



**Cook's Corner**  
Economic and easy-to-make casserole dishes are great favorites with homemakers. South Winsloe W. I. have a casserole suggestion which Island women will be anxious to try. Here it is—

**SCALLOPED CORN AND TOMATOES**

- 1 1/2 cups cooked or canned corn
  - 1 1/2 cups, stewed or canned tomatoes
  - 2 tablespoons melted butter
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1/2 cup buttered crumbs
- Place alternate layers of corn and tomatoes in greased baking dish. Season with salt, pepper and melted butter. Cover with crumbs and bake in moderate oven 350 F. until crumbs are brown.

—Mrs. Heber Hardy, South Winsloe W. I.

**COLDS**  
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**BUCKLEY'S CAPSULES**

**DOROTHY DIX'S COLUMN—**

**Holding A Husband**

**Well-Groomed Wife Warns Against Too Much Emphasis On Appearance**

DEAR MISS DIX: There is so much being said about wives keeping attractive in order to hold their husbands, that I wonder if it may be giving the wrong impression to some of the younger wives.

I am 46, look my age and am an old-fashioned housewife who likes to cook, keep house and look after my family. I have a good figure, naturally I try to keep well-groomed, dress fairly well, but don't make these things the chief aim of existence. I think a family appreciates a properly cooked meal at night more than a well-manicured wife and mother. I enjoy music, shows, like pretty things, am interested in the glamorous actresses on TV, but have no desire to be like them. I have a friend, slightly younger than myself, who is a devotee of this "keep young for your husband" school. She never has time to help anyone, or to take care of her house, since she is constantly following new glamor fads, and turning on the charm for everyone in sight—preferably some other woman's husband. Perhaps I sound catty, but that's exactly the way some of these women affect me. My man didn't marry me because I was glamorous; why should he be led to expect glamor now?

**SLIGHTLY BEFUZZLED**

ANSWER: You have a point, but it must be stated with two stipulations. First is the possibility, which you have advanced, that you may be catty about your younger, attractive friend and, second, while I thoroughly agree that a good deal of emphasis is put on this problem, some of it is really necessary. Unless some women were reminded frequently, they'd let themselves go to the point where they'd lose interest, not only in their appearance, but also in their homes. You seem to have nothing to regret in the way you've treated the passing years, and so can expect the same happiness in the future that you've had in the past.

A wife can either devote all her time and energy to keeping the floors polished, neglecting herself and the people around her, or she can give every minute of the day, and every cent she can lay her hands on, to clothing and glamorizing. Neither course is desirable. As usual, it's the happy medium that proves wisest. True, a family certainly does appreciate a good meal, but they love an attractive Mom, too. Keep both ideas in mind and don't let either run your whole life.

DEAR MISS DIX: With spring not so far off, a recurrent annoyance will be in my life. I have a steady boy friend, who is devoted during the winter, but as soon as the fishing season opens, that's all he thinks about. I wouldn't mind an occasional fishing trip, but he goes every week-end.

ANSWER: Be thankful (1) that fishing is a seasonal sport, and (2) that his interest doesn't turn to girls, which is not a seasonal activity. You might try getting interested in the sport, yourself, so that you could accompany him on some of these trips.

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

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**How Can I!!!**  
By Anne Ashley

Q. How can I clean pewter?  
A. Pewter can be cleaned by using any fine abrasive such as the cleaning powder and soaps which are advertised as non-scratchers, or whitening and any fine steel wool and oil. Wash carefully in clean, hot soapsuds afterwards, rinse, and dry.

Q. What can I use as a substitute when wax is not available for a floor that is to be used for dancing?  
A. Powdered borax may be used, and will prove a good substitute.

Q. How can I remove a grease spot from wallpaper?  
A. This can often be removed by dipping a flannel rag into alcohol and rubbing gently, or by applying flour and allowing to remain until it absorbs the grease.

