

Modern Etiquette

By Roberta Leo

Q. Is it correct, when making an introduction, to say, "Mrs. Jones, Mrs. Smith, and Mrs. Smith, Mrs. Jones"?

A. This repetition is unnecessary. To pronounce each name once is quite enough, unless it is a foreign one that is difficult to pronounce. Repeating this a second time is sometimes not only helpful, but gives one who could not remember a chance to ask later on, "Won't you tell me again how to pronounce your name?"

Q. When is the proper time for the guests at a church wedding to leave their seats after the ceremony?

A. Not until the very end of the recessional, the march from the altar to the rear of the church. It is very bad form to break into the march to offer congratulations.

Q. When a person drops a spoon or fork in a public dining room, should he reach down and pick it up?

A. No; he should call the waiter's attention to this and have the article replaced.

Cook's Corner

DATE SQUARES

One and one-half lbs. dates, 1½ cups boiling water, 1 teaspoon vanilla, 7 cups all-purpose flour, ½ teaspoon salt, 1 teaspoon baking powder, ½ teaspoon baking soda, 2½ cups rolled oats, ½ cup brown sugar, 1 cup shortening. Add boiling water to date and cook over low heat until thick. Cool. Add vanilla.

Mix and sift together the flour, salt, baking powder and baking soda. Add rolled oats which may be put through food chopper or not just as desired. Add brown sugar and cut the shortening in as you would for pie pastry until mixture is a fine crumb. Spread one-half of the mixture in a buttered pan about 12 x 8 inches. Cover this with the date mixture. Pat remaining crumb mixture over dates evenly.

Mix together 1 beaten egg and 2 tablespoons water and brush entire top with this mixture. Bake 1 hour at 350 degrees F. Cut into squares while warm. Let cool in pan. These should be baked 24 hours before handling.

How Can I!!!

By Anne Ashley

Q. How can I keep chiffon from slipping while cutting it?

A. The cutting of chiffon and other sheer fabrics often proves exasperating. It will not slip if the fabric is pinned on wrapping or newspaper, with the grain of the fabric running parallel to the straight perforation that marks the pattern on the goods. Lay the pattern on the goods and cut through both fabric and paper.

Q. How can I loosen grease in cooking utensils?

A. If the pan to be washed is very greasy, heat it slightly before putting it into the dish pan. It will loosen the grease and cause it to wash more readily.

Q. How can I take away the bitter taste of a medicine?

A. Try holding a piece of ice in the mouth for a few minutes before taking the medicine.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

UNDER a very exciting and accelerated Lunar vibration, all things should respond to high stimulus of activated planets. The domestic circle continues to be the scene of unusually active and gay pastimes, with the home environs ardent and enthusiastic, especially affecting the young and youthful amusements or diversions. Social, affectional, romantic and artistic deeds take over the spurs and indulgences of Venus sextile Luna.

For the Birthday

Those whose birthday it is are likely to find the Venusian blood dancing in their veins with all the incitements of youth and beauty clamoring for expression. The domestic circle is in the fore, with social, romantic and creative urges inciting to special indulgences. Even such businesses as cater to these purely personal activities should respond to this gracious and warming drive for release. Affections, love, romance, are keyed to seek indulgence.

A child born on this day will be charming, magnetic, glowing and gracious, given to finding pleasure and creative expression in the domain of love and affection.

ELLEN'S DIARY

By An Island Farmer's Wife

Etched fetchingly against a slope, symbol of the promise of seedtime and harvest, we saw a neighboring farmer at the plowing this evening. . . It was barely past sunset then but already the cool shadowy night had left some intriguing fastness and was approaching over the farmlands, walking lightly over hillocks and shadowy glen to presently wrap this and every farmstead about in its pleasant dusky embrace. . . It would set a first star above the cup-rim of valley for housewives to wish upon; and wishing wonder what manner and when the wish would come true — in some roundabout unexpected way but nevertheless surely for are we not assured that even "before we ask" and out of those "riches in Glory" needs will be fulfilled?

We watched the team plod along faithfully, opening the loamy furrows, ever broadening with the design, rich and promising against the pale of the stubbles. "The end — or the beginning?" we queried of James at our side. "The beginning," he replied. "There just doesn't seem to be any end nowadays to farming. But," he smiled, "there are plenty of beginnings! We finish one chore of the season and what then? Why commence another!"

"There is a notion," he continued, "that farming stops with the arrival of winter. The first work done by the farmer is like that dog that goes on and on forever. Yes," he said, "that's the start of next spring's seedtime. And I'm telling you, Ellen, it looks mighty pretty nowadays to see a man plowing with a team. It's as though," James offered, "by the very act of it, he epuets something of his heart into the soil — his hopes and plans and suchlike — to make it responsive. You know what I mean, Ellen, — as though he and his land were trusted partners."

