

The Stars Say - - By Genevieve Kemble For Tomorrow A DAY for major decisions, in which objectives, contacts and new ventures may culminate in long-range and far-flung consequences. Drastic action may have to be brought to bear on all the doings and decisions of life—on business, employment, political or financial affairs, as well as all pertaining to personal, domestic and romantic affiliations. Prompt and energetic action might have power to change a career, or reanimate or recast the plan of life. Move quickly, intelligently, for a great denouement.

For the Birthday Those whose birthday it is are in line for great doings, for far-reaching and fundamental decisions on revising current events as well as future relations of vital and long-range consequence. It seems like a complete about-face in personal, professional and financial activities, in which harmony, gratification and security depend on or react from present opportunities and their quick grasp. A child born on this day is bounteously gifted with the qualities, character, initiative and feelings for a brilliant, efficient and rewarding career.

SWITCHING GEOGRAPHY HASTINGS, England — (CP) — This historic Sussex seaside resort plans to attract a record number of visitors this year with a tropical exhibit. The sea front will be adorned with models of banana trees, date palms and sub-tropical plants, all extensively illuminated.



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Household Scrapbook By Roberta Lee Blackboards The following will renew the surface of blackboards: Dissolve 4 ounces glue in 1 1/2 pints hot water. Add 3 ounces flour of emery and enough lamp black to color. Stir until smooth and apply with the end of a roll of wadded goods. For best results, apply three coats. Handle for Razor Blade To make a handle for a razor blade to use in ripping, slip a large slotted cork over one edge of the blade. The cork provides a convenient handle and affords adequate protection for the fingers. Prevent Discoloration A piece of lint soaked in vinegar and spread over a fresh bruise will prevent discoloration.

Better English By V. C. Williams 1. What is wrong with this sentence? "It's most time to be going, but Robert and myself have decided against attending."

ANSWERS 1. Say, "It's almost time," and say, "Robert and I." 2. Pronounce i-am-bik, first i as in bite, a as in am, accent second syllable. 3. Boycott. 4. Servilely or meanly attentive; fawning. "He was an obsequious follower of the great man." 5. Antecedent.

How Can I... By Anne Ashley Q. How can I clean men's clothes efficiently? A. Take a soft cloth, dip it into alcohol, and press it lightly over a cake of pure soap; then apply it briskly to the article to be cleaned. After sponging the garment carefully, press it. In cases of obstinate grease spots, rub well with a lather made of pure white soap and lukewarm water; then sponge off with alcohol and proceed as above.

Q. How can I remove the disagreeable odor that clings to towels and cloths sometimes acquire? A. Add a little ammonia to the water when washing them, and they will again become fresh and clean.

Q. How can I prevent fried food from absorbing too much fat? A. By adding a teaspoonful of vinegar to the lard that is used for frying.

Cook's Corner CORN AND TOMATO CHOWDER 1 bay leaf, 1/2 teaspoon powdered basil, 2 tablespoons butter or mar-

ELLEN'S DIARY By an Island Farmer's Wife

At the end of a long, long ride—though how quickly had sped the time!—we should come to our dream-house... a tiny, and set at the end of a cobblestone path where forget-me-nots, white and pink and blue ran riot about and between. As though part of it, it would nestle close to the foot of a woody hill, which bending over would protect the dwelling from any rude wind that might blow.

From thence though we would not be allowed to carry it should be dipped our pail of water... for making tea and the like. Yes, in time if our fortunes worked out favorably all of this should come out of a line: "Miss Ellen... and place of residence and date written in a fine hand on the fly-leaf of our French textbook!"

"The Maister" turned from hanging his fur-lined coat and cap of otter on that respected hook that was "the master's nail" and "Let us now repeat together 'The Lord's Prayer' he said in the quiet voice which attended the opening rites. And "Give us this day our daily bread," we made supplication with the others yet knew in our child's heart the day could weave no better charm for us, could offer no more enchanting substance upon which to dream dreams that it had already done back in the kitchen of Home, that morning.

All the same, the memory of his kindly gesture to a child shall ever remain with us treasured with all other nice intangible souvenirs of the years. Until tomorrow — — Diary — — Good-night... — —

garine, 1/4 cup minced onion, 1/4 cup diced celery, 2 cups pared diced raw white potatoes, 2 cups boiling water, 2 cups canned cream-style corn, 1 1/2 cups milk, 1 cup canned tomatoes, 4 teaspoon salt, 1/2 teaspoon pepper, 1/2 cup grated Cheddar cheese, 1 tablespoon minced parsley. Tie the bay leaf and basil in a small piece of cheesecloth. Put into a covered kettle with the next five ingredients, and cook until the potatoes are tender. Remove bag of seasonings. Then add corn, milk, canned tomatoes, salt, pepper, and grated cheese. Reheat, while stirring, until cheese is melted. Sprinkle minced parsley over top and serve. Serves 6. (The basil may be omitted, if desired.)

