

ELLEN'S DIARY

"We have a fashion of running against snags in our romance. Issues appear—and, of course, disappear at the making-up", a fair young maid offered in our hearing not too long ago.

Modern Etiquette

Q. What should a tardy dinner guest do when he arrives and finds other guests in a home already eating?

A. Apologize to his hostess by all means, and perhaps explain the reasons for his tardiness. The hostess must never take the guest to task, but should say something polite and conciliatory, as, "I'm sure you didn't want us to wait dinner."

Q. When a hostess asks a guest to take another helping of some dish, isn't it all right to say, "I couldn't" possibly eat another bite?"

A. No. Merely say, "No, thank you." Such expressions as, "I am already too full," or, "I feel as though I could never eat again," are not considered good form.

The Stars Say

For Tomorrow

A PARTICULARLY active and progressive day, with energies and initiative pitched to levels of important accomplishment.

For the Birthday

Those whose birthday it is may anticipate an active and progressive period, with encouragement and reliable support for workable and ambitious talents.

Those whose birthday it is may anticipate an active and progressive period, with encouragement and reliable support for workable and ambitious talents.

Children cannot always be guarded against exposure, nor contact with other children who have colds.

Careful mothers give their children Father John's Medicine regularly. It provides Vitamins A and D which build up resistance, and soothe throat irritation which bad weather brings.

Get Father John's Medicine from your drug store today—keep a bottle always handy.

FOR COUGHS AND COLDS

Father John's Medicine

Made in Canada

Replacing Miss Dix



Muriel Nissen

Muriel Nissen, successor to the late Dorothy Dix, was born, raised and educated in New York City. She studied at Hunter College and took journalism and psychology courses at Columbia University.

Married in 1929 to a New York businessman, she has three sons, ages 21, 19 and 14—the two older ones now at college and the younger one in high school.

Miss Nissen has received hundreds of letters from the clergy of various faiths, doctors and readers complimenting and thanking her for the common sense and practical advice she has given readers through her column.

Our Daily Serial

By Peggy Dern

"He-shot himself, when I was fifteen," he said quietly, yet there was something very moving and almost terrible in that quiet.

She caught her breath on a little gasp and her hand went out to him in a swift, impulsive little gesture that seemed to comfort him.

He thought he was alone, poor old Dad. Once again the voice that twisted her heart with pity broke off, and Rusty looked down at her hand, still held between his own.

"Oh, Celia, you mustn't—I've made you cry again, haven't I? I'm terribly sorry," he said contritely.

She smiled through her tears and tried to steady her voice to say, "It's only that—I'm so terribly sorry for him—and for her, because they both missed so much."

He nodded in understanding. "You see now why I say that what Buzz and Mary Sue have, and have had since the day they first saw each other, is worth all they've gone through these last two or three years?"

"Of course," she told him simply. "Of course it's wrong for you to feel that way," she said. "Or maybe you're right. I wouldn't know. I feel pretty much the same way myself."

"I've caught on to this job. I'm supposed to take down the rough names he calls his customers, then type a nice polite letter."

DOROTHY DIX SAYS—

Card Playing

Husband Fond Of It; Wife Feels That It Is Wrong

DEAR MISS DIX: My husband and I have had quite a bit of discussion on a matter which we view quite differently. He likes to play cards—not to gamble, but as a pastime when visiting friends.

ANSWER: Playing cards, like so many other things in this complicated world, can be good or evil depending on the use to which they are put.

The theatre, books, movies, dancing—all have pernicious potentialities as well as possibilities for good.

While pointing out how innocuous a game of Canasta, for instance, might be, I would not want to undertake the responsibility of advising you to compromise with your own conscience.

DEAR MISS DIX: I have gone with a boy for two years. Not long ago one of his legs became paralyzed. Now he says I don't love him and am continually arguing with him.

ANSWER: Before you worry too much about your friend's attitude, how about your own? Are you really still in love with him, and ready to face the future with a full realization of what his handicap will mean?

DEAR MISS DIX: My husband is 33 years old and I am 17. Is the difference in our ages the reason he acts so cold to me?

ANSWER: My dear, since you are still scarcely more than a child, it's reasonable to assume that a man twice your age finds it difficult to believe you're adult.

Household Scrapbook

By Roberta Lee

Medicine Stains

To remove medicine stains on sheets or linens apply a paste of fuller's earth and ammonia to the spots.

Quick Drying

In order to dry stockings quickly, wring them out as dry as possible and roll tightly in a Turkish towel for five minutes.

Head Colds

A bad head cold can often be relieved by placing a piece of camphor in an old saucer, setting it on fire, and after burning for a few minutes, blowing it out and inhaling the fumes.

VAST COLLECTION

More than 55 miles of shelving are required to house the volumes in the British Museum.

Morning Smile

A Freak

The soldier was reading a letter from his wife, and didn't seem too pleased about it.

"What's the matter?" asked his chum. "Is there trouble at home?"

"Well, not exactly," replied the soldier, "but we've got a freak in the family. It says there, 'You won't know Willie when you come back; he's grown another foot!'"

Cook's Corner

LUSCIOUS DESSERT

1 tablespoon unflavored gelatine (one envelope), 2 tablespoons cold water, 1½ cups orange juice, 12 marshmallows, ½ cup lemon juice, 2 cups heavy cream, 2½ cups canned fruit cocktail, drained.

Soften gelatine in cold water. Heat ½ cup orange juice and marshmallows over hot water until marshmallows are dissolved.

That Body Of Yours

By James W. Barton, M.D.

