

Timely Notes On Nutrition

by Marjorie G. Hill

VACATION MILK

City families vacationing in the country this summer who will be buying "raw" milk from local farms should understand that milk must be pasteurized to be safe for drinking and that this is easily done in a double boiler in any home kitchen.

Bottled milk sold by city dairies has been pasteurized for many years, but convenient methods of home pasteurizing are not yet familiar to all farm housewives.

For home pasteurization a thermometer is essential. Hardware stores, dairy supply companies or local dairy plants sell the floating dairy thermometers, which is most convenient for this job, at about \$1.00 a piece; but any thermometer which can be put into the milk may be used.

For quick pasteurization, pour milk in the upper part of the double boiler, put in the clean thermometer, and when the thermometer registers 160 degrees F., count off 15 seconds and then pour off the hot water in the lower part of the boiler and replace with cold water until the milk has cooled.

Ice in the water hastens the cooling. When cool, pour milk into clean bottles which have been sterilized in boiling water, cover with metal caps or aluminum foil, and place in the refrigerator.

Another process is to heat the milk at 143 degrees F. for 30 minutes, then cool and pour in bottles. The important point to remember for safety is that all the milk must be heated at not less than the specified temperature for the recommended time.

Farm families or large families who want to pasteurize larger quantities of milk can put the raw milk in clean sterile glass canning jars, leaving about three-fourths inch headspace at the top of the jars for expansion in heating, then seal the jars and put in a water-bath canner. In standard 7-quart canners 6 quarts of milk may be pasteurized with one quart jar of water which holds the thermometer. When the thermometer registers 163 degrees F., hold that temperature for one minute, then cool the jars of milk and store in the refrigerator.

This in-the-jar pasteurizing saves pouring milk into bottles after heating and may be the most convenient method for farm families who have home canners and want to pasteurize as many as 6 quarts of milk at a time. Vacationing city families often do not have canning equipment. For them the double-boiler method is the answer.

Cook's Corner

SCALLOPED VEGETABLES

3 cups canned vegetable
2 tablespoons butter or margarine
2 tablespoons flour
Pinch pepper
1/2 teaspoon salt

That Body Of Yours

By James W. Barton, M.D.

THE TIRED PATIENT OF FIFTY

When a man or woman past 50 who has always led an active life begins to feel tired all the time it is not because he is growing old but because there is some underlying condition present, slight or severe.

Perhaps the commonest cause of tiredness in a man or woman past 50 is infection, although his family and he himself may think it due to overwork. An examination should be made by the family physician and dentist to try to find infection of teeth, tonsils, gums, sinuses, gall bladder or large intestine.

While infection is the commonest cause of tiredness in the patient of 50, the thyroid gland in the neck may become less active which also causes a "slowing up" of the individual physically and mentally.

In "Clinical Medicine," Dr. W. B. Keating of St. Louis (Washington University School of Medicine), states that a basal metabolism test, which is used to test the rate at which the body processes of the thyroid gland, should be made.

As infection is commonest cause of tiredness in patient of 50, the family physician and dentist should first be consulted. If no infection present then a metabolism test is made which may show that thyroid gland is underactive.

GOITER

Goiter may be of the simple type which is not dangerous or it may be severe. Send today for Dr. Barton's informative booklet on this subject entitled "Goiter: Simple or Severe." To obtain it, send 10 cents and a 3-cent stamp to cover cost of handling and mailing, to The Bell Syndicate, Inc. in care of this newspaper, Post Office Box 99, Station G, New York 9, N. Y., and ask for your copy.

ELLEN'S DIARY

By An Island Farmer's Wife

"This is a wet night, Ellen!" James says, coming in now through the shadows which usher in this day's mature twilight. He removes cap and jacket and hangs them to dry beside others of their kin spread beneath the old mantel at the rear of the stove.

This sound, rather gay in the dimness, reminds us neither of old scenes nor words half forgotten but instead of an old love of ours. In mind we can feel the delight of the soft sudsy rain water leaving our arms once more in the exquisite abandon we always experience when we use it while doing the weekly wash.

We suppose that when that day dawns at Alderlea to make us co-mistress of a modern, powered, washer, ("You women won't need two, Ellen! Two! And you only have me to wash for now!") quick, thorough-washing, labor-saving devices that we know these to be, we shall be apt to find them extremely impersonal.

However, we have a notion that on a blue Monday, when the concerns of living press in a burden of care on our shoulders, and a cloud obscures the face of our day, we shall lift a tub to a backless chair on the back verandah as we have liked to do of old, and insert a wash-board in a satisfying gesture, into a saved measure of boiling rain-water.

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Modern Etiquette

By Roberta Leo

Q. When a young man escorts a woman home after the theater or a dance, should he ask for her key and unlock the door, or should she do this after he has left?