DOROTHY DIX'S COLUMN— Old Friends

Wife Resents Husband's Seeing Girls He Knew In High School

DEAR MISS DIX: Should a man give up old friends he has known in high-school days—if they are girl friends? My husband, Peter, and I met after graduation from high school, married a few years later and moved several hundred miles away from home. We only go back about twice a year. We are happily married and have a family. When we go back home for a visit we spend our time with his folks, my folks, and mutual friends. However, he also makes a habit of dropping in to see some of his old friends, then comes home and tells me of the visit. Since I knew these girls slightly, I am interested in the news. I'd like to go with him on his calls, and though I've asked, he has never taken me.



Muriel Nissen

Peter is just naturally friendly with everybody. He also calls his old boy friends. Though I try to take these visits as a matter of course, as the years progress they still occur at least once a year. I'm sure my husband sees nothing wrong in seeing these ladies, but I wonder and worry. After nine years he still goes to see the two married ones who live in town and the sister of one of them who lives with her mother.

ANSWER: Wives are natural worriers, but on the basis of what you have written, I honestly see no harm in Peter's visits to old friends. I suspect Peter of nothing more serious than being a bit of an incorrigible gossip who likes to collect the latest news. Since he is, according to your own description, a naturally friendly person, he likes people, and is especially fond of old friends.

BETTER THAN NEW SIRENS This trait is lots more comfortable for you than having him constantly making new friends—which could be a source of potential danger, since the visits only occur once a year, your green-eyed monster really is trespassing on the wrong premises.

There's a great deal of comfort in old friends, and both husband and wife can profit from their association. Too many young people discard their old friends after marriage, only to regret their thoughtless lapse. Very often a reminiscent conversation with a high-school vintage can dispense unhappy moments in the present. The value of these nostalgic speers is difficult to gauge, but one who enjoys them should not be deprived of the pleasure. Peter apparently does like these forays into the past, so don't make an issue of them, and try to stop your worrying.

DEAR MISS DIX: I'm very much interested in writing to some boys in Germany, or Korea, but don't know how to get names and addresses of boys who'd like to receive mail. Could you tell me where to get them?

ANSWER: There should be some sort of clearing house for an exchange of addresses so that mail to our boys overseas will go in an unending stream. The best source for intercommunication would be a church. If the boys who want mail would send their names to the pastor of the church they attended at home, and girls willing to write letters would leave their names, a very congenial mail service could be established. Your local Red Cross might also have some names for you. The scoutmaster of your local Boy Scout troop may know of boys anxious for mail, and so might the Y. M. C. A.

DEAR MISS DIX: For the past four years, since I was 14, I have been going steady with Frank. Recently I met Bill, who works in my office and also goes steady. Now I know I care more for Bill than for Frank. Bill took me home from a party last week, and from the way he treated me and the conversation we had, I have reason to believe he likes me, too. However, he has been very cool since, and hasn't asked me out. I hate to hurt Frank, but don't know what else to do.

ANSWER: Perhaps Bill's coolness stems from the fact that he knows you are going steady, and being in the same position himself, probably doesn't feel very honorable about asking you out. If you feel with him, perhaps Bill will realize that you are free to accept dates and he'll rearrange his own affairs accordingly. On the other hand, don't overlook the fact that he very possibly sincerely cares for the girl he dates, and has no intention of giving her up. In that case, you will just have to surrender gracefully and find another guy.

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

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

THE SAFE REDUCING DIET OF 1,200 CALORIES No man, woman, or child should go on a reducing diet until given a physical examination by the family or other physician. The family physician is usually acquainted with the individual and knows the likelihood of the patient's following or not following the prescribed diet faithfully.

When rapid reduction is wanted, the patient should enter hospital as with any other ailment, because immediate attention, in case of shock may be required. When the patient wants to reduce at home, while engaged in light employment, the lowest number of calories then can safely be taken, providing the physical examination proves patient normal, is 1,200 calories daily.

In his book, "Practical Procedures in Clinical Medicine," Dr. R. I. S. Baylis, Senior Medical Registrar, Postgraduate Medical School of London, England, outlines diets A and B, used when the patient remains in bed. The A diet consists of 200 calories, mostly tea and fruit, and the B diet is 600 calories. The A diet of 200 calories is given for two days and the 600 calories diet—tea, fruit, green vegetables—is given for next two days, then diets A and B alternate in that order.

