

How Can I...!

By Anne Ashley

Q. How can I make new shoes comfortable?

A. By moistening the lining of the shoes, or the stocking worn, with alcohol and wearing the shoes while this is drying. This makes the lining of the shoe stretch to fit the foot and prevents the pinching often caused by the lining alone. Using alcohol also eliminates danger of taking cold.

Q. How can I restore the polish to brass?

A. It is said that a solution of salt and vinegar will restore the polish to brass. This same solution is also good for cleaning copper articles.

Q. How can I make a novelty salad?

A. Try baking cheese biscuit in a ring mold; then unroll, and while still warm, spread it with butter. Fill the center with a crisp salad.

Cook's Corner

SALMON AND CORN SOUFFLE

½ lb. can salmon
2 cups white sauce
Juice of one lemon
Worcestershire sauce
Seasoning
2 egg whites
1 cup canned corn niblets
Bread crumbs
Pickled relish.
Mix salmon, flaked, with thick white sauce. Add lemon juice and Worcestershire sauce and seasoning. Fold in stiffly beaten egg whites, and pour half of the mixture into a buttered baking dish. Pour in canned corn, sautéed slightly, then the rest of the mixture. Cover with buttered bread crumbs and bake in a hot oven for 15 minutes. Serve with a pickle relish. Serves 4.

for BABY'S TUMMY UPSETS

Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 50 years to quickly help relieve minor digestive upsets, gas, constipation and fretfulness resulting from irregularity at feeding time. No "sleepy" stuff—no dulling effect. Get a package today at your druggist.

BABY'S OWN TABLETS

Household ScrapBook

By Roberts Lee

Storing Meat

Uncooked meat should be put away into the refrigerator covered only lightly with waxed paper or some similar covering. Other foods stored in the refrigerator should be removed from paper coverings, which only act as an insulation against the cold.

Ferns

Sometimes a fern that is thought to be dead can be revived by standing the pot in a tub of hot water for about an hour or until the water becomes cool.

Olives

Ripe olives will be more delicious if they are soaked over night in olive oil to which has been added a small piece of clove.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

CONTROL the temptation you may have this day to buy things you can't afford. Remember, it's better to have the cash in hand before undertaking large expenditures. Beware, too, of making promises too quickly. Prevailing influences this day are for extraordinary optimism, which is why you may find yourself wanting to do impulsive things in the sublime belief that everything will turn out all right. But don't go overboard. Stop and think and you will find that some of your intentions, good as they may be are a little impractical.

For the Birthday

If tomorrow is your birthday you will have to exert yourself to be especially prudent in the coming year. You will wish for things that are far too costly and may be inclined to go into debt to achieve them. But don't. Such methods of "achievement" can only result in frantic efforts at extrication, with such resultant nervous anxiety that it can interfere with constructive work and ideas. Patience should be your byword this year, for just ahead the planets promise a period of extraordinary success.

A child born on this day will be creative, independent, inclined toward extravagance.

That Body Of Yours

By James W. Barton, M.D.

CANCER OF THE LUNG INCREASING

The cause of cancer has not yet been discovered, despite the millions spent yearly trying to do so and thus remove this menace to man. Fortunately, it is discovered early, cancer is curable, but unfortunately it is often found too late to save life. The three main methods of treatment—X-ray, radium, surgery—are saving thousands of lives yearly throughout the civilized world.

One of the organs attacked by cancer that is slow in being recognized by patient and physician is cancer of the lung. This delay in recognition is due mostly to the slow and silent symptoms that gradually call attention to it and immediate treatment may save life. A wheezing cough is often the only symptom.

In Modern Medicine of Canada, Dr. Walter C. Alvarez, editor, Senior Consultant in Medicine, Mayo Clinic, states that every physician knows that the number of cases of cancer of the lung has been increasing at an alarming rate whereas cancer in other parts of the body has been increasing slightly. One type of cancer of the lung has gone from sixth or seventh place in 1900 to perhaps first place today.

While this great increase may be, in part, because cancer of the lung is now more often suspected, nevertheless the great increase is an actual fact.

That tobacco smoking may be a factor is suspected as one type of cancer affects the superficial or top cells of the bronchial tubes and lung cells, but there is another type of lung cancer which affects non-smokers as well as smokers, and the increase of cancer of this type is not so large.

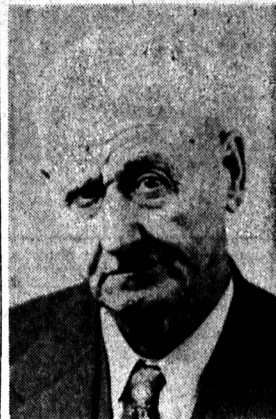
As cancer attacks all kinds and conditions of men and women, and even children, Dr. Alvarez gives some useful advice.

"In view of the present day great frequency of cancer (carcinoma) of the lung, every man or woman past middle age who comes in complaining of chronic cough should immediately have a film made of the chest and, if any suspicious shadow is found, it must be studied and watched with the greatest care. Often examinations by the bronchoscope must be made and sometimes it is helpful to have sputum examined for cancer cells."

Unfortunately, while coughing helps to remove mucus, the cough syrups or quieting drugs ease a chronic cough, are used for months, and cancer gets a firmer hold.

