

Golden Wheat of Kansas



The Kansas wheat crop is looking up as rain soaks drought-stricken farms. Kay Dorfshaffer, left, and Kala Mays, right, inspect the crop on the Dorfshaffer farm near Great Bend, Kan. The wheat, hitting the five-foot mark in height, reflects the wheat picture in Kansas, with many fields taking on a golden tinge.

How Can I?

By Anne Ashley

Q. How can I remove rust from iron articles?
A. To remove rust from a large surface such as a stove or kettle, rub first with kerosene and then with steel wool moistened with lard. Or, dip the old steel wool in powdered pumice and rub.
Q. How can I prevent soreness when using a sunburn salve?
A. Before spreading the salve on sunburn stand the fat or tub in warm water and the salve will soften. It will be easy to apply and will not irritate the sunburn.
Q. How can I remove grease stains from leather?
A. Use spirits of sal ammoniac. Dab the spots carefully, allow to remain for a short time, then wash in clear water.

Modern Etiquette

By Roberta Lee

Q. If I receive a telephone call while entertaining a guest, should I explain at once to the person calling that I have a visitor and cannot talk?
A. If the call is unimportant, you can explain and offer to call back later. If, however, the call is important, it takes precedence over the entertainment of your guest.
Q. Is it proper for a man to step out of an elevator before the woman who is with him if she happens to be standing behind him?
A. Yes, it will save time and avoid pushing against other passengers.
Q. Is it obligatory for the bride's attendants to wear gloves?
A. It is preferable, although not absolutely necessary.

Alice Brooks Designs

IRON-ON DESIGNS IN BRIGHT COLORS



7026
by Alice Brooks

DRAMA CRITIC DIES
DETROIT (AP)—Len Shaw, for nearly half a century dramatic critic for the Detroit Free Press, died Thursday night at the age of 82. He had retired in 1947.

No embroidery—just iron on! Eighteen color designs—a combination of rooster red, sunny yellow and bright green. Iron on aprons, towels, tablecloths! Decorate curtains, place mats. Easiest, thriftiest way to cheer up your kitchen.
 No embroidery! Iron on! Washable! Pattern 7026 has 18 transfer motifs—two 4 x 4 1/2; two 3 1/2 x 3 1/2; two 3 1/2 x 4 1/2; two 3 x 3 1/2; two 1 1/2 x 2 1/2; eight chicks 1/2 x 1 1/2 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, Pattern Number.

BRAND-NEW and beautiful—it's the 1954 Alice Brooks Needlecraft Catalog. Four patterns printed inside. Plus the most popular embroidery, crochet, sewing, color transfer designs to send for—ideas for gifts, bazaars, fashions. Send 25 cents for your copy now!

TORNADO HITS TOWN

BROADUS, Mont. (AP)—A baby tornado ripped a 30-foot section off the largest building in this southeastern Montana town of 3,800 Thursday. Although two men were inside when the twister hit, there were no injuries. After travelling a quarter of a mile down the main street, the funnel, 30 to 50 feet in diameter, disappeared into overhead clouds.



French's MUSTARD

does something Wonderful for sandwiches!*



*HERE'S THE SECRET!

CANNED MEAT SANDWICH SPECIAL!
 1 can luncheon meat, chopped. 2 1/2 tablespoons French's Mustard. 3 tablespoons French's Mustard. Combine ingredients in a bowl and mix thoroughly. Yield: Filling for 4-8 sandwiches.
 French's Mustard makes many other sandwich fillings extra tasty. Creamy, golden French's is the perfect blend of mildness and spicy tang that hungry families go for!

Get your copy of NEW EDITION OF "CULINARY RECIPE BOOK" for 15c. Reim & Colman (Canada) Ltd. Dept. 66, 1000 Avenue Road, Montreal.

Canada's Golden Quality PREPARED MUSTARD—in the Red Pennant Jar...

Mental Attitude

First Aid and Home Nursing (St. John Ambulance)

A sick person's mental attitude is very important. Activities and interests are needed for contentment—and will speed recovery. St. John Ambulance in its Home Nursing course.
 A hobby such as weaving, painting or needlework helps pass the time enjoyably. An important nursing duty is to find the means of diversion which will arouse the patient's interest and not overtax his strength. Games, puzzles, handicrafts, visits from relatives or friends, reading to the patient, or placing his bed where he can see through a window are some of the ways by which the patient's mind can be directed away from himself and his problems.

