

Opening Day Of Races



Opening day of the races gives an opportunity for a display of ladies' fashions as well as horse-racing form. Beldie Allinson is modeling this blue mink jacket at the Woodbine race track, Toronto.

Contract Bridge

By **Johnnie Culbertson**
TOO POLITE
South should have considered himself very lucky in respect to the opening lead, below, but he returned favor for favor.

West deals.
Both sides vulnerable.

♠ 84
♥ K10857
♦ J63
♣ A7

♠ AQ10
♥ 732
♦ 84
♣ K84

N
W
E
S

♠ 96
♥ KJ9
♦ 52
♣ 1063

♠ KJ5
♥ A63
♦ AQ7
♣ 952

The bidding:
West North East South
Pass Pass Pass 1NT
2♠ 3♥ Pass 3NT
Pass Pass Pass

South considered three courses of action on the second round: passing to three hearts, bidding four hearts, and persisting to three no-trump, and finally made the third choice because of the spade situation. Incidentally, neither three no-trump nor four hearts could have been made against strong defense.

The actual contract, however, was given quite a lift when West, fearing that a spade lead would surrender a vital trick, elected to open his top heart. (It should have turned out to be a fatal decision.)

South took Trick 1 with the heart ace and cleared the heart suit by giving East his trick. On East's spade nine return, South put up the king. West won and shifted to diamonds. South won with the queen and hopefully tried the club finesse, leading low to the jack. He then cashed the set-up hearts, and when West discarded two spades, South promptly threw him in with a spade, hoping for a favorable return. Unfortunately, however, South learned that West still had enough to defeat the contract.

South made one serious error. Before taking the club finesse—which had to succeed for him to have a chance—he should have cashed the diamond ace. Then West, in discarding on the heart, either would have had to blank the club

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THE BEST
MOST ECONOMICAL

The Stars Say

By **Estrellita**
For Tomorrow
WHERE both business and personal matters are concerned yesterday's restrictive influences continue. It would be well, therefore, to use caution in all dealings with others. Avoid any situation that could lead to bickering or misunderstanding.

Where household affairs are concerned, however, this period is an auspicious one in which to make plans for decorating, renovation, improvements of any kind. Gardening and farm work are also under benefic aspects. Domestic activities should run smoothly, if you co-operate and make it a point to remain serene and amiable under all circumstances and in all situations.

For the Birthday
If tomorrow is your birthday, your horoscope indicates that career and financial advancement are not only possible, but highly probable, within the next six months. Family and romantic matters, social relationships and travel are also under beneficent aspects so, all in all, 1954 should be a banner year for you.

Year of Achievement
This does not mean that you will not encounter obstacles, that you will not experience moments of stress or anxiety or that all will be "smooth sailing," but it does mean that if you will use your innate gifts and good judgment in combating these annoyances which are common to all, you can make this a year of outstanding achievement.

The stars are in your favor. The rest is up to you. A child born on this day will be artistically inclined, intellectual in tendency, and endowed with many creative gifts.

king or discard spades to the point where that suit would not be dangerous. Now, after running hearts, South could throw West in with the spade or cash the club ace, depending on West's choice of discards.

For SALADS
and pickling

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How Can I?

By **Anne Ashley**
Q. How can I prevent the patty shell crusts from softening?
A. Prepare the patty shell ahead of time and when needed warm them in the oven. The shell should not be filled until just before they are ready to be served, or the crusts will soften.
Q. How can I keep the sewing machine in good working condition?
A. Clean and oil the underneath part of the machine frequently. Then there will be less trouble with the working part of the machine.
Q. How can I easily turn the top of the hot water bottle?
A. If the top will not turn, thrust the toothbrush through the loop of the stopper, and turn as you would a handle.

DOROTHY DIX

Bereaved Lady

DEAR MISS DIX: Four years ago, when I was 18, I fell in love and became engaged to Mel. He went into the Army, was sent to Korea, and was killed. Now, two years later, I still can't reconcile myself to my loss. I try to go out, to become interested in other people, to be active, but nothing takes my mind off my loss. One of the boys I have met is very nice. I have come to depend on him for understanding; in fact, in some ways I'm sure I love him, but when he suggests our getting married, I can't even discuss the subject. He knew Mel, and knows all about my feelings, but he says he's the one to help me make an adjustment with life. Perhaps he is, but how can I be sure?

Linda
ANSWER: I have abridged your letter. In the passages I have omitted, you described books, music, incidents that bring thoughts of Mel to you, reminding you forcibly of the way he died. Learning to substitute other images for those you dwell on now will help you to overcome your grief.

Dwelling on the fact that he died a hero's death, and hoping that he has been rewarded by God, will force from your consciousness the sorrowful thoughts you now entertain. You need spiritual guidance, which can best be given by your own clergyman. Go to him, confide your doubts, and let him show you the way to put your house in order, emotionally. Mel would not want you to be so melancholy; he'd want you to marry and live a fruitful, busy life, giving as much service as possible to others. The new man in your life seems to be a splendid person; in fact, the ideal one to create a new future for you.

