

## How Can I!!!

By Anne Ashley

Q. How can I remove the odor from a freshly-papered room?  
A. After the doors and windows have been closed bring in a red-hot coal and strew on this several handful of juniper berries. About 12 hours later open all windows and doors, so as to admit fresh air, and it will be found that the bad smell has entirely disappeared.

Q. With what should baked bananas be served?  
A. They are delicious when served with pork chops or ham. After they are peeled, place in a buttered dish, season slightly, then sprinkle paprika and butter over the top.

Q. How can I remove rust stains from porcelain?  
A. Lemon juice or vinegar will remove the rust stains from porcelain, caused by leaking faucets.

## Household Scrapbook

By Roberta Lee

### Upholstery

A stiff furniture brush should be used to clean the upholstery. Dip the brush into a basin of non-explosive cleaning fluid and quickly scrub the fabric. It will remove all soil and bring back the original freshness of the fabric.

### Rust on Steel

To remove rust from steel cover the spot with sweet oil, rubbing in thoroughly and allowing to stand for a few days; then rub briskly with powdered unslacked lime until the spot disappears.

### Lingerie

Instead of starching, drop a few lumps of sugar into the rinse water, and dainty lingerie will be beautiful after it is ironed.

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## The Stars Say - -

By Genevieve Kemble

For Tomorrow  
IT may take more than the customary modicum of tact, discretion, common sense and amiability to meet the array of complications, uncertainties and complexities presented by a chain of astral "mixed influences." Fortunately there are tokens of a strange and unusual aggregation of inner forces and circumstances, with, perhaps, fortuitous elements could untangle menacing, baffling or challenging tie-ups. Since the intuitive forces are strong and the will-to-win insistent, it may be safe, desirable, to yield to unorthodox, inspired promptings.

For the Birthday  
Those whose birthday it is may anticipate a year of exciting activities, novel adventures or experiences. In a variety of unusual or strange contacts or openings, it may be wise to co-operate on the novel or unorthodox. To keep in the groove is difficult when complications or exceptional situations challenge. The intuitions are strong, and creative urges not to be suppressed. It may be advantageous to heed the "still small voice," an inspired whisper, before taking action. Emotions are strong, but don't speculate.

A child born on this day has unusual mental and emotional equipment, with strong intuitions or inspired urges.

## Better English

By G. C. Williams

1. What is wrong with this sentence? "While vacationing on a farm, a snake bit me on the leg."  
2. What is the correct pronunciation of "homeopath"?  
3. Which one of these words is misspelled? Imitative, Imaginable, Imminent, immaculate.  
4. What does the word "acclamation" mean?  
5. What is a word beginning with en that means "puzzling"?

## ANSWERS

1. This sounds as if the snake were vacationing. Say, "While I was vacationing, a snake bit me on the leg."  
2. Pronounce ho-me-o-path, both o's as in no, e as in me, unstressed, a as in at, accent first syllable. 3. Immaculate. 4. A shout of approbation; loud applause. "There was a waving of handkerchiefs and general acclamation." 5. Enigmatic.

BUFFALO, N. Y., Sept. 28—(AP)—The Buffalo Courier-Express announced Saturday that the price of its Sunday edition will be increased from 15 to 20 cents effective Sunday, Oct. 5. The newspaper said the increase was "necessary to meet part of the mounting costs of newspaper production." It said carriers and dealers would share in the increased revenue.

## ELLEN'S DIARY

By an Island Farmer's Wife

"What else is there?" James was all attention. "Not... now don't tell me she brought home another hat! And she with more hats now than she knows what to do with... and as good as when they came from the shop!" James laughed. "That's why Great-aunt Sarah always dressed so quaintly—Remember? Great-uncle Josh maintained it was extravagant to buy any new wear until the old was 'past decency' as he said, no matter how many times women's styles had changed in the meantime! 'A saque' he used to say when she happened to express a wish for a new one. 'Haven't you more now than you'll ever wear out? You'd never know they'd ever been on your back!'"

"Well, Ellen," James offered, "if you were foolish enough to buy one you may as well trot it out." And so we brought out this titillating feminine purchase, which had been as it happened only incidental to our other shopping, to parade it to the Family view. It was a mostly indifferent audience. We could not see their point of view: "After all, she's an old lady. Any frumpier now will not add to her appearance. At the same time it pleases her... and she has to wear a hat to Church... and to keep her head warm on winter jaunts!"

How we hoped it would meet with their approval! This piece of millinery that had caught our fancy at first sight as often loves will. A conservative hat—only a smallish affair of black felt to sit on the crown but with a pet of a mount. It was this that had been our undoing: a pheasant's feather, tannish and barred and as natural as the autumn meadows by the edge of woodlands and groves along which these birds roam... meadows alive with the fluff of seeds—wined off-spring of thistle, of goldenrods and of the hundred plants, waited on the little mourning breeze that now sigh there. Where the mists of morning like the sun warms them mellowly and at evening a moon we think belongs to the hunting fraternity looks down gravely there.