Also to be taken into account are emotions such as fear, love, hate, and sympathy which have an important bearing on health. Fear and worry can play an active part in creating such problems as constipation, vomiting and asthma. Unhappy personal relationships and insecurity may cause illness and retard recovery despite the best of medical care. However learning to face the problems of daily living in a patient and objective manner will help to give strength in times of stress.

The following measures may help the patient and the family in making the necessary adjustments to sickness.

Do not disturb the routine of the household more than is necessary to provide adequate care for the patient.

Make other members of the family feel that they can assist in the care of the patient.

Explain why it is necessary to exclude visitors or to permit short visits only.

Make plans to keep children amused or out of the way if the patient must have quiet.

Reassure the patient and other members of the family and strengthen their confidence in the doctor.

Punctuality, reliability and cheerfulness in the person who is taking care of the patient will inspire confidence. Conversation is important in promoting or retarding recovery. It is necessary to know when to talk and when to keep quiet.

One of the most important things for the "home-nurse" to remember is discretion. For instance, information concerning the patient's affairs should not be relayed to others.

That Body of Yours

By James W. Barton, M. D.
THE TREATMENT OF ASTHMA BY ACTH AND CORTISONE

Because a large number of cases of asthma have been helped and some cured by the use of ACTH and cortisone, these two drugs are being used widely in the treatment of this disease. In some cases a few injections of these powerful weapons have worked miracles.

In the Medical Clinic of North America Dr. Ethan Brown states that ACTH and cortisone have the effect of preventing attacks of asthma as long as they have been used continuously. In cases where bronchospasm is caused by allergy alone (over-sensitivity) the relief is quick and complete, but discontinuing the treatment may bring on attacks at the next time the person is exposed to an allergen (substance to which the person is allergic or over-sensitive).

In those in whom asthma is due to chronic infection the relief of symptoms is not as satisfactory and does not last as long unless drugs are used in addition.

Patients suffering with bronchospasm due to physical allergy may be markedly benefited while those whose wheezing is caused reflexly or emotionally may be helped to some degree. Those who have chronic disease present may obtain little relief although their general health may improve under treatment with ACTH and cortisone. However, patients with such chronic infections as tuberculosis, heart disease will not benefit at all.

These two drugs should not be used unless the physician has ruled out the presence of diabetes, peptic ulcer, high blood pressure, congestive heart failure, defective kidneys, glandular disorders, etc. Dr. Brown states that under controlled conditions and in matters of life and death, there is no contradiction to the use of any drug. In his own series of 300 patients, approximately 225 were treated with cortisone by mouth and only 20 of whom took it by injection. With ACTH, approximately 10 or 12 patients have been treated by injection into veins and another dozen have had injection into muscles. Only 5 to 10 per cent were not helped. Those not relieved by ACTH have not been benefited by cortisone and thus ACTH is considered the more effective of the two drugs.

All patients are given a low salt diet. They are permitted to have all raw, home cooked or frozen vegetables (none canned) and all fresh or frozen fruits and juices. They may have fresh meat and fresh-water fish, but no ham, prepared or canned meat. The diet includes one egg daily but no cheese. Side reactions are many but not serious in this method of treating asthma.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The police thought I to be he."
 2. What is the correct pronunciation of "applicable"?
 3. Which one of these words is misspelled? Opulent, optimistic, Laudable.

WOMEN

Page 8 The Guardian Wednesday, June 9, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

Now the June days pass... the long days which will catch in the sense of their time the best takings of summer: the marvel of opening rose buds, of silky-petalled buttercup of white frilled daisies the crimson of clover and wild strawberries rubyed against a sunny landscape. But not yet. Not these days which have been coming to us misshapen and cool.

"However, there's good growth—yes surprising!" I overheard James say to Rob this morning eyes noting the misty damp lingering along the hilltops. "If we just had those last patches sowed, how fast they would come!" It is at Alderlea that odd pieces remain to be sowed, a rite which given favorable weather would soon be done.

This spring to the complete satisfaction of the older farmer who is neither proprietor, foreman nor yet one of the help, but an admixture of all three there is an area of new land being brought to cultivation. Just and bulldozed corner of stump-land but sufficient to prove to him as he says "something is being done on the place."

