

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THIS is an excellent period for taking on new responsibilities as well as bringing to successful conclusion ventures already started. Original and imaginative ideas should find favor with business associates and, socially, novel forms of entertainment may bring prestige and increased popularity to you.

The evening hours can be spent most enjoyably with friends of similar interests and, if you will exert your friendliness and charm, you will benefit indirectly, since, in so doing, you will bring out their best — in new and effective ideas.

For the Birthday

If tomorrow is your birthday, avoid immediately ahead should find you keyed to high purpose, mentally alert and abounding in constructive and imaginative ideas. However, you will have to guard against those who may advise risky speculation as a means of carrying out your plans. Rely on established methods of getting things done, and remember that steady attention to detail and studious endeavor pro-

Household Scrapbook

By Roberta Leo

Pot Holders

Try making two pot holders and fastening them together with a tape about a yard long. Throw the tape around the neck and it will save time and steps when looking for something with which to handle hot dishes.

Bread Paper

It is a good idea to use the waxed paper that is wrapped around bread for wiping off the range after each meal. It polishes as well as cleans.

Nutmegs

It will be much easier to grate nutmegs if the start is always made from the blossom end.

duce more lasting results than fly-by-night procedures.

Late Summer and early Fall should be an excellent period. Advice from business associates is apt to be far more reliable during that time, and the co-operation of influential persons should lead not only to the successful culmination of your plans and financial betterment but to increased prestige and popularity.

A child born on this day will be imaginative and talented.

Alice Brooks Designs

FUN! FUN! FUN!

Cheery chicks to amuse you and brighten the kitchen. Embroider a set of towels or an apron for yourself, or to delight a friend! They're jiffy embroidery!

Make dishwashing fun! Pattern 7079 has six embroidery transfers, each about 7 x 7 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.

Morning Smile

Generous

"He's very generous," said a girl, praising a young man of her acquaintance. "He takes mother and me out to dinner every week. We dote on him. In fact," she added with a smile, "we table d'hote on him."

The Truth

Teacher — Johnny, what do we call a person who keeps talking when people are no longer interested?

Johnny — Er—could it be a school teacher, ma'am?

ELLEN'S DIARY

By An Island Farmer's Wife

"Come out!" these days call to the housewives. "What matter if you defer your cleaning for a little? There is so much to be seen out of doors. Look at the valley! Catch the subtle pinks, the faint new greens of the woodlands! How exquisite are the blendings of sky! silver, azure and deep, with billow clouds a-drift above the hills."

"See how they arch the farm-lands where the island-red of furrows lie almost ready for the farmers' cultivators! Have you ever seen a picture more engaging than that of the flocks and herds — the lambs and ewes, and the young ones of cattle, pasturing on the new green of a meadow? . . . Never mind polishing, great, great-grandfather's picture . . . or at least put it aside while you admire the flash of bird wings in the orchard. Hear a robin trill: 'I'm you-r-r-r till . . .' though you may take it with a grain of salt, this is without doubt the season for romancing.

"Take time to watch the trees re-clothe themselves and parade with every grace for your pleasure; witness the unfolding, scene by scene, of the new season — There may be no others for you; love the eternal hills . . . the old sights and comforting, that last through every bereavement and disappointment, every "change and decay!"

"If there ever comes another spring for me — if I live to see another June," a housewife observed when winter was offering continuous gray days to the countryside, "I intend to enjoy it. Oh, I shan't neglect the family and I'll keep my house reasonably clean, but I'm going to . . . Do you know, Ellen, that I was so busy with the cleaning and chickens and garden last year that I never saw an apple tree in bloom? Nor smelled the scent of lilacs? That's the truth!" she nodded. "I said: 'Oh, I'll take time tomorrow!' but then they were gone! This year," she smiled, "it's going to be different — I'm going to take my fill of such things!"

Green items we bring to our menus nowadays: watercress from the spring — fresh and cool and damp and to be had for the gathering; lettuce from town; celery; Oh, no, not for these three — nor tomatoes! But some fruits are accepted: the lowly prune, cooked or raw, to be had now in an improved brand, has its favored spells; apples for complete preference, oranges for some.

"Eat it dear!" we may serve one to a little lad, "or perhaps you would rather have the juice?" "I wouldn't rather have it anyway!"

"But it's good for you! And do eat up your meat — it will make you grow big and strong!" "Huh! I'm strong enough now! You should just see me wrestle! Boy, is it fun!" So we lead the two toward good eating, though sometimes our effort is wasted.