Enclosed in one of Mother Nature's unmatched frames, colorful trees of hedgerow and woodland, was plowman and team. We enjoyed it together a long minute. "Oh, I'm not saying that the tractor's not good — fast and labor-saving," James said, "but give me a good team and a plow! To my mind, Ellen, it's more like farming."

Grading potatoes this family was today, late and two farmers. The quiet of our afternoon indoors was broken occasionally by the visits of an emissary right out of an old Latin textbook or complement, though we fancy his designs were more obvious. A quietly opened door, a smiling but inquiring face and "Granddaddy said, if you were sitting with nothing to do you'd be better come and help with the grading. Hopefully, "What will I tell him? Again, silence, deep and enjoyable. Then a returning step on the porch.

"Granddaddy sent me to say, you must be a pretty useless woman if you could sit and let us work away at the potatoes!" Later: "I think you should come. Granddaddy's arm has a" with a look of grave concern, "kind of a kink in it. It's paining him awful! He said it, perhaps you'd like to see the 'run' we're grading. They're easy to grade." So we followed him to the garden. There were no drones about. Boys worked with the interest of their elders and to James delight with a good heart. "There's going to be no last to this!" he smiled. . . Nor has there been to this day, which in a wide silence goes now to its rest.

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

DOROTHY DIX'S COLUMN—

Son's Viewpoint

Man Thinks Wives Unfair To Mothers-in-Law

DEAR DOROTHY DIX: Mothers have had a hard battle to fight these last few years. Mothers-in-law have had no chance at all. Young men are fighting older women bitterly. The hate they express when speaking of their mothers-in-law is difficult to put into words. Many men in their thirties and forties have ulcers solely because of the conflict in their homes between women. They ask in despair, "Is it a crime to love one's mother?" We are called every low name in the docket because, having made money, we wish to make our mother's last years a little easier!

I know two large families. The several sons of each family have been successful in a big way. They were brought up by a good mother. And the wife of every son bitterly hates her husband's mother! The sons all love their mothers, but the wife, with her youth and beauty, has the upper hand!

ANSWER: At least you are one man who admits that there are conflicts between wife and mother-in-law. Most men insist the situation is purely imaginary. I do think, however, that either you are going through a present crisis in this regard, and so have slightly lost your perspective, or have been exposed to an unusually vitriolic batch of daughters-in-law. It's difficult to believe that all wives you know have developed a clanish dislike for their husbands' mothers.

HE CAN LOVE BOTH

Surely there is no reason why the youth and beauty of a wife should cancel the love and devotion due to a mother. Besides, today many mothers give younger women stiff competition in the youthful-looking and beauty department. The day when Mom settled into stagnation the minute her sons married is fast drawing to a close. More likely she raises her family, sees them happily married, then goes off to a good job of her own. In fact, much of the daughter-in-law trouble today is caused by young women who find themselves tied down to baby food and diapers while they see smartly dressed Mom embark on a career. The young-marrieds had pictured things differently. They had Mom cast in a role of perpetual baby-sitter and, when she foils their plans, they decide she's not co-operative.

The husband who is faced with conflict between his mother and his wife should have no trouble in ascertaining the source of trouble. He'll hear complaints from both sides, naturally, and it's up to him to weed out the pettiness and dig into the roots. The fault can lie on either side, or on both sides. If mother is attempting to run her son's household, spoil the children, make too many demands on him or his family, retrenchment is required. If the wife refuses to let her husband visit his family, if she withholds help, financial or otherwise, that is needed and that she is unable to give, if she is disagreeable to the older woman, then he must be taught consideration and manners. This most delicate of all problems becomes a difficult situation, usually because someone along the line blunders. A little tact and finesse, a bit of diplomacy at the very beginning, can mean the whole difference between a mother and daughter-in-law feud, or a happy, lasting friendship.

If men, themselves, would be more aware of the potentialities involved, and less sure that everything is bound to be all right, trouble could be averted before it begins.

DEAR MISS DIX: My sister-in-law is becoming very annoying with personal questions that I consider no business of hers. I am expecting a baby in a few months and, since she has two children, she feels capable of giving me advice I do not want or need. The sort of discussions she tries to get me into may be enjoyed by some people, but I believe they are too personal for outsiders. Perhaps I sound immature—sometimes I even feel that way.

ANSWER: Your attitude marks you as very mature, rather than the contrary. Women whose horizons are rather limited are bound to find conversation equally restricted, hence they concentrate on the few subjects about which they feel authoritative. In your sister-in-law's case, the fact that she has two children makes her a savant on all details relating to birth. You will, unfortunately, find her equally omniscient when it comes to raising your children. When she brings up a subject that is distasteful to you, switch the topic, tactfully if possible, bluntly if necessary. It shouldn't take her long to catch on and avoid matters which you prefer to keep to yourself.