So in time not favorable to other items of field work, James and the younger farmer have betaken themselves back to that virgin patch to pick up roots and gather stones and altogether fit it for its first seeding.

"Isn't there an easier way..." one of the Family began. But, "No," James said, "and besides you wouldn't call that part of clearing land hard work. Why that's the nature of it—the end is in sight then. Maybe, you will come to help us? It's a great way to strengthen muscles... much better!" he offered with a

smile to the two "than chasing a baseball around the yard or shinning up a tree. You will see something for the energy expended."

A small or larger corner of new crop, what will it mean to these farms? Instead of idle land, the comforting assurance of more plentiful supplies in granary and loft, against the long season of stabling ahead.

Despite the fact that the pastures have by this claimed most of the livestock, the choring still makes its inroads on the time of these farmers. The calves and the fattening cattle remain indoors and we also have our cares in the pig-pens. Night-lights then continue through the early morning hours indicate new or expected arrivals. There are at intervals graduations to the growing pens; and a clean—overlaid farmer and a truck backed to those doors tell of the marketing.

June now swells the buds in the orchard; it tucks away nests in intriguing nooks, low in meadow, or high in bough, eave or rafter to keep a little fellow busy and interested these days. So busy he comes weary to his bed. But wholly refreshed by his sleep his is the best voice of the morning, bright, merry and full of happy anticipation over what the new day will give.

Rain tonight—soft as the touch of a swallow's wings against the windows. Each drop that lingers there glistens like the jewel in the June betrothal ring of some "fair young maiden." No star, no moon but an exquisite peace blesses now the homes of this valley.

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

Contract Bridge

By Josephine Culbertson

THEORY VS. REALITY

Theoretically, East-West sold out too cheaply in the bidding of the following deal, but this proved to be a good idea in the end.

West dealer—
 Both sides vulnerable.

♠ K J
 ♠ A 10 5
 ♠ A K 8 7 4 3
 ♠ 9 4

♠ A Q 7 6
 ♠ 4 3
 ♠ Q
 ♠ 6
 ♠ A Q 8
 ♠ 2

♠ N E
 ♠ S

♠ 10 9 8
 ♠ 5 2
 ♠ 3
 ♠ Q J 9
 ♠ J 10 7 3

♠ K J 9 7 6 7
 ♠ 10 5 2
 ♠ K 6

The bidding:

West North East South
 1 Dbte. 3 4 4
 4 Dbte. Pass 5
 Pass Pass Pass

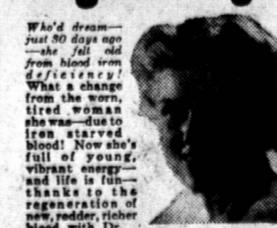
East might well have made an even stronger shutout effort by leaping to four spades over the double on the first round, and he also could have sacrificed cheaply at five spades when the five-heart bid was passed around to him. However, to repeat this sacrifice turned out to be unnecessary.

West decided to lead his singleton diamond. Dummy won and declarer drew one round of trumps, then, doubtless in the hope that diamonds would break 2-2, South cashed the king. Visibly annoyed when the 3-1 break came to light, but apparently seeing no recourse except to go ahead and clear the diamond suit, declarer led a third round—and that ended the matter. East, getting in, lost no time in returning his fourth-highest club (to give West the count) and West lost no time in cashing two club tricks.

South should have foreseen this outcome—and should have averted it. When the to-be-expected diamond break was revealed, he should have taken considerable pains to keep East off lead. As it happened, however, only the slightest pains would have sufficed. Instead of continuing diamonds, all South had to do was to lead the king of spades and discard his third diamond, giving west the trick; then he could twice reach dummy to ruff out and run the rest of the diamonds.

On this simple manoeuvre, if West didn't cash his club ace when put in with the spade, he would lose that ace.

Now... she laughs at age



Who'd dream—just 50 days ago—from blood from the sun, what a change from the worn, show-was—due to iron starved, bloodless life is full of young, and life is full—thanks to the new, redder, richer blood with Dr. Williams' Pink Pills. Thousands of once faded women, weary from blood-poverty, have bloomed anew with the help of Dr. Williams' Pink Pills—often in only 50 days! Start today! Get best "Dr. Williams' Pink Pills."

