

Seven Days A Week

(By Anne Shannon)

1. Monday: Saw a window-box that was a bit different and since I thought it was a novel idea, I am passing it along to you. Instead of the flat window-box usually used, this one was built terrace-fashion—that is, the back half was higher than the front half. Trailing plants are to be planted at the front, to hang or trail down. The lower flat will have aysium or pansies and the upper flat dwarf marigolds, geraniums or nasturtiums. This window box was self-watering. The terrace was placed in a galvanized iron tray—a bit larger than the box itself.

2. Tuesday: Speaking of flowers, did you ever increase your supply of dahlias this way? Set several clumps in a shallow box of sand, peat or soil. Place in a warm, sunny window. As the shoots get three inches high, cut them off just above the lower pair of leaves. Root in sand for two weeks, then pot them in a light soil mixture of equal parts of sand, soil and peat. By June you will have a hundred or more young dahlia plants to set out.

3. Wednesday: Do you know that they have tractor-driving contests in West Germany? That's right now had better give up trying to pronounce the name of the Teutonic version! Here it is (I dare you to say it!) Schleppegeschicklichkeitfahren!

4. Thursday: At a dinner party, several of the guests were arguing whether men or women were more trustworthy. "No woman," said one man scornfully, "can keep a secret!" "I don't know about that," retorted a woman guest. "I have kept my age a secret since I was twenty-four years old." "You'll let it out some day," insisted the man. "I doubt that," replied the female. "When a woman has kept a secret for twenty-seven years, she can keep it forever!"

5. Friday: This is a substantial main dish for Friday's menu. Scald 1 1/2 cups milk. Four it over 1/2 cup corn meal, stirring until smooth. Cool. Add 3/4 cup drained, cooked rice, stirring lightly until mixed with corn meal. Combine 1/2 tsp. salt, 1/2 tsp. curry powder, 1/2 tsp. baking powder and 2 tbsps. lemon juice. Stir into corn meal mixture. Beat 2 eggs until thick and light. Add mixture, stirring until well blended. Flake a seven ounce can of tuna, codfish or other sea food and stir it into the batter. Pour it into a quart greased casserole. Bake in a moderate oven (350°) 35 to 40 minutes.

6. Saturday: Two items from an old book of Household Hints: No. one is, "Don't ever use bluing on white clothing for bluing does NOT whiten the clothes, only covers the dirt!" No. two says, "Don't let clothes hang on a line when they are dry or let them hang in windy weather to slap about. It isn't conducive to long wearing or to help the good man's pocket book either!"

7. Sunday: "The world is passing through troublesome times. The young people of today think of nothing but themselves. They have no reverence for parents or old age. They are impatient of all restraints. They talk as if they alone knew everything.... As for girls, they are forward, immodest and unwomanly in speech, dress and behaviour." Do you know when that was written? No, not in 1952, but in 1274 A.D.!! ... That's all for this week. Remember, to practice what one preaches is comparatively easy. Most people would find it more difficult to preach what they practice!

ELLEN'S DIARY

By an Island Farmer's Wife

Past the mellow gentle glow of the autumn sunsets and the brief bloom of those of fall; by the cold purple-banked flame and splendour of winter's, once more we welcome the clean bright glory of sunsets of spring. It is true that summer will add her share to their enchantment. The flame will burn brighter. And clouds exquisitely tinted, like magical colorful galleons afloat on a silvery blue sea will drift leisurely away from the gold and rose of the west.

Flowering meadows will lend their fragrance and beauty to the scene; thrushes sprinkle the hour with their notes. In the hush of evening we watched this April sunset. We saw Old Sol smile a benign smile as he edged himself down towards the dark green spires of the woodlands. Waited as he threw golden streamers along the west to be reflected brightly in windows and gild the dark of the stream "up the creek."

Watched the round face drop... to presently disappear beneath the trees in a flood of rose-light, and hoves the world about, hushed and reverent, offer a murmur of regret at his passing. "A pretty sunset!" the younger farmer offered stopping a moment in the yard to regard it. Then added, "They're commencing to be lovely again. Not that winter's aren't beautiful too... but there's something hard about them."

An amazing happening occurred at Alderlea to day and strange-ly was repeated in kind tonight. Not since he was a little lad has James seen the like on this farm by the old millstream. Within a few hours two ewes gave birth to triplets. "Well, well!" James ejaculated in the presence of grand-daughter after the arrival of the first trio, "did you ever see the like of that?" And her eyes shone with the miracle of it. "No," she agreed "but I've seen pictures of ewes with four. The dear little animals 'she cooed. 'You don't suppose... she began to ask. "No," James replied, "and she'll do very well. I'm thinking, to raise these."