TWO BOOKS RECOMMENDED

I'd like to recommend two books to you, both dealing with bereaved people. Though the circumstances in each case are quite different from yours, knowing how other people have coped with grief could be of help to you. "Angel Unawares" by Dale Evans Rogers is an inspiring little story telling how parents met the loss of a beloved child; the other book is "With Wings as Eagles" by Helen Chapell White. The counsel of clergyman, directed, inspirational reading, and daily recourse to prayer will bring you to a right perspective.

DEAR MISS DIX: I'm 28 and have been going with a man for two years. I heard, however, that he was dating another girl and his mother told me later he was going to marry the girl. He admitted finally he was going with the girl, but denied that he intended to marry her. I am so confused I don't know what to believe.

Violet
ANSWER: Your confusion is understandable, but just face the fact that the young man lied flagrantly to you about dating this girl and that everyone (but you) agree that a marriage between the two is planned. Try to see the man in his true light—as a deceitful character—and yourself as a girl who is well rid of him.

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Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium inside each giant package of NEW BLUE Super Suds. Ask your grocer for it—or mail 25c and any Super Suds box top, along with your name and address and your grocer's name, to: Super Suds, P.O. Box 1010, Aurora, Ontario.

Jam Upside-down Shortcakes

Combine 1 tbs. soft butter or margarine, ½ c. thick jam, 1 tbs. lemon juice and, if desired, ¼ c. broken nuts and divide between 6 greased individual baking dishes. Mix and sift twice, then sift into a bowl, 1 ½ c. once-sifted pastry flour (or 1 ¼ c. once-sifted all-purpose flour), 3 tps. Magic Baking Powder, ½ tsp. salt, ½ tsp. grated nutmeg and ¼ c. fine granulated sugar. Cut in finely 5 tbs. chilled shortening. Combine 1 well-beaten egg, ½ c. milk and ½ tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly. Two-thirds fill prepared dishes with batter. Bake in a moderately hot oven, 375°, about 20 minutes. Turn out and serve hot with sauce or cream. Yield—6 servings.

MAGIC BAKING POWDER
Always Dependable

WOMEN

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ELLEN'S DIARY

by an Island Farmer's Wife

"If you must set hens, Ellen," James commented this morning when the day was fresh and new along the fields of our valley, "you should be prepared to take care of them yourself. I've too much work to do these times to stand here herding a hen for you—or running about to catch one either!" There she is now, over there by the pickets... Make a spring—and you'll have her! There! he was obviously relieved at our success. "Now see that you don't let her get out of that building again where she's sitting. Not if you expect me to help you, in the cropping!"

Too damp it was yet for the sowing but that, as he had pointed out at breakfast, was "no excuse to be idle and so much waiting around to be done." And he was gone shortly along the fields, the black dog scouting happily ahead to help the younger farmer at a spot of fencing there. In off times from the field-work, they attend to such tasks, so that the good neighbour policy may have its roots on our own farms.

And so there was fencing done... and baled straw hauled from the other farm "beyond this one, to provide bedding for the weanlings of pigs that were graduated today to the growing pens and also to make comfortable those later spring-litters due to arrive presently in the piggeries at Alderley, as well as at this place of Rob's... A pair of orphans, one of the housewives has been recently given and whether there will one day be a new hat or a gown come to her by way of these or that an old fashion "the wife's pig will go in the barrel" remains to be seen!

"And where, Aunt Ellen, are the

That Body of Yours

By **James W. Barton, M. D.**

TREATING AILMENTS OF BODY AND MIND AS ONE AILMENT

Sir William Osler, the greatest of modern physicians, stated a few years before he died that during the course of his years in practice he had gradually been reducing the number of different drugs he used. He first was able to reduce them to fifteen and then to four and hoped that before he died he would be able to get along without any drugs, using instead suggestive therapeutics. Suggestive therapeutics, as we understand it, means finding out the cause of the symptoms by thorough physical examination and then treating the emotional and mental symptoms underlying these causes.

From his book, "Stress and Disease," published by Charles C. Thomas, Springfield, Illinois, Dr. Harold G. Wolff, Professor of Medicine, Cornell University College of Medicine, we learn from a noted authority discussing it that "many psychiatrists have talked about the commonly observed effects of the emotions on the body but Dr. Wolff has taken the trouble to measure these effects."

In his laboratory Dr. Wolff has measured the changes induced by the emotions—changes in the arteries, the rate of circulation of the blood, the varying amounts of secretion in the skin, in the stomach, or in the intestines. He has photographed the psychically produced color and turgidity (tenseness) of the lining of the stomach and the bowel.

