece of cheese, about the size of a walnut, just before serving. Adding a little celery salt to potato soup gives a delicious flavor. Grated cheese is fine for onion soup.

Q. How can I remove stains on metal ash trays?

A. A little denatured alcohol will remove these stains.

ELLEN'S DIARY

By an Island Farmer's Wife

Our correspondent is an Island woman, who to escape the frosts and snows and dampness of our northern climate, spends her winters in that sunny State to the Southwest. For the past winter, she was joined in her holiday by her husband and daughter. They will return shortly to summer on their Island farm.

Of the winter she writes: "We had 18 inches of rain here, which is three times the amount we had last winter. It was needed—after six dry years. These rains have made the desert bloom. I haven't seen it yet but daughter was there yesterday and brought home a lovely bouquet of wildflowers of varieties I never saw before, and cannot begin to name. I can imagine how beautiful it is out there now—the pale golden sands sprinkled with purple, mauve, blue, and orange, blossoms. When we were there in February there were no flowers at all but the vegetation had just started. Dry barren look in spots, the sage, Joshua trees and others were green and showed promise of bloom."

Just now in our neighborhood the roses are gorgeous, and such a riot of color prevails up and down the streets in front of the houses and in the back yards, it makes one a little regretful to be leaving it all. Once we leave southern California and Arizona the country, by and large, doesn't look so good. (Continued on Page 9)

DOROTHY DIX'S COLUMN

Wounded Love—Or Vanity? Heartbreak Healing If Girl Sees Another Man In Future



Muriel Nilsen

DEAR MISS DIX: Just how deep does hurt go? Can it keep love in your heart yet deaden every other feeling? Can you continue to love a person who has caused so much heartache that you can't bear to see him? Could I be happy with a husband in the future, yet still love an ex-husband who hurt me so much that I couldn't take him back? Is it natural for me to think of him once in a while, or will he always come first for me?

JANET

ANSWER: Your letter was evidently written in the darkest hours following a marital breakup, and your complete hopelessness is readily understandable, under those circumstances. However, the mere fact that you can even think of a future husband while in the throes of despair over just losing one is a good sign that a complete recovery is not far in the offing.

Your pride seems to be the real sufferer—not your heart. Whatever outrages your ex-husband committed, my guess is that they wounded your vanity far more than your heart. Probably you never will entirely forget him, but as time goes on his image will become dimmer and dimmer until one day you'll actually have to make an effort to remember what he looked like.

DON'T DWELL ON IT

Don't try to put yourself in the place of a tragic, fictional heroine whose heart was broken to bits by a reckless lover. Modern maidens are made of sterner stuff. Dwelling on dark events of the past will only delay the period of recovery.

The heartache attending a broken romance is one of the most fleeting, though acute, pains. Being able, at this heartrending point, to see a man in your future at all, proves that your recovery is already well under way.

DEAR DOROTHY DIX: My wife and I have been happily married for six years and are still very much in love. We get along exceptionally well, except for one thing. Twice a year we have heated arguments because of office parties. Allow me to explain. During the summer our small office has a picnic from which our families are excluded, and which I feel obligated to attend. At Christmas we also have a party. At these affairs we all feel gay and carefree and considerable hugging and meaningless kissing goes on. I don't approve of such behavior, but when everyone does it, I can't very well be a wet blanket. When I come home bearing evidence of having been kissed, the little woman is upset and an argument occurs. How can I be part of office activities and be sure of a happy home?

CHARLIE

ANSWER: The feeling of good fellowship among co-workers that is engendered at the average office party is a fine thing, but when these parties are degraded to the level of a cheap petting binge, it's time they were stopped. Your office seems to go all out to stage affairs that will reflect credit on no one. Your wife is perfectly right to object, and it is up to you and the other office workers whose wives (or husbands) feel the same way to change the tempo of the affairs or cut them out altogether. Who is to tell just when kisses will cease to become "meaningless"? You surely aren't the only man who is having trouble at home over these socials, but why not be the one to do something about them?

DEAR MISS DIX: I'm a high-school girl of 16, very fond of a boy in the Marines. My best friend likes him too. One night when she was supposed to be going steady with him, he told her he was staying home but came over to my house. How can I tell her without breaking up our friendship?

D. H.

ANSWER: You haven't been very fair to your girl friend; how fair will you be to yourself, or any other friend? If you take a boy away from a girl friend, your friendship is bound to end—unless she is a paragon of understanding. Better decide which one you want—the girl or the boy.

