

New Zealand Plans Crowded Itinerary For Royal Couple

AUCKLAND, N.Z., Jan. 8 (CP) — Although Princess Elizabeth and the Duke of Edinburgh have agreed to an arduous and exacting itinerary on the New Zealand section of their tour in May and June, a stream of protests is pouring in from districts which have been omitted.

In spite of statements that lessons from the Canadian tour would be applied to the coming visit, many observers feel the tour will be quite as strenuous as the Canadian one in its way, especially as it will come at the end of a long series of ceremonies, receptions and inspections in Kenya, Ceylon and Australia.

In their anxiety to compensate for the twice-cancelled visit of the King, the royal couple have agreed to cover all the ground which was proposed the King and Queen and Princess Margaret on separate trips, should take in, and also to visit 10 additional towns. This means they will have to visit 23 towns in 35 days, travelling by sea, air, railroads and motor-car.

Their itinerary will take them from Wellington, the capital, at the southern end of the North Island, to the South Island across to the isolated west coast, down to Invercargill in the extreme south and then through a large stretch of the North Island, concluding at Auckland. Nevertheless it has been necessary to omit several large districts and they now are objecting to the itinerary and demanding that the program be amended.

Omit Scenic Areas The districts omitted are the northern end of the South Island, the whole of the central and western part of the North Island, and the northern peninsula in the far north. In their anxiety to meet as many of the people as possible, the royal couple have agreed to a town that will give them a minimum of sightseeing in scenic regions which bring most tourists to the dominion.

Rotorua, centre of the thermal regions, is the only major tourist area they will visit. Although it is understood they will have free time at week-ends, a two-day break during the South Island section of the tour is the only official rest period provided. It is evident that the tour has been planned to compensate for the disappointments of the King's twice-postponed tour rather than for the enjoyment of the royal visitors. They will obtain a good working knowledge of the dominion's everyday life on farms and in cities.

Typical of the conscientious way the Princess is approaching the tour is a request that everybody present at functions for local body representatives and women's organizations should be presented to her individually.

How Can I... By Anne Ashley

Q. How can I improve my whipped cream?

A. If a teaspoon of strained honey is added to whipped cream, it will sweeten it and give it a very delicious flavor. It will also stay firm longer than it does when sugar is used for sweetening.

Q. How can I soften the bristles of my toothbrush that are too hard and cause my gums to bleed?

A. Soak the brush in hot vinegar for a half-hour. Then wash in cold water and some of the stiffness will be removed.

Q. How can I remove grease spots from marble?

A. Cover the stains with a paste of fuller's earth and water. Allow this to remain for several days.

Anne Adams Patterns



GOOD MIXERS SHORT CUT to a lavish wardrobe! Make a jumper and a blouse or two! This handsome twosome is the best-looking classic team of the year! You'll also wear blouse with suits, jumper with sweaters or alone as a sleeveless dress.

Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Name, Address, Style Number.

That Body Of Yours

By James W. Barton, M.D.

MOST ARTHRITIS PATIENTS CAN BE HELPED

Since the word "arthritis" has become part of our everyday language, we do not hear the word rheumatism mentioned so often. As many patients ask their physician what is the difference between rheumatism and arthritis and many others would like to ask but do not do so, it might be well to outline the difference.

In his new book "Arthritis and the Rheumatic Diseases," Dr. Philip Lewin, professor and chairman of the Department of Bone and Joint Surgery, Northwestern University Medical School, says, "Briefly stated, arthritis means, rheumatism of the joints. The name rheumatism includes arthritis. When rheumatism attacks the joint, it is called arthritis (strictly inflammation of a joint). When it attacks the nerves, it is called neuritis; the muscles, myositis; the fibrous tissues, fibrositis."

What causes rheumatism, the oldest known disease? The chief causes of arthritis are injury, exposure, infection and disorders of the glands and of the circulation of the blood. There is pain, stiffness, swelling, tenderness and deformity.