Mayday. This is it! How came we to it? Past every milestone of winter . . . If you're waking, call me early, mother, dear."

To what? To a month which puts "a sound of a" growing in meadow-lands, new patterns in the fields about, which sets seeds pulsing with the new life and gives them over to the care of shower and sun. It will be pleasant — this month which so recently carried folks across a new threshold.

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

Cook's Corner

CORNMEAL PANCAKES

These pancakes are really super. They cook easily to a lovely golden brown that is most attractive. In our ingredients we suggest the use of dry milk powder, mixed in with the other dry things—and water as the main liquid. But you can of course substitute 1½ cups fluid milk for the non-fat powder and water, if you care to do so.

Yield — 22 pancakes, about 3 inches in diameter.

2 cups prepared baking or pancake mix
½ cup yellow cornmeal
¼ cup fine granulated sugar
½ cup non-fat dry milk powder
1 egg

1½ cups water
4 tablespoons butter or margarine, melted

Measure prepared baking or pancake mix into a mixing bowl; sprinkle with the cornmeal, sugar and milk-powder and combine thoroughly.

Beat egg until thick and light, stir in water and melted butter or margarine.

Make a well in the flour mixture and gradually stir in the liquids, mixing to a smooth batter.

Pour small rounds of batter into lightly greased heated frying pan or on greasless griddle; cook until bubbles appear and break on the surface, then turn and cook second sides.

Serve piping hot.

Maritimers Wed In Ont.



Mr. and Mrs. Robert A. Chalg- Reid, is the daughter of Mr. and Mrs. Charles H. Reid, of Suffolk, their marriage on April 18th at P. E. I. while the groom is the son of Trinity United Church, Kitchener, of Mr. and Mrs. Leonce L. Chalg-Ont. The bride, the former Ella V. von Truro, N. S.

DOROTHY DIX'S COLUMN-

Senseless Jealousy

Bride, 16, Told To Conquer Failing, Instead Of Bragging About It

DEAR MISS DIX: I'm sixteen and have been married six months. I realize I was very young to marry, but my husband was out of school and said he wouldn't marry me if we didn't get married when he wanted to. I've always been jealous and my husband, Paul, knew it before we were married. I try not to show my jealousy, but just can't help it. Paul has a brother, Leo, who is married and I am terribly jealous of his wife, Martha. Maybe it's just my imagination but I feel that she and Paul are flirting every time they see each other. I told Leo how I felt and he told his mother. Now she's always jumping on me about my foolish jealousy.

EILEEN T.

FIGHT, MAKE-UP MERRY-GO-ROUND

ANSWER: Naturally I agree that you were too young to marry, and every line of your letter proves the point. Your childish haste to grab a man on his own terms, your senseless jealousy, the separations and reconciliations outlined in your letter—which was too long to print in full—all indicate an irresponsible approach to marriage. You're just a child and, instead of trying to conquer your shortcomings, you almost revel in revealing them. It's time you decided whether to make a success of your marriage, or to continue it as a fight-and-make-up merry-go-round.

If you love your husband, as you say you do, grow up and act like a wife and a woman. Stop giving in to your senseless jealousy and stop bragging about it to the rest of the family. It's nothing of which to be proud. Learn to tackle your own problems without involving in-laws who have enough of their own. Consultation with a marriage counselor would be a good idea, though I'm not so sure that a kindergarten teacher wouldn't be more on your emotional level.

DEAR MISS DIX: Almost a year ago our 31-year-old daughter met a widower of 40, whose wife died four years ago. Apparently it was love at first sight and they have been deeply attached to each other for several months. However, the gentleman, whose social and business standing are impeccable, has not proposed, supposedly because he still cherishes the memory of his late wife. Do you think my daughter is wasting her time waiting for him to propose?

W. N.

ANSWER: Many men have a perverse tendency to monopolize the affection of one woman, never getting around to the awaited question, "Will you marry me?" Such an arrangement is, of course, convenient for the male, but frustrating to the female, who is anxious to get about the business of establishing a home and raising a family. Perhaps the man in this case just needs a gentle nudge, or perhaps he is quite satisfied to have the pleasure of a lady's company without being tied down to domestic life. While it seems very likely that his love for your daughter will produce a proposal ere long, it certainly wouldn't be amiss for her, or you, to ask his intentions. Keeping a woman in suspense, as he is, is very, very unfair to her.

