

Household Scrapbook

By Roberta Lee

Worn Typewriter Ribbon

If the letters produced by the typewriter ribbon are beginning to show rather faint, fill a small oil can with olive oil and oil the ribbon with this while running it from one spool to another. Allow to stand for a day and you will be surprised at the heavy black letters produced the next day.

Zinc

To clean zinc rub carefully with kerosene and polish with newspaper. This combination of solvents removes all stains.

Swallowed Fish Bone

A fish bone, accidentally swallowed, may be carried safely down the throat by taking the raw white of an egg as quickly as possible.

The Stars Say --

By Genevieve Kemble

For Tomorrow

CONFLICTING auguries prevail on this day. While there are signs of much progress and expansion, with unusual activity and tangible development of major interests, possibly in the public eye or in outstanding positions, at the same time there seems to be a menace of loss, treachery or underhand dealings. These demand alert and prudent action and shrewd management. In this, social contracts could influence.

For the Birthday

Those whose birthday it is may be prepared for a year of many conflicting and contradictory experiences. Large interests are at stake, with excellent promise of gain, growth and expansion, possibly coming after a menaced or static situation. To amend such and make worthwhile progress, perhaps promotion, social influence or contact with those in public positions may be depended on. However, there are auguries of loss, financial hazard, with an undertone of duplicity and snares. Keep alert.

A child born on this day, while possessing much ambition and talents, with outstanding opportunity and achievement, may also be victimized or sustain queer losses.

COLGATE

cleans your breath as it cleans your teeth and helps prevent decay



SUITS



Stride into Spring in the greatest of style—wearing one of our precious go-everywhere suits... impeccably tailored... gently styled... And, of course, awaiting your selection in a gala array of new Spring colors. All sizes.

PRICES BEGIN AT \$23.95

Use Our Lay-Away Plan — A Small Deposit Will Hold Your Suit.

The Fashion Shoppe

141 Great George St.

Phone 55

That Body Of Yours

By James W. Barton, M.D.

RECURRENT ABDOMINAL PAIN IN CHILDREN

When a youngster has frequent attacks of pain in abdomen, it is only natural for parents to blame it on something the youngster has eaten. While it may be something the youngster has eaten, it is just as likely to be something about the child himself and have nothing to do with food.

In The Lancet, London, Drs. R. M. Keith and D. O'Neill report their observation that among out-patient children, emotional tension and the usual or recurrent abdominal pain often occurred together.

To find out how commonly the repeated attacks of abdominal pain were part of an emotional state, a consecutive series of 25 children with this symptom were investigated. The children ranged in age from 3 to 16 years. Attention was given to habits of eating and sleeping, behavior at home and at school, family atmosphere and home environment. Besides the usual or clinical examination, X-ray films of the chest were taken in almost all cases and special tests with barium meal and an electroencephalograph (which charts movements of the brain) were given.

The first few sessions of the psychiatric examination were with the mother alone; at later visits the mother and child were interviewed separately. The nature of the pain in four children remained obscure. The remaining 21 children were divided into two groups. In 15, emotional excitement was the principal cause of the attacks of pain and the time relationship between emotion and pain was plain. In the remaining six children, the emotional tension was partly to blame but other causes, such as eating too fast, seemed to explain some attacks.

Drs. Keith and O'Neill cite examples of attacks associated with anxiety, anger or with grief. Of the 21 children whose attacks were related to stress in some way, 17 had other signs of tension such as headaches, irritability, stammer, restlessness, fidgeting and nail-biting.

The above symptoms, like the attacks of pain, were worse in conditions of stress and improved with psychiatric treatment.

Of the 16 patients who were treated at some length, two continued to have symptoms, as before; six showed improvement and eight ceased to have attacks and improved in general health.

With the youngsters eating the usual foods that agree with them and then having recurrent attacks of abdominal pain, the emotional condition before, at, and after meals should be investigated.

Better English

By G. C. Williams

1. What is wrong with this sentence? "They introduced a new innovation to the ladies who attended."
2. What is the correct pronunciation of "nascent"?
3. Which one of these words is misspelled? Accompaniment, accommodate, 4. Act of surrounding, as by stratagem. "They soon discovered that circumvention was futile." 5. Captious.