**Morning Smile**

A young man had put off visiting his aged uncle until at last he felt he must go. Arriving at the tiny railway station, he found the only person in sight was a hard-bitten old local. "Can you tell me, please, where Farmer John Blank lives?" inquired the young man.

"He's dead," answered the local. "Died yesterday afternoon."

"Dead? Why I've come all the way from London just to spend the week-end with him!"

The rustic's faded eyes took in the nephew's immaculate clothes, his air of self-confidence. "Must 'a been expecting you," he drawled.

**Contract Bridge**  
By Josephine Culbertson

**FRANK HANDS DEMAND SKILLFUL BIDDING**

The freer the hand, the greater need there is for ingenuity in the bidding. Observe the far from expert performance of North and South in this extraordinary case.

West elected to open the ace of hearts. South then cashed the ace and king of spades and ruffed a spade with the deuce of trumps — West wisely permitting this — but then South had to shorten his own trump holding to get out of the dummy. The result was a three-tricks, 800-point penalty.

South dealer.  
Both sides vulnerable.

4	4
7 6 5 3	5 3
2	2
Q J 10 8 5 4 2	K 9 8 7
Q 8	N
A Q 10	W E
A 8 6 3	S
A K 7 3	J 7
	A K 10 9 7 6 2
	K Q 10 9 5 4

The bidding:  
South West North East  
1♠ 2♣ 2♥ 2♥  
3♦ 4♥ 5♠ Pass  
4♦ Dble. Pass Pass  
5♦ Pass

This was bad enough for North-South, but in view of the five-spade contract that would have been ironclad, the result was truly catastrophic.

The fault for landing at the wrong contract was largely North's, though South's conduct was not spotless. North's rescue of the doubled four-spade bid was inexcusable. He had already warned South, by bidding two clubs directly over the double of one spade, that he could not stand a spade contract; when South, in the face of that warning, went to four spades by himself, it was not up to North to "take charge."

While blaming North, however, it must be said that South was unwise even to mention his diamond suit until he had rebid his spades to the level of game. True, South's six-card diamond suit was not to be regarded lightly, but his spade suit, which would out-rank the opponents' hearts at the same level, was so long and strong that it needed no support from North. Moreover, by rebidding spades vigorously, the freak nature of the South hand would be more effectively concealed, and it might be possible to buy the contract more cheaply.

**SAFE FOR CHILDREN**



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**BUCKLEY'S STAINLESS WHITE RUB**

**Exchange Vows**



Flying Officer and Mrs. Don Cameron are seen above following their wedding at the Church of Christ Manse in Summerside on February 5. The groom is the son of Mrs. M. K. Andrews, Victoria, B.C. The bride is the former Joyce MacKay, daughter of Mr. and Mrs. Nelson MacKay, 50 St. St. S.E., Summerside. (Photo by D. W. Sears).

**Household Scrapbook**  
By Roberta Leo

**Wall Paper Cleaner**

Make a thick paste by mixing 3 cups of flour, 3 tablespoonsful of ammonia and 1 1/2 cups of water. Roll this into balls of convenient size to fit the hand. Rub a ball over the paper and it will clean thoroughly.

**Door Mats**

Make serviceable door mats by coiling a rope and tacking each coil with strong cord on the underside. The mats can be made round, square, or rectangular.

**Roach Powder**

A good roach powder that has proven effective is made of equal parts of plaster of Paris and powdered sugar.

**The Stars Say - -**  
By Genevieve Kemble

**For Tomorrow**

USE your originality, skill and determination in going after the things you want. Conscientious efforts should help you to achieve your goals and, in business matters, the aspects are fine for consummating profitable deals. Be careful in signing papers and documents, however.

Where household affairs are concerned, concentrate on taking care of unfinished tasks before starting on new projects and sort out and eliminate possessions for which you no longer have use. Spend your leisure hours in restful relaxation rather than in rushing around.

