

## Household Scrapbook

By Roberta Lee

### Cleaning Compound

To make a good cleaning compound for painted walls dissolve one ounce of soap flakes in 16 ounces of water, and add about three ounces of turpentine. Stir the mixture rapidly and apply with a brush or sponge.

### Improved Flavor

Add a little sugar to oatmeal when cooking, instead of putting it on at the table and it will improve the flavor greatly.

### Egg Stains

Apply cold water immediately to egg stains on fabrics. If treated soon enough, this usually removes them from most materials.

## Better English

By G. C. Williams

1. What is wrong with this sentence? "He was anxious to make a good impression, and he's been pretty successful."
2. What is the correct pronunciation of "exquisite"?
3. Which one of these words is misspelled? Recommend, condescend, superintendent, reprimand.
4. What does the word "longevity" mean?
5. What is a word beginning with ad that means "to make impure"?

### ANSWERS

1. Say, "He was eager to make a good impression, and he's been very successful." 2. Accent first syllable, not the second. 3. Condescend. 4. Length of life. "The longevity of the human race has increased." 5. Adulterate.

## Alice Brooks Designs



### CHILD'S PINAFORE

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## That Body Of Yours

By James W. Barton, M.D.

### MISTAKEN IDEAS ABOUT HIGH BLOOD PRESSURE

In the book "You and Your Heart," Dr. Irvine H. Page, Director of Research, Cleveland Clinic Foundation, states, "Hypertension (the medical name for high blood pressure) causes more disability and death than any other ailment. Yet the fact that it is not listed among official diseases in death rate figures shows how recently science has discovered that hypertension is often the real villain behind heart strokes, brain strokes (apoplexy), heart failure, uremia (blood in the urine) coronary heart disease and hardening of the arteries."

Because high blood pressure seems to be a mystery to the public generally, hypertension has created more fear in the minds of Americans and Canadians than almost any other affliction—cancer not excepted. A great deal of this fear is groundless. In fact, some physicians believe that such disability from hypertension stems from pure fright or, at least, anxiety which rouses up emotional and physical complications.

Dr. Page states that for the millions who already have and high blood pressure, there is a middle way between hopeless invalidism and casual indifference to the condition. Despite all the wise words spoken in recent years on high blood pressure, many exploded opinions are still held, many superstitions believed, many errors committed and many mistakes made. These patients give no heed to warnings of the dangers of high blood pressure, continuing on the same strenuous and often needlessly exhausting way of life as before; the same doctors also encounter a few fearful individuals who take to their beds at the mere sound of the dread word hypertension.

An examination by the family physician may enable a patient with high blood pressure to live a useful life for many years.

## The Stars Say - -

By Genevieve Kemble

### For Tomorrow

ALTHOUGH the lunar incitement may stimulate the energies and activities to be up and doing in some extraordinary undertaking, perhaps of deep-seated and far-reaching consequence, at the same time it could be possible to engineer some disastrous and regrettable operation. The judgment is faulty, unable to cope with unusual factors, according to the mutual aspects of a slow-moving planet. Another aspect urges exceptional reserve in plunging—the emotions and impulses are not safe to make vital decisions.

### For the Birthday

Those whose birthday it is may find themselves confronted by a most insistent and intriguing opening of major and far-reaching importance. In this it is probable the whole code and significance are vivid and vital. And while the opportunity and strange factors may seem irresistible and secure as to basic fundamentals, it could be easy to make a serious mistake in judgment, with reason and logic set aside by the drive of intrinsic urges or impulses. Great values being at stake, it may be wise to act with discretion and rationality, not instinct or quest for novelty.

A child born on this day may be singularly gifted with unusual talents, ideas, hunches, with novel insights into unusual creative prospects, but might blunder because of impetuosity or mistaken judgment.

## Canadian Wins Musical Award



One of the most coveted musical honors in North America, the Walter W. Naumburg award, was won by Lois Marshall, Toronto soprano, in competition in New York. Only one other Canadian, violinist Betty Jean-Hagen of Edmonton, has ever won the competition. Lois will return to New York to give a recital in autumn.