A. It is courteous for the man to unlock the door and see that the woman is safely in the house before he leaves.

Q. Should the bread and butter plates remain on the table throughout the entire meal?

A. No; they should be removed from the table just prior to serving the dessert.

Q. Upon which finger does a man wear a wedding ring, when the double-ring ceremony is used?

A. He wears a wedding ring, as the woman does, on the finger next to the little finger of his left hand.

DOROTHY DIX SAYS-

Widowed Mother

Best Plan To Help Her Maintain Own Home

DEAR DOROTHY DIX: My father and mother had been married a long time. A month ago he died. What happiness can she, a woman starting her sixties, have without the man she loved? What pleasure out of life can a woman gain who has not been trained for some absorbing profession and who has only been a housewife and mother and enjoyed that and the success of making countless friends? My mother is only partially independent. She is coming to live with me and that moves her a long distance from her old home and friends and leaves her nothing to do to fill in the time. Must all of her future life be empty and meaningless and miserable?

A READER

ANSWER: You are about to make the tragic mistake that so many loving and dutiful children make, of breaking up their mother's home when their father dies. The sons and daughters are so overflowing with pity for their poor Mother; they cannot bear to think of leaving her alone in the house that will seem so desolate with Father gone out of it that they snatch her out of the home, which has become part of her very life, and they sell the furniture that is interwoven with her every memory and they sacrifice to her by countless griefs and joys, they separate her from her old friends and take her away into an entirely new environment in their own homes.

FAMILIAR HOUSE A COMFORT

In taking Mother away from her own home they have taken from her the only thing that could really comfort her in her first grief over the loss of her husband. As long as she can stay in the familiar rooms in which they have lived so long she is not alone. His presence fills the place as it never can her children's strange houses.

It is a cruel thing to take an old woman out of her old home and put her to live in another woman's house even if that other woman is her own daughter. She never fits in and always feels herself an unwelcome guest to her in-laws. The children worry her. She has no friends and is lonely beyond belief.

DEAR MISS DIX: I am married and am in love with another man. The man I was in love with and I quarreled for the millionth time and parted. Then the man who is now my husband came along. He fell in love with me. I could not bear to hurt anybody as I had been hurt, so I married him thinking perhaps I would heal my own hurt heart. I am a good wife. I make my husband happy. But I am miserable. I am still in love with the other man and it so happens that the three of us are thrown much together. I want to play fair, but I cannot change the way I feel. Is there anything I can do?

DORA

ANSWER: The greatest mistake that men and women ever make is to think that marriage is some sort of patent cure-all for blighted affections. But romance is one of the blessings that brighten as they fade, and the mere fact that the old love is hidden now makes it the more alluring and makes the marriage one has rushed into more distasteful.

It is a cruel thing for a man or woman to marry some one who loves them but to whom they can give only tolerance. But one thing is certain. When a woman marries a man she does not love, she is in honor bound to stick to her contract. She can still go on and give a good performance as a wife. And she can try to see the other man as he is and realize that if she had married him she would be even more unhappy than she is at present, because the more we love a man, the greater power he has to torture us.

DEAR MISS DIX: I have a younger daughter of 12 who asks continually to go out with boys. Should I let her?

WORRIED MOTHER

ANSWER: If she goes out with a crowd of girls and boys in schoolgirl fashion, I see no objection to letting her go during the week-end. Never on school nights. And never on regular dates alone with a boy.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

How Can I!!!

By Anne Ashley

Q. How can I remove dust from upholstered furniture?

A. Cover the surface with a large Turkish towel that has been wrung out of water containing a tablespoon of ammonia. Beat the towel with a carpetbeater and the

dust will stick to the towel. Q. How can I remove peach stains from linen?

A. Bath the affected part with spirits of camphor, or with witch-hazel.

The Stars Say - -

By Genevieve Kemble

For Thursday, July 6

BENEFIC aspects of important planets encourage the concrete and well formulated plans and programs for restoring lagging hopes and ambitions, in which fresh tactics of expansive scope and enduring growth may enlist support from interested capital or other influence. New deals or connections may prove very encouraging with fair fortune, enhanced social or professional prestige and popularity.

If It Is Your Birthday

Those whose birthday it is, may be assured of substantial support and recognition from those in influential places, impressed by new and able plans or sound propositions, in which certain needed changes for improvement may give impetus for lagging interest. This applies to personal, social or professional connections, as well as financial enterprise or any expansive plans and wishes. Cultivate these for increased prestige and promotion of solid plans.

A child born on this day, is well equipped with ambition, character and sterling qualities for success, advancement and good fortune in life, in business and private affairs.

Morning Smile

That Was That

The court was silent except for the clear-cut tones of defending counsel. Everyone hung on his words, and many thought that he would easily win his case.

"And now, gentlemen of the jury," he said, "I ask you—where could the prisoner have hidden the watch? Not in his pockets. The constable has already told you that the man was searched. Not in his shoes—the watch was too large. Then where was it hidden?"

He paused dramatically for effect, and during the pause the prisoner ventured:

"Please, sir, I put it under my hat."

True Success Story

By F. B. MacArthur

John Muir was a lover of Nature from his boyhood days. He was always at home in the mountains and valleys of his native Scotland where he was born in Dunbar, in the year 1838.