ANSWERS

1. Omit new, and say, "to the women." 2. Pronounce nas-cent, as in at, not first syllable. 3. Accommodate. 4. Act of surrounding, as by stratagem. "They soon discovered that circumvention was futile." 5. Captious.



Modern Etiquette

By Roberta Lee

Q. Is it good form for a man who is wearing gloves to say, "Pardon my glove," when shaking hands with a friend?

A. This is an old custom which has fallen into disuse and is no longer considered good form. The man now always returns a handshake with warmth and cordiality, without excuses for being gloved.

Q. How many attendants does the bride at a home wedding usually have?

A. The most fashionable home wedding includes but two bridesmaids and a maid-of-honor — and many of them have no bridesmaids at all.

Cook's Corner

ORANGE DESSERT SAUCE

This sauce manages to taste both sweet and tangy — the way good marmalade does. Serve it with any type of pudding that requires a hot sauce — it is truly delicious.

- Yield—6 or 8 servings.
- 1 cup water
- 1/2 cup unstrained orange juice (seeds removed)
- 2/3 cup granulated sugar
- 2 1/2 tablespoons corn starch
- Few grains salt
- 1 tablespoon butter or margarine
- 1 teaspoon grated orange rind
- 1/4 teaspoon vanilla

Measure water into a saucepan and add the orange juice; heat just to boiling point.

Combine the sugar, corn starch and salt; gradually stir in a little of the hot mixture; stir back into remaining liquid in pan and cook over low direct heat, stirring constantly, until smoothly thickened; cover and cook, stirring occasionally, until no raw flavor of starch remains—about 5 minutes longer. Remove from heat and stir in the butter or margarine, bit by bit; stir in orange rind and vanilla. Serve hot.

BAKED EGGS WITH GREEN BEANS

One can (10 oz.) condensed tomato soup, 10 oz. water, 1 cup dry bread crumbs, 1 cup cooked green beans (fresh, frozen or canned), 1 teaspoon grated onion, 1/2 cup grated cheese, 4 eggs.

Mix soup and water (measured in soup can). Add crumbs, vegetables, and cheese. Season to taste with salt and pepper. Pour into greased baking dish. Break eggs one at a time into cup or saucer and slip into depressions made with a spoon in the tomato mixture. Bake in a moderate oven, 350 degrees F., about 20 minutes or until eggs are set. Sprinkle with a little extra grated cheese just before serving if desired. Yield: 4 servings.

Immature Husband

Wife Better Off Separated From Irresponsible Mate

DEAR MISS DIX: I have been married just a few months, and my husband has informed me that he doesn't love me any more and doesn't want to live with me. We went together for seven years, and though we had our quarrels during that time, we always straightened them out. Since our marriage, he has refused to make a home for me; we are living with our respective families, though I am expecting a baby. We see each other three nights a week—the usual date nights. I know now that I'm just banging my head against a stone wall when I ask him about finding a place for us to live. We're old enough to be established, too; I'm 24 and he's 26. Should I get a place of my own and make him pay the bills or just wait and see what time will do?

MARY ELLEN H.

ANSWER:

The most dangerous men in the world are the mild individuals who will never be able to accept the responsibilities of marriage, but who, nevertheless, do inveigle trusting women into marrying them. They are incapable of attaining emotional maturity, and want everlastingly to be mothered. Their instability is manifested often during courtship, but the little woman, ever avid to acquire a wedding band, or perhaps swept off her feet by the lure of baby blue eyes or appealing blond hair, lulls her doubts with the eternal hope of, "He'll change when we are married."

WAS HE EVER RELIABLE?

I'm sure, Mary Ellen, you'll remember, if you look back, that your husband was never a reliable suitor. His feelings were easily hurt, he wasn't prompt at keeping dates, or considerate of your welfare at any time. Your admission that you quarreled during this period indicates many causes for disension, all undoubtedly based on the same disincarnation, on his part, to accept a man's place in the world.