It is known that the commonest symptom of which patients complain is pain, so that the important objective of treatment is the relief of pain. After the relief from pain, treatment is to preserve or restore full or nearly full movement in the joint, prevention of deformities, prevention of disability. With the use of surgery, there is relief from pain, the correction of deformities, restoration of movement, discarding of braces and with the use of ACTH and Cortisone it is now not true that "once a rheumatoid, always a rheumatoid."

Rheumatism is now considered a constitutional disease, in that a run-down condition makes the individual more liable to contract it. The fact that infection—teeth, tonsils, gums, gall bladder—can cause a run-down condition of the body—tiredness, thinness—may have more to do with causing rheumatism than the infection itself.

Another point is that "when a bone changes its internal structure from curbstone (very hard) to sponge candy, no reasonable person will expect miracles." The trained physician tells his patient with chronic arthritis: If I cannot cure your arthritis, I can teach you how to live with it as you would with a disagreeable neighbour.

Dr. Lewin states that perhaps in the next 10 years, 85 per cent of arthritis victims will be helped 85 per cent, as at present about 50 per cent of persons can be relieved of all their arthritis complaints and 85 per cent can be relieved of 75 per cent of their trouble. Fortunately, the family physician is now equipped to treat arthritis; of course referring some cases to orthopedic or general surgeons, and to specialists in physical medicine.

The Stars Say - - By Genevieve Kemble

For Tomorrow A CONCENTRATION of the forces and energies, with a well-formulated plan of action for future solidarity and gainful reaping, is enjoined by current aspects of major planets. Such building on sound basic foundations would be furthered by a subtle urge from within, perhaps even a "hunch," an inspiration or some intuitive lead. The subjective as well as objective faculties are dependable.

For the Birthday Those whose birthday it is may work arduously toward high objectives, for far-reaching and enduring goals. While the forces and faculties are dependable and encourage sustained efforts based on sound logic and premises, such may be enhanced by inner urges, with intuitions strong and ideals or peculiar promptings not to be discounted. Theory as well as practice work well at this time.

A child born on this day, while practical, logical and dependable, also may work from idealistic or inspirational guidance.

Better English By G. C. Williams

1. What is wrong with this sentence? "He hasn't worked any for the last three weeks."

2. What is the correct pronunciation of "preface"?

3. Which one of these words is misspelled? Itinerary, irascible, idiosyncrasy, ignoramus.

4. What does the word "actuate" mean?

5. What is a word beginning with "os" that means "to exile, banish, exclude"?

ANSWERS 1. Omit any, and say, "for the past three weeks." 2. Pronounce pre-fas, e as in let (not as in me), as in ace untraced. 3. Idiosyncrasy. 4. To put into action; move to action. He was actuated by a desire to succeed. 5. Ostracize.

Cook's Corner

CHEESE FLUFF 1 package (8 ounces) process cheese 1/2 cup mayonnaise 1/4 cup toasted chopped blanched almonds

1 tablespoon finely chopped onion 1 tablespoon cut-up capers 2 tablespoons well-drained chile sauce.

Let the cheese stand at room temperature until soft then beat with a fork or wooden spoon until creamy.

Gradually beat in the mayonnaise and beat well.

Fold in the toasted chopped blanched almonds, onion, capers and chile sauce.

Turn into a bowl and serve as a "dunk" for potato chips, small crisp crackers, etc. If the mixture is made ahead of time, cover and let stand at room temperature until serving time.

SAUSAGE POTATO PIE 1 pound link sausages, 1 cup celery, cut in 1/2 inch pieces, 1/2 cup chopped onion, 2 tablespoons flour, 1 1/2 cups tomatoes, 1 1/2 cups carrot sticks, 1/2 cup water, 1/2 teaspoon sugar, 1 teaspoon salt, 2 cups seasoned mashed potatoes.

Place sausage in skillet. Add small amount of water. Cover. Simmer until plump, about five minutes. Uncover, brown, remove sausages. Cook celery and onion until golden; add flour; blend. Stir in tomatoes; add remaining ingredients except potatoes. Cover. Simmer 15 minutes, stirring occasionally. Pour into 1-quart casserole. Top with mashed potatoes. Arrange sausage in circle around top. Bake in hot oven, 40 degrees F, until golden brown, 15 to 20 minutes.