And the base of the hat's mount is touched artistically with an iridescent green which brings to mind the resplendent plumage of the peafowl... "peacock," Jamie studiously lad that he is, lingered over the spelling recently. "I guess he observed" there are no such birds on The Island—perhaps there never were." And James, looking back into his years recalled, "Why, when I was a boy, the Doctor owned a pair of them. What pretty things they were! She was smaller and plainer of plumage but he was a fine fellow with a wide tall-spread that was beautiful. How it glistened in the sunlight! And sometimes" he remembered, "when they perched on the top rail of a fence, the slight would give a passing horse a bit of a start. Dear me," he mused, thinking on old days and scenes. "I've heard their call—"

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## DOROTHY DIX'S COLUMN—

### Leave Home

#### Change Of Environment Advised For Worrier

DEAR MISS DIX: My problem concerns the atmosphere of our home. I am unmarried, living with my parents and brothers. I am a very nervous person, and a great worrier. My folks are good, and well-meaning, but they are anti-social and easily given to arguments among themselves. I don't feel free to invite friends home, since I never know how my folks are going to behave. Worry over my home situation is making me so nervous that I find it difficult to do my work. When I try to talk to my mother, she misunderstands me and acts as if I were trying to make trouble. S.H.



Muriel Nissen

ANSWER: Your trouble seems to be entirely of nervous origin, but whether it has originated with your family, or whether some of it has been induced by outside worries, is impossible for me to decide. A frank discussion of the problem with your doctor or minister would yield more tangible assistance.

Learning to live with one's family can often be a difficult task. It is, nevertheless, one of life's first requirements. No matter how different your outlook may be from theirs, no one in the whole world will ever be as close to you as your own relatives. Blood is thicker than water. As a member of a large family you must learn to accept their failings, make the most of their virtues and adjust your own temperament to communal living. Any attempt to evade it will lead to ultimate unhappiness for you.

However, I do feel that a temporary separation from your family would be good at the present time. Don't try to make a permanent break. Why not get a job in another city for awhile? This would strengthen your own independence, which seems to be weak, and give you a better perspective on the family and living your own life for a while will certainly awaken you to an appreciation of your own folks. There's no need for you to quarrel with your parents over the separation. With the help of your doctor and minister, they can easily be convinced that your health requires a change of environment. New work in a new locality should produce results, if your trouble stems chiefly from home atmosphere. Should this drastic change fail to bring about an improvement in your nerves, psychiatric treatment is indicated.

DEAR MISS DIX: How can I deal with a girl who is lacking in consideration? I am a young man of 23, going with a girl two years younger. We are very fond of each other, but she leads me into the most embarrassing situations. For instance, when we are out, if she meets a friend, she'll stand and talk for half an hour or more leaving me stranded. She doesn't even introduce us. Often when I call on her she'll extend the same treatment, engaging in some activity or talking to someone and leaving me on the side lines. D.S.

ANSWER: While it's possible that your girl friend is simply ignorant of the fundamentals of good manners, her actions are more indicative of a terrific ego that impels her to put everyone around her in an inferior light. Most erroneously, she believes that her own position is thereby exalted. It is—but only in her own eyes.

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## That Body Of Yours

By James W. Barton, M.D.

### THE ELECTRIC SHOCK TREATMENT IN MENTAL DISEASES IS MOST POPULAR

About the time that our mental specialists began to worry about the great increase in mental disease, the shock treatment by insulin was discovered and while the number of mental cases has increased owing to the effects of World War I and II on the members of the armed forces and also on the civilian population, the shock treatment has helped thousands of cases and thus made it unnecessary for them to enter or remain in mental hospitals.

After the insulin method, came the metrazol shock method which in turn is helping many mental patients.

Finally has come the electric shock method which is now used more than insulin and metrazol. Unfortunately in the shock methods there is more or less danger of damage to bones and joints, but, fortunately, the electric shock method is now considered the safest one of shock treatment.

In the Canadian Medical Association Journal, Dr. T. A. Sweet, of Whitby, Ontario, states that the shock treatment in mental disease has been a great boon to the patient, the psychiatrist, the nurse and relatives. It is particularly helpful in the two most prevalent and serious mental illnesses—the depression and schizophrenia—double personality.

"From 1940 onward, metrazol has been supplanted by electro convulsive treatment. The electro shock gives a less severe, more controllable convulsion." There is rarely an initial cry, nausea, vomiting or incontinence of urine. With metrazol, nausea and vomiting were frequent.

"Electro shock machines themselves have made technical progress which lead to a smoother convulsion."

"The accepted technique is as follows: The patient either lies on a hard flat surface, or boards are placed beneath the spring and mattress of the treatment bed. A sandbag is placed in the 'small' of the back, a mouth bag placed between the teeth to prevent injury to tongue, lips and teeth, as well as to dislocation of the jaw. Later, instead of a sandbag, a pillow has been used."

