

ELLEN'S DIARY

By an Island Farmer's Wife

Yesterday in gift from Jamie we received pussy willows, our first bouquet of the year. True, grand-daughter enjoying excursions along the farmlands, pleased guest of one or another of the farmers at some chore of hauling, had carried home before this in treasure, fat-budded twigs and bracken of woods or swamp. Lifeless, but still interesting plants of last year which in some sheltered spot had weathered the winter months and were not without a certain beauty.

These she had brought, carrying them with loving care in mitted hands along the fields, dividing her treasures at length between the two housewives. We receive all such offerings, not as so much trash discarded at once but as gratefully as if we had been gifted with the finest bouquet in the land. And are not these that have been gathered by the loving thoughts of our small ones to be more preferred than any proffered by grown-ups, no matter the esteem indicated in the rare and costly blossoms?

None are more gift of heart than a humble beautiful flower of field or garden carried in a love offering by a childish hand. Just to see eyes gleam and smiles spread we put them at once in a colorful glass or pretty vase where on mantle or sill in mute testimony of mutual bonds of affection they remain until willingly replaced by another. Before too long we anticipate granddaughters' entrance with, as last spring: "See what I've brought you!" Her hand opened to disclose a few slim blades of new green. "It's grass" she breathed. "Isn't it beautiful!"

Thus we may encourage children of the farm to find interest and recognize beauty about, helping them in this way to fill young minds with the good things, leaving there small room for less lovely items of growth. How much there is on every hand and in every season, ever-changing and new! A lifetime, be one ever so ap-



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DOROTHY DIX'S COLUMN—

Leave Mom Alone

Daughter-in-Law Should Let Her Shop Where She Pleases

DEAR DOROTHY DIX: Although she is the best in the world, my mother-in-law presents a problem. My husband and I live with her and we are all very happy. This is the trouble. Although we (including mother) have charge accounts at the best stores in town, she likes to go shopping in the cheaper stores. There the clerks call her "mom," and it is embarrassing to me when I'm with her. We never even call her "mom" at home; she's always been "mother" to my husband and me.



Muriel Nissen

Am I right in trying to persuade her to shop in the better stores where she is treated with respect, or should I let her patronize the places she likes, where she is addressed so familiarly? I had a particularly annoying experience this morning while in a store with her, which is why I simply had to write this letter. My mother-in-law has been kinder to me than anyone in my own family and I wouldn't hurt her for the world, yet I feel she is doing herself an injustice by not expecting more courtesy when she is shopping.

ANSWER: While I can readily understand how upsetting this situation is to a young, dignified bride, I cannot recommend your changing it. Your mother-in-law is entitled to shop where and how she likes, under the circumstances given. You'd have more cause for complaint if she patronized the ultra-expensive shops in town and sent the charge account bills sky-rocketing.

LIKES INFORMALITY

Perhaps it is the very warmth and informality of the treatment she receives in her favorite stores that appeals to her. She may be tired of being treated with the formality accorded her at home, and the shopping tours provide a welcome change. Do you give her the warm affection that she craves? Respect and admiration she has aplenty, I can see that, but perhaps she wants something more. Why not stop addressing her stiffly as "mother" and use the warmer "mom"?

You so obviously want to please this woman who has been so kind and good to you that I have no hesitation in urging you to leave her alone in this one oddity, and let her shop where she pleases. There may be many things in her mind that are more satisfied in a simple

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Household Scrapbook

By Roberta Leo

Sticking Drawers
Often in damp weather the drawers persist in sticking. Remedy this by removing the drawer and laying it on the floor. Then, with a plane or sandpaper smooth down the bottom edges and sides; until the drawer slides easily. Apply paraffin or dry soap to the runways and to the bottom edges of the drawer for smoother sliding.

Ironing Shirts
When ironing shirts with the double cuffs, do not crease the cuffs with the iron. The cuffs can be folded over when the shirt is put on and they will wear much better.

Egg Substitute
One teaspoonful of gelatine dissolved in hot milk is a good substitute for two eggs when making pudding or cake.

Modern Etiquette

By Roberta Leo

Q. My father has a heart ailment, and we don't want to risk any emotional excitement of having him walk up the aisle with me at my wedding and standing up in front to give me away. If someone else were to do this, wouldn't it look strange to some of the

How Can I!!!

By Anne Ashley

Q. How can I remove scorch spots from cotton fabric?

A. Dip the article into cold water and hang dripping wet in the sunshine. As soon as it dries, wet it again and repeat the process again and again. This process may take a little time, but it is a cure that will not in any way injure the wearing quality of the material.

Q. How can I render cracks in china dishes unnoticeable?

A. These cracks can be made almost unnoticeable by boiling the dishes in sweet milk for about three quarters of an hour.

Q. How can I clean a white felt hat?

A. Make a paste of equal parts of arrowroot and magnesia and cold water, brushing this over the hat. When thoroughly dry, brush off.

Q. You can walk alone, as many brides do, and have your father merely rise in the front pew to give you away.

Q. When the folded napkin is laid on the left side of the plate, should the open edge be toward the plate or away from it?

A. Toward the plate.

Q. Is it all right to have nicknames engraved on personal calling cards?

A. No.

Anne Adams Patterns

WONDER BLOUSE

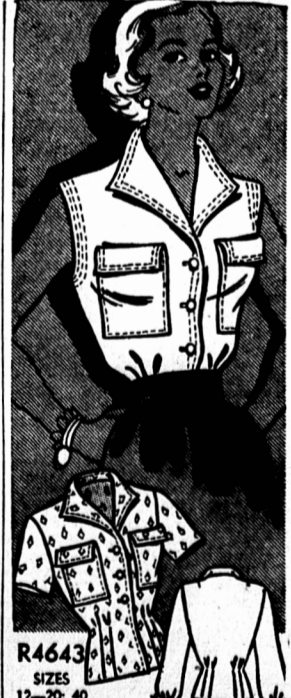
GIVE A SMART ACCENT to your suit or skirt! This good classic blouse is sleeveless, has big envelope pockets and is accented with stitching. Be sure to use the pattern again; make more blouses—sleeve-versions.