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

Cook's Corner

MUSHROOM - CHEESE SOUFFLE

This souffle rises beautifully and its good blend of flavors guarantees a delicious dish. Should you care to do so, you can garnish it with a few crisp bacon curls or strips... a good idea if your family is especially keen on a touch of meat flavor with such a casserole.

Yield—5 servings.
2 tablespoons butter or margarine
1 tablespoon flour
1-4 teaspoon salt
Few grains cayenne
1 can (10 ounces) condensed cream of mushroom soup
3-4 cup shredded old cheese
4 eggs, separated.

Melt the butter or margarine in a saucepan; remove from heat and blend in the flour, salt and cayenne; gradually stir in the mushroom soup. Cook the mixture, stirring constantly, until it just comes to the boil.

Add the cheese and continue to cook gently, stirring constantly, until the cheese is melted. Beat the egg yolks until thick and light; gradually stir in the cheese sauce. Cool to lukewarm.

Beat the egg whites until stiff but not dry; add to lukewarm sauce and fold lightly until egg whites are reduced to the size of large peas.

Turn into greased baking dish (8-cup size). Bake in a slow oven, 300 degrees, uncovered, until souffle is set—about 30 minutes.

turbances and snap judgment could spell disaster.

For the Birthday

Those whose birthday it is may find, under the spur of a sudden and quite unforeseen event, a crash of far-reaching and drastic consequence. They may easily fly into wrong action. This could but aggravate an unwelcome or non-constructive situation, since the mentality is not in line for wise judgment. At the same time, the emotions may be overwrought, inclining to error and further complications. Earnest and astute analysis of a strange predicament might bring about a dramatic crisis, but keep a clear head, alert to schemes.

A child born on this day might benefit by early training and discipline. Mind, not emotions, should hold sway.

Better English

By V. C. Williams

1. What is wrong with this sentence? "I'll meet you later on at the store, where they're selling these items at the limited price of one dollar."
2. What is the correct pronunciation of "gyroscope"?
3. Which one of these words is misspelled? Strychnine, stratagem, strategy, Stradivarius.
4. What does the word "indispensable" mean?
5. What is a word beginning with gr that means "habitually living in flocks or herds"?

ANSWERS

1. Say, "I'll meet you later (omit on) at the store, where they're selling these items" at the low price of one dollar."
2. Pronounce first syllable as j, not as g.
3. Strategy. 4. Absolutely necessary. "His services are indispensable." 5. Gregarious.

That Body Of Yours

By James W. Barton, M.D.

WE ALL NEED TO RELAX

Trainers of boxers or other athletes will tell you that when they find their charge becoming irritable, they know that he has reached the peak of condition and must not engage in work or exercise too long or he will go stale. They try then to get him to relax, do light work and thus not take the edge off his condition.

The rules that govern athletes and keep them on their toes and yet relaxed are what the whole world needs today. As stated often before, it is tension that tires us even when we think we are resting and relaxed.

In his book "You Must Relax" Dr. Edmund Jacobson, in regard to the complete relaxation which induces sleep, states, "The best position for the average person until he becomes expert is flat on his back, that is, he faces the ceiling. The reason for not lying on one side (as most of us do) or with the chest down is that generally such positions involve strain on some part of the body. Each arm in its entire length rests directly on the couch in such a way that the hand is at least several inches from the leg. Folding the hand is avoided since it gives rise to sensations of contact that give slight disturbance. Accordingly each portion of the body is supported practically directly by the couch."

While the above suggestions should be followed by the beginner, Dr. Jacobson states that it should be emphasized that relaxation can be achieved in any ordinary position. Persons who are learning to relax while lying on the back need not hesitate to go to sleep in any other position to which they are accustomed. Lying on his back quietly with eyes open and assuming a comfortable position, he should look at the ceiling for three or four minutes, then closing eyes lightly, he should relax each part of his body in turn till he is completely relaxed. Sometimes tensing muscles first, then completely relaxing them is the best method.

Remember, keeping relaxed induces sleep, and even if you do not sleep, but keep relaxed, the effect is equal to 80% of the effect of sleep that is, from the standpoint of heart rate, blood pressure and temperature. The knowledge that relaxation is almost as good as sleep often brings on sleep.