**For the Birthday**

If tomorrow is your birthday, you should find the period ahead a propitious one in which to undertake enterprises requiring courage, energy or initiative. You may be faced with the necessity of earning some extra money during April because of unforeseen expense, but you can solve this problem by taking on some additional work. Do not be pessimistic about the situation for the opportunity you need will be offered to you. Just be alert and remember that need, as well as ambition, can be a great spur to success in the future.

The development of a hitherto undiscovered skill or talent could be responsible for an occupational change or an unexpected promotion during the summer months. Domestic and social affairs should be most harmonious during 1954 and, if you are single you may find romance entering your life in the early fall.

A child born on this day will be emotional, sympathetic and industrious by nature.

**MOUNTAIN PASS**

Kicking Horse pass in the Rocky mountains on the Alberta-British Columbia boundary has an altitude of 5,359 feet.

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**ELLEN'S DIARY**  
By An Island Farmer's Wife

Looking as usual with much expectation into the days of another brand new week, the dawn turned us toward its duties this morning. There was balminess of south wind about the yards and it was no longer the frosty sky of late which over-arched quietly the cup of our valley.

"What now?" James by the door wondered regarding the gray dipping down to the hillslope.

"I don't know," Gage smiled stopping to feel the texture of the snow by a path, "but I think it's snowmen!"

"Yes," James chuckled, "I believe you're more half right. I'm thinking that sky says 'Rain'."

There is imminent sign of it now in the mournful sigh of the wind of this starless, moonless night; sign too in the rising glass... And somewhere by a house-side a crocus blossoms and by a roadside willow buds swell. And in many a barn, calves, piglets, lambskins appear now in this, one of the best of all seasons on farms, to gladden the hearts of the farm folks.

"This would be an ideal night for young stock to come," we overheard James remark to one of the younger farmers. But none came, nothing new today in these stables or sties or fold, not even a kitten.

And the farmers went about the choring and we to the joys of the washing walking through the drifts of the orchard in what James said was "only pleasant exercise" to come to the clothes-line there.

"There!" the youngish white cat beamed laying down the limp body of a sparrow by the door for our approval. "That's not a bad beginning for the new week, is it?" She nodded, "the more of these I put an end to, the better flock of robins and goldfinches and humming birds you'll have this summer. You favor that don't you, Ellen?"

But Jamie was sober when after school he chanced to find the mottled feathers. "Do you see what happened today?" he asked. "A cat got a poor little sparrow."

"And where will you let the bird go?" we asked him of the sparrow, our company awhile before it was taken to school to be studied. "Will you give it its freedom once the lesson is over?" Jamie considered the question a moment.

"No, I don't think I shall. I'll bring him home... he'd be too lonesome away from the rest of the flock."

"Pheasants, one of the Family saw today on a jaunt along the fields, a modest little lady of a hen and a bigish handsome fellow in resplendent plumage. A weelad saw a squirrel on a rail of fence by the woodlands and for us about our housework pigeons made pleasant conversation about the barnyard... a pair that know no quarrelling but are content to bill and coo, he in his suit of blue-gray and she in a rose-beige gown.

Rain? Drops of it silver patter now on the pane, beating out a simple melody and old... a lullaby of the night.

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

The remainder were left with the Secretary and are available at any time.

The President reported that a 3-Act play was under way and the first practice would be held on February 17.

It was decided to hold a crokinole party in the Hall of February 10 ladies' bringing lunch. Collection for the evening was 75c. Meeting closed with the Queen and was followed by a sewing demonstration by Mrs. Eric MacPhail. The evening closed with lunch and a social hour.

A box of books from P. E. I. Libraries was unpacked and several members took books to read.

**CLYDE RIVER W. I.**

The regular meeting of Clyde River W. I. was held at the home of Mrs. Reginald MacKinnon on the evening of February 1. Roll call was answered with "My Favorite House Work" by eight members.

