

The Stars Say --

By Genevieve Kemble

For Tomorrow IMPORTANT matters and objectives are destined to move at high tempo with promise of attainment of cherished goals and surprising fulfillment of worthwhile achievements and satisfactions. At the same time, there is danger of peculiar incidents, perhaps breath-taking turns of events. A dramatic crash may turn the tables and call for an exceptionally clever readiness to grasp the fundamentals of such a crisis.

For the Birthday Those whose birthday it is may prepare for the advent of some unpredictable development that perhaps may demand shrewd and prophetic insight into involved, strange and peculiar incidents. It may be something in the nature of a dilemma, an intriguing situation or incitement in which particular ingenuity, cleverness, canny preparation, may culminate spectacularly. A sudden stroke of genius may save.

A child born on this day has ample equipment for meeting grave crises in life.

Cook's Corner

BEEF RICE BALLS

These meatballs are especially light and tender because of the fluffy rice throughout the mixture. Shape the balls small because they swell up during cooking and are quite a good size when finished.

- Yield—Five or six servings (12 meatballs). 2 1/2 cups (20 ounce can) tomato juice 1/2 cup water 1 teaspoon fluid meat extract or 1 bouillon cube 1/2 bay leaf 1/4 pound minced lean beef 1/4 pound sausage meat or sausages pressed from the casings 1/2 cup finely-chopped onion 1/2 cup raw rice, washed and drained 1 teaspoon salt 1/2 teaspoon pepper 1/2 teaspoon dry mustard 1 egg, slightly beaten

Turn the tomato juice into a baking dish and add the water, fluid meat, extract or bouillon cube and bay leaf; cover and place in a moderate oven — 350 degrees — while making the meat mixture. Turn the minced lean beef and sausage meat into a bowl and break apart with a fork; sprinkle with the onion, rice, salt, pepper and mustard and combine lightly. Mix in egg.

KILL ODORS and save up to 30% STOP NURSERY SMELLS WIZARD WICK DEODORIZER

ELLEN'S DIARY

By an Island Farmer's Wife

Grateful... anxious... even regretful hearts we are privileged to look into in our "commonplace" round, even when it keeps us fairly close to the pots and pans of our housewifery in the present care of this household. But visitors we have and thus we are able to touch or link hands with others as we journey along Life's road. "Do you know, Ellen, what I should do if I had my days to live over?" one who chanced to call today queried, as chatting with him we caught up the threads of a nice dependable friendship of years. Even those intervening ones, which have brought many a happiness and care to both... among gifts: husband, wife, children, grandchildren, crows' feet, bifocals, silvering threads — we find in him no lessening of the genial friendliness of those days bygone.

Not in his position it is true, though as a prominent dealer in farm-produce he plays a wide and much respected role in his own and further communities; nor is it that he impresses one with his wealth though he has prospered beyond many; neither is it in the extent of his education, for like many lads, we suppose from choice, he seized upon a convenient opportunity to end early the confinement of schooldays to spend apprentice years along the fields of the farm.

True his appearance is commanding — perhaps because he is a big man; or it may be that at first sight his face appears to be quietly stern. His gifts? Among these he has an analytical mind; and for an especial grace a melo-singing voice. Yet numbers have all these attributes and more, and still do not so easily draw friends to their side. Wherein then does this talent lie? Since a girl we have pondered the question, trying to determine the particular virtue or combination of them, without success. Only to know that with James as with myself, in that corner of the heart reserved especially for such folk — or into which these so easily come... His name we keep there.

"Do you know, Ellen, what I should do if I had my days to live over?" he queried. "Now you're laughing at me," he half-scolded, "but this is gospel-true... I'd be a Minister!" "And why would you want to be a Minister?" we were curious. "Well, I'll tell you, Ellen," he said seriously. "The older I grow, the more evil I see in the world... I should like to warn folks about it!" "And can't you — as you are?" "I can," he nodded, "and I do! But they don't seem to pay much attention to me. Now if I were a Minister," he chuckled, "they'd have to — I'd make them!"

And yet we are confident in that spot of world that is his, he works more gains for Heaven by his rare personality than he can ever dream.

The March wind keeps a bit about our window as it wanders about in the night. The Family misery of cold still lingers, though it betters... and James, husband to us, is awa!

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

BRONCHIAL ASTHMA

Do you gasp, wheeze and fight for breath, so you can't get proper sleep? Templeton's RAZ-MAH capsules help you to breathe easily, relieve of wheezing and gasping. They loosen tight-packed mucus in bronchial tubes, so it comes away easily. Sleep and work in comfort, take RAZ-MAH today. 65c. \$1.35 at druggists. R-35

SAVE WITH SODA FREE booklet gives many new uses for Cow Brand Baking Soda in kitchen, bathroom, nursery and all through the home. Write Church & Dwight Limited, Sun Life Building, Montreal.

