

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "I could see that he was very dissatisfied."
2. What is the correct pronunciation of "jocund"?
3. Which one of these words is misspelled? Plenteous, facetous, discourtuous, bounteous.
4. What does the word "nascent" mean?
5. What is a word beginning with ex that means "sublime"?

ANSWERS

- 1. Say, "that he was very much dissatisfied." 2. Pronounce jok-und, as in on, accent first syllable. 3. Facetious. 4. Coming into existence; beginning to develop. "He was flattered by a certain nascent admiration on the part of the girl." 5. Exalted.

Cook's Corner

PINK LEMONADE

As certainly as temperatures rise, our thoughts turn to the coolest drink we know, tall frosty glasses of ice-cold lemonade. This summer favorite is truly a lifesaver. It's so easy to prepare that children can make their own for between-meal snacks.

- 1/2 cup sugar
6 cups cold water
Ice
A few drops red food coloring
Juice from 6 lemons
Stir together lemon juice, sugar water and coloring. Pour over ice in tall glasses. (Serves 8.)

Household Scrapbook

By Roberta Lee

Precaution

It is well to keep an eye on the cords of one's various electrical appliances for any sign of wear or breakage, and when such is noticed, wind adhesive tape around the place immediately, and thus prevent shock or fire.

Prevent Cake Falling

Be sure never to slam the oven door when a delicate-structured cake is baking, as this has a tendency to break the tiny air cells in it and the cake will fall.

Polishing Irons

The wax-coated boxes, which formerly contained cookies, crackers, etc., make excellent iron polishers.

ELLEN'S DIARY

By An Island Farmer's Wife

This afternoon without so much as an encouraging "Try it, Ellen—it's the trying that wins out in the end!" from James to bolster our slim supply of courage, we grasped opportunity by the horns, and won in the struggle. So many times we find our inclinations to go or not to go differing only by a hair's breadth that in the ultimate decision we are often made aware of the Lord's doings though it be to go or stay. Not we suppose that Providence should bother over providing us with "a way or ways" and yet suddenly about the blue or the grey of the day there arrives a glimpse of some avenue whereupon we may enter to walk (Skip indeed, James will have it, especially if the uninviting incident should chance to take us away from some duty of the day!) surely towards some hope fulfilled, some vague dream realized. So with only moments' intimation of the outing-to-come, we rode in the truck, a neat quick vehicle which according to the findings of the farmers has more than repaid the original output in dollars in its varied uses about our farmsteads, towards the city to attend a "Movie."

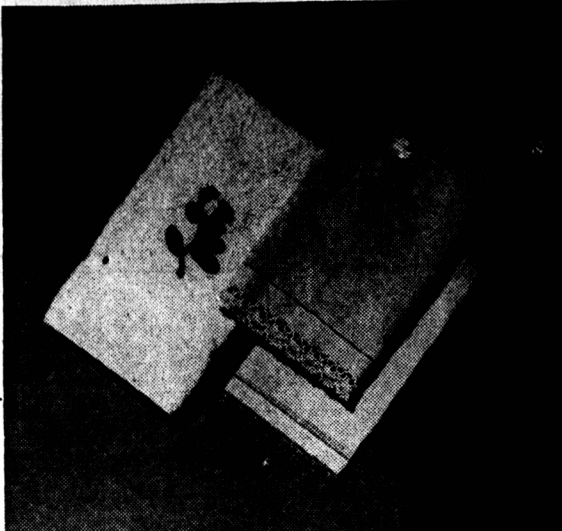
It was a second trip of the day thither for the truck. Bright and early though cloudy it was, it was off to deliver to the farm a recent purchase of a heifer to add to the herd that crops the pasture on a familiar hillside along the stream. . . . James is missing at the moment, now that the work of the day is over, and light-house time has come. We remember along the Strait. It is likely, canny fellow that he is—by ancestry, experience and necessity, he has gone back to that same pasture to take stock of this buying. To reassure himself perhaps that he has obtained what he terms "fair good" value for the expenditure according to present-day money values, and that she has not dwindled in size during the transit from her grazing on a farm near the city. "It's a good rule to remember in making any purchase of live-stock" James will remind his sons whimsically on such an occasion "they are inclined to be a lot smaller when you get them to your own premises! You learn this—after awhile!"