Garden Topics

By GORDON LINDSAY SMITH

No Rush

Along about this time and sometimes earlier something in the air makes one want to get outside with a spade or at least a rake and work up the soil. It is a most natural urge and without it mankind would soon disappear for lack of food. The average gardener, however, does not need to worry too much. He is inclined to rush planting rather than postpone it until too late. Of course with the established things, or the perennials, like shrubbery, trees, peonies, delphiniums, grass, etc., one can start digging just as soon as the soil dries out enough. But for the new crop of annuals which must be planted or sown each spring, it is best to wait until the weather shows signs of settling down and the bulk of the frosts are over for another season. Gardeners who get the most pleasure and satisfaction out of their plots, usually do a little planting every day or so after the spring really commences, rather than attempt to rush everything in at once. As a general rule they are much further ahead, because they do not skimp cultivation and the little extras and if they have guessed wrong and a hard frost comes along in late April or May their losses are small. A far more serious mistake than being a bit late is to stop planting too soon. This applies especially to those vegetables which can be sown any time from early April to late in June. By spreading out this work, we also spread out the harvest.

Tender Vegetables

That brings us to really tender or highest quality vegetables. To get this quick growth is essential and this means plenty of sunshine, a little stimulating chemical fertilizer, regular cultivation, thinning if necessary and watering. And there is something else, which is most important. Every vegetable comes to a stage when it is at the peak of its quality.

Continued on page 12

Household Scrapbook

By Roberta Lee

Bruses

Usually bruses can be prevented from turning colors by rubbing as soon as possible with sweet oil and then spirits of turpentine. Dusting this moistened surface with flesh-colored powder will finish the work.

Frying Eggs

Add a generous pinch of flour to the grease and stir just before putting in the eggs to fry; this will prevent the usual spattering of grease.

Cleaning Shades

Non-washable shades can be cleaned by rubbing common salt over them. Rub well into the shade with a soft cloth, and this will renew their freshness.



Mrs. G. Edwin Sansom holds the silver trophy she won at Stanley Fair in 1947, when she was named "Most Worthy Settler" for the year.

Adds to Baking Fame at 1951 Stanley Fair

At the internationally famous county fair at Stanley, N.B., Mrs. G. Edwin Sansom is honored not only for her cherished community services, but for her wonderful baking skill! She has been a prize-winner for decades—four ribbons in 1951, including a first prize for bread. Reviewing her years of success, Mrs. Sansom pays full tribute to Fleischmann's Yeast. "All the prizes I have won for yeast-raised baking were won with Fleischmann's Yeast," she says. "It's so lively and dependable—I wouldn't use any other." Old and new winners agree. For tiptop results in your bread and rolls it pays to stick with Fleischmann's Yeast.

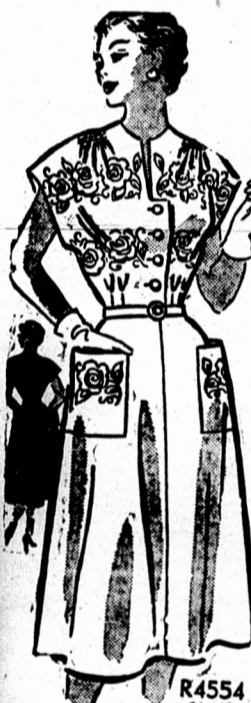
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The Stars Say --

By Genevieve Kemble

For Tomorrow

Judging by the lunar transits, this day may be one calling for complete discretion and discernment in word and deed. There is a sinister and complex state of affairs, and with conduct and attitudes formed and incited by the emotions, inclinations and desires, more than passing danger could accrue. In any event, there is sign of unplanned upheaval, drastic and far-reaching in result. Hasty decisions, emotional dis-

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The Timely Tip!

1. "BETTY, COME AND SEE THESE BEAUTIFUL WALLPAPERS"

2. "SAY! WALLPAPER WOULD BE BETTER THAN JUST PLAIN WALLS WOULDN'T IT. I WONDER HOW MUCH IT WOULD TAKE FOR MY LIVING ROOM?"

3. "JUST TELL THE SALESMAN THE SIZE OF THE ROOM AND HOW MANY DOORS AND WINDOWS, HE WILL FIGURE IT OUT FOR YOU"

4. "I'M SO GLAD YOU SWITCHED ME OVER TO WALLPAPER"

"WELL, YOUR LIVING ROOM LOOKS WONDERFUL, I'M GLAD, TOO!"

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