

## How Can I...

By Anne Ashley

Q. How can I remove the remaining lacquer when it begins to peel on metals, such as brass and copper?

A. Use a little denatured alcohol. The metal should of course, be cleaned of all old lacquer and well polished, cleaned and dried, before refinishing with new lacquer.

Q. How can I avoid having a lump in the center of a tablecloth?

A. This can be avoided if, after laundering, the cloth is folded three times lengthwise before making the cross fold.

Q. How can I prevent milk from curdling when using it with brown sugar?

A. It will not curdle when combined with brown sugar if a pinch of soda is placed in the mixture.

## 'GOOD FOODS ARE ECONOMICAL'

It is cheaper to follow Canada's Food Rules and thus have healthful meals than it is to purchase non-essential foods which waste money. Canadian studies of food use have shown that many families spend considerable money in buying cake, pie, candy and soft drinks; these foods provide sugar and starch which furnish energy but do not contribute appreciable protein, minerals or vitamins. Several economical sources of starch are listed in Canada's Food Rules, not only because they supply starch cheaply, but because they are excellent contributors to the quota of minerals and vitamins. Whole grain cereal is one such food. All of the foods in Canada's Food Rules are essential because they satisfy our nutritional requirements; they are economical because they give good value for the money spent on them. The easiest and best way to obtain good returns in buying food is to follow Canada's Food Rules in planning meals and in purchasing foods.

## Household Scrapbook

By Roberts Lee

### Cake Pans

In place of greasing the cake pans, cut white paper or wrapping paper to fit the pan. When the cake is finished the paper will come off very easily, and the cake will not stick.

### Brushes

Sometimes new brushes are powdered in order to keep out moths. Remove this powder by thoroughly working out with the fingers before using.

### Mending Garments

The clothes will last longer and will not become wrinkled from handling, if they are mended before laundering.

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## ELLEN'S DIARY

By An Island Farmer's Wife

"Providence is giving you another day to harvest your sowings" our helper who is bound to the folks at Alderlea, greeted James, when he came this morning to take up again the rested threads of work at this place of Rob's "in the road."

Out of a quaint picture he comes—one which now indeed belongs to a past era of farming. He comes into these quiet scenes, a biggish man, seated on a fore-corner of a farm-cart, with much content "drivin' Old Paint, leadin' Old Pal," the later destined too for the work of ferrying between field and cellar. Detained by the chore which must take Granddaughter to her classes in the school down the River Road, "the young lad" her father arrives by truck later to join the other harvesters in the field. Noon brought a close to the first movement of turnips, though not the end of that task at this farm. And then in a fetching procession attended by the black dog, workers and machinery were off to Alderlea, and the gathering-in there.

So Granddaughter attends classes at the school beyond the corner-store and the Churches, down the River Road, while the children of this farm turn to the opposite direction on this road of ours to find their. Because, and occasionally much regret on every hand, Gage's one and only Teacher must take a period of hospitalization, another figure has this week entered into the life of the little lad of this place: A new Teacher! "Is she pretty?" we overheard James inquire on a recent evening, with we confess unusual interest, he in mind doubtless harking back to similar experiences in years now long flown.

"What is he asking you?" our helper, put down the paper he had been reading with a gay chuckle. "Did you hear it Ellen—is the new Teacher pretty? It's true" he commented, "old troupers never die! do they Ellen?"

"Oh," James smiled, "I was only asking . . . To tell you the truth, I liked to go to school if the Teacher was pretty, although I found that to be no guarantee against her giving out punishment to an erring lad!"

In token of farewell to the season of gardening, the children brought in the cabbages and other last vegetables, this evening while the day continued cool and the night promised to be frost-caught.

And we, mind on the straits of our farmers, wondered if the new moon of the month, born today, would bless them for a while yet with open weather, so that all harvestings here—and Island-over might be completed, and chosen fields yet plowed in readiness for the spring season to come.

"Put on your night-prowling shoes, Ellen," James calls up the stairway, and let's go a-roving!" "But it's cold!"

"If you consider this weather cold" he laughs "how are you going to get yourself through the winter? It's a lovely night—calm and crisp and starlit; you'll love it, Ellen!"

"There we go then, on a night-stroll with James!"

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

by proper cooking. Foods that are in season are a good buy because they are at their cheapest price and greatest food value.