Fortunately, the use of the usual treatment for cancer, particularly surgery where the whole lobe of the lung is removed, saves many lives.

Celebrate Wedding Anniversary



MR. AND MRS. DOUGLAS AITKEN

On Monday, February 9th, relatives and friends of Mr. and Mrs. Douglas Aitken gathered at their home at Fortune Bridge to offer congratulations on their fifty-fifth wedding anniversary.

Mr. and Mrs. Aitken, who are both enjoying reasonably good health, were surprised by the party but in their usual capable manner

as host and hostess soon made everyone feel "at home."

A feature of the evening was the presence of four generations. During the evening suitable gifts were presented. A delicious supper was served and an enjoyable social hour spent. All join in wishing Mr. and Mrs. Aitken many more happy anniversaries.

DOROTHY DIX'S COLUMN

Echo Of "Craig's Wife"

Loses Her Husband Through Being Too Meticulous About Home

DEAR MISS DIX: May this letter be a warning to all wives who are making the same mistake I did. I have been married for 20 years to a fine man who is everything a woman could want—gentle, kind, faithful, sincere. Four years ago I lost him—through nagging. My one aim in life was a perfectly kept home; I wouldn't tolerate a paper left around, or even a scrap of ash in an ashtray. Now my husband has turned to a younger woman who is easygoing (though, I am told, not sloppy), cheerful and companionable. My husband is still with me, and doesn't know that I am aware of this alliance. When he is home, he just broods, but when he's with her I understand he is cheerful and gay.



Muriel Nissen

Must a husband be negligent to be happy? Should I let him live like that at home? Should I divorce him, or stay and try to keep the sort of home he likes? I warn all young wives, let the ashes and papers wait, but keep your man comfortable.

ANNE J.

HOME LIKE A MUSEUM

ANSWER: Anne, you have made the same mistake that countless women have made, and will continue making—you have the misconception that a "perfectly kept" home is one in which every piece of furniture is polished to a mirror-like finish, no paper or magazine is every allowed to upset the symmetry of the living room and, everyone in the household is in a constant dither for fear one of the house rules may be broken. This is not

Continued on page 13

ELLEN'S DIARY

By An Island Farmer's Wife

He enjoys such honors, yet accepts them modestly, realizing, we suspect that Dame Fortune is not a dependable female at best. He can smile in defeat—an undaunted smile which looks to the future to offer him yet another day. But it is not so much in these things, either his successes or failures that we find the man, but in the little human items of living we have noticed along his way.

As we have said, enviable honors have come to him; prosperity too, in a degree which, strange creatures that mortals are, would have turned another's head... to make him proud, unapproachable. If anything their successes have made this entire household more kindly, if that could be, and extremely considerate, not only of a favored few but of all down to "The least of these" with whom their busy and interesting round.

They observe with much consideration the little kindnesses and courtesies of life—the inconsequential acts which after all, truly reveal character... Does a barn-cat of that place presume to dine on a feathered songster of summer? Immediately he is brought before the bar of justice—and confined. Why? In their own words, extremely busy farm-folks that they are, "Because we just can't do without the song-birds—now can we?"

Does a poor beast of a horse of some careless itinerant, "wayfarer" have to wait over-long in the yard there on a day that is chill? Quietly, the best rug of stable is brought—reminding those who chance to look out upon the scene, of "the best robe" and "shoes" and "ring" of an old story. And it is spread with the same care as would be accorded to a king's mount, to provide for the animal's comfort. Only then could this farmer return with a satisfied heart to the work at hand.

And is the wayfarer cold or hungry? Then not for long. He goes on his way presently both warmed and fed... And on Sunday night, in a thoughtful gesture which might have passed unnoticed by some, but was not lost to James, did this man ride "first" in the truck when outward bound on a brief visit to Alderlea? Oh no, because age is ever honorable, at his insistence it was Pat who rode snug beside the driver while this younger and already quite famous farmer preferred to travel "second" with the over-flow, out in the wind and cold.

It is a truth as a discerning poet once sang: "The heart ay's the part ay, that makes us right or wrong!" These then are the pair who visited us at this house "in the road" on the recent Sabbath night... Many farm folk we know and meet, kin, friends,

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strangers. None alike but all as different as would be so many lilies of the field. And all interesting and each blessed with some special gift or endearing trait of Heaven.

Until tomorrow - - -Diary - - - Good-night

Better English

By G. C. Williams

1. What is wrong with this sentence? "I have an idea that George is in Cleveland, for he meant to have gone last Monday."
2. What is the correct pronunciation of "surrealism"?
3. Which one of these words is misspelled? Hallucination, halitosis, haltus, halcion.
4. What does the word "invective" (noun) mean?
5. What is a word beginning with me that means "deserving of reward"?

ANSWERS

1. Say, "I think that George is



4810 12-20 30-42 by Anna Adams

in Cleveland, for he meant to go last Monday." 2. Pronounce surre-al-i-z'm, u as in up, e as in read, accent second syllable. 3. Halcyon. 4. A violent denunciation or accusation. "The speaker was shocked by the invectives hurled at him from his audience." 5. Meritorious.

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