DEAR MISS DIX: Is an intelligent person ever a giggler? I know someone who claims to be intelligent but giggles all the time. I love to hear anyone with a good hearty laugh, but a giggle gets on my nerves.

JOYCE M.

ANSWER: The nature of one's laugh has nothing to do with intelligence; some people laugh heartily, others manifest enjoyment in a more moderate fashion. Giggling is more apt to be a nervous habit than anything else. Isn't there a better means for you to judge intelligence?

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

BOOST EXPORTS
LONDON. (CP)—United Kingdom exports to North America in March increased to \$24,700,000 compared with \$23,800,000 in both January and February. March exports to Canada were valued at \$12,300,000 compared with \$10,800,000 in each of the two previous months.

That Body Of Yours

By James W. Barton, M.D.

ACTION AGAINST HEART DISEASE

Just a few short years ago, Dr. Charles Mayo, Mayo Clinic, stated that the physician who did not take his patient into his confidence is not up to date. Gone are the days when medicine was believed to be a mystery, that the patient was not to reason why, his just to do "what the physician advised."

It is because men and women who are not sick but want to know how to keep well and keep their loved ones well, that voluntary organizations are formed to help the blind, the hard of hearing, polio victims and recently, (1948) the thousands of people afflicted with heart disease.

Heart disease patients, in former years, felt doomed, that death was but a short time ahead. Today, thanks to the American Heart Association, with its research information going out all over the country, many heart patients live as long, or nearly as long, as if they had no heart disease.

In the annual report of the American Heart Association, Dr. Louis N. Katz, President, stated:

"The progress of the past year confirms the faith and foresight of those community-minded physicians who, in 1948, converted the Association from a purely scientific medical body into a national "voluntary" agency. By bringing the lay public into a partnership with the medical profession in the fight against heart disease, these physicians laid the foundation for a vigorous program to salvage human beings, prevent premature deaths, and get rid of needless suffering and disability. They struck a note of hope which has grown into a rallying cry wherever heart associations are active. Their slogan, "New Hope for Hearts" is an expression of deep, abiding conviction that along the path we are following lies the strongest prospect for the ultimate conquest of heart disease.

The reason for this optimism may in part be due to the conquering or controlling those two formerly fatal diseases, diabetes and pernicious anemia. But we hope not apparent twenty or even ten years ago has been made possible through the combined efforts of physicians and scientists, public health leaders and private citizens, each contributing what he can in the crusade against heart and blood vessel diseases.

"The three-year record of voluntary action offers an impressive demonstration of what can be accomplished by private citizens moving ahead on a co-ordinated basis to solve the most pressing physical health problem facing the nation today."

Modern Etiquette

By Roberta Leo

Q. Should a hostess ever apologize for a worn rug, a sunken chair cushion, a clock that is not running, or a dish on the table that has not turned out so well as expected?

A. No. A hostess should not apologize for anything in her home or on the table. It merely emphasizes the article, and a worthwhile guest pays no attention to these little things.

Q. Is it proper for a guest to express a choice of food when the host or hostess requests it?

A. Certainly. When requested, it is much more proper to state a preference than to say, "It doesn't matter," or, "Anything at all."

How Can I!!!

By Anne Ashley

Q. How can I serve meat loaf attractively if it is to be used for a platter luncheon?

A. It is a good idea to cook individual little cakes in the muffin pans. Then they come out in nice little round molds, if the pan is well greased, and make a very attractive platter foundation when garnished with watercress or parsley.

Q. How can I remove grass stains from white cotton fabric?

A. White material may be sponged with clear ammonia for the removal of grass stains. For silks and woolsens, white or colored, use alcohol.

Q. How can I clean leather articles?

A. Clean the leather articles before starting to polish them. The dirt can be removed with a cloth dipped in milk. Polish as usual.

Better English

By D. G. Williams

1. What is wrong with this sentence? "You hadn't ought to have closed up the store at the time you did."

2. What is the correct pronunciation of "armada" (fleet of armed ships)?

3. Which one of these words is misspelled? Overpower, overreach, overbear, overture.

4. What does the word "collusion" mean?

5. What is a word beginning with e that means "to throw out, as an exclamation"?

ANSWERS

1. Say, "You ought not to have (or, you should not have) closed (omit up) the store at the time you did." 2. Preferred pronunciation is ar-ma-da, first a as in arm, second a as in may, accent second syllable. 3. Overreach. 4. A secret agreement or co-operation for a fraudulent or a deceitful purpose. "We suspect that those two men are in collusion." 5. Ejaculate.