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

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That Body Of Yours

By James W. Barton, M.D.

BANTHINE, THE PEPTIC ULCER DRUG, HAS OTHER USES

When a drug has been found to give satisfactory results in treating an ailment for which it was especially designed, other research workers begin to find that it helps other conditions also. Thus, when Bantline and Best discovered insulin, the special or specific drug or substance which controls diabetes, other research workers began testing insulin in treatment of mental cases by causing shock. Insulin preceded metrazol and electric shock treatment. All three shock methods give satisfactory results.

Later, it was found that small doses of insulin increased the appetite in poorly nourished children. When Bantline was found to be helpful in stomach and duodenal ulcer (peptic ulcer), research workers felt that its quieting effect in lessening the degree of movement of the stomach walls might quiet the movements of the sweat glands of the skin and relieve excess perspiration, which it did with great satisfaction to those nervous individuals who were greatly troubled and embarrassed by excessively perspiring hands and feet, and practically all parts of the body.

In Southern Medical Journal, Drs. E. J. Poth and S. W. Fromm report a series of 43 patients, complaining of indigestion, dyspepsia and intolerance to foods, who were given 100 mg. of Bantline every six hours for a week. Bantline was discontinued if there were no response but if relief was obtained, the dose was gradually reduced to 50 mg. three times a day and 100 mg. at bedtime and then maintained for one month.

Drs. Poth and Fromm report: "Frequently 100 mg. at bedtime will keep these patients happy, allowing them to sleep comfortably, eat a liberal diet with an improved appetite and greater feeling of well-being. Sufficient improvement has occurred in 65 per cent (22 of every 3) of these patients to justify the conclusion that Bantline treatment has been beneficial. The majority of these patients will ultimately take the drug only intermittently."

In Gastroenterology (stomach and intestine), Drs. F. Kern, T. P. Almy and N. J. Stock report their treatment of 18 patients with irritable colon — chronic diarrhoea. Pain was relieved in six of 10 patients and diarrhoea in fourteen of twenty-three. The number of bowel movements decreased, the stools became less liquid, the amount of mucus diminished, and the urgency to go to stool was less.

Better English

By V. C. Williams

1. What is wrong with this sentence? "If you'll wait a few minutes, I'll be back."
2. What is the correct pronunciation of "codicil"?
3. Which one of these words is misspelled? Leisure, lieutenant, licorice, likeable.
4. What does the word "opulent" mean?
5. What is a word beginning with ca that means "bodily exercise"?

ANSWERS

1. The verb "to be" expresses a state of being, so no one can "be back." Say, "I'll come back" or "I'll return."
2. Pronounce kod-i-sil, o as in on, both i's as in it, accent first syllable. 3. Leisure. 4. Wealthy; plentifully provided. "This is an opulent city of opulent citizens."
5. Callisthenics.

From One Cook to Another



by Mary Blake
Carnation Home Service Director

LIGHTER, FLUFFIER, RICHER-FLAVORED PANCAKES

Sounds like the dream of every housemaker who knows how her family love pancakes. . . and how wonderfully economical pancakes are! Well — just one little change in your way of making, will give you pancakes that are heavenly light — more tender and digestible.

1. Use your favorite Pancake Ready Mix, and follow package directions EXCEPT . . .
2. In place of bottled milk use Carnation mixed with an equal amount of water.
3. Stir lightly. Pancakes made this Carnation way are the lightest ever. But remember — get Carnation for lighter, better flavored pancakes. No other form of milk will do so well.

WOULD YOU LIKE 10 grand, new ways to serve pancakes? I've prepared a recipe leaflet containing 10 of my favorites to help you put extra flavour in low-cost Carnation Pancake meals. Your grocer has a copy of the leaflet for you. Look for the big colorful display with its photograph of Carnation Pancakes and recipes so you can help yourself. Or ask your grocer for a copy.

Best way I know to end an economy meal (or any other kind) is to top it off with coffee "creamed" with Carnation. The velvet smoothness, and creamy color, and rich flavor, of coffee'n-Carnation sends everybody from the table happy. And Carnation — the milk that whips — costs only half as much as cream.

CAN APPEALING DESSERTS BE THRIFTY? Indeed they can! Make your simplest dessert — rice or tapioca pudding, cottage pudding, chocolate pudding — with Carnation Milk, and you'll find it really thrilling. Pour undiluted Carnation on sliced bananas, baked apples, canned peaches or a jelly dessert — and your family will feel really cherished! Yes, appealing desserts can be economical. . . with Carnation.