Marriage to him was to be merely an extension of courtship, with added attentions from you—but again, no responsibilities incurred on his part. The bitter blow was struck when you found you were to have a baby. Hubby finds he is to take second place—a fact incomprehensible to his small, egotistical soul. So he blithely shirks off what little responsibility he had acquired, and announces that he will not live with you. There is nothing you can do to give him manhood, and he wouldn't be worth the trouble if you could. You must face the future alone with your baby; there's nothing you can count on from the pseudo-man you call a husband.

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No Influence With Weatherman

This March 1 lamb is being coaxed to stay around a while in case a lion takes over, according to the old saying. But the weatherman doesn't believe in such things and says there's one thing we can be sure of—in between March 1 and 31 there'll be stormy weather and lots of it, no matter what part of Canada you live in

Tasty Bran Muffins

3 kinds from 1 easy recipe

- 2 tbsp. shortening
- 1/4 cup sugar or golden syrup
- 1 egg
- 1 cup Kellogg's All-Bran
- 3/4 cup milk
- 1 cup sifted flour
- 2 1/2 tsp. baking powder
- 1/2 teaspoon salt

Blend well shortening, sugar, egg, beat well. Stir in ALL-BRAN, mix until most moisture is taken up. Sift flour with baking powder, salt; add to first mixture, stir only until combined. Fill greased muffin pans 3/4 full. Bake in preheated mod. hot oven (400° F.) 30 min. Yield: 9 medium or 12 small muffins.

For nutritional regularly published information see box with 1/2 cup All-Bran daily.

That long life-line on her hand which Mrs. A. Sutherland of Newmarket, Ont., is showing to a friend, is due to a simple recipe. Now aged 104, she says she never

worries, never goes on a diet and keeps busy. She came to Canada from Scotland in 1854 on one of the first steamboats to cross the Atlantic.

Economical Meals

DIVISION OF NUTRITION Department of Health and Welfare

"What do you eat when there's fish for dinner? I just take one mouthful and leave the rest." This snatch of conversation was heard recently in Charlottetown as two children walked home from school. Does this happen in your home? Why do we not eat more fish when it is so plentiful and economical?

Fish can be one of our most delicious protein foods. Its food value is about the same as meat, it is easily digested, and is the richest known source of iodine. Better still it is very economical. Haddock fillets, smoked finnan haddock, canned salmon, salt cod and chicken haddock are only a few of the varieties that cost less than meat.

Is fish delicious and tempting when served in your home? Do you use new and tasty recipes? The Department of Fisheries in Ottawa will send you free of charge their new "Canadian Fish Recipes." It will make you want to eat fish often, and gives many wonderful and economical recipes. Write to Consumer Section, Department of Fisheries, Ottawa.

Here are a few general cooking hints: Do not thaw frozen fish before cooking. Cook fish quickly at a high temperature—450° F to 500° F. For baking allow about 10 minutes for each inch of thickness—a little longer if fish is frozen.

Never place fillets in water as valuable juices are lost. Do not add water to fish except in soups and chowders. Use sauces, seasonings, and garnishes often to add flavor.

Serve the most ordinary fish in attractive ways—fried, poached, baked, in souffles, salads, chowders, sandwiches, fish cakes, fish loaves; with sauces, dressings, vegetables and garnishes. Serve fish at least twice a week and cut down on food expenses. Send for the new Canadian Fish Recipes and learn to like fish!

DOROTHY DIX'S COLUMN

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ELLEN'S DIARY

By an Island Farmer's Wife

Yes, that was a fascinating place, we remember—of strange machinery and steam and scrubbed and tidy attendants; of tall milk-cans and farmers' wagons. Interesting indeed though to our mind not so intriguing as the smithy at the cross-roads in the heart of the village.

There at the doorway and in the company of other youngsters of the neighborhood, we might linger to hear the noisy tramp of hoofs on wood as a horse was led in to be shod. What knowing steeds there were! Lifting a limb at a word or touch of the smith-patient as was he. And the wilder or nervous, perhaps being fitted with first shoes! We did not remain to learn much about those. At the first sign of battle, we, as one scurried away. Yet how entrancing was the glow of the smith's fire, the ring of metal on the anvil, rhythmic as the tick of a clock. And all the miracle of the shoeing!

"Do take granddaughter with you!" we begged her father preparing then to set forth on an outing which was to take one of the mares to the smithy recently. It was however, too cold to take a small one abroad and so far that morning but she has his promise to accompany him on some future excursion.