DOROTHY DIX SAYS—

By Dorothy Dix

Too Many Home Duties

Girl Resents Working Sister's Freedom

DEAR MISS DIX: Everything in our house was fine until my older sister quit school and got a job. Now I must take over all the responsibilities of the house including the care of a 9-year-old brother whom I can't manage. I am 15, don't mind the work, but since my sister has been earning money she doesn't have to do anything at home at all. I must always be the one to stay at home and mind the younger children at night, even if I had a previously planned evening. My sister doesn't even pay board. Do you think this is fair?

JOAN L. ANSWER: Your sister isn't to blame for shirking her home responsibilities; this is her parents' fault. The mere fact that she has a job is no excuse to avoid all other work.

A wage-earner does, undeniably, enjoy more prestige (and consequently more privileges) in the ranks of the salaried, is taking more advantage of the situation than is just. In due time, when her chosen lot has lost much of the glamour it now holds, she'll come down to earth. About all you can do, Joan, unless your parents are willing to co-operate with you, is wait until big sis realizes how unfair she is.

PARENTS WRONG HERE

Parents make a big mistake when they exalt a wage-earner to high station. What they are doing is making very apparent the fact that in her home the most important thing is to bring in money. Such an attitude induces the younger members of the family to rush out to work as soon as possible, abandoning all attempts to acquire an education. This may be the very result for which the parents hope; if they are more interested in financial gain than in their children's welfare, no effort will be made to keep youngsters in school as long as possible. Of course, as each child in turn takes his place in the business world, he, too, will relinquish participation in the home routine. Family solidarity itself suffers as a consequence.

The proper method of relieving a child of his or her duties is to have a general practice that any one child be exempt from all household work. As long as a son or daughter remains under the parental roof, a contribution towards the family welfare in the shape of regularly assigned tasks should be expected of him. To see that such stints are meted out and executed is a prime parental responsibility.

DEAR MISS DIX: I am 20, and about seven months ago was going with a boy 21. We were in love, and planned to be married, but I started to look at things in a matter-of-fact way. He wasn't too friendly with my family, and I also realized that when the dizziness wore off I wasn't going to be satisfied with his financial status. So I broke off, and haven't seen him since. I am still determined to forget him, but wonder if I am foolish to be so practical!

DONNA ANSWER: It is sometimes possible to be too practical about love! It's doubtful, however, if any young romance could stand a cold, calculating analysis of all practical facts. Since you found fault with your erstwhile sweetheart on the two major points of family relationship and finance, you probably were quite right to cancel the friendship. Regrets will avail you nothing, anyway, as he is probably beyond recall now. Men have their pride, too, and seldom like to be sent away, then whistled for.

DEAR MISS DIX: I am in my early 20's. The man I love is in business with a woman. They are very friendly, and naturally spend a great deal of time together. He is only mildly interested in me, a situation I am desirous of overcoming. Would this partner stand in the way of a romance between us?

LINDA D. ANSWER: Aren't you rather reaching for the moon? To yearn for a man who has shown no serious interest in you, and who is probably in love with someone else, is surely a great waste of time and emotion. Whether your friend is really in love with his partner or not is beside the point. He is not particularly interested in you! You might try furthering the acquaintance with an invitation to a dance or something of that sort, but don't hope for too much.

Corseted Midriff Prevailing Fashion

NEW YORK, Jan. 8 (AP) — Diets and corseting will boom anew in 1952, it was indicated today as New York designers opened a hectic week of advance spring fashion showings for benefit of visiting fashion editors.

The slim, corseted midriff is the prevailing silhouette for spring, demanding expert underpinning and no excess padding. This was demonstrated dramatically at the opening style preview of the week, by Paulin Trigere, a French designer who found fame and fortune in the United States.

Without exception, every number in her collection is cut on torso-hugging Princess lines, often with the belt set just beneath the bustline, but with the figure so expertly molded that the natural waistline is much in evidence. The corseted midriff line extends to the hipbones, where it is released in softly flaring skirts.

Miss Trigere presents the silhouette in many versions, from resort linens and cottons through spring suits and dresses to spectacular evening gowns — nine longer than the ankles.