## DOROTHY DIX'S COLUMN—

### Meeting New People

#### Friendliness More Important Than Rules In An Informal Community

DEAR MISS DIX: Recently I moved into a new community. My sister-in-law has been living here three years, and in that time we have met many of her friends in her home. Now I meet some of them at afternoon club meetings or in the evenings with their husbands. My husband says I should invite them to our home some evening (five or six couples). My sister-in-law and I feel they should make the first move. My husband claims that in the suburbs one can't, and shouldn't, stand on ceremony.

M. M.

ANSWER: Though it is proper for the old residents to call on new members of a neighborhood, people are lax about this courtesy in many parts of the country. Your community, for instance, is largely composed of people who are themselves fairly new settlers. As such, they probably do not feel as bound by conventions as would residents of a long-established community. Waiting for people to call may keep you isolated too long; better forget the strict laws of etiquette and follow your husband's suggestion to invite the neighbors in for an evening. The important things to promote, after all, are friendliness and kindness rather than a strict adherence to rule.

### INFATUATED WITH ROUE

DEAR MISS DIX: A year and a half ago, when I was 17, I met a man of 22 in whom I became quite interested. He was married at the time, so our friendship dropped. Recently I met him again, and find that he is married—but to another girl. He is not faithful to his wife anyway. We renewed our acquaintance last week, and he asked me for a date. What I want to know is can a man still think of another girl while he is in love with his wife?

ANSWER: For shame! Have you so little respect for yourself that you're to be just another one of this abominable creature's conquests? Haven't you, in 18 years, acquired some vestige of self-respect? A man who, at 23, not only has had two wives, but has also managed to acquire quite a reputation for infidelity, isn't worth a decent girl's "hello." Unless you want a ruined name, stop seeing him at once, and forget about him altogether!

DEAR MISS DIX: I am 24 and going with a fellow 27. We've been going steady for 15 months now. I find him very tight with his money; he gambles, and isn't very sociable. He never mentioned marriage until I was forced by my parents to ask his intentions. He said it would be sometime this year. Do you think I can trust him?

ANSWER: What kind of parents do you have who not only countenance your friendship with so unsuitable a man, but actually encourage it? If he had to be asked to state his intentions, that should have been your father's job, not yours. Why tie yourself down to a man who is not only reluctant to marry you, but whose stinginess is a very poor recommendation for a good husband? He is probably evading marriage because he's too cheap to pay for a license or a

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## ELLEN'S DIARY

By an Island Farmer's Wife

Now almost forgotten in the genial glow and sparkle of light and fire, which serve to keep the cool dark without the windows, we remember that April lay soberly over our valley today. No sunny smiling sides, no light warm wind blessing the meadows and cooing new greenings about. Suspended was the joy and delight of fair weather, over-shadowed by drooping clouds of gray and matching fog, damp along the hills. But James now in his old armchair with Jamie on the couch beside, found no disappointment therein. "This wasn't a bad day at all for Rob's sawing" he comments. "And isn't it good to have it all done?"

Granddaughter rode thither with the help on the tractor after dinner. They were joined later by James and Jamie, who after a spell of choring walked along the fields. Picking a route on the sod we lost them man and boy, passed the far woodlands. . . . What fascinating projects the two children are pleased to take up! Often restricting our working space in kitchen and pantry.

This morning I was tethered mouse, rescued from the jaws of a cat, provided them with a subject for much speculation and study. In the interests of our housewifery we felt obliged to veto granddaughter's blithe suggestion to "tie him to a leg of the stove, just to be certain—sure of him!" Except for being confined, this was no poor abused creature that was presently bound to a chair-round, a comfortable distance from our route of travel—or allowed to range the length of cord Jamie held "to learn about him."

It was a petted thing. Handled with care and at length bedded down in luxurious surroundings on the porch. Fed generous rations from the piggery as well as bread and cake from the pantry. "He should be happy—if ever a mouse is happy!" granddaughter smiled. "I guess he doesn't know when he's well off!" Jamie nodded. Even at the risk of nipping two enviable careers in the bud, it settled our erstwhile uneasy feeling in having such "sleekit" company about when the cat appeared in the afternoon to reclaim his rightful prey.

"And never mind being stuck to the house like two old ladies!" James will laugh to the two, "come away out with me and learn to farm!" Never are scenes more interesting at Alderlea for children than now, when stables and sties hold so many young animals. . . . wee pigs, lambskins, calves! At the moment Jamie is learning something of the farm's history. James knows it by heart—as he knows every field and glade and wood of it. "It will be a hundred and twenty years ago this October, your great-grandfather bought this place—you have the same name as he. He had paid rent on it for some years before—but ninety one pounds sterling he gave for it now."

