

How Can I!!!

By Anne Ashley

Q. How can a chimney fire be extinguished quickly?

A. By throwing a handful of sulphur on the fire and closing the bottom draft. The fumes of the sulphur will ascend the chimney and put out the flame almost immediately. Where possible danger of such a fire exists it would be well to keep a can of sulphur nearby to meet the emergency.

Q. How can I pick up broken pieces of glass easily?

A. Even the smallest pieces can be easily picked up by patting gently with a bit of wet absorbent cotton, or a damp woolen cloth, which can afterwards be burned.

Q. How can I whiten and purify a sponge?

A. Soak the sponge in milk and thoroughly rinse in warm water with a little carbolic acid.

Modern Etiquette

By Roberta Lee

Q. Will you suggest a note a man's sister, who is living in another town, might write to her brother's new fiancée?

A. "Dear Mary: I have just heard of your engagement to Bob, and I am happy to know that you are to be a member of our little family. Of course, I hope to see you very soon, but until then these few lines will convey my wishes for your happiness. Affectionately yours, Ruth."

Q. If individual salt and pepper shakers are not used, how many should be provided on the dinner table?

A. Salt and pepper shakers should be placed between every two covers.

Q. Is it proper ever to take a woman across a room for the purpose of introducing her to a man?

A. Never; the man always crosses the room to meet the woman.

COUGHS EASED with antiseptic BRONCHIAL Lozenges

That Body Of Yours

By James W. Barton, M.D.

LIVER, LIVER EXTRACT STILL BEST TREATMENT FOR PERNICIOUS ANEMIA

When Drs. Minot and Murphy were able to prove to the medical profession that liver and liver extract could control pernicious anemia (then a fatal disease), there was widespread relief. All that physicians had been able to do up to this time was keep the patients alive for months, or perhaps a few years at most, with blood transfusions.

As calf liver had been used in the experiments of Drs. Minot and Murphy, calf's liver only was used, so that the price went up from a few cents to well over a dollar a pound. Fortunately, it was found that beef, pork and lamb liver would give results almost as good as calf's liver.

The next step was to make liver inviting to the patient. The Presbyterian Hospital, New York City, published a leaflet giving 57 different methods of cooking and preparing liver.

They followed the manufacture of liver extract to be taken by mouth or injection, which was a long step forward in the treatment of pernicious anemia. Then it was discovered that folic acid would strengthen the blood, enriching it by increasing the number of red corpuscles and increasing the amount of hemoglobin in the corpuscles, making liver extract treatment unnecessary. However, from various sources came reports that while folic acid enriched the blood as did liver and liver extract, it did not give relief from the nervous symptoms present in pernicious anemia. By putting the patient back on liver and liver extract, he obtained relief from these symptoms. Folic acid did not give complete results in controlling this formerly fatal disease.

In American Practice, Drs. Willis M. Fowler and B. Hendricks, Iowa City, Iowa, review the development of folic acid in the treatment of anemia and present three cases showing that folic acid actually produces or causes nervous symptoms. There was one case, a man 29 years, another man 47 years, and a woman 60 years, all of whom developed degeneration of spinal cord with paralysis of certain organs after use of folic acid. Fortunately, by use of liver and liver extract, these symptoms disappeared.

BIG TANKER

Britain's largest oil tanker. 28,000 tons, was built to carry crude oil from the Persian Gulf.

An Act In Time Saved Five Lives.



But for the quick thinking of Mrs. Susan Pannebaker, Ottawa schoolteacher, Mrs. Doris Levey and her four small children might have died from coal gas poisoning. It all started when R.C.A.F. Cpl. Eric Levey, on leaving home for work, thought that his splitting headache, and the dizzy and befuddled condition of his wife and four children was due to "something we had eaten the night before."

Strange But True

By F. H. MacArthur

Sodium Fluoride: This is a white powder which most drug stores stock. It makes a suitable poison for most troublesome insects, acting both as a stomach and contact poison. It is soluble in water and ought not to be used on plants because it burns foliage. As lime neutralizes its killing properties, it should be mixed with flour or sulphur. Poisonous to man and beast, care should be used in its handling. The package must be marked POISON.

The most common ant found in homes is the Pharaoh's ant and the tiny thief ant. These two look alike and are 1-15 to 1-10 of an inch long. The use of poison baits is an effective method of destroying those pesky little creatures.