The importance of the slim midriff also is pointed up by Phillio Mangone, who learned his trade, like most great tailors, in Italy. His suits and coats exhibit the precise tailoring and fluid lines which are his trademark, but with greater emphasis on nipped waistlines and gently rounded hiplines.

He shows suits in several silhouettes — the bell skirt and short, ruffled jacket, the classic pencil slim line which is his favorite, the suit with wide sleeves and soft dressmaker lines, and the silhouette that is straight and slim in front, with skirt fullness released below the knee in back.

His fabrics are handsome and varied, ranging from featherweight imported tweeds to smooth gabardines and shantung weave wools representing the best American weaving skills.

ELLEN'S DIARY

By an Island Farmer's Wife

This farm sent two experienced craftsmen to the woodlands this afternoon to commence reaping the seasonal harvest of fuel-wood and lumber there. To a near lot they went, to pick up first any fallen trees and such sizable ends as were left in the wake of their brief spells of summer lumbering there.

These excursions were made necessary to replenish dwindling stores for the barn-building, when the boards in supply ran out and other places, needed here and there about. Yesterday James was of the opinion "With so much choring to do, I doubt if we'll ever get time to go to woods' work."

Today saw axes edged and presently the two off in the truck along the fields to the north. . . There will be work for them nearer home, one day before spring we are sure, when the remains of a gallant old Russet tree and a raggedy spruce in the orchard will be turned into wood for the stoves. These fell in the December gale which in a queer coincidence blew again gustily and strong a year from the very night that brought the unroofing of our barn, opening all beneath to wintry winds and weathers.

"Do I remember that?" granddaughter remarked gravely in reply to our question. "I guess she's rodded 'all of us' will remember that to the day that we die!"

This was an ideal day for the woods' work and we recall now that James declared he never before had tasted sweeter bread than that we set before him at supper this evening! Nor did we need tempt the appetite gained by his spell in the woodlands. They returned in the dusk bringing in with them the tangy fragrance of spruce and fir and of woody places — a dusk brightened by the young moon then climbing above the dim quiet mill in the valley.

A short while before the sun had set a fire in its stable window and painted bright lights on the pond and then quietly dropped from sight behind the trees to the west. Granddaughter brought her sled and shovel to the veranda then in token of her day's close and with a smile which said "After all pleasing, it's so nice to come home!" made her way with sprightly steps to the house across the lane.

"Evening red — it was a good sign!" we commented to James over our meal, but he shook his head and observed "It was too good, I'm thinking — we'll likely see a falling weather out of it!" The pond as yet only infrequently frost-banded allows him still to read certain forecasts there. . . And all day, January whose level is a garnet, and for flowers wears carnations or snowdrops, spread a flood of mellow sunshine over the farmlands — the drab garments of these now patched with pieces of white.

The children joyed in its loveliness, cats napped in a sunny corner of a veranda, sparrows held spirited conferences about, and we said with some longing: "Now if winter would always bring us days like these!" . . . But James, husband of ours, and a poor fellow sometimes neglected by our ministries, calls from the pantry: "Ellen, where would a fellow find something to eat? I thought I saw a jar of cookies on a shelf here!"

There is a sound of dishes rattling . . . a minor crash, and "Confound it, Ellen — they're not here now!" Until tomorrow — Diary — Good-night . . .

PROLIFIC ARTIST

Rembrandt, the great Dutch artist who died in 1669, left about 600 paintings, 300 etchings and 2,000 drawings.

GARMISCH-PARTENKIRCHEN, Germany, Jan. 8 (CP) — The United States High Commissioner, John J. McCloy, was startled to find this German police warning sticker on his car here last weekend: "To a cow, traffic's only a lark, but you must learn how to properly park."

Modern Etiquette

By Roberta Lee

Q. If a man is entertaining a group of friends in a restaurant or hotel dining room, in what order do they go to the table?

A. If the headwaiter leads the way to the table, the host goes first to seat his guests. The women follow next, and the men of the party last.