## Royal Tribute



Clad in black, Britain's Queen Elizabeth II places a wreath at the foot of the Cenotaph Shrine in London's Whitehall section. The ceremony marked the highlight of Britain's tribute to her dead of two world wars.

## That Body Of Yours

By James W. Barton, M.D.

### SAVING THE LIFE OF THE PATIENT WITH DEEP SHOCK FROM CORONARY THROMBOSIS

For many years physicians, including heart specialists, have been putting patients with a coronary thrombosis to bed for a matter of four to six weeks, after giving a quarter-grain morphine hypodermic injection to ease the pain and keep patient quiet. The idea was that immediate bed rest gave the heart its best chance to get needed rest. Later armchair rest and some exercise are permitted to help the circulation.

In "Circulation," New York City, Drs. A. Gootnick and F. H. Knox state that approximately half the patients with severe shock complicating myocardial infarction (coronary thrombosis) can be saved by active treatment with vasopressor drugs, blood and plasma. "The duration of shock without treatment is important because recovery is extremely rare when profound circulatory failure has persisted for a number of hours. Grave changes and damage occur when the injured heart undergoes a period of greatly reduced blood flow. Treatment designed to maintain circulation at a level compatible with life will limit or prevent progressive deterioration of the heart muscle and will enable a heart that is capable of recovery to resume adequate functioning."

"Thirty-two patients, whose shock was so profound at the beginning of treatment that no hope of recovery was justified, were given treatment with a combination of blood, plasma, and a vasopressor drug; 14 recovered, showing that however severe their shock, patients with acute coronary thrombosis have a chance for life, the longer the patient remains alive under treatment. The greater his chances of recovery become. "Some of the patients in this series recovered after long periods of deep shock: one did not definitely emerge from shock until the end of 48 hours of treatment."

Recovery from circulatory depression in the 14 survivors associated with the attainment of a pulse pressure of at least 25 mm. of mercury, that is the degree of blood pressure between the systolic and the diastolic pressure. The ideal pulse pressure is about 40mm.

"Treatment should be continued under the close attention of physicians until the emergency is over; nurses cannot be given the responsibility of making the many decisions required by the fluctuating condition of the patient."

The point here is that when deep shock accompanies the attack of coronary thrombosis, the circulation of the blood must be maintained by the treatment outlined above. There are, of course, many cases of coronary thrombosis where complete rest and morphine are considered the best treatment.

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

You may experience a sense of boredom this day but do not lapse into complete inactivity because of it. Rather, use your imagination and force yourself to take part in some form of recreation that will stimulate you mentally. Inertia will get you nowhere but keeping occupied, if only at a hobby, will give you a sense of accomplishment and peace of mind.

The evening hours favor social activities and the extension of hospitality in any form. Romance, courtship and travel are also under good aspects.

### For the Birthday

If you will follow this program, the months ahead promise much in the way of personal gain if you are willing to take on new responsibilities and put forth even greater effort toward achieving your goals. The indications are excellent for advancement, both professionally and financially, but you yourself must be alert to opportunity and take steps to attract those in authority.

If you will follow this program,

## Modern Etiquette

By Roberts Lee

Q. Do you think it proper for a man to criticize his wife's bridge playing in the presence of guests? A. Never! It is not only ill-bred, but poor sportsmanship as well. He should remember that bridge is after all, only a game and it is very embarrassing for guests to be compelled to listen to his bickering.

Q. When no entertainment follows a dinner in your hostess home, how late should a guest feel privileged to remain? A. Not later than eleven o'clock.

Q. Where should one place the pits when eating olives at the table? A. Place the pits on the side of the dinner or the bread-and-butter plate.

## Eggs

In cooking eggs, use low temperature since excessive heat makes them tough and leathery. In poaching eggs, drop them into boiling, salted water, swirling water around each egg as it is dropped in, then cook below the boiling point. To avoid having shells of eggs crack while soft or hard-cooking them, start the cooking in cold water. After hard-cooking eggs, put them immediately into cold water to help prevent a dark ring forming around the egg yolks and to make them easier to peel.

When adding eggs to puddings and sauces, combine the beaten eggs with a little of the hot mixture then stir into the pudding or sauce.

Before folding eggwhites into cake or puddings, beat into the whites some of the sugar called for in the recipe. One tablespoon sugar per egg white is a good proportion.