With insulin and metrazol, damage to bones and joints occurred in 28 to 32 per cent, whereas with electroshock method, it was first reduced to 6 per cent and in last series of cases there was no damage to any bones or joints. "Thirteen thousand shock treatments have been given in this one institution."

Finally, Dr. Sweet states: "There are in addition secondary but valuable advantages of the technique. Apprehension on part of the patient has almost disappeared. Much fewer staff are needed and treatment time lessened." Because the patient is less afraid of shock treatment, he is less tense and accidents are less frequent.

## Morning Smile

Much Stronger

Recently a fine old gentleman was celebrating his one hundredth birthday with a company of friends, all of whom save one, were endeavoring to cheer him on for another century.

## Cook's Corner

### CHERRY MACAROON COOKIES

2/3 cup vegetable shortening, 1/2 cup sugar, 1/2 teaspoon salt, 1/2 teaspoon almond extract, 1/2 teaspoon grated lemon rind, 1 egg, unbeaten, 1 1/2 cups sifted flour, 1 teaspoon baking powder, 1/2 teaspoon soda, 1/2 cup maraschino cherries cut in pieces, 3/4 cup shredded coconut. Combine shortening, sugar, salt, almond extract, lemon rind and egg and beat thoroughly. Sift flour with baking powder and soda; add to shortening mixture and mix well. Add cherries and coconut and blend. Drop rounded tablespoons of dough on greased baking sheets. Bake in moderately hot oven, 375 degrees F. 10 to 12 minutes. Makes 2 1/2 dozen.

## A Country Garden

By Mrs. Gordon MacMillan

Lo! A ripe sheaf of many golden days  
Gleaned by the year in Autumn's harvest ways.  
With here and there, blood-tinted an amber,  
Some crimson poppy of a late delight,  
Atoning in its splendor, for the flight.  
Or summer blooms and joys—  
This is September.

L. M. Montgomery  
Last September Colchiums were planted in the garden and they bloomed in a few weeks after planting. This week they have appeared again although nothing was seen of them since the leaves do not appear until Spring. They produce a profusion of beautiful large crocus-like blooms in many colours. The mauves and yellows are very attractive and they are hardy and inexpensive.

At this season of the year new flowers are very welcome, and the flowers that have bloomed all summer are treasured. I like to walk around the garden now enjoying the sunny morning and gathering all the fragrant flowers, trying to store up the beauty for the days when they are all resting until another season—carnations and phlox with fragrant stocks and colorful nasturtium also, petunias in velvety crimson.

More transplanting has been done and it is pleasant to work in the garden these lovely days planning for a better garden next year. New plants of cottage pinks have been transplanted from the field where they were sown in June and there is not a finer fragrant plant in the garden.

There are many varieties and the rock garden can accommodate the choicest of them as there are many jewels found among the true alpine plants, perhaps Dianthus alpinus is the most spectacular of all with its fine flowers of deep or lighter pink, larger than a twenty-five cent piece. These are borne on two inch stems in such profusion as to completely hide the shining, dark foliage which is a distinguishing feature of D. alpinus. A cool situation with good drainage, a limey soil and attention to moisture in dry times are recommended.

Now thin mists temper the slow ripening beams  
Of the September sun: his golden gleams  
On gaudy flowers shine, that prank the rows  
Of high-grown hollyhocks, and all tall shows  
That Autumn flaunteth in his bushy bowers;  
Where tontitis hanging from the drooping heads  
Of giant sunflowers, peck the nutty seeds;  
And in the feathery aster bees on wing  
Seize and set free the honied flowers.

Thill thousand stars leap with their visiting,  
While ever across the path lazily fit,  
Unpiloted in the sun the dreaming butterflies  
With dazzling colors powdered and soft glooms,  
White, black and crimson stripes, and peacock eyes,  
Or on chance flowers sit with idle rort pondering creel by one  
The nectarines of deepest throat-ed Blooms.  
—R. S. Bridges

## Modern Etiquette

By Roberta Lee

Q. Is it obligatory for a bride to entertain those friends who have given her wedding gifts?  
A. While this is not exactly obligatory, most brides are eager to entertain their friends in their new homes. So far as "obligation" is concerned, "he has fulfilled that by

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4568  
10-16  
by Anne Adams

writing her sincere "thank you" notes for the gifts.  
Q. Can you please tell me how to fold napkins into various fancy designs?  
A. I could probably suggest a few "fancy" designs, but this practice is frowned upon by good society. It is far preferable to make a plain, square fold of the napkin.  
Q. Should the man or the woman who have just met, say, "I'm glad to have met you" when leaving each other?  
A. The man — and she should respond with a smile and "thank you."

ATLANTIC AIRMAIL  
Regular weekly air mail service between Montreal and Southampton, England, was inaugurated in 1939.

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