Although Canada is free from Bubonic plague, it is interesting to note that in India, where this dread disease flares up frequently, its chief carrier is the rat flea. The flea feeds upon rats infested with the disease and then contacts humans giving them the disease.

We have three distinct species in our province, namely: the dog flea, the cat flea and the poultry flea. Like most insects, the house fly passes through four stages in its life cycle - adult, egg, larva and pupa. The female fly has been known to produce six generations in a single season. Contrary to the general notion, the fly does not freeze and then come to life in the spring. Those that survive through the winter do so because they happen to find warm quarters.

St. Helena is best known as the British prison of the vanquished Napoleon. Strange contrasts are seen in its landscape, and almost anything will grow on its green, fertile plains. There's only 20 degrees difference in summer and winter temperatures. Weird, fantastic rocks are silhouetted against the sky - "Turk's Cap" and "Lot's Wife" among them. And there are no snakes on the island.

Snowflakes surpass every other collection of crystals both in beauty and design. They are made up of only pure crystallized water, but no human artist could hope to match the millions of exquisite, beautiful crystals of the snow and what is even more amazing: No two snowflakes are exactly alike. There is one mother that can boast of having five thousand or more children. Can you name her? Of course you can. She's the queen bee. . . . The Old Testament contains 229 chapters and there are only 260 in the New, or 1188 chapters in the Book of Books. If you make a New Year's resolution to read the Bible from cover to cover, you'll have to read three chapters each day and five on Sunday.

During Old Home Week of last year a young lady was urged to bet on one of the horses. Finally she bought a ticket. As the horses came in her eyes widened with excitement. Her horse came in fifth. Without a word she left the grandstand, hurried across the track to where the drivers were. Then shouting to the driver who had ridden that unlucky horse, she shouted in injured tones: "In heaven's name, mister, what detained you?"

A record cold mark in the mountain valley of Valdres, Norway, was 30 degrees below zero in 1960.

NEW QUICK-MIX RECIPE MOLASSES ALL-BRAN MUFFINS with raisins

No creaming, no egg-beating—no easy mixing this Kellogg-quick way!

1 cup Kellogg's All-Bran 1/2 cup molasses 1/2 cup milk 1 egg 1 cup sifted flour 2 tablespoons soft baking powder 1/2 cup seedless raisins (or chopped dates)

1. Combine All-Bran and milk in mixing bowl.

2. Sift together flour, baking powder, soda and salt into same bowl. Add molasses, egg, shortening, raisins or chopped dates. Stir only until combined.

3. Fill greased muffin pans 3/4 full, or for pan bread spread in greased 8" x 8" pan. Bake in pre-heated moderately hot oven (400°F.) 20 to 25 minutes. (Slightly longer for pan bread.) Makes 12 medium muffins, or 9 squares of bread.

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 unit, or some number in your address.

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ELLEN'S DIARY

By An Island Farmer's Wife.

Now that the sable of night enfolds our countryside gently, wrapping quietly our farmstead, we look back along the hours of our day to those from its hours some of the items we would inscribe on memory's page. There are many sunbeams wandering, stealing in at a window to encourage an opening bud; happy faces about the farm-work; a farm-trail winding along the winter fields; a wild duck on wing, and to put the day to rest, a still twilight stealing down from the hill-tops. Others too, we remember. . . . It is a singular thing that in some circumstances, while we lay no claim at all to possessing in treasure even a part of a masculine mind, yet we often find we evaluate happenings from the point of view of our farmers. We suppose we have acquired this, or more likely it has been thrust upon us, by living a number of years in a predominantly masculine household. So that when we stop to weigh recent events on this farm, balancing them one with the other, it is to find that the best of all today was the arrival at Alderlea today, of the farmers' latest purchase — the new mare. And yet from a feminine perspective, good and satisfying as this has been to the family, another we enjoyed which also inspired.

Yielding to the advice received by eye and ear to "Shop now — while the January Sales continue . . . Stock up on cottons and linens" and knowing from experience that the practice is sound and contributes in good measure to maintaining a calm mind, when spring-time duties crowd in with the help of the daughters-in-law who purchased in our behalf, we added today to our store. Not in any great quantity did we buy, but cannily, remembering that there will be many a strain on the farmers' resources before another harvest has presented its returns. And yet enough to lift one's spirits appreciably and afford us inspiration, as indeed does even a small purchase to a housewife. "When I feel dejected and forlorn — and hard to live with, do you know what I do, Ellen?" an older and very wise woman of our acquaintance chuckled to us when we talked on this subject recently. "Open a new book or magazine," we gave her our guess, "or perhaps stroll off for a 'kaley', or perhaps she returned. "I postpone what ever work I had planned to do and at once make some excuse to go to town for a spell of shopping."