This transaction, neither the first of its sort nor we suspect the last was carried out between the two and a dealer they favor in the city. This is a successful business man who once upon a time was at classes with James and the others of that time, in the school down the river road. A bit of an Irish boy then, with so inking we suppose of the good fortune the years should ultimately bring. There is we notice a clanship which does not belong alone to great universities' graduates. It is to be found also among those who once hacked their initials idly on desks, who fought and taunted

have conflicting traits or character—serious, sober and diligent, as well as original, ingenious and dynamic. It should be sensitive, lively and ambitious with a strong urge to romance.

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

Crochet Trim for Guest Towels



An economical way of making decorative guest towels is to buy plain terry cloth or huck towels and crochet edgings or motifs for them. You may choose colors that blend, or contrast, whichever you prefer. If you would like to have directions for crocheting the motif and edgings for these GUEST TOWELS, send a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for Leaflet No. 4044.

True Success Story

By F. H. MacArthur

The story of Andrew Johnson, who was born at Raleigh, N.C. in 1808, is in some ways very much like the story of Abraham Lincoln. Owing to the early death of his father and the dire poverty in which the family were left, Johnson received very little schooling. However, the lad educated himself by constant reading and by the aid of his good wife. In 1828 he removed to Greenville in East Tennessee and began an active interest in politics in his state. Being elected to the State Legislature several times. In 1842 he was chosen to Congress and was four times re-elected. He supported the annexation of Texas, the Mexican War and the Compromise Measure of 1850. In 1853 Johnson was chosen Governor of Tennessee and four years later he entered the U.S.A. Senate, where he attracted considerable attention as a spokesman for the radical Union party.

Returning to his home state at the end of his term, he continued to labor for the Union cause and one year later became Military Governor of Tennessee.

In 1864 he was nominated for vice-president on the Republican ticket and stepped into the White House upon the assassination of Abe Lincoln.

At first he was a radical exponent of Congressional reconstruction favoring the severest measures towards the seceded states, but he soon came under the influence of Secretary Seward and from then on adopted a more conciliatory policy. He proclaimed general amnesty and ordered the establishment of provincial Congress in several states, but soon he was confronted by stiff opposition on the part of Congress.

The feud between the President and Congress raged with much bitterness, Johnson vetoing all the important reconstruction measures of that day.

The crisis in the struggle came when the President requested the resignation of Edward Stanton, the then Secretary of War, who had bitterly attacked Johnson's policy. The State flatly refused to ratify this removal and the President refused to recede from his position. The result was an impeachment trial, the principal charges being violation of law in the removal of the Secretary, and insulting language in the President's public speeches against Congress.

The trial was long and bitter, presided over by Chief Justice Chase, the President was acquitted, the prosecution lacking one vote of the two-thirds necessary for conviction.

Though the Democratic party had favored Johnson's policy, he had (so they maintained) forfeited all claims to leadership by deserting the party at the beginning of the Civil War, and he was not re-nominated but was succeeded by General Grant. Johnson's last official act was to grant a pardon to all who had been concerned in secession. He at once began a campaign for the Senate and was elected in 1875 but passed away in July of the same year.

Not a great president, measured by any standard, yet the meteoric rise of Andrew Johnson must ever remain one of the startling success stories of the marching sons of America.

Our nutrition experts point out that loss of nitrogen and protein is accompanied by loss of calcium (lime) and other mineral salts swelling due to fluid in the tissues such as iron, and phosphorus. The greatly increases where there is lack of protein, especially lack of meat. Also lack of protein causes anemia (thin blood) and the blood loses much of its ability to fight off harmful organisms. And, finally, because of this lack of proteins, changes in personality and emotional make-up occur.

Try to eat some proteins—meat, eggs, fish, milk, cereals—once or twice daily.

EATING YOUR WAY TO HEALTH Are you getting the all-round daily diet for your type of build and occupation? Write today for Dr. Barton's handy booklet on this subject entitled "Eating Your Way to Health." Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Tomato Sandwich Salad Put two slices of fresh tomato together with a filling of cottage cheese. Serve on iceberg lettuce. Top with mayonnaise. Other fillings such as chicken, tuna or egg salad may be used too. For youngsters, cut this "sandwich" into bite-size squares for easy eating.

Calico Peach Cup Salad Crisp cabbage-apple salad heaped in a luscious fresh or canned peach half is a vegetable and fruit combination that will mean happy eating for all the family. Lengthen the red skin on the apples and garnish the top with thin apple slices. The salad is unusually attractive looking.