1. Say, "The police thought me to be him." 2. Accent first syllable, not the second. 3. Optimist. 4. Glimp before in time; preceding. 5. Laudable.

First Chinese Girl Called to Canadian Bar



Margaret Jean Gee, believed to be the first Chinese woman barrister in Canada, was among 13 new lawyers admitted recently to the British Columbia bar. Miss Gee, 26, is the daughter of Mr. and Mrs. Gee Kwong Gee of Vancouver and is a graduate of the University of B. C.

DOROTHY DIX

Girl Changes Mind

DEAR MISS DIX: My 19-year-old son and I are having a difference of opinion about a young lady. He has been going steady with Joan, whom he has known since grade school. To his outward appearance they were all outward appearances they were very much in love. Joan is an only child and, though somewhat spoiled, has always been very pleasant when visiting us.

Several weeks ago, after a Saturday night date, she told my son she didn't want to go steady any longer. No further explanation was forthcoming. She said she liked to remain friends, to date occasionally but not on a steady basis. The boy is heartbroken and at a loss to understand her decision. I think he should stop seeing her altogether, since he is so upset about the situation. I have considered calling Joan's mother to ask if she has any ideas on why Joan broke off. Would this be wise?
 Mrs. K.

ANSWER: Learning to deal with emotional difficulties is one of the most important factors of growing up. The way your son handles this particular one will give a good indication of his true character. Let him work it out his own way. The kindest thing you can do is stand on the sidelines, offering what comfort he'll accept, and being ready to greet the next girl—who will most assuredly be along soon. Since Joan doesn't seem to have the qualities conducive to a happy, permanent relationship, the breakup isn't so tragic. Naturally, at this point the young man doesn't realize this; only time can make this evident.

I agree with you that since he has been so deeply hurt, it's foolish for him to continue seeing Joan, but you can do no more than point that out. You'll accomplish no good by harping on the subject, nor will you help matters by calling "the girl's mother. Let the young people work out their own problem. It's the kind of preparation they need for the future.

DEAR MISS DIX: I'm a 15-year-old high-school girl, with a very nice group of friends. My mother belongs to a club that holds one meeting a month at our house. I am always embarrassed if my friends come home from school with me on those afternoons, since the ladies tell off-color stories and they don't seem to care whether we young people hear them or not.
 Missie

ANSWER: Many parents have the habit of reprehensible talk. Perhaps your comment may bring other clubs or groups to an awakening of the effect their conversation has on young listeners. Tell your mother, Missie, that you are made uncomfortable by the stories told at the meetings and I'm sure she'll make haste to see that a change will be made.

Will Practise Law In Canada



An important mark in the annals of Canadian law was made recently when Miss Violet Pauline King of Calgary, was admitted to the bar and is believed to be the first Negro woman to practise law in Canada. She is pictured above signing the oath with Mr. E. J. McCormick, Q.C., with whom she has been articling for a year.

Anne Adams Patterns

HALF-SIZE FASHION

See by the diagram, how EASY this is! It's a princess—so slimming! Whip up several to keep you cool and pretty all summer. Proportioned for short, fuller figures—no alteration problems. Choose tubular cotton—accent with rick-rack or crisp eyelet.

Pattern 4822: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4½ yards 35-inch fabric. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS 1/0 The Guardian, 60 Front Street West, Toronto, Ontario.



Morning Smile

Flirt: A girl with RSVP eyes.

Household Scrapbook

By Roberta Lee

Piano Keys
 Piano keys may get kept white by rubbing them occasionally with a cloth dipped in alcohol, and then dried with another cloth. Be careful not to get any alcohol on the varnish, as it is a varnish remover.

Dry Salt
 If the salt containers are kept on or near a warm range, or other fire, where the salt will keep warm, it will remain dry and no difficulty will be found in pouring it.

Bee Sting
 The pain of a bee sting can be relieved if common mud is applied.

Canada's best selling quality vinegars



Make salads sing!

When you've spent time choosing the best ingredients and paid good money for them, it surely would be unwise to risk ruining the final result by using just any vinegar. Heinz famous Vinegars do more for salads because they're uniform in strength, sparkling clear and so full-flavoured that a little goes a long way.

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