

The Stars Say - -

By Genevieve Kemble

For Tomorrow
HIGH spots of achievement in invention, starting of novel plans and dramatic activities are assured the attainment of cherished goals and many soris of spectacular fulfillment. But while high spots lure and tempt to a constructive and perhaps lavish investment of talents funds, initiative and sustained worth, there is aury of such brilliant edifice of forces and faculties with dem that means "a woman of doubtful reputation?"

Those whose birthday it is, finding themselves on a high arch of solid achievement, with dynamic trails to enduring success and probable fame and prestige, are likely to over-set, plunge and gamble with a beckoning fate into acts of rash, impulsive and over-energetic sparks of ignition. These forces could cause a sudden and relentless smash. Squandering of funds, resources, energies and ideas could "come a cropper" involving the fondest and most exalted hopes and wishes. Keep the brakes on.
A child born on this day may have high-powered talents, ideas, but may lean to excesses, with miscarriage of its prospects, plans.

New brighter, harder polish ends scuffed-up floors!

Look for the GREEN BAND

JOHNSON'S HARD GLOSS FLOOR WAX

Self Polishing

At your wax dealer's now!

S. C. JOHNSON & SON LTD. Brantford Ontario

Better English

By G. G. Williams

1. What is wrong with this sentence? "Are you planning on a trip to Atlanta, and how long will you stop there?"
2. What is the correct pronunciation of "facet"?
3. Which one of these words is misspelled? Alabaster, porter, janitor, arbuter.
4. What does the word "perfidious" mean?
5. What is a word beginning with dem that means "a woman of doubtful reputation?"

ANSWERS

1. Omit "on," and say "how long will you stay there?" 2. Pronounce fas-et, a, as in fast, accent first syllable. 3. Janitor. 4. Basely false to trust. "They were all involved in this perfidious fraud." 5. Demimonde.

Household Scrapbook

By Roberta Leo

Felon Preventive

A throbbing pain in the end of the finger should not be disregarded. This is the first symptom of a felon. Dip the finger quickly into boiling water several times in succession. This may be done without any risk of scalding. Repeat every hour for several hours, and the cure is generally complete.

Stale Bread

Stale bread can be freshened by wrapping it in a piece of clean white paper that has been soaked in water, and then placing it in the oven for a few minutes.

Crockery

If an article of crockery has a tiny crack in it, try boiling it in sweet milk, and see if this doesn't restore it to use.

Cook's Corner

BANANA MOUSSE

The real banana flavor in this mixture is actually pointed up by the use of some fresh lemon juice and the whole thing tastes much more interesting for that addition.
Yield—2 to 10 servings.
2 egg whites
1/4 teaspoon salt
1/4 cup fine granulated sugar
1/4 cup corn syrup
1 teaspoon vanilla
1 1/2 cups mashed ripe bananas
2 tablespoons lemon juice
1/2 pint (1 1/4 cups) whipping cream.

Beat the egg whites with the salt until stiff but not dry; gradually beat in the sugar and corn syrup, beating after each addition until meringue will stand in peaks.
Beat in vanilla, banana and lemon juice, and beat well.
Turn whipping cream into a bowl and whip until it begins to thicken; fold into banana mixture.
Turn into freezing tray of mechanical refrigerator and freeze until just firm.
Lower cold control of refrigerator to a point that will keep the mousse frozen but prevent it from becoming too hard.

VAST REPUBLIC

China occupies a territory in the eastern part of Asia about one-third larger than the United States.

Perennial Doorman

Woman Thoroughly Exploited By Scoundrel Asks For More

DEAR MISS DIX: Several years ago, when I was 19, I met Roy, who was 22. He wouldn't work, and was constantly getting into trouble, so a few years later I married someone else. My husband was never faithful, and we separated after two years. Then Roy reappeared. I saw him once—and all the old love returned. I went to live with him, then he picked up his old habits again, began drinking heavily and neglected me while he went out with other women. For several years I went on—living with him, leaving him, going back again. As a result, I never had divorcing my first husband, marriage was out of the question. The first straw came a few months ago when Roy married someone else.