At the age of eleven he came to America with his parents and the Muir family began the hard life of pioneers on a homestead in Wisconsin.

Like other pioneer children, John had many tasks to keep him occupied for his strict father believed in long hours of toil for every member of the family. The boy proved a willing worker and whether he was turning a furrow, chopping down trees, or helping his father clear their land, he put everything he had into the work.

The great outdoors was his workshop and he loved to hear the songs of the birds, the buzzing of the busy bees as they flitted from flower to flower gathering honey for their nest. He liked to watch the shy squirrels peeping at him from behind tree trunks.

Indeed, every creature of the wildwood interested this farm youth and he made friends with all kinds of animals of the forest and with the birds of the air. Nothing in Mother Nature's Kingdom escaped his observing eyes.

Young Muir had learned to write, read, and do a few simple sums in Arithmetic. That was the extent of his early education. He would like to have spent more time in study but his father discouraged him in this. Old Muir considered learning of any kind a sheer waste of time. He had the old-fashioned idea that to be a good farmer all one needed to know was how to keep the weeds down and perhaps plow a straight furrow.

Poor John! How was he ever going to find the time to read the few precious books he had bought on the sly. "No son of mine will be permitted to remain up at night reading," the father had said time and again. John disobeyed him and was punished. Finally his father told him he might get up and read as early in the morning as he liked.

Little did he think, however, that his ambitious son would rise at one o'clock in the morning, yet that's exactly what John did, not only one or two mornings, but almost every morning the lad would rise at the same time to spend these precious hours in study, or working at crude inventions—his own brain children—in a little corner of the cellar he had walled off for his workshop.

We are told that he made many curious machines with nothing but a few boards and some cheap tools that he had picked up here and there. Then one day he carried some of his inventions to the state fair at Madison, where they attracted considerable attention.

Later he decided to go to the state university though he knew his father could not keep him financially. How did John Muir manage to overcome this difficulty? By doing odd chores and living on fifty cents a week. Think of it!

After leaving college he set out on foot to explore as much of the country as he could. Month after month he tramped the mountain, valleys and plains, until he knew the country as well as he knew the old homestead. While on this tour, he visited California and married a Polish girl from San Francisco. Then he engaged in fruit-farming, for the sake of being close to Nature where he could continue to study her children. Fruit-farming proved a fair venture enabling him to pick up some ready cash with which to continue his travels.

Next we find naturalist Muir in Alaska, and during this exploration he discovered Glacier Bay and

-Needlecraft-

FOR THE HOME

PRINCESS SUN-DRESS

Tailored version of the two-way costume — and one of the most slenderizing styles of the season. The front-button dress is figure following... collared bolero is too. No. 2827 is cut in sizes 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48. Size 18, dress and bolero, 5 1/2 yards 35-inch. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal note, or zone number in your address. Address Pattern Department The Charlottetown Guardian. Pattern No. 2827



2827 SIZES 14-48

Better English

By S. C. Williams

1. What is wrong with this sentence? "As he went to leave the room, he slipped and fell." 2. What is the correct pronunciation of "antipathy"? 3. Which one of these words is misspelled? Redundance, vengeance, obseasance, constancy. 4. What does the word "superficial" mean? 5. What is a word beginning with an "n" that means "to reduce to nothing"?

ANSWERS

1. Say, "Just as he left, he slipped and fell." 2. Pronounce antipathy, with accent on second syllable. 3. Consistency. 4. Under-standing only the ordinary; not learned. "A superficial mind finds it difficult to grasp these truths." 5. Annihilate.

Household Scrapbook

By Roberta Leo

Stringing Beads If your child wants to string beads, and you do not wish to give her a needle, take a piece of cord or heavy thread, dip it into glue and as it dries form into a sharp point. Or, let her use thin wire, and she can have a good time without worrying mother.

Machine Grease

If clothing is spotted with machine grease, add a little ammonia and soap to cold water and apply it to the fabric. Ammonia in which salt has been dissolved will also remove grease spots.

For Salad Dressings

Save the leftover sweetbread spiced vinegar from bottled pickles, and use this in place of vinegar and sugar for salad dressings.

the Muir Glacier, named for him.

Love of the wide open spaces now prompted Muir to circle the globe to study plant life. Through his efforts the great Yosemite Valley was turned in a national park.

During all his globe trotting he picked up much valuable data which later brought him fame as an author, when it appeared in book form. There also came many offers to fill chairs in Eastern universities, but he was not interested. It was his considered opinion that too many men were teaching the things they had found in books; what was needed was more original investigators to give the world new ideas.

In 1914 John Muir passed to his eternal reward, leaving all mankind the richer for his having passed this way.



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This adorable sweater is an expensive gift for the new baby 6 to 18 months. The raglan sleeves and rosebud trimming are the popular features. Pattern No. E-811 contains complete instructions. To order, send 20 cents in coin to Needlework Bureau, Charlottetown Guardian. Design No. E-811

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9 out of 10 Screen Stars use Lux Toilet Soap.



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