In his clinic Dr. Wolff has also talked to nervous and suffering people and has found out what their emotional problems are. "The book is thought provoking and many a physician will now wonder how many of his patients with hypertension (high blood pressure) chronic ulcerative colitis, or supposed sinusitis, are suffering largely from the effects of violent emotion."

Dr. Wolff says that 2 out of 3 persons with stress symptoms can be relieved of their suffering and painful body reactions by psychi-

Better English

By **D. C. Williams**

1. What is wrong with this sentence? "Much work still remains to be done."
2. What is the correct pronunciation of "almanac"?
3. Which one of these words is misspelled? Awkward, awesome, awareness, avalanch.
4. What does the word "terminate" mean?
5. What is a word beginning with gr that means "attractive; full of charm"?

ANSWERS

1. Omit "still." 2. Pronounce first as in all, not as in at. 3. Avalanch. 4. To end. "The torrid zone terminates at the tropics." 5. Gracious.

Modern Etiquette

By **Roberta Lee**

Q. When guests are leaving, after spending an evening in one's home, are the host and hostess supposed to remain at the door until they have entered their cars and driven off, or do they close their door immediately after the guests have gone out?
A. The door may be closed immediately after the guests have gone down the front steps.
Q. Should one write "Mr. and Mrs. Robert J. Johnston" on the inner envelope of a wedding invitation, just as it is written on the outer envelope?
A. Just "Mr. and Mrs. Johnston" is sufficient.
Q. Is it all right to name an adopted boy "Junior"?
A. This is perfectly all right.

Cook's Corner
CUSHION CAKE
1 cup sugar
½ cup butter creamed.
Add 2 eggs ¼ cup milk, 1 ½ cups flour with 1 ½ teaspoons baking powder and ½ teaspoon salt. Divide in two parts to one part add 2 teaspoons molasses, spice and 1 cup chopped raisins.
Bake dark part first for 20 minutes in moderate oven. Then add light part and finish with maple icing.
—Mrs. Fred Platts, Scarborough W. I.

Household Scrapbook
By **Roberta Lee**
Squeaks
To stop any annoying squeaks rub the hinges, drawers and the like with a little soft soap.
Fly Paper
Fly paper can be removed from garments and furniture by washing with lukewarm water.
Olive Oil
Some people consider the taste of olive oil unpleasant. To make it agreeable, add a small pinch of salt.
Marking Linen
When marking handkerchiefs or any other articles with indelible ink starch the article first and it will prevent the ink from spreading and blurring.
Mending
When mending plaids or checks try using several shades of silk to

Morning Smile
When a worried-looking man presented himself in the claims department of an insurance company the clerk asked a lot of questions.
"No, not much damage," remarked the worried man; "only a door burned."
"When did the fire occur?"
"Eight years ago."
"Eight years?" And you've waited all this time before reporting it?"
"Well," replied the claimant, "my wife has been at me to do something about that door ever since it was burned, and I just couldn't stand it any longer."
gether in the needle, selecting colors to harmonize with the material. After pressing, the mend will hardly be noticeable.

NEW PROOF
THAT MILLIONS CAN END THE NEED FOR LAXATIVES
—find relief from constipation this safe, natural way—without the injurious effects of repeated laxative use.
With all the progress of medical science over the past 30 years, authorities say there is no longer any reason why irregularity should be our most widespread human malady.
Nor is there any reason for developing the habitual use of harsh laxatives—of dosing with one preparation after another in the vain hope of finding, in some potion or pill, the "secret" of lasting relief.
Long-continued study of the problem has shown that one of the most common causes of irregularity is lack of bulk in the diet. And when this is the case, the common-sense correction is to be found not in the drug store but in your food store!
In a study, 135 people with known delayed bowel function were given one ounce of All-Bran daily for one week. They were studied clinically and with X-ray with tests made before, during and after they ate the All-Bran.
OF THE 135 PEOPLE, 101 SHOWED DEFINITE CLINICAL IMPROVEMENT, IN JUST 7 DAYS.
IN A FOLLOW-UP STUDY, BETTER THAN 6 OUT OF EVERY 7 PATIENTS WHO WERE GIVEN ALL-BRAN IMPROVED.
The greatest advantage of All-Bran is that it corrects the cause of irregularity due to insufficient bulk. Chemical or drug-type laxatives, on the other hand, are intended only for overnight relief of a temporary stoppage.
When people use these products habitually—in a way that laxative makers never intended—they punish their digestive system in a way that nature never intended. Instead of correcting the cause, they often actually make their condition worse.
If you think you must take a laxative preparation occasionally, do so. But do it wisely. Read the instructions completely. AVOID EXCESSIVE USAGE. But for natural and lasting relief put your trust in nature. Just eat daily a one-ounce serving of All-Bran for breakfast and drink plenty of water.
This All-Bran plan has helped millions to re-establish and to maintain healthful regularity. Why not you?

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