Matchstick Salad Place a small mound of cottage cheese on a bed of shredded lettuce. Dip one end of crisp, cold celery and carrot sticks in a bit of paprika cheese ball, "flame" end up. Or heap the "matchsticks" loosely on shredded lettuce.

Stuffed Pear Salad Fill fresh or canned pear halves with a mixture of equal parts of finely grated raw carrot and grated cheese combined with French dressing. Serve on lettuce cups arranged on a platter.

and Sealing Wax" and "The History of Mr. Polly." After making "Honeymoon Deferred" for an independent company, Sally has no further immediate film commitments.

"So I decided to start learning my job and the best way to do that seemed to be to start in rep," said Sally, the daughter of stage star Bobby Howe.

It's a long step down, but Sally's not downhearted. "Lots of people are in the same boat," she says. "You can't just sit and look sad."

TEEN-AGE FILM STAR GOES BACK TO STAGE LONDON, July (OP) — Sally Ann Howe, teen-age British film star, is going back to repertory Theatre—to start all over again.

After only one year's run, the Rank organization allowed the option on her £50,000 (135,000) seven-year contract to lapse, due to a financial crisis in the film industry.

With only one week's stage experience, Sally hit the headlines as child star of "Thursday's Child." Later she played in "Pink String

That Body Of Yours

By James W. Barton, M.D.

GREAT NEED AND VALUE OF PROTEIN FOODS

Until a few years ago proteins—meat, eggs, fish—were blamed for rheumatism, gout and other joint disturbances, so that many well individuals cut down or avoided entirely all or some of the protein foods. Meat was to be especially avoided.

Then came the general idea that most of us ate too much meat and that we could get along with a little meat but could eat large amounts of all the other foods—starches, fats, and minerals. A little later it was thought that we were eating too much of all kinds of food, and the daily number of food calories was reduced.

However, cutting down on the total number of calories eaten daily includes cutting down on proteins (body builders) and it was soon found that the body needed proteins to maintain strength.

In "The Wisconsin Medical Journal," Dr. J. B. Youmans states that lack of or a deficient supply of calories at first involves only loss of body fat. When body fat is gone, however, loss of the body's very small protein begins so that, in the end, calorie deficiency becomes protein deficiency. This is a serious loss to the body and to the general health of the individual because the strength of the entire body depends upon the nitrogen balance of the body being maintained.

Among the many ill effects of lack of protein in the tissues is muscular weakness. There is a decrease in the amount of blood pumped into and out of the heart, low blood pressure, slow heart beat at rest, and greatly increased heart rate on slight exertion. Muscular weakness may cause bloating or distension of stomach and intestines.

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DOROTHY DIX SAYS -

Tired Of Marriage

Trial Separation Advised For Dissatisfied Couple

DEAR MISS DIX: I am a young married man 25 years of age. Have been married only two years and find that I have made the mistake of my life, for I am not in love with my wife and she is not in love with me, but we lack the courage to tell each other. She though my wife does not care for me, she is one of the possessive women who deprive their husbands of all liberty. She doesn't want me even to speak to any of my friends on the street. She will not leave me alone long enough to go from one room to another. She has no friends of her own and doesn't like for mine to come to see us. Every time I put on my hat to walk downtown she tags along behind me. She doesn't realize that a man wants to be to himself sometimes or to be with some of his men friends.

I am bored to death. I am so worn out looking at her every minute of the day and night that I feel as if I could scream. When we go home from work we have nothing to do but stare at each other night after night, week after week, month after month, and I am so tired of it and not seeing any of my friends that I sometimes think I will go crazy. What can I do?

ANSWER: The obvious thing for you to do is just to have a showdown with your wife. Tell her frankly how you feel about it and suggest an amicable separation. If she does not love you, she may be as glad to part from you as you will be to leave her. Certainly I can see no morality in two persons living together in an enforced companionship in which they are both miserable and which brings out all that is worst in their natures.

DON'T GET DIVORCE

But don't get a divorce until you have tried at least a year's separation, because very often a couple who think that they have fallen out of love with each other are merely fed up with too much of each other. Many couples who cannot get along together find out when they are separated that they cannot get along without each other. If every disgruntled husband and wife had to go through a year's separation before they applied for a divorce, there would be mighty few wrecked homes. As soon as the estranged husband and wife had had time to really miss each other they would kiss and make up.

But any wife who keeps her husband tied to her apron strings and who cuts him off from his old friends and amusements is simply asking for trouble. She hasn't the intelligence that God promised a fishing worm, or else she would know that no man can stand over-doses of his wife's society any more than he could eat thirty quail in thirty days.