"If I feel that my world has become unbearable altogether" she chuckled "I buy me a new dress — oh! it may be only a house-dress but at any rate it's new and pretty. Or a new hat! There, Ellen," she said with enthusiasm "that's something that will beat a doctor's prescription or on occasion" she smiled "a sermon, for inspiration!"

And nowadays a new hair-do goes with this, and who will dare to say that a trip to the hair-dressers' does not in itself give a decided uplift to jaded spirits!" "But supposing your pocket-book won't allow you to indulge in these at the moment?" we asked recalling on our own account slim, fuller, or no purse at all. "What then?" "Then, she rejoined earnestly "I should count up what I had — yes, sir, down to the last cent, and buy me something else. Perhaps only a bright remnant to make a cushion — a colorful bit of wool for some knitting. . . . or a dish-cloth, Ellen! In gay colors even that to use about her kitchen can bolster a housewife's spirits!"

So today we replenished our store of household linen. . . . But "Lawk-a-mercymee!" What an uproar falls now on our ears! It is James begging us loudly to "Open that door, Ellen!" — which act revealed nothing more than a man and a great armful of kindling!

Until tomorrow — Diary — Good-night . . .

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SUNNY BROWN BUTTER-NUT BREAD Eastern Bakeries' FOR Variety AND GOODNESS

DOROTHY DIX SAYS—

Sponging Relatives

These Kinfolk Make Hospitality Screen For Out-And-Out Robbery

DEAR MISS DIX: How much do we owe to our relatives? My husband is a man on a small salary. It takes a lot of managing for our own family to live on what he makes, but ever since we have been married we have had relatives who came uninvited to plant themselves down on us for support. Often they brought their whole families with them. Yesterday my youngest brother quit his job, which he does every winter, and came here, bag and baggage, with the intention of spending the winter with us. When I told him he would have to try to find some other place to park as I couldn't afford to support him, he got perfectly furious with me. None of these relatives who sponge on us even offered us a crust of bread when my husband was sick, but as soon as he was able to work again they descended on us. Don't you think I am right to turn the welcome sign down on the doormat? WORRIED WIFE

ANSWER: Indeed I do, and as grafting relatives have no fine sensibilities that make them take a gentle hint, you will do well if you will double padlock your door as well. Your first duty is to your own family, and you fail in that when you work your poor husband to death in order to support your kinspeople. He didn't marry your family when he married you, and there is no more reason why he should provide for them than any other stragglers.

DON'T LET THEM DO IT

Hospitality is one of the most beautiful of the virtues, but it becomes a vice when you let deadbeats make it the screen for a hojup, and that is what is so often done. All of us have relatives or so-called friends who use our houses to save themselves from paying hotel bills and who wish themselves upon us for interminable visits whenever they lose a job or feel as if they would like to have a little rest and change, or a vacation that costs them nothing. That they come uninvited, that they put us to trouble and inconvenience and force us to spend money on them that we cannot afford, is nothing to them. They are getting what they want and they should worry. If they are despicable parasites, we are contemptible softies and fools for putting up with it.

We should have enough courage to say to them that we are not running free hotels, that we have all that we can do to support our own families and that they will have to find shelter elsewhere. If this makes them angry, as it probably will, so much the better.

DEAR MISS DIX: I am a born cook and I am married to a man whose only weakness is a fondness for well-prepared food, and as he does everything in the world to make me happy, I prepare his meals myself, although we could well afford a cook. This pleases my husband and he boasts that he has an Antoine in his kitchen. But my mother and sisters, not one of whom could cook a decent meal, are raising a rumpus over it and telling me that I am belittling myself doing my own cooking. I am getting sick and tired of their criticisms and see no reason why I shouldn't do the thing that pleases myself and my husband. Do you? WIFE

ANSWER: I certainly do not, and I advise you to stick to your gas range. There is no surer way of retaining a husband's affections than by giving him the things he likes to eat and filling him so full of good food that he won't want to roam away from his armchair in the evenings.