To extinguish small grease fires quickly and safely, use salt or baking soda.

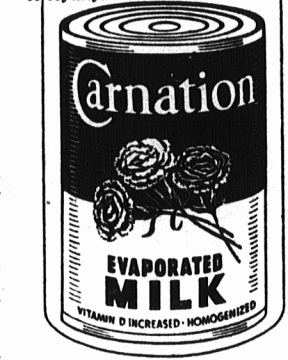
LISTEN to the delightful Saturday radio show, "Stars Over Hollywood," — specially written for this entertaining programme. See your newspaper for time and stations.

FREE: Carnation's "Velvet Blend Book" of tested recipes. Write to Carnation Company Limited, Toronto or Vancouver.

HEAVY SOUPS make a satisfying, nourishing beginning for a meal. Add men love them! Make the soup hearty enough, and you'll need nothing but dessert to round out a good luncheon or supper. And doesn't that mean a thrifty meal! Of course, I'm constantly talking about my quickest, easiest way to make exciting, nourishing satisfying soup — just mix equal parts of your favorite canned soup, and undiluted Carnation. By using Carnation instead of water, or bottled milk, you get the creamiest, most delectable soup ever. And think of the food value! Of course, if you like home-made soup, why not try my —

- CORN CHOWDER**
(7 to 8 cups)
- 1½ cup diced salt pork (or bacon)
 - 1½ cup chopped onion
 - 2 cups diced potatoes
 - 2 cups boiling water
 - 2 cups canned corn
 - Salt and pepper to taste
 - 2 tbsps. butter
 - 1½ cups Carnation Milk
 - 1 cup chopped parsley
- Fry pork gently until deep brown. Remove to paper towel. Cook onions in the dripping until clear but not brown. Put potatoes, onion, pork, dripping, and hot water in saucepan. Cover; cook 15 minutes, until potatoes are tender but not soft. Add corn, cream, (simmer 5 minutes). Add butter, undiluted Carnation Milk, parsley, and add desired ½ tsp. nutmeg. Heat; add pepper to serve.

"MY MOTHER TAUGHT ME to use Carnation Evaporated Milk." You know, we have a lot of interviews every year with housewives and mothers who use Carnation Milk. And it's surprising how many times when we ask "How did you first come to use Carnation Milk?" we get the answer, "Oh, my mother always used it." Yes, Carnation is being used by a second generation of good cooks — and in some cases a third generation. It takes real cooking quality to earn that kind of loyalty.



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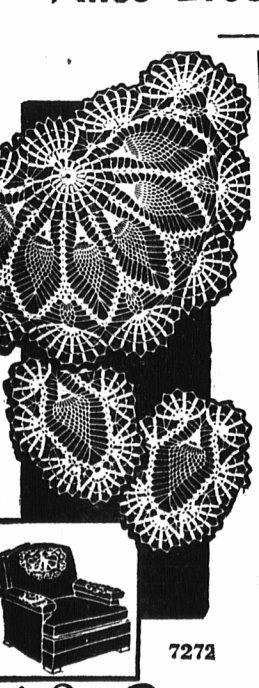
1 large can Pink Salmon; 1 cup dry Macaroni (cooked in boiling salted water, 8 min.; drain and cool); 1 egg beaten with ¼ cup top milk or cream; this is to hold mixture together. Salt and pepper to taste; 1 cup mixed cooked vegetables (vary as you like); 1 tbsps. chopped green pepper and pimientos.

Put into a well greased pan, sprinkle some grated cheese over top, and place in moderate oven for 40 minutes. Serves six.

Write for folder containing prize winning recipes as well as other Clover Leaf Seafood suggestions.

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Household Scrapbook

By Roberta Leo

To Remove Tan and Freckles
A toilet water which will whiten the face and tend to remove freckles can be prepared by mixing and bottling ½-pint of rain water, 1 small cupful of real cider vinegar, and 1 cupful of milk. Apply this to the face at night and let dry on. In the morning wash off with warm water.

Garden Tools
Always take care to put away the garden tools in good shape. See that the blades are polished and give them a coat of oil to prevent rusting over the winter.

The Preserve Closet
Instead of labelling each jar of preserves or glass of jelly, make some compartments along the shelves and label each compartment. It will save much time.

Morning Smile

Why Worry

The pretty girl speeding through the traffic was stopped by a policeman. "Look here," he snapped, "where's the fire?" "Why are you worrying?" she countered. "You're not a fireman."

Worth More

Over the counter of the pawnshop a man handed his violin with the brief comment: "How much?" The pawnbroker examined the instrument and replied: "Five dollars." "Five dollars? That's ridiculous. Why, the neighbors offered me more than that!"

CUTS GREASE FAST!

4880 12-20
by Anne Adams