"You must show him the old deed of it, Ellen," he says in an aside. "And who owned it first?" James queries. "The Earl of Selkirk. And he being dead by then, we bought it from the Trustees and Executors of his estate. . . . there were four of them: Sir James Montgomery, Andrew Colville, Adam Maitland, and John Halkett." "And what was the Earl's name?" Jamie who does very well in history asks. "I think. . . ." James begins and then pauses. "And recalling a tragic incident of recent hours which brought some dismay to the faces of the children at dusk—when nothing but a white cord remained of a study of morning. "Thomas," we chuckle. "Until tomorrow— Diary — Good-night . . . ."



"I always use Fleischmann's Yeast for bread or rolls," says Mrs. Fraser.

## Twice Cooking Champion at Pictou Exhibition

One of the most capable cooks in Pictou County is Mrs. J. D. Fraser of Bridgeville, N.S. At the 1950 Pictou Exhibition Mrs. Fraser was awarded the highest number of points in the cooking department—for the second time. She was prominent among the winners again in 1951. "For my bread and rolls I always use Fleischmann's Yeast," says Mrs. Fraser. "It's one yeast you can be absolutely sure of for quick rising and a light dough—the kind that turns out the most tender and appetizing baked goods each time." That's the important point! For championship baking, Maritime cooking experts prefer fast-acting Fleischmann's Yeast.

## Anne Adams Patterns

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### Cook's Corner

**CORN MEAL MUFFINS**

Three-quarter cup sifted flour, 1 1/2 teaspoons baking powder, 1/2 teaspoon salt, 1/2 cup cornmeal, 1/2 cup prepared apple, 1 egg, well beaten, 1/2 cup milk, 1/4 cup honey, 3 tablespoons shortening, melted. Sift flour once, measure, add baking powder and salt, and sift again. Add cornmeal. Wash, pare, and cut apples into eighths. Remove core and cut crosswise into very thin slices. Combine egg, milk, honey and shortening. Add all at once to flour-cornmeal mixture, stirring only enough to dampen all flour. Fold in apple. Bake in well-greased 2-inch muffin pans in hot oven (400 degrees F.) for 20 minutes, or until done. Approximate yield: 8-12 muffins.

**Orange Filling**

Mix together in saucepan 1 cup sugar, 4 tablespoons cornstarch, 1/2 teaspoon salt, 1 cup orange juice, 2 tablespoons grated orange rind, 1 1/2 tablespoons lemon juice. 2 tablespoons butter. Stir over heat until boiling and boil 1 minute stirring. Cool before spreading. Frost sides of cake with pale yellow butter icing but make petal-like scallops at edge on top of cake to stimulate daffodil petals.

### SUNNY DAFFODIL CAKE

Sift together 2 cups sifted cake flour and 2 teaspoons baking powder. Put on to heat to nearly boiling point 1 cup milk. Beat 2 eggs in large bowl for 10 minutes with rotary or electric beater. Gradually add 2 cups sugar, 1/2 teaspoon salt. Add 1 or 2 teaspoons vanilla. Melt 2 tablespoons butter in the hot milk and stir it quickly into the egg mixture. Sift the flour mixture over and stir it in quickly.

## Morning Smile

### Under Par?

The Battery Commander shook his head sadly. "I'm afraid I'll have to have Sergeant Mulligan up on charges," he told his brother officers. "Last night he beat his wife unconscious with a golf club."

### A Real Sport

"My little boy is very polite," said Brown, jovially. "Only the other night in the bus he pointed out an empty seat to a dear old lady and raced her for it."

### Turning Point

A beggar clutched at the sleeve of a passerby. "Ten cents, sir, for a cup of coffee?" he whined. The other turned and surveyed him. "Why should I give you a dime?" he asked. "What brought you to this plight?"

"A terrible catastrophe, sir," the beggar replied. "Two years ago I, like you, enjoyed business prosperity. I worked industriously. On the wall above my desk was my motto: 'Think Constructively. Act Decisively.' Wealth poured my way. And then—and then—"

"Yes, and then?"

"The beggar's frame shook convulsively. 'The charlady burned my motto,' he sobbed.

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