Sometimes it becomes necessary for a wife to tell her family where they get off when they begin interfering between her and her husband. If it seems to me that the psychological hour has arrived in which you should gently but firmly inform your mother and sisters that they must keep their fingers out of your pie. Tell them that when you want their advice you will ask for it and that in the meantime just to omit all references to the way you run your establishment.

DEAR DOROTHY DIX: My boy friend and I were soon to announce our engagement, but now because he is drafted he thinks we should wait until he gets back. He believes I should be free during the time he is gone. If he really, honestly loved me, how could he say this? DOUBTFUL

ANSWER: He can say it because he is a fine, honorable gentleman and he is trying to do what will be best for you. Can't you understand an unselfish love? He wants you to go about and have a good time while he is gone and he trusts your loyalty. You will make a great mistake if you don't understand his broad-mindedness and meet it halfway. That sort of man doesn't understand petty jealousy.

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

-Needlecraft-

FOR THE HOME — EASY ENSEMBLE IDEA

The very important ensemble fashion worked out for daughter . . . via teaming of a winter-warm hooded coat and a crisp little simulated bolero dress. No. 2278 is cut in sizes 1, 2, 3 and 4. Size 2 dress, 1 1/2 yards 36-inch, 1/4 yard 27-inch contrasting. Coat and hood, 1 1/2 yards 54-inch. Applique and instructions for lazy daisy stitch included.

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Try them for Breakfast Tomorrow! QUAKER Puffed Wheat SPARKIES BOX TOPS WORTH 16¢ EACH! on the purchase of famous TUDOR PLATE (Ontario Community). For example, a beautiful "June" pattern Tudor Plate Dessert Spoon, retail value 85¢, is yours for only three Quaker Puffed Wheat (or Rice) Box Tops and 35¢.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The charges which she made . . ." 2. What is the correct pronunciation of "holocaust"? 3. Which one of these words is misspelled: Adequate, adolescence, adherence, admonition. 4. What does the word "opportunity" mean? 5. What is a word beginning with ga that means "showy; harsh and glaring"?

ANSWERS

1. Say, "hurt my reputation." Character is what one is, reputation is what one is thought to be. 2. Pronounce first o as in on, second o as in no, au as in haul, accent on first syllable. 3. Adherence. 4. Seasonable; timely. "The opportunity arrival of the grocery truck solved the family's food problem." 5. Garish.

Cook's Corner

BUTTER TARTS

4 eggs, 2 cups of brown sugar, 1/2 cup of orange juice, 2 tablespoons of butter, 2 tablespoons of table cream or condensed milk, 1 teaspoon of vanilla. Make tart shells. Cut walnut meats and dates and coconut in bottom of tart shells. Pour above mixture on the top of the walnuts and dates and coconut. Bake in a moderate oven.

PINEAPPLE FILLING FOR TART SHELLS

1 1/2 cups granulated sugar, 1 egg (beaten), 1 cup water, 1 can shredded pineapple, 1/2 cup butter, flour to thicken (about 3 tablespoons). When combining, mix flour with sugar; cook until mixture thickens; cool. Fill tart shells and cover with whipped cream.

Household Scrapbook

By Roberta Lee

Dusty Radio Parts

An open radio set accumulates a great amount of dust in time. Try using the long hose of your electric vacuum cleaner with the blower attached and holding it close to the dusty parts. This will clean them very shortly with no harm done to the radio.

Jelly Glaze

An attractive touch is added to the roast lamb or veal with a jelly glaze. Spread a half-cup of currant, apple, or plum jelly over the roast the last half-hour of the baking, basting it four times with a third-cup of jelly dissolved in a half-cup of boiling water.

Salt and Vinegar

A solution of salt and vinegar will restore the polish to brass. This same solution is also good for cleaning copper articles.

Child's Bad Breath often sign of Upset Tummy!

Save your doctor's time. For minor digestive upsets, children clear often suffer as a result of overeating or eating crumbly and hardy sweets, give Children's Own Tablets, new corrective for youngsters 2 to 15. They quickly help sweeten sour stomachs and act speedily to clear out from the bowels, offsetting waste material and a gentle, thorough manner. You never know when you will need the help of Children's Own Tablets . . . so get a package today at your drug-gist. Only 25¢. Made by the makers of Baby's Own Tablets—