The children were unable to attend the Dental Clinic at Bonshaw owing to bad roads and it was decided that an attempt be made to obtain another appointment. The secretary was instructed to make enquiries concerning the purchase of a sideboard for the H-II.

The next meeting will be held in the Hall on March 1 and anyone wishing to send woollens for blankets is asked to bring their wools weighed and packed and money to cover their order. There will be a short business meeting followed by lunch and a social hour.

**Anne Adams Patterns**

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Pattern 4584: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 1/4 yards 35-inch fabric.

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**Alice Brooks Designs**

**JIFFY SET**  
QUICK CROCHET! You'll have baby's new booties, cap and jacket finished in a jiffy! They are made in open and closed shell-stitches in 3-ply baby yarn. Use white with pastel pink, blue or yellow.

Pattern 7318: crochet directions for infants' cap, booties, jacket.

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.

**That Body Of Yours**  
By James W. Barton, M.D.

**AGING AND HEALTH OF MEN IN AMERICA**

While labor men and labor unions are quite properly working on age limit, about age of 65, at which men and women should retire with an adequate pension, there are other conditions in the life of the aging that are receiving the attention of general physicians and particularly those physicians who are studying the aging process in men and women of 65 years and over with the view of helping them to pass through this phase in the life span without pain and disability and continue to keep reasonably well and happy. These specialists in treating the aged and aging are called geriatricians and the science of studying the aging process is called gerontology.

What makes the study of gerontology of real interest is that people age differently. We have all seen men and women in their seventies who are as strong and well physically and mentally as others in their fifties and sixties.

In an editorial in the medical journal, Geriatrics, devoted to the treatment of the aged and aging, Dr. Ancel Keys states: "A basic hope for progress and a constant incentive for research in geriatrics springs from the fact that people age differently." This means that it is the way people meet or greet the aging process that makes a difference to their health and happiness.

We are not all built alike mentally and emotionally, aside from our physical health. Thus Dr. Keys states further that the susceptibility or resistance to aging of a population is not very usefully measured either in terms of numbers of centenarians (100 years of age or over) or of the years of life from birth.

The life span is mainly dependent on the death rate in Children while the attainment of real old age in man involves many questions in gathering facts and in the social or community life of the individual.

Measuring the death rate among adults in America, the picture is overwhelmingly dominated by age-related causes of disability and death so that the aging susceptibility of the population in regard to "vital" tissues and organs is reflected by its death rate. By this means we can measure fatal aging and the chronological or actual number of years lived.

It has been learned for many years that women (wives and mothers) live longer than men (hus-

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**WHOLE WHEAT BREAD**  
Combine 3 c. boiling water, 3/4 c. granulated sugar, 4 tps. salt and 1 tb. shortening; stir until sugar and salt are dissolved and shortening melted; cool to lukewarm. Meanwhile, measure into a large bowl 1 c. lukewarm water, 1 tb. granulated sugar; stir until sugar is dissolved. Sprinkle with 3 envelopes Fleischmann's Fast Rising Dry Yeast. Let stand 10 minutes. THEN stir well.

Stir in cooled sugar-shortening mixture. Combine 5 c. once-sifted bread flour and 5 c. whole wheat or graham flour. Stir about half of the flour into yeast mixture; beat until smooth. Work in remaining flour and add additional bread flour, if necessary, to make a soft dough. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and set in a warm place, free from draught. Let rise until doubled in bulk. Punch down dough, grease top and again let rise until doubled in bulk. Punch down dough; turn out on lightly-floured board and divide into 4 equal portions; form into smooth balls. Cover lightly with cloth and let rest for 15 mins. Shape into loaves; place in greased loaf pans (4 1/2" x 8 1/2"). Grease tops and let rise until dough covers cover and let rise until dough is baked. Bake in hot oven 400° for 20 mins., then reduce oven heat to moderate, 350°, and bake about 20 minutes longer.