Forgotten items—along with odd sprightly spiders, we uncovered in our house-cleaning today... "kept," tucked-away souvenirs, fragments of other years: a print somewhat faded of a school class of James'—costumes, quaint faces regarding us soberly. We carried it to the kitchen, to turn back time's flight for him. At the supper-hour granddaughters brought on glasses and perched on the arm of his chair, and he went along the rows for her one by one. Signing that the ranks are now broken—wondering at the gape, smiling over childish whims and pranks... remembering.

Granddaughter has homed long ago, and James has returned to his armchair—to read about "this here floor price on beef" and other items of interest to a farmer. And without, quiet and peaceful though softly lowering in the air, the night-skies keep watch and ward over the farmlands.

Until tomorrow — Diary — Goodnight.....

Here's Speedy Relief For Tender, Aching, Burning Feet

Your feet may be so painful and inflamed that you think you can't go another step. Your shoes may feel as if they are cutting right into the flesh. You feel sick with the pain and soreness; you'd give anything to get relief. Two or three applications of Moore's Emerald Oil and in a few minutes you get comforting, blessed relief.

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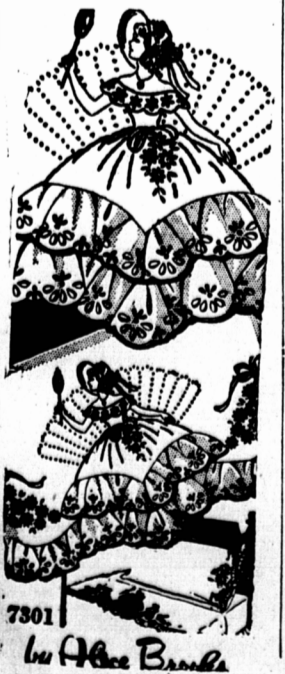
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Alice Brooks Designs

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Forsythe-Andrew Wedding In Charlottetown



Mr. and Mrs. Robert Gordon Forsythe are pictured above at the reception at the Charlottetown Hotel which followed their wedding at St. Paul's Anglican Church on Tuesday morning, April 22nd. Shown, left to right, are Mr. Andrew Likely and Mr. Harold Forsythe, ushers; Mr. Douglas Forsythe, best man; Mr. and Mrs. Forsythe; Miss Velma Andrew, maid of honour; Miss Mildred Cudmore, bridesmaid; and Mr. Robert DeBios and Mr. Alan Forsythe, ushers.

Household Scrapbook

By Roberta Lee

Whitewash

Whitewash is easily mixed. Use ten pounds of quicklime to two gallons of water. Place the quicklime in a pail and pour the water over it. Cover with a cloth and let stand for an hour or more. It is important to measure the quicklime and water correctly, as the proportion of these makes the whitewash a success or a failure.

Hard Water

Softened hard water by adding to a boiler 2-3-full of water salt-soda the size of a large egg. This will not injure the clothes, will whiten and save rubbing.

Cleaning Felt

To clean pastel felt hats rub lightly with steel wool, rubbing the wrong direction of the material. Fine wool should be used.

Morning Smile

A Real Landlord

During the critical housing situation, all new tenants were required to undergo a minor third-degree by the landlord. On one of these informal grillings, the apartment seeker suddenly realized that he in no way qualified for the vacancy.

"Do you have any children or pets?" asked the landlord. "One girl and a small poodle," was the reply.

"Sing or play a musical instrument?" "I play the piano," answered the crestfallen applicant.

"Drink or have parties?" he continued with the quiz. "Once in a while," the applicant admitted.

"By George!" replied the landlord, "I believe you're just the man I'm looking for; this place has been like a graveyard lately!"

The Stars Say --

By Genevieve Kemble

For Tomorrow

ALTHOUGH the general tone of events may emphasize the social, festive and romantic activities, it might be greatly to the advantage to give consideration to such matters that concern the home, personal environment and comforts, wherever pleasant and gracious living may demand attention. It could be timely and profitable to go "bargain hunting" or to invest in anything to enhance and beautify domestic surroundings, or those in the office. Gain and substantial benefits are possible by judicious outlay of funds.

Those whose birthday it is may prepare for a pleasant, profitable and interesting year, in which the accent may be on the personal life, and home, celebrations, romantic, social and cultural matters, with all concerning their welfare and enjoyment under a beneficent reign. Under the sign of the home and domestic interests, tenanted by the planet of growth, expansion, gain, all should prosper. A favorable time for buying a home, property or making investments.

A child born on this day may be home-loving, gay, sociable, seeking culture and possessing funds to indulge its domestic and artistic inclinations.