Queen Enjoys Welcome Break From Coronation Preparations



During an enjoyable afternoon, she enjoys one of her favorite pastimes, and that of her husband, the Duke of Edinburgh, who accompanied her to the event. For both, time out to talk with some of her royal duties which are steadily increasing as the day of the coronation draws near.



At left, Queen smiles as she

Household Scrapbook

By Roberta Lee

Lemon Syrup Lemon syrup is made by adding two-thirds of a cup of lemon juice to one cup of sugar syrup. Strain this into a bottle and keep in the refrigerator. Use one part of this syrup to six parts of ice water, and the result will be a delicious drink.

Rust on Steel To remove rust from steel cover the spot with sweet oil, rub in thoroughly and allow to stand for a few days, then rub briskly with powdered unslacked lime until the spot disappears.

Hard Water To soften water that is hard, add one quart of lime-water to every ten quarts of the water.

How Can I...

By Anne Ashley

Q. How can I make potato cakes? A. Pare and boil 1 quart of potatoes; mash and season with salt, pepper, and paprika, and add 1 tablespoon of melted butter; mix lightly. Take a spoonful of this mixture in floured hands and roll. Dip into egg beaten with 1 table-spoon of cold milk, then into flour, and fry in hot fat. Q. How can I cement loose floor tiles on fireplace tiles? A. A little plaster of Paris mixed with vinegar to a paste should be smeared on the loose tiles, and tiles can then be cemented into place. Do not walk on the tiles until they are dry. Q. How can I keep the hair shining? A. No; this type of sandwich must be picked up. Only on the "open-face" sandwich do you use knife and fork. Q. Should a woman remove her gloves when attending a luncheon party? A. Yes.

DOROTHY DIX'S COLUMN

Grim Predictions

Mother, Addicted to Sombre Forecasts, May Need Psychiatrist's Advice

DEAR MISS DIX: My problem is quite different from those you usually write about. I can foretell the future. For instance, our dog was tied with a collar and rope. As I looked out the window, I thought, "Wouldn't it be awful if he chewed the rope and ran into the street?" A few hours later he got away and was hit by a car. Another day, while crossing a field, I pictured myself falling over the fence, and, although I had crossed the same place many times before, that day I did fall.

My problem at present is that I have had a mental warning that my little boy will be hurt. I have pleaded with my husband to move away from here, but he won't. Our place is close to his work, and very convenient. I have a feeling the house will be harmful for our child. My husband thinks I'm imagining things. NANCY ANNE

ANSWER: You gave other instances of your insight into the future, but, for brevity's sake, I omitted them. None, however, seems to me to be particularly occult. All of them, it happens, were disastrous. So it would appear that you can foretell only unpleasant happenings.

Now, face a few questions squarely. How often have you foreseen events that never did come to pass? Surely Continued on page 14

Modern Etiquette

By Roberta Lee

Q. When a girl is attending church with a young man in his church, should she make her own contribution when the collection is taken? A. Most certainly. Failure to do this would show lack of courtesy and good manners on her part. Q. When a double-decker sandwich seems too big and unwieldy to handle with the fingers, isn't it all right to eat it with a knife and fork? A. No; this type of sandwich must be picked up. Only on the "open-face" sandwich do you use knife and fork. Q. Should a woman remove her gloves when attending a luncheon party? A. Yes.

The highest-grade musk, base of many perfumes, is obtained from the muskdeer of southern Tibet.

That Body Of Yours

By James W. Barton, M.D.

BLOOD PRESSURE IS AFFECTED BY EMOTIONAL DISTURBANCES

Now that it is known that continued or constant high blood pressure is the forerunner of heart strokes (coronary thrombosis) and brain strokes (apoplexy) it is only natural that most people should be interested in their blood pressure. And because high blood pressure is thus considered a serious matter, many think they should consult a heart specialist.

What we must remember is that blood pressure varies during the day, being higher during work or excitement, than when we are at rest. Also, that when the doctor takes our blood pressure, particularly if we are anxious about it, it may be 20 or 40 points higher than when we are relaxed.

Life insurance examiners are greatly interested in blood pressure. If they find it high they have the applicant return, perhaps several times, as they realize he may be nervous or emotionally upset. The physician may have the patient rest in an adjoining room and read a book or newspaper until he "calms down."

In the Spanish Medical Review, Drs. A. Meyer-Heine and E. J. Benzecry state that many patients, whose blood pressure had been taken while they were anxious or upset, have been needlessly advised to cut down on salt and liquids and excluded from employment in which they might have attained success. It is only the patients whose blood pressure is always high, even when at rest, who are likely to have attacks of coronary thrombosis or apoplexy. In addition

MEN OF DISTINCTION



OR NOT.....

THEY ALL LOVE YORK GOLDEN-CREAM CORN — BUY FAR THE BEST.