Eggs may be added to foods for thickening purposes . . . one egg is considered approximately equivalent to 1½ teaspoons cornstarch or 1 tablespoon flour in thickening power.

Eggs are also used as a leavening agent. It is best if whites and yolks are beaten separately . . . white until stiff and yolks until thick and lemon coloured. One egg, thus beaten, is approximately equivalent to ½ teaspoon baking powder in leavening power.

If you cannot use all the unbroken left-over egg yolks the same day, save them for use the next day by covering them with cold water and storing them in the refrigerator.

Egg yolks may be used in making custards, salad dressings, sauces, egg nogs, ice cream, pie fillings or to coat croquettes or French toast or to bind meat to vegetable leaves.

Egg whites may be used in making frostings fruit whips, gelatine desserts, meringues, Sherbets, pudding sauces, angel cakes or for clearing coffee or soup stock.

## Morning Smile

Elmer has a chicken farm with special hen nests that increase production. Each nest has a trap door. When a hen lays an egg, the trap door opens, the egg falls through and the hen turns around, sees there's no egg. "I could have sworn I laid an egg," says the hen and lays another one.

## Better English

By D. O. Williams

1. What is wrong with this sentence? "The papers were fastened together with wire clips, and we noticed you did not comply to our wishes."

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

3. Which one of these words is misspelled? Necessarys, obsequies, attornies, plans.

4. What does the word "morbid" mean?

5. What is a word beginning with ca that means "a fantastic notion"?

### ANSWERS

1. Omit "together," and say "comply with our wishes." 2. Pronounce a-set-ik, e as in set, accent second syllable. 3. Attornies. 4. Not sound and healthful; taking an excessive interest in matters of a gruesome or unwholesome nature. "His was a morbid tale of the slums." 5. Caprice.

Even before birth, food makes a difference because the unborn baby obtains the substances needed for growth from the mother who derives these substances from food. Good food during pregnancy improves the health of the mother and of the baby.



## Cook's Corner

### PINEAPPLE UPSIDE DOWN CAKE

3 tablespoons butter or margarine (melted) ½ cup brown sugar (firmly packed) 12 half slices pineapple (drained) Blend butter and brown sugar spread into a pan (8 x 8 x 2) Arrange pineapple over sugar mixture. Pour a white cake batter (cake mix if desired) over pineapple. Bake in a moderate oven. Cool slightly. Invert on cake platter while still warm. Serve with whipped cream if desired. Baking temperature 350 degrees. Bake about 15 minutes.

—Mrs. Herbert Burns, St. Lawrence W. I.

## Alice Brooks Designs

### TOPS EVERYTHING!

Crochet it in a jiffy — wear as jacket or blouse! Easy — jiffy pattern stitch trimmed with popcorn edge in contrast colors. Pattern 7089: crochet directions: Misses' Sizes 32-34; 36-38 included in pattern. Use orlon or 3-ply, fingering yarn, or cotton. 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.

Good food is as necessary for adults as it is for children. Good food promotes health and working efficiency. On the other hand, too much food causes overweight which shortens life.



7089 by Alice Brooks

## Anne Adams Patterns

### ONE YARD EACH!

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This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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

### WISE PLANNING

The wise housewife plans meals several days or a week ahead to ensure that they are attractive and healthful. Such planning saves time in shopping and in the preparation of meals. It also saves money. In planning and in shopping it should be remembered that foods in bulk packages are usually cheaper than those in small, fancy packages. Standard or choice quality canned foods are cheaper than fancy quality and have as good nutritive value. Cheaper cuts of meat are fully as nutritious as more expensive ones and can be made just as palatable