Pattern R4643: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 2 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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R4643 SIZES 12-20; 40 by Anne Adams

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Department of Health and Welfare

"MAKE EVERY DAY VITAMIN D DAY"

Mothers, keep giving your children Vitamin D (cod liver oil, drops or capsules) even though spring is here!

Here are the reasons for taking Vitamin D all summer long:
1. Vitamin D is necessary so that our body can use the calcium from milk and cheese to build and keep our bones and teeth strong and prevent rickets.
2. In Prince Edward Island very little Vitamin D can be obtained from the sun because our summer is short and there is a great deal of cloud, fog and dust. All these things and our clothing prevent us from making good use of the sun.
3. Once the children have stopped taking Vitamin D in the summer it is difficult to form the habit in the fall. Many children do not start taking it until Christmas and that is much too late!

So mothers don't stop the cod liver oil or capsules now. It is more economical to continue, for much of the good value of your milk and cheese may be wasted if Vitamin D is not taken as well. No food except irradiated evaporated milk contains Vitamin D.

1. All children need Vitamin D until they are fully grown. Babies up to two years need 800 International Units every day. Older children 400 International Units every day.
2. Expectant and nursing mothers need 400 International Units every day.
3. Read the label carefully and don't give more than is needed unless your doctor prescribes it. Too large a dose is wasteful and may be harmful.

4. Don't buy preparations which contain several other vitamins unless your doctor advised them. You probably don't need the other vitamins and it will be a waste of money to take them.
5. Keep all Vitamin D preparations in a cool place, as heat may affect the taste.
6. Do not put cod liver oil in a baby's formula. It will be wasted by clinging to the sides of the bottle.
7. Capsules may be obtained through the Red Cross. These are very economical. One child can take these capsules for one whole year, winter and summer, for just a little more than \$1.00—or for the price of 15 candy bars.

Mothers make Every Day Vitamin D Day!

That Body Of Yours

By James W. Barton, M.D.

CURING HIGH BLOOD PRESSURE BY OPERATION ON THE BRAIN

Since the operation of prefrontal lobotomy (cutting the nerves supplying the front part of the brain) has cured many cases of unbearable pain and deep grief, it is not surprising that this operation should be found helpful in other conditions.

In The Netherlands Medical Journal, Dr. J. Green presents a detailed history of a patient in whom dangerous high blood pressure could not be controlled despite the efforts of general physicians and psychiatrists. The patient had a personal conflict to solve which kept his blood pressure dangerously high. Despite all medical and psychiatric treatment, the patient could not free himself of the mental and emotional conflict.

Since neither medical nor psychotherapeutic measures (treating the emotions) gave relief, a prefrontal lobotomy or leucotomy was done. This operation had no "direct" effect upon the blood pressure but it made the patient more willing to obtain the psychiatric treatment. He was willing to undergo the patient, time-taking answering of questions by the psychiatrist. As he gradually lost his desire to put up a defense or a fight against the psychiatrist's questioning, the blood pressure was lowered considerably and there was considerable improvement in his general health. There was marked decrease in both the systolic and diastolic blood pressure. Two years after the operation, the patient is alive and at work.

It may be recalled that this operation of prefrontal lobotomy was originally used (when all other treatment failed) to remove deep grief and unbearable pain. It is of great interest, then, to know that the operation so quieted the patient, made him so much more willing to undergo psychiatric treatment, that in calming his emotions the blood pressure decreased.

This is just another instance in which a round-about method of obtaining results can be used in a case in which the patient's natural desire to fight treatments is removed by operation.

It can readily be seen how this operation, now used throughout the world, has meant much in restoring happiness to patients and to their families. In curing pain and grief, it has also cured the dangerous physical condition of high blood pressure, the underlying cause of heart strokes and brain strokes.

Better English

By V. C. Williams

1. What is wrong with this sentence? "He is one of those men who is always polite."
2. What is the correct pronunciation of "protest" (noun and verb)?
3. Which one of these words is misspelled? Occultist, occultist, occurrence, octavo.
4. What does the word "reconcite" mean?
5. What is a word beginning with pu that means "youthful"?

ANSWERS

1. Say, "He is one of those men who are always polite." 2. Accent noun on first syllable, verb on second syllable. 3. Occultist, 4. Hidden from the mental view. "Reconcite causes of things." 5. Puerile.

Morning Smile

Financier

The men in the smoking compartment were arguing about great inventors. One said Stephenson, who invented the locomotive and made fast travel possible, was the greatest. Another declared it was the man who invented the compass, which enabled man to navigate the seas. Another spoke up for Edison. Still another for the Wrights. Finally one of them turned to a little man who had remained silent.

"Who do you think?"
"Well," he said with a smile, "the man who invented interest: was no fool!"

and add 1/4 cup milk. Combine lightly, adding a little milk, if necessary, to make a soft dough. Drop dough by spoonfuls, well apart, onto greased cookie pan. Bake in a hot oven, 425 degrees, 15 to 18 minutes.
Serve piping hot.

HEY KIDS—HERE'S A LAXATIVE THAT'S PLEASANT TO TAKE!



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GROUP 3. Clearance!

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