

That Body Of Yours

By James W. Barton, M.D.

THE FOSTER DAY CARE OF CHILDREN WITH WORKING MOTHERS

Just a few years ago we were all thrilled by learning that at a large children's hospital, the lonely infants and children were being cared for by the nurses just as their mothers would have cuddled them.

Now that so many mothers must work, it is gratifying to learn of the various volunteer agencies that try to look after or help to pay to have the child of the working mother cared for while she is at work.

In Health, the magazine published by the Canadian Health League, a letter is published, written by Mrs. A. C. Smith, Executive Director of the Foster Day Care Association, of Vancouver, B. C., which cares for the children of mothers engaged in daily work.

This agency began in 1932 after the former City Creche had closed. The Creche had operated as a large central day nursery in the downtown area and here working mothers from all parts of the city brought their children in the early morning on their way to work and then trudged back at close of day to pick them up before wending their weary way home.

However, in July 1932, the University Women's Club and the Graduate Nurses Association decided to try out the idea of using private homes instead of one central nursery. This Association has been operating now for over 19 years and has proved most satisfactory.

Most parents can readily understand the great advantage of the private foster home, compared to the former creche. In the great saving of time and energy on the part of the working mother and her child, aside from transportation expenses.

"These day care homes are located all over the city, as near as possible to the child's home. Parents go to their work without worry of being able to keep their home and children together.

The Association chooses carefully the foster home where the child spends most of his waking hours. The child is at home with his own family nights and weekends.

In regard to fees: all the working mothers pay something, however small, toward their children's daily care, the agency helping when necessary. The foster mother receives \$1.00 per day. The Community Chest (Red Feather) pays the greater portion of the necessary finances and there is a yearly grant from the city.

I am passing this information along as it is a real step forward from the City Creche, located in one central situation. These foster mothers learn to love these children and often follow their careers to manhood and womanhood.

You can't go ALL-OUT If you feel ALL-IN



These days most people work under pressure, worry more, sleep less. This strain on body and brain makes physical fitness easier to lose—harder to regain. Today's tense living, lowered resistance, overwork, worry—any of these may affect normal kidney action.

Alice Brooks Designs



Use remnants, whip up both styles—one for a thrifty gift, the other to wear when you're the hostess! Both styles have gay, pretty polka-dots to match.

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.

Bad Legs

You poor sufferers why not make up your mind today that you are going to give your legs some real help?

HUGHES DRUG CO. JENKINS PHARMACY REDDIN BROS.

The Experts Say

By Kay Rey

Canadian Press Staff writer The way meat prices are slipping in most parts of the country a "groaning board" will prevail in most homes this Thanksgiving.

Chicken Too Chicken will be king in roasting this year. In Ontario a good roasting chicken can be obtained for 59 cents a pound.

Pumpkin Time Pumpkin pie is a "natural" as a Thanksgiving dessert. Ingredients: 1 1/2 cups pumpkin; one cup brown sugar; 1/2 cup packed; three eggs well beaten; one teaspoon salt; one teaspoon cinnamon; one-half teaspoon ginger; one cup milk; one-half cup cream.

Company Snacks With company coming it's a good idea to make certain there's food handy for quick snacks. Here is a recipe for a banana cake which should prove tasty.

Better English By V. G. Williams 1. What is wrong with this sentence: "You may sit down on that chair until you are called."

Eating Habits Vary Most families eat all three meals in the kitchen or breakfast-nook. A recent survey of Canadian eating habits has found.

How Can I... By Anne Ashley Q. How can I make use of leftover egg yolks?

The Stars Say - - By Genevieve Kemble For Tomorrow A RATHER conflicting chain of incidents and adventures may make of this a day of unforgettable experiences and episode.

Super for Supper - made with MAGIC! HOT BISCUIT SUPPER-SANDWICH Season to taste 1 c. minced cooked meat with grated onion, salt, pepper and condiment sauce; moisten slightly with leftover gravy or cream sauce.