Rheumatic & Arthritic Pains

If you are suffering from arthritis, rheumatism, sciatica or neuritis, you may now hope to get fast relief from pain and discomfort. Thousands and thousands of men and women report they now enjoy long-lasting relief—thanks to DOLGIN tablets. Get DOLGIN from your druggist today.

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That Body Of Yours

By James W. Barton, M.D.

HOME TREATMENT AFTER CORONARY THROMBOSIS

Coronary thrombosis (heart stroke) always means complete bed rest for several weeks, usually in hospital, and usually two or more weeks of bed rest at home. Therefore, the matter of which is the easiest on the heart, the bedpan or bedside commode, must be considered.

Some months ago in the Journal of the American Medical Association Drs. Joseph G. Bentor, Henry Brown, and Howard A. Risk, New York University, after thorough investigation state that the supported or squatting position, as when the bedside commode is used, does not use up as much of the patient's energy nor cause as much strain on the patient's part as does the bedpan. "Use of the bedpan, therefore, appears to be an unphysiologic procedure from the standpoint of energy cost."

It is recognized that the use of both the bedpan and the bedside commode can cause sudden changes in blood pressure and decided changes in chest and abdominal pressure which may cause heart accidents but from both the postural and energy-saving standpoint, the strain necessary for bowel movement is lessened by the use of the bedside commode.

Another point that is now under serious consideration is the matter of bed rest. For years, the usual treatment after a heart stroke was four weeks in bed and later about six weeks. That this prolonged stay in bed may really be harmful is now the opinion of the heart specialists mentioned above. They believe that getting up on the feet for short periods daily is better and safer treatment after a heart stroke. The patient or the patient's family are, of course, not qualified to judge what is best for any particular patient so that the advice of the family physician in consultation with the heart specialist should be followed faithfully.

The idea behind letting the patient up for short periods daily, even during the first few weeks, is that his moving about the room slowly stimulates all the body processes and also that it will raise the morale of the patient to know that he can be on his feet daily with safety. Of course, each case will have a ruling to itself as the physician in charge knows his patient physically, emotionally, and is thus equipped to determine the best manner of treating him.

Cook's Corner

Chicken Curry

Boil a fowl large enough to yield six cups when cooked tender, stripped from bones and skin and cut into 1/2 or 3/4-inch cubes. In a large skillet melt six tablespoons butter and in it saute six medium tart apples, pared, cored and sliced.

When sauteing the apples add two large sliced onions, preferably very mild, and one finely minced clove garlic. Saute all of these until golden but, not brown at all. Mix together three tablespoons curry powder and add. Stir in four cups chicken stock, until it thickens a bit. Add 1/2 teaspoon cloves for three whole cloves (which would have to be removed), 1/2 teaspoon pepper, 3 tablespoons lemon juice and 1 tablespoon grated lemon rind, about 2 or 3 tablespoons salt, and 1 1/2 cups seedless Sultana raisins. Add the six cups cut up chicken, cover and simmer 30 minutes. Cook three cups long grain rice in 4 1/2 cups boiling water and one tablespoon salt, in top of double boiler or over very low burner, tightly covered. Serve rice in ring surrounding curry. Garnish with hot ripe olives, shavings of candied ginger and parsley. Pass snowy white shredded fresh coconut, chutney and sieved hard-cooked eggs. Serves 12.

ROOM FOR SPEED

BLACKPOOL, England—(CP)—Plans have been drawn for a 2,000 yard runway for Britain's latest jet fighter, the Hawker Hunter. The new fighter is expected to be in full production by 1954.

Anne Adams Patterns

Lines to Slim You

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How Can I...?

By Anne Ashley

Q. How can I clean silverware very quickly?

A. Make a solution of one quart of boiling water, one teaspoon salt, and one teaspoon baking soda. Pour this into a large aluminum kettle, and place the silver in it. Let stand for a few minutes and then rinse with clear boiling water. Clean the pan immediately. This method is a real time saver in an emergency.

Q. How can I remedy the lock of a closet door in which the key refuses to work smoothly?

A. Dip the key into machine oil and then place in the lock and work back and forth several times. It will soon work with ease.

Q. How can I acquire a rich, green color in ferns?

A. Add a teaspoon of household ammonia to one quart of water and pour over the ferns once or twice a month.

Better English

By W. C. Williams

1. What is wrong with this sentence? "He is continually blaming these mistakes on me."

2. What is the correct pronunciation of "moue" (a pointing grimace)?

3. Which one of these words is misspelled? Acquitall, acquiescence, acquarium, acquiesive.

4. What does the word "diffident" mean?

5. What is a word beginning with "to" that means "to endure"?

ANSWERS 1. Say, "He is continually blaming me for these mistakes." Always blame the person for the thing. 2. Pronounce as though spelling moo. 3. Aquarium. 4. Wanting confidence in one's self; timid.

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