The wise wife varies the menu by bringing in his friends and surrounding him with interesting people and making home gay and cheerful. And she never tags him.

DEAR MISS DIX: We recently had a discussion on the meaning of the word "lady". Must a lady be born a lady? Who are ladies? What is the difference between being a woman and a lady? Can one acquire ladyhood, so to speak, that is, the character of a lady? What is the generally accepted meaning of lady?

ANSWER: Officially the word "lady" is a title applied to certain members of the British aristocracy. But you mean it in a different sense, and I think the best definition of an American lady that I have ever heard was that given by Charles Dana Gibson, who said of an elderly woman: "She never had her face lifted nor lowered her standards." By which, of course, he meant that she had dignity and poise and high ideals; that she was never carried away by the fads of the moment, nor unduly concerned by what people thought of her.

My idea of a lady is a woman who has all of the standard virtues and then some extra graces thrown in for good measure. She is never loud, nor coarse, nor vulgar in manners or speech. She can discuss things without getting angry. She doesn't use profanity nor tell smutty stories. She is a little more polite to her inferiors than she is to her equals, for they cannot talk back to her.

I have known many women in high places and worth millions who were not ladies and I have known many washwomen and women in almshouses who were ladies.

DEAR MISS DIX: What is meant by calling a woman a "clinging vine"?

ANSWER: A clinging-vine woman is one of the helpless sort who can't stand on her own feet and who has no stamina nor backbone. She is the kind of woman who is too shiftless and lazy to work and who makes some man support her. She is often pretty and attractive and appeals to a chivalrous man by her helplessness, but she generally ends, as the vine does, by choking him to death.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

NOW-She's Got Exciting ZIP and GLOW - and Plenty of Beauz

Don't envy her charm or radiant health! Make it yours the way thousands of pale, listless, anemic people are doing—with Dr. Williams' Pink Pills. By revitalizing and enriching your bloodstream, Dr. Williams' Pink Pills may bring you new pep, energy, joy in life—in only 30 days. So start today! Get back "in the pink" with DR. WILLIAMS' PINK PILLS

-Needlecraft- FOR THE HOME -

CAPE COSTUME Here's a sun-dress—belted and big-pocketed—yet with a new form of cover-up in its companion cape. No. 2161 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44 and 46. Size 18, sun-dress with cape 3 1/2 yards 35-inch.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address Pattern Department The Charlotte-Guardian. Pattern No. 2161

Name Address City Province

ORANGEMEN PARADE BELFAST, July 12—(Reuters)—More than 50,000 Orangemen—including some from the Republic of Ireland—paraded today as Ulster observed the anniversary of the Battle of the Boyne. At the Belfast demonstration, greetings were received from brother Orangemen in Australia, New Zealand and Canada.

DRINK Coca-Cola WORK REFRESHED

Advertisement for Lifebuoy soap featuring a woman's face and the text: 'HOW MY EARS BURNED AT THAT AWFUL WHISPER!'. Includes a list of benefits: 'Avoid offending ONLY LIFEBOUY GIVES YOU ALL-OVER PROTECTION!' and 'EXCLUSIVE SCIENTIFIC INGREDIENT', 'SPECIAL PURIFYING LATHER', 'BANISHES PERSPIRATION ODOR', 'FRESH CLEAN SCENT', 'KEEPS YOU REFRESHED, LONGER'.

Advertisement for Lifebuoy soap featuring a man's face and the text: 'NOT AFTER HER—"B.O."'. Includes a list of benefits: 'NOW I USE LIFEBOUY IN MY BATH AND KEEP SAFE FROM "B.O."—FRESH AND DAINTY, TOO! AND THE BIG NEW BATH-SIZE LIFEBOUY IS SO CONVENIENT... LASTS LONGER... IS MORE ECONOMICAL!'.

Advertisement for Dr. Williams' Pink Pills featuring a woman's face and the text: 'NOW-She's Got Exciting ZIP and GLOW - and Plenty of Beauz'. Includes a list of benefits: 'DR. WILLIAMS' PINK PILLS' and 'DRINK Coca-Cola WORK REFRESHED'.

Advertisement for Needlecraft featuring a woman's face and the text: 'Needlecraft- FOR THE HOME -'. Includes a list of benefits: 'CAPE COSTUME', 'ORANGEMEN PARADE', and 'DRINK Coca-Cola WORK REFRESHED'.