However, his 1,200 calorie diet to be used, as mentioned above, by a patient up and round is as follows:

Breakfast: Tea or coffee with milk; egg, bacon or fish; 1 ounce of bread; 1/4 ounce butter or margarine; fresh fruit. Midday: 2 ounces lean meat, cheese, or five ounces fish; 4 ounces of potatoes; 1/4 ounce butter or margarine; green or root vegetables; fresh fruit or salad. Tea: Tea with milk; 1 ounce bread or its equivalent; 1/4 ounce butter or margarine; fresh fruit or salad. Supper: Same as at midday. It will be noted that the above diet of 1,200 calories is spread over four meals instead of three, which means the patient is not without stimulating food for many hours at a time. If potatoes and butter or margarine are left off the midday and evening meals in the diet above, the calorie value is reduced to 1000 units. Remember, a physical examination must be taken before any reducing diet.

Seven Days A Week (By Anne Shannon)

1. Monday: Let's start off the week with an interesting version of cheese sandwiches. Here's how to make 'em: Mix 1 tablespoon mayonnaise dressing and 1 teaspoon prepared mustard. Warm 1/4 lb. cheddar or other soft-type cheese at room temperature. On 3 slices of day-old bread spread this cheese; cover with mustard mixture. Melt 3 tablespoons butter in a heavy skillet. Cut sandwiches diagonally and brown them slowly in the skillet about 3 minutes. Turn and brown on both sides. Serve at once.

2. Tuesday: To all those who sent in for samples of spool knitting, here's a note: The last of the letters are being answered this week. I ran out of empty spools so am sorry some people had a rather long wait. However, hope they like the "samples" when they arrive at their destination!

3. Wednesday: Believe it or not the old saying that "love lessens the appetite is more than a little true. So says Judith Chase Churchill, one of the members of a group of scientists who have studied eating habits of people in all walks of life. Strong emotion disturbs glandular functions and in turn stops a desire for food. Grief and anxiety can cause loss of appetite too, so if your teenage daughter suddenly develops an aversion to food, don't worry too much about it. It's likely not grief or anxiety (that's causing it!)

4. Thursday: How could we get along without bottles of all sizes and shapes? Not only do they come in handy for holding spices, and all sorts of packaged goods in the pantry but the men of the family use large jam bottles to hold nails, screws, tacks, and so on. At a glance, they can immediately pick up the container needed and no time is lost, hunting for nails or tacks through a jumbled assortment of odds and ends.

5. Friday: Do you know that many, many years ago, on the arrival of the Prince Consort in England Queen Victoria gave him a bouquet of flowers. The Prince, noted for his charming little courtesies, took a penknife from his pocket, cut a hole in the lapel of his coat and inserted a flower in it. This was the first lapel buttonhole and tailors were quick to adopt the idea for all suits!

6. Saturday: Here's a very nice and time-tested recipe you might like to try today. Just go to the fashionable Pound Cake: Sift together 3 times 2 1/4 cups cake flour with 1/2 teaspoon baking powder, 1/4 teaspoon salt and 1 teaspoon nutmeg. Cream 1 cup butter, add 1 cup sugar gradually, creaming perfectly. Add 2 tablespoons lemon juice and the yolks of 5 eggs beaten very thoroughly. Fold in the stiffly beaten whites of 5 eggs and then the sifted dry ingredients. Grease and flour a regular bread pan. Pour in batter. Bake in a slow oven (325°F)

7. Sunday: This world is a good place if you wish to make it so. Remember as another week ends to be benevolent: Whereto on earth your footsteps tend. However feelings flow, Be brother, sister to the end: The hale, sick, young, the old befriend, Compassionate the low.

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Modern Etiquette By Roberta Lee Q. Does a woman who is marrying for the second time wear white? A. No; nor does she wear a veil or carry orange blossoms. And the simpler the ceremony, the better taste it displays. The most sensible woman marries inconspicuously at home or church, with only intimate friends and relatives present to witness the ceremony. Q. When writing a letter of application for a position, should it be written by hand or typed? A. Generally, a typewritten letter is preferred. However, some firms prefer the handwritten letter to determine the legibility of the applicant's handwriting. for 1 to 1 1/4 hours. Ice thinly or leave as is!

Morning Smile Greater Area Bobby was a small fiend in human form, and his father was surprised when his mother suggested that they should buy him a bicycle for a birthday present. "Do you think it will improve his behaviour?" the father asked. "No," replied mother, grimly. "but it will spread it over a wider area."

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