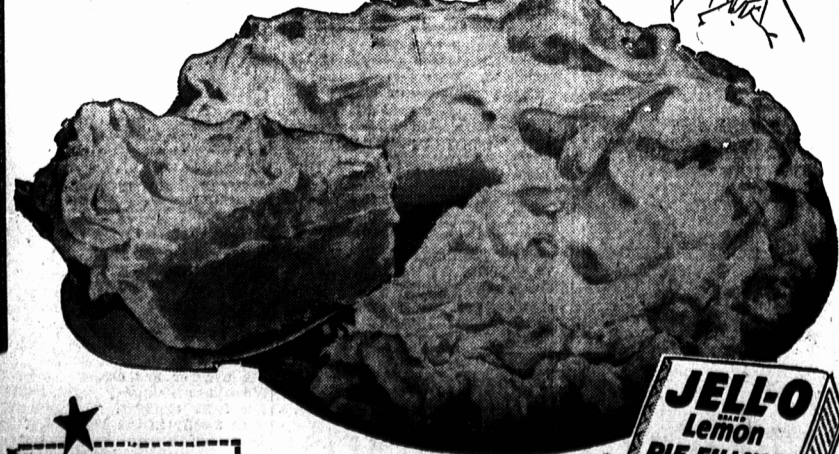
4554 SIZES 10-18 by Anne Adams

# When You Want to Impress a V.I.P.

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### COCONUT CREAM PIE

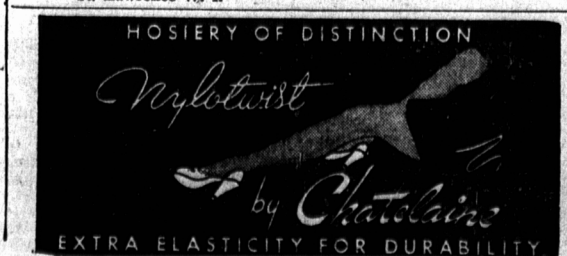
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# JELL-O PIE FILLINGS

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Good food is as necessary for adults as it is for children. Good food promotes health and working efficiency. On the other hand, too much food causes overweight which shortens life.



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## DOROTHY DIX'S COLUMN-

### Teen-Age Girl's Query

#### Mother Insists Girl, 15, Double Date When She Goes Out With Man, 20

DEAR MISS DIX: I am 15 and recently became acquainted with a very fine boy. He's five years my senior, and my mother insists that we double date whenever we go out.

### OLD STORY OF THE YOUNG

ANSWER: Your plight is certainly an improvement over that of girls who at the age of 15 are positively forbidden to go with boys—and their number is legion, as my mail will testify. Follow your mother's suggestion until she knows the boy well enough to trust him more.



Muriel Nissen

DEAR MISS DIX: In 1948 I married a girl who had been married three times before. Three years later she left me because of jealousy over the women I met in business. These ladies meant nothing to me, but as I have my own business certainly I must be courteous to all customers. We were divorced, and a year later she married again. Now she writes that she's not happy, is being mistreated, and wants to come back to me. I still love her and would take her back in a minute if I thought she'd stay.

ANSWER: A woman who hasn't found happiness or contentment in five marriages isn't likely to make a success of the sixth. Your ex-wife is a restless soul, who doesn't know what or whom she wants in marriage. I certainly advise you not to rush into remarriage. See if she shows any signs of settling down.

DEAR MISS DIX: I am 17, and engaged to a wonderful boy of 19. Two years ago I got into trouble with another boy. My fiancé knows all about it and has forgiven me, but now his mother has found it out and is trying to break us up.

ANSWER: The boy's mother could very well object to her son's engagement on age grounds. Neither one of you is old enough to marry. Under the circumstances, a three-year wait is none too short. At that time, if you both still love each other, and the boy's mother is still adamant, have someone who knows you both, preferably a clergyman or doctor, approach her. No one could blame a mother for being cautious in a case like this; it takes more than a mere "I'm sorry" to atone for a tarnished reputation. It's up to you to show that you can grow into a woman of fine character in spite of the youthful mistake. That takes time, but surely it's worth it. Do give yourself that chance, and things will work out well for you.

by mid-summer you should find domestic and romantic matters yourself closer to realizing your should prosper, and there is a ambitions than you believe possible strong possibility that you will now. Where your personal life is travel before the close of 1954. concerned, you have reason to be A child born on this day will be exceptionally happy since both versatile and ambitious.

# Yes Ladies, You Can

## LEARN TO BE A Sewing Expert

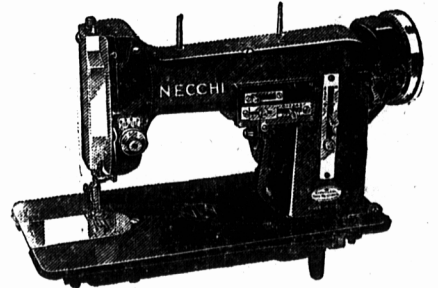
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