Anne Adams Patterns

COOL OFF PRETTILY

Cool, cool, cool—you'll live in and love this air-conditioned dress. You'll even whip up another for later on in the summer. Has its own jacket for shade — so brief, it welcomes every breeze. Designed for short, fuller figures.

Pattern 4815: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½, dress 3½ yards 35-inch; jacket: 1½ yards.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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MOONE'S EMERALD OIL not only helps promote rapid and healthy healing in open sores and wounds, but boils and simple ulcers are also quickly relieved. In skin affections—the itching of Eczema is quickly eased. Pimples, skin eruptions dry up and scale off in a very few days.

MOONE'S EMERALD OIL can be obtained at any drug store, satisfaction or money back.

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REDDIN BROS.

Combine and chill 1¼ c. finely-diced cooked chicken, ½ c. medium-thick white sauce. Mix and sift into bowl, 2 c. once-sifted pastry flour for 1½ c. once-sifted hard-wheat flour, 3 tsp. Magic Baking Powder, ¼ tsp. salt, 1 lb. granulated sugar. Cut in finely, 3 lbs. shortening. Mix 1 beaten egg and ¼ c. milk. Make a well in dry ingredients, pour in liquid and mix lightly with a fork. Roll dough out to ¼" thickness; cut into 4" squares. Place about 2 lbs. chicken mixture on each square, near corner. Fold dough over diagonally, making triangles. Seal edges by pressing with fork tines; prick tops. Bake on greased pan in hot oven, 450°, 15 min. or until golden brown.

More fun for breakfast with

Bigger

(with bran to help keep you regular)

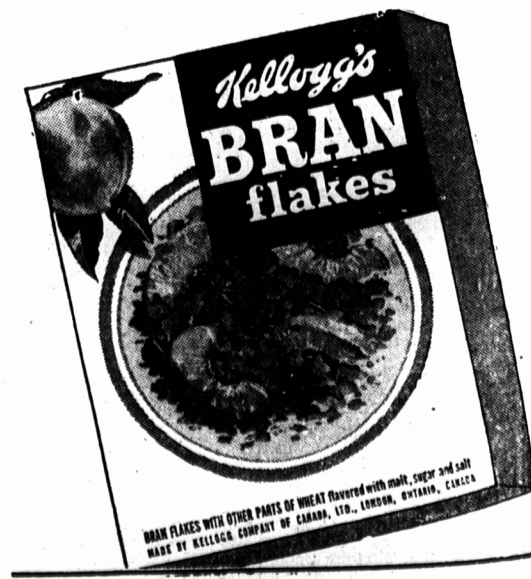
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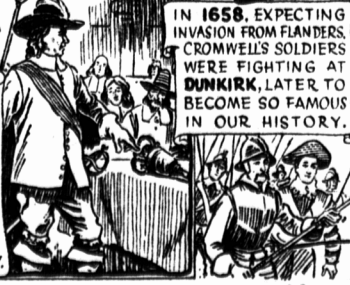
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The COMMONWEALTH 1649-1660



OLIVER CROMWELL

AFTER THE EXECUTION OF CHARLES, ENGLAND WAS DECLARED A REPUBLIC. CROMWELL, LEADING THE ARMIES OF THE COMMONWEALTH, SUBDUED THEIR ENEMIES IN IRELAND AND SCOTLAND. IN 1653 CROMWELL FORCIBLY DISSOLVED PARLIAMENT, POINTING TO THE MACE, HE CRIED: "TAKE AWAY THAT SABLE," AND FOR A TIME, WITH THE ARMY, RULED DESPOTICALLY.



IN 1658, EXPECTING INVASION FROM FLANDERS, CROMWELL'S SOLDIERS WERE FIGHTING AT DUNKIRK, LATER TO BECOME SO FAMOUS IN OUR HISTORY.

A NEW CONSTITUTION WAS WRITTEN AND CROMWELL WAS OFFERED THE CROWN! HE REFUSED, BUT ACCEPTED THE TITLE OF LORD PROTECTOR. AT CROMWELL'S DEATH IN 1658, RICHARD, HIS SON, SUCCEEDED HIM FOR TWO YEARS

KINGSLEY SUTTON

Save Work - IN YOUR DAILY DUSTING



CLEANS AS IT POLISHES