Found Vocation By Accident A near-invalid 18 years ago, Harry Battick of Hamilton, Ont., was started on a lifetime career when his daughter, in tears, asked him to repair her broken doll.

ELLEN'S DIARY By An Island Farmer's Wife "Now I mustn't get sentimental—that just isn't done in this modern world!" niece Ellen wrote in a summer letter from a Canadian city where above the din and turmoil of its busy ways, on the pages she was inscribing were spread scenes of Island enchantment.

Household Scrapbook By Roberta Lee Black Lace To clean black lace, put into alcohol, and churn up and down until the liquid foams. If very dusty, repeat the operation; squeeze the lace out, slap between the hands, pull out the edges, and lay between brown paper, smooth and straight. Leave under a weight to dry.

Modern Etiquette By Roberta Lee Q. Is it proper for the bride party to stop and linger in the vestibule of the church, following the ceremony, to receive best wishes and congratulations?

Dental Research Indicates You Can Help Prevent Tooth Decay WITH COLGATE AMMONIATED Tooth Powder

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DOROTHY DIX'S COLUMN

Forget First Love Married Woman Moons Over Girlhood Beau

DEAR MISS DIX: Ten years ago I fell in love with a boy who has been in service most of the time since. I see him only occasionally, but can't get him out of my thoughts.



ANSWER: A first love is usually more of a symptom than an emotion. It's most apparent productiveness lies in the daydreams it engenders, and these can go on—at least on the feminine side—indefinitely.

LOST BEAU DEAR MISS DIX: I am 14 and for about a year have been going with a boy my age. We wrote each other all summer while he was away; now that he has returned, he seems to have changed.

DEAR MISS DIX: I am in love with a man and wonder if he loves me. We had several misunderstandings, after which he began to break dates. He has asked me to marry him, but I wonder if he would make a good husband.

ANSWER: I'm afraid marriage is not advised where you both are apparently so quick-tempered and stubborn. You have chased him enough, now you should sit back and let him make the apologies.

DEAR MISS DIX: I am in love with a boy of 20 who is in the army. I have been writing to him for six months, and when I told him I was handicapped, he stopped writing.

ANSWER: Apparently you and boy had never met, but simply struck up correspondence friendship. Hence, he is evaluating you only on surface qualities. Since he has little knowledge of your character and personality, your handicap is, to him, much more important than it would be if he really knew you.

DEAR MISS DIX: My husband loves crime stories on the radio, and will sit for two or three hours listening to them. Why does he waste so much time on foolishness when there are so many fine broadcasts? We have only three rooms, no doors and I cannot get away from these tales. Don't you think he is inconsiderate to keep me from hearing the things I like?

ANSWER: When two people of divergent tastes must share the same radio, there are bound to be hard feelings when one or the other monopolizes the speaker. If your husband conceded your right to hear broadcasts you like, he would probably do it so grudgingly that you would have no enjoyment from the concession.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

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ANNE ADAMS PATTERNS HALF-SIZE FASHION Twice as much fashion for your sewing time! Jumper and blouse go everywhere—mix and match with the rest of your wardrobe!

Playing Cards If playing cards become so odd that they have a tendency to stick together, sprinkle them liberally with talcum, and they will have the slick surface of new cards.

no better shortening at any price

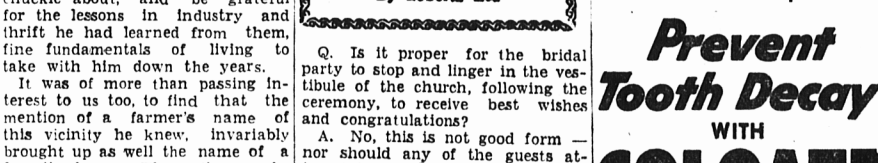
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COLGATE AMMONIATED TOOTH CLEANS TEETH! CLEANS BREATH! Delicious Candy-Mint Taste

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