Q. When a man meets a woman on the street, with whom he is well acquainted, should he offer his hand?

A. This is strictly the woman's privilege, and it is better to let her make the first move.

Q. Should an usher at a church wedding offer his arm to every woman he escorts down the aisle, whether he knows her or not?

A. Certainly.



Mrs. Harold Curry, Curry's Corner, N.S., attributes her baking success to Fleischmann's Yeast.

Wins Baking Honors at 1951 Hants County Fair

A big hug for Mom! Her cooking not only keeps a fella running for his high chair—but it wins prizes at the fair as well! This winsome young winner at America's oldest agricultural fair is Mrs. Harold Curry, of Curry's Corner, N.S. Mrs. Curry knows the value of top-grade ingredients in baking . . . notably Fleischmann's Yeast. "I can compare Fleischmann's with no other yeast," says Mrs. Curry. "When I started baking breads, I started with Fleischmann's. I found it so reliable that I have never used anything else. . . Convenient, too, is the Fleischmann's Fast Dry Yeast, for that extra baking of rolls for a surprise treat." That's it exactly! Because Fleischmann's Yeast is so reliable, so uniformly fast rising, the majority of prize-winning bakers will use no other.

Morning Smile

A Second Look "Too bad about our neighbours, the Flubbs," sighed Mrs. Chatter. "They've been married only six months, and now he's beginning to find fault with her looks."

"Why, I thought he fell in love with her at first sight," remarked Mr. C.

"He did; but now he discovers that he needed glasses."

A Sign "Why do you think Brown's latest book is a success?" "People who haven't read it are beginning to say they have."

Serves Him Right "What did George's rich aunt leave him in her will, after he had spent so many years pretending he was fond of her beastly cats?" "The cats."

Mixed Up A wife asked her husband to take down a radio recipe. He did his best, but somehow got two stations at once, and this was the result: "Hands on hips, place one cup of flour on your shoulder, raise knees and depress toes; mix thoroughly in half cup of milk, repeat six times. Inhale quickly half teaspoon of baking powder, lower the legs and mash two hard-boiled eggs in a sieve; exhale breath naturally and sit in a bowl. Lie flat on the floor and roll in the whites of two eggs backward and forward until it comes to the boil. In ten minutes remove from fire and rub smartly with a rough towel. Breathe naturally, dress in warm flannels and serve with tomato sauce."

Household Scrapbook

By Roberta Lee

Iron Rust To remove iron rust from a garment:

Colman's MUSTARD

IS ECONOMICAL AND DELICIOUS ON VEGETABLES LEMON MUSTARD SAUCE Drain vegetable cooking liquid into pan and simmer down to 1/2 cup.

1 1/2 teaspoons Colman's Mustard 1 teaspoon granulated sugar 1/2 teaspoon salt 2 tablespoons melted margarine, vegetable shortening or salad oil 4 teaspoons lemon juice Pepper

Stir ingredients into vegetable liquid. Heat and pour over lima beans, string beans or quick-cooked cabbage in serving dish. Try it too, with fish. For free recipe booklet, write to Reckitt & Colman (Canada) Ltd., Station T, Montreal, C.K.H.

Alice Brooks Designs

EMBROIDERY NEWS! EYELET frames these little flower-motifs! You can use white eyelet — or for contrast, match to one of the flower-colors. For towels, scarfs, or pillowcases.

Easy! Beautiful! Pattern 7195 has two each of three motifs about 5 x 11 inches directions.

Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Mount McKinley, the highest peak in North America, was first topped by mountaineers in 1913.

STOPS HEADACHE FAST ASPIRIN

A little pill-box with a square top and a smart matching coat can be made from one yard of fake fur cloth. One coat and is slashed, the other point pulled through the slit. Snakeskin printed cloth gives a dramatic accent to a tailored suit, but autumnal tones in velveteen can be substituted for the fur cloth if you want a more colorful contrast. If you wish to make this FARE FOR SNAKESKIN HAT AND ASCOT, a direction leaflet is available. Just send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. E-2798.

QUICKER RELIEF FOR BABY'S COUGH

BABY'S OWN COUGH SYRUP

Get the original in New Blue and White carton. Made by the makers of BABY'S OWN TABLETS.