YORK GOLDEN CORN made only from cleaned corn kernels. A Product of Canada Packers

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Dutch-treat your kitchen—you'll have the prettiest, warmest, most colorful kitchen in town! No embroidery, just iron these bright blue and sunny yellow motifs on kitchen towels, napkins, tablecloths! So inexpensive — see how many new things, gay gifts you have ready for special occasions! Iron-on! Washable! Jiffy! Pattern 7091 has 16 transfer motifs. From 5 x 4 1/2 to 2 x 2 inches.

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.

Quick Relief From ARTHRITIC Pain

Are you discouraged by the day-and-night suffering you have had to endure? Has the pitiless pain made you feel hopeless and helpless? Then here is good news. Thousands of such sufferers from nagging, wearisome Arthritic, Rheumatic and Neuritic pain—from Lumbago, Gout and Neuralgia—use Templeton's T-R-C's, and find the relief they have longed for. Over 19 million T-R-C's were used last year. Why not give them a chance to help you? 65c. \$1.35 at drug counters. R-33



Gets First Prize for Bread at Annapolis Fair

Step up and sample the baking of Mrs. Murray Sanford, Middleton, N.S. You'll realize you've come upon a real virtuoso in the art! In fact, Mrs. Sanford's baking career started in a bakery when she was 13. Right now she bakes and sells 6 dozen doughnuts a day, often makes 15 pies at a time. And bread! At the Annapolis County Fair last year her white bread took top prize. "I have been using Fleischmann's Yeast for seventeen years," says Mrs. Sanford. "Yes, I always use Fleischmann's—I couldn't bake bread without it."

Anne Adams Patterns

SLIM HALF-SIZER "How smart and slender you look, friends and family will say when you sew this! It's designed to slim the shorter, fuller figure — proportioned perfectly at waist, hips and in length—no alteration problems. Have 3-quarter, short or cap-sleeve version. Pattern 4562: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 3 3/4 yards 39-inch. 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. Print plainly size, Name, Address, Style Number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

Really BAKED the old-fashioned way

HEINZ OVEN BAKED BEANS WITH PORK Choose from 5 kinds

Needlecraft News by Pauline Roy

IT'S FASHIONABLE TO CROCHET, fun and practical at the same time. For many attractive and useful articles can be made using this old and beautiful art. If you are a beginner and eager to learn, you'll find it is easy to do by following simple directions. Soon you will be able to make pretty medallions and other lovely patterns that are made up using the simplest crochet stitches. Once you know how to do medallions, you can make pretty doilies, table covers, runners and even fashionable garments like a pretty blouse or smart lace jacket. Trim Your Rooms With Crochet Household accessories are beautiful when crocheted in fine lace and add an air of luxury to the home. Pretty doilies on a hall or living room table, dainty dressing table sets in the bedroom, colorful potholders in the kitchen and a banquet cloth in your dining room are all useful and inexpensive trimmings for your home. They are rich in appearance, long wearing and remain fresh and new looking after many washings. White and ecru are favorites for formal occasions, but color in crochet is becoming more popular all the time. Gorgeous rich shades are available in quality mercerized cottons for this craft and you can now make up many colorful articles. Gay luncheon sets are smart in novelty pattern. Then there are pretty, almost natural looking, floral doilies. You'll love to try your hand at making some of these pieces for your home especially now for spring and summer use. Bedspread in Popcorn Pattern The embossed texture of a popcorn bedspread has special charm for period bedrooms. You can have lots of fun planning and making this knobby bedspread and using it for years to come. If you would like to have a bedspread with directions for making the POPCORN HEXAGON, just send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. 6074.

Morning Smile

Which? A woman went to a domestic servants' agency and landed what looked to her like an ideal maid. She described the household duties to her, adding "In our house, it has always been a custom to have breakfast in bed." "Is that so?" was the chilled reply. "Yours or mine?" His Report Mother wanted to spend Saturday in town, and Father, an accountant, reluctantly agreed to give up his afternoon at a league football match, and spend the afternoon with the children. On the return of Mother, she was handed the following report: "Dried tears—8 times. Tied shoes —13 times. Toy balloons purchased —3 per child. Average life of a balloon — 13 seconds. Cautioned children not to cross street—21 times. Children crossed street—21 times. Number of Saturdays I will do this again—0."

Child's Bad Breath often sign of Upset Tummy!

For minor digestive upsets, children so often suffer as a result of overeating or eating too much candy or sweets, give Children's Own Tablets, new corrective for youngsters 3 to 15. They quickly help sweeten sour stomachs and act speedily to clear out from the bowels, offending waste material in a gentle, thorough manner. Made by the makers of Baby's Own Tablets—your assurance of a reliable product. Get a package today at your druggist. Only 30c. CHILDREN'S OWN TABLETS