SOME THOUGHTS ON SLEEP

It would be interesting to learn what drugs have the greatest sale to the public. Many of us would say drugs for constipation while others would say drugs to relieve pain.

SHOP TODAY AT GREENDAL'S JANUARY SALE

REMEMBER GREENDAL'S and winter stocks have come to a parting of the ways

Ladies' Coats regular to 59.50 now 29.50

Group of Coats regular to 39.50 Extra Special 18.95

Curling Jackets regular to 29.50 now 19.50

The GREENDAL CO. LTD. 150 Great George Street

A Country Garden

By Mrs. Gordon MacMillan

WINTER VALEDICTION

Now in the light of diamond-hardened days, I welcome winter with a tranquil heart.

With fern-fanned loveliness of woods alight With silvery birch-leaves rustling like a sea.

Where once, before the wanderer's dazzled sight, Swayed bluebell, violet and anemone.

And yet I would not have the summer back Though winter harness ruthlessly the trees.

For snowy calm lies in the temperate's track. And naked twigs have flowerlike traceries.

And memory, now like a windless lake, Reflects past beauty for the winter's sake.

Winter covering is needed when the snow has disappeared from our gardens as it is important to keep the frost in the ground.

Look over your bulbs in storage, some may need attention; be sure they are not in damp quarters.

Though the botanical name of the coffee tree indicates that Arabia is its natural habitat it was actually introduced there from Caffa in Abyssinia some time in the fifteenth century.

It has shiny evergreen leaves and Continued on page 3

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Dr. Flashbein suggests what should constitute ideally the formula for easily induced restful sleep:

1. A regular time for going to bed at night.

2. Control of things which stimulate us and keep us awake such as light, sound and temperature.

3. Freedom from mental disturbances such as worries, anxieties and emotional upsets.

4. A spring and mattress that do not irritate the body yet so fully support the tissues that strain is removed from muscles and ligaments.

5. Removal of internal conditions that upset abdominal organs and body processes such as bulki-

Anne Adams Patterns

WEEKLY SEW-THRIFTY

ONE YARD 35-inch fabric for the small size! That's all you need for the tailored version of this sport! So inexpensive—use remnants or feed-bags! Make flocks of these for hostess and birthday gifts.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern.

Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.

How Can I!!! By Anna Ashley

Q. How can I remove callouses from the feet?

A. Take a pumice stone to the bath and rub the callous down under the water. If it becomes tender wait until the next night to continue the treatment.

Q. How can I remove chewing gum that has become stuck to the mohair upholstery?

A. Try removing with turpentine. Or, it can be frozen with a piece of ice and then scraped off with a sharp knife.

Q. How can I keep fat from sputtering when frying ham, or bacon and eggs?

A. Sprinkle a little flour or cornstarch into the frying pan. Indigestible masses, tension-producing air or gases, excess fluids which require us to arouse ourselves to get rid of them.

Q. Knowledge of how to relax—relaxing one part of the body at a time or relaxing the whole body at one time.

Q. A position or posture that comes naturally—on back, abdomen or either side. Generally speaking, lying on the right side to finally get off to sleep would help many with slowness of emptying of the stomach, as lying on the right side allows food to slip on or drop from stomach into small intestine where food is prepared for complete digestion before being absorbed into the blood through the walls of the small intestine.

Q. Air receiving proper ventilation—air in motion—is necessary for sound, healthful sleep.

ANSWERS

1. Say, "I don't think (or I hardly think) my manuscript is identical with yours."

2. Pronounce first i as in hill, preferred. 3. Chaise longue. 4. Essence; intrinsically. "Only after a thorough perusal were we able to discover the real quiddity of the subject!"

5. Sporadic.

DAILY CROSSWORD

ACROSS 1. Labor 2. Press down 3. Conceal 4. Jewish month 5. Moved, as by a pole 6. Fellow worker 7. Gold (Her.) 8. Past 9. Sailor 10. Half ans, 20. Heroic 21. Toward 22. Man's nickname 23. Fissile rocks 24. Interweave 25. Color 26. Cleaning rod 27. Family 28. Erbium (sym.) 29. Ahead 30. Female sheep 31. Epoch 32. Kettle 33. Indehiscent fruit 34. Neuter pronoun 35. Prevaricator 36. Depart 37. Virginia willow 38. Filmy fabric 39. Inquisitive 40. River

DOWN 19. Line of junction 20. Stitch-bird 21. Natural cavern 22. Terrible 23. Evening sun 24. Support 25. Wool fat 26. Folding device 27. Lair 28. Stream of water 29. Goddess of harvests (Il.) 30. Yugoslavian leader

Yesterday's Answer: 44. Afternoon receptions 47. Coin (Rom.) 48. Beam 50. One-spot card

DAILY CRYPTOQUOTE—Here's how to work it: AXYDLBAAXE is LONG FELLOW

One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation ZSPY WFWSKR NKJPUQ BVF CJUVB SE' SBVFK YLRQ LKSPY WF—WSSKF

Yesterday's Cryptoquote: OPT-TIMES NOTHING PROFITS MORE THAN SELF-ESTEEM, GROUNDED ON JUST AND RIGHT—MILTON.

The Neighbors

By George Clark



"I've caught on to this job. I'm supposed to take down the rough names he calls his customers, then type a nice polite letter."

Advertisement for Palmolive soap featuring a woman's face and the text "For Smooth, Youthful Skin NEW PALMOLIVE It's MILD!"

Advertisement for Bronchial Asthma featuring the text "FOR BRONCHIAL ASTHMA YOU CAN'T BEAT BUCKLEY'S MIXTURE"