Yes, there would be pieces of cheese served in a cheese-dish; bread made of mill-flour — lightened by the yeast which on a shelf in the cellar-dairy; cold roast of pork, or maybe slivings of headcheese with a pickle or relish for piquancy. Fruit cake, left from Christmas, or marble cake, true to its name and tasteful but not so popular as the former. These would make up the supper that evening of the booking. And it comes to mind, that those items of food we regarded only casually then, are among the most prized at present.

No light awaited the turn of a switch. There was a lamp at centre-table, its flue of glass adorned with opaque figures of birds. Other lamps clean and in order, sat on a shelf. In summer these were hoods of paper bags of corresponding size to protect their sheen—and to proclaim the industry and cleanliness of the housewife and her work was brought in pails from the well at the door or had the pitcher pump a wonder on a farm in that day and age already been installed in the house? It was years later before a telephone came into our scheme of living and of course radio was an unheard of term.

While those days are regarded by some as a period of stringency and even the austerity on Island farms, looking back we marvel at how well folks were fed. There were it is true, few of the imported necessities we take now for granted in our diet. Oranges and the juices our small ones accept so casually or not at all, were a luxury. But we had preserves and apples instead and when the supply was exhausted, there were dried fruits to vary our menu.

Ripe tomatoes were eaten only by fastidious folks fearful of the more cautious folk. Water when cooked they made a tasteful relish. Lettuce, celery, cucumbers and the like were not to be had in the country in winter, but we had excellent substitutes in the stored vegetables and the half-barrel of "kraut" in the cellar. There was no "Pop" to be had at the corner-store nor did we have any pennies to devote to the buying of candy. But we knew... Until tomorrow -- Diary -- Good-night...

Rheumatic & Arthritic Pains

If you are suffering from arthritis, rheumatism, sciatica or neuritis, you may now hope to get fast relief from pain and discomfort. Thousands and thousands of men and women report they now enjoy long-lasting relief—thanks to DOLCIN tablets. Get DOLCIN from your druggist today.

DOLCIN Best-Known Product for Relief of Pains of Arthritis, Rheumatism

ONE OF THE MOST ECONOMICAL FOODS YOU CAN BUY!

CANNED SALMON

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Anne Adams Patterns

By an Island Farmer's Wife

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4592

by Anne Adams

Morning Smile

Amusing

Mother: "Why are you rolling the dustbin around?" Willie: "To amuse little Betty." "And where is Betty?" "In the dustbin."

Shouldn't Be

"Ladies and Gentlemen," shouted the street performer, "in a few moments I will astonish you by eating coal, stones and nails. I will also swallow a sword. Then I will come round with the hat trusting to get enough for a crust of bread."

"What!" came a voice from the crowd. "Still hungry?"

Top Secret

Fran: Where did Glady go that awful hat? Helen: She won't tell. I think it a millinery secret.

SCALDS • BURNS

Dab on a paste of Baking Soda and water and cover with damp cloth.

COW BRAND BAKING SODA

Alice Brooks Designs

JUST THREE PIECES

TWINKLE TOES! That's what these charming butterflies give you. And the quilted slippers give you solid comfort! Use sequins for sparkle. Easy to make!

Pattern 7114 has directions; pattern sizes small, medium, large, extra large included.

Send Twenty-five cents in coin 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.

FAMOUS THEATRE

The Liverpool Playhouse, pioneer repertory theatre in which a permanent company performs different plays, started in 1911.

GIVE Cold-Sick Child this Pleasant LAXATIVE relief

To keep bowels open without needlessly upsetting child—give Children's Own Tablets. For children between 3 and 10. They also help ease the sour stomach that often comes with out-of-order bowels. Made by the makers of Baby's Own Tablets—Get assurance of a reliable product. Get package today at your druggist. Only 50¢.

Children's Own TABLETS

7114 by Alice Brooks

TOOTAL FABRICS

FAMOUS FOR QUALITY THE WORLD OVER

Moore & MacLeod Ltd. 119 Queen St. Charlottetown

S. A. McDonald 129 Queen St. Charlottetown