Now I feel I have wasted my best years on him. I have no one to turn to. All I can do is wait for him to get tired of his wife and come back to me. I see him frequently, and it almost breaks my heart whenever I meet him. I work and try to keep myself occupied, but it is very difficult.

ANSWER: In plain language, what you are waiting for is more punishment. Don't you know when you've had enough? don't you know when you're well off? You are free at last of one of the basest scoundrels I ever heard of, and you want him back. The ways of women are indeed beyond belief.

BUILD A FUTURE

You are still a comparatively young woman, with time to build a good future. Get to work on it, win back your own self-respect and

Continued on page 11.

Barbara Buys and Whys

MONTREAL, Oct. 9th—My friend Marg is very enthusiastic about saving by buying **Canada Savings Bonds**. At the drop of a hat, she'll recommend them to all her friends. And she's always among the first in the line-up to buy **Canada Savings Bonds** when they go on sale at the BANK OF MONTREAL. Small wonder! Imagine getting 3 1/2% interest on such gilt-edged securities—that's the interest rate you earn if you hold **Canada Savings Bonds** until maturity. And you can always cash them at their full face value—the Government guarantees it! Like many people, Marg and I buy our bonds on the instalment plan—just 5% down and the balance over a year. Fits into our **Personal Planning** programs perfectly. Why not give a helping hand to yourself and your country—next Tuesday when **Canada Savings Bonds** go on sale. You can buy them for as little as \$2.50 down at any branch of the BANK OF MONTREAL.

You'll Be His Favourite Wife if you succeed in keeping his shirts whiter than white. And success comes easy when you use **Blue**—for **Blue** does the best job of all in keeping clothes from turning yellow. Just a swish or two of **Blue** in the final rinsing. **Blue** is to it. And **Blue** is so safe for the fine fabrics in your wash. Those precious sheets you got for your wedding anniversary—the luncheon set that's your pride and joy... don't take chances—use **Blue** to keep them white. Costs just a few pennies a month—and that makes good sense, doesn't it?

Yes, for the whitest wash, it's RECKITT'S BLUE.

There! All Done!... dishes are certainly done in a hurry with those marvelous new chemical soaps. And you needn't worry about their drying effect on your hands either! Just keep a bottle of **JERGENS LOTION** handy and use it after every watery job. Because **Jergens** is liquid, it quickly supplies the softening moisture that dries, thirsty skin needs. Yes, you'll find when you use **Jergens** after dishes and other "wet" housecleaning chores, that your hands will stay soft as petals—smooth as satin—and forever have that lovely "lady-of-leisure" look. And **Jergens** costs so little... just 15c, 37c, 65c and \$1.15.

Some Chilly Evening Soon, give your family this heart-warming taste-treat—**HEINZ COOKED MACARONI**—m-m-mmm!—enriched with the smoothest cream sauce you've ever tasted. Or serve **HEINZ COOKED SPAGHETTI**, drenched in spicy, tantalizing tomato sauce. Just as good as it can be (and easy to make!) served like this... **Spaghetti and Meat Balls**—Soften 1/2 cup dry bread cubes in 1/4 cup milk. Mix lightly with 1 lb. ground beef, 2 tablespoons minced onion, 1 egg, beaten, 1 teaspoon salt, dash pepper. Form into 12 balls. Brown in 1 tablespoon fat. Drain. Mix with 1/2 lb. Heinz Cooked Spaghetti in casserole. Bake in moderate oven (350 deg. F) 20 minutes. Serves 4 to 6.

Everyone's Talking About this delicious instant coffee—and no wonder! For **INSTANT CHASE & SANBORN COFFEE** is made by real coffee people... it's the flavourful result of almost 100 years of coffee experience. Yes, the flavour's there—and the body—and the real lift. So when friends drop in—serve Instant Chase & Sanborn Coffee. It's wink-quick and as easy to make as ten cups as one. Takes no longer than boiling the water. And it's wonderfully economical. I save up to 40¢ a pound compared with ground coffee. The regular size jar of Instant Chase & Sanborn gives me the same number of cups as a pound of ground coffee—but what a difference in price!

Such An EASY Dish... easy to prepare—easy on your budget... and, m-m-mmm!—so wonderfully easy to eat. That's **KRAFT DINNER**. I know that once you've tried it, you'll want to treat the family to it—often. It's macaroni-and-cheese at its best—and so economical. One package of "Kraft Dinner" makes a delicious, nutritious main dish for four—at less than 5 cents a serving! Takes just 7 minutes to cook, too! Next time you shop, get several packages of delicious, thrifty "Kraft Dinner". It comes in a brand new red-and-yellow package with an easy-to-notice design that catches your eye right away... helps to speed up your shopping.

It's A "Great Spot" For Moths... Yes, moths breed happily in a grease spot—so before you store your summer clothes, slipcovers and drapes be sure to get out all moth-attracting grease spots with **ENERGINE CLEANING FLUID**! It's a "wonder-worker"—the best clothes and money-saver I know. For **Engerine** not only gets rid of grease spots—quickly, easily and safely... it removes fresh paint, tar and chewing gum from fabrics of all kinds. It contains no acids nor caustics and will not harm the most delicate materials. I've found that **Engerine** saves me real money on cleaner's bills. Take my advice and put **Engerine** on your shopping list today—only 25¢ at drug and department stores.

Are You "In The Dark" about feminine hygiene? It's something every woman should know about... and many have found that the most satisfactory method of feminine hygiene is **ZONITORS**. Zonitors are greaseless, stainless, snow-white vaginal suppositories that are powerfully germicidal—yet absolutely safe to delicate tissues. And they're so very dainty and convenient to use! Ask your druggist for **Zonitors** tomorrow—and write to me—**Barbara Brent**, 1411 Crescent St., Montreal, P.Q.—for a free booklet giving facts you should know about feminine hygiene. It will be sent to you in a plain wrapper.

ELLEN'S DIARY

By An Island Farmer's Wife

Would they hear a warning whisper in the wind in time to rise on lightning swift wings? As ducklings, they had been so pretty amid the ripples of the summer-pond... drifting, paddling, dipping. Slipping stealthily beneath the low branches of the over-hanging alder at the least hint of an intruder in the neighbourhood but moving in the stream in happy and picturesque convoy with their mother if unaware of our approach. These we would keep. The partridge too, the Huns and natives; the lordly cock-pheasants in resplendent plumage and their smallest modest-garbed spouses, to add interest and color to Island farm-places, for our children and children's children all down future years.

And so on opening day of the season we wish for lazy hunters—those content to come by their game, if at all, without prowling over-far... who spend their ammunition from the lee of their car on the roadside and are gone presently over the hill whence they came leaving us and the farms about to their former state of sanctuary and peace.

Nevertheless we confess to a liking and a welcome for the gentlemanly hunter—fat or lean. He who does not enter the fields or stretches of woodlands without a polite "By your leave" to our farmers; who can respect another's property even better than he does his own; who closes gates he has opened and replaces bars he has lowered. Through the years a variety we have had.

James especially remembers the genial pair of buddies, one a big-giggy happy son of Erin, the other small and obviously of more melancholy nature. Hunting-bent, they came by at work one afternoon in an autumn now long flown. James had as he still recalls "the queerest sore throat that day. It wasn't that it was so distressing as sore throats often are but there was nevertheless a persistent and annoying tickle somewhere about the palate."

James had driven there by way of the old mare and farm-cart and now was gathering mangolds from the ends of the rows to make sweet and succulent fare for the parcel of fattening shoats, to stow them until he should presently commence the fall-boiling of potatoes for them... He likes to explain, to generations who know little of bygone methods of feeding the pig-kind, "Folks didn't bring in imported feed by the ton then. No sir! They fed 'em on stuff off the farm; and what you had when you sold 'em—you had."

And the two hunters rested their fire-arms and selves in the sun of the hedgerow beside, to chat. James recalls too that they talked of this and that; of farming, and their line of work in the city. And at length the bigger one said with a twinkle: "You wouldn't have a fancy for a taste at the cray-ture, would you? We tuk a bit at a flask along for extra cheer." And James shook his head. "I'm not

Continued on page 11

That Body Of Yours

By James W. Barton, M.D.

THE THYROID GLAND AND THE NOSE

Most physicians are most interested in a patient with an over-active thyroid gland (goiter) than in one with an underactive thyroid gland (myxedema). Patient with overactive thyroid gland is high-strung, usually underweight, trembling limbs, very rapid heart beat and, later, bulging eyes. Patient with underactive thyroid gland is leisurely in thought and action and usually overweight. By means of the metabolism test (finding rate at which the body processes work), both the overactive and underactive thyroid gland can be diagnosed.

In an editorial in the Journal of the American Medical Association, the relationship between the thyroid gland and diseases of the nose is discussed as the nose specialists have noted the relationship for many years.

In Annals of Ear, Nose and Throat, Dr. A. W. Proetz writes of being impressed by the frequency with which hypothyroidism (underactive thyroid gland) suggested itself as a causative factor in diseases of the nose and headache. He described his experiences with 130 patients all of whom were selected for study because the diagnosis of hypothyroidism was reasonably certain as cases were not complicated, and use of thyroid extract gave excellent results. The average basal metabolism rate was 82.5 per cent to 78.4 per cent. Normal is 100 per cent.

In these patients with insufficient thyroid hormone, the lining of nose (mucous membrane) was neither red nor pale. In allergy, the mucous membrane is pale and in rhinitis (inflammation) the mucous membrane is red. Although colds were not severe, they lasted a long time as low grade infection followed slightest irritations. Asthenia (weakness), chilliness, and the usual symptoms of myxedema, described above, occurred rarely while about half the 130 patients complained of headache. An outstanding feature was that the usual treatment for nose disturbances failed to get results. On the other hand, a high percentage of cases showed striking improvement after treatment with thyroid extract.

From the above information, it is suggested that patients who are deficient in thyroid gland (juice or extract of thyroid gland in the blood) may tend to nose infection and nose allergy. These symptoms, often corrected, or at least, influenced by the use of thyroid extract alone. This widespread recognition of the relationship between the thyroid gland and the nose depends upon the awareness of the nose specialists (rhinologists) and the gland specialists (endocrinologists).

The simple test for the metabolism rate, finding amount of oxygen used by the body processes when body is at complete rest, will show if thyroid gland is underactive.

Men, Women! Old at 40, 50, 60! Want Pep?

Want to Feel Younger? Thousands amazed what a little peping up with our little dose of body-old after 40 years—just because low in iron. Introduce our "get-acquainted" size only 60¢. Try (extra) Tonic Tablets for new pep, vigor and younger feeling, this very day. At all drug stores.

Anne Adams Patterns

ONE-YARD WONDER!

Easy! Diagram proves how swiftly you can whip up this smart, slim skirt. THRIFTY! One yard 54-inch fabric for Misses' Waist Sizes 24, 26, 28, 30! Have one in basic black or brown wool to team with sweaters and blouses! Make another to match a bright wool jersey blouse—you have the newest fashion—coordinated separates! Send for Pattern 4728! This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35¢) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.



Only One Yard 54"

How Can I...

By Anne Ashley

Q. How can I give the baby a shampoo simply and efficiently?

A. Place a pad on the drain-board of the sink and lay the baby on this, with the top of his head just over the edge of the sink. Fold a towel under his neck to make him more comfortable. His hair can then be very easily washed and the slight tilt of the drainboard will help to prevent any soap from getting into his eyes or ears.

Q. How can I remove wax from an old floor?

A. Use a strong soap or alkali solution. Make sure that all soap is removed before refinishing; otherwise the finish will be spoiled.

Q. How can I make the creases in trousers last longer?

A. Try putting a teaspoonful of sugar into a cup of water and sponging the creases in the trousers with this solution when pressing them.

Modern Etiquette

By Roberta Leo

Q. My husband is Robert J. Owens, Jr. We are expecting a baby and if it's a boy, will name him for his father. How will his name be correctly written?

A. I assume that your husband's father is still living. In this case, your son will be Robert J. Owens, III. Should your father-in-law die, however, your husband will drop the "Jr." after his name and your son will assume it.

Q. Is a person obliged to give the reason for declining an invitation?

A. While not exactly obligated it still is the gracious thing to offer some reason. Otherwise, it may be inferred that you do not care to prolong the friendship.

Q. Is it all right to stack the dishes when clearing a dinner table for dessert?

A. No; the person who is clearing the table should take no more than one plate in each hand at a time.

Plain Enough

When he let me go fifty-fifty I sensed he was cooling off.

Quick Work

Husband: "From the glimpse I had of her this morning, I rather like our new cook. There seems to be plenty of go about her."

Wife: "Yes, she's gone."

Still Wondering

"Were you nervous," asked young Mrs. Dobson, "when you asked Daddy to give his consent to our marriage?"

"He gave me the fright of my life," grunted Dobson.

She is still wondering what he meant.

Morning Smile

Quick Work

Husband: "From the glimpse I had of her this morning, I rather like our new cook. There seems to be plenty of go about her."

Wife: "Yes, she's gone."

Girls! Clear up bad complexion

Don't let pimples and blemishes keep you from having fun. Try fragrant, mildly medicated Cuticura Soap and Ointment. Highly successful for 74 years. Buy at your druggist.

NOW... For a limited time only!

"MAGIC MIXING BOWL"

RETAIL VALUE \$1.39
YOURS FOR ONLY 75¢

plus one boxtop from NEW SPIC and SPAN

- Made of translucent, white plastic
- Won't chip—won't break—won't crack
- Odorless! Tasteless!
- 3 Quart Capacity!
- 9" Diameter—ample for refrigerator storage
- Perfect for freezing gelatins, desserts... mixing salads... serving fruits, punch, picnic foods
- Ideal cake cover to protect freshness
- Replacement bowl for electric mixer

USE AS MIXING BOWL... THEN... USE AS A FUNNEL

When you finish stirring batters or liquids—press sides together, and bend flexible rim to form funnel for waste-free pouring. Bowl will return to original shape.

SEND 1 NEW SPIC AND SPAN BOXTOP PLUS 75¢ TO SPIC AND SPAN, DEPARTMENT A, BOX 14, TORONTO, ONTARIO.

No Soap—No Leading Cleaner—So Mild to Hands—yet cleans so efficiently as

NEW SPIC and SPAN

NEW FORMULA

Spic and Span

NEW!

Made in Canada

New Cutaway Jacket... Flatters Waistline

Illustrated is Tip Top's own version of the cutaway jacket, designed to pare inches off any waistline. For true figure flattery, have it tailored to your individual measurements by Tip Top's expert craftsmen: Come in to-day and choose from our hundreds of stunning fabrics. Enjoy the distinction of a suit that is moulded to your figure, that reflects your taste in every detail—one from our exclusive collection of fashions for Fall. See them now.

HAND-CUT AND TAILORED TO MEASURE

\$49⁹⁵

59.50 and 69.50

CANADA'S GREATEST CLOTHING VALUE

Tip Top Tailors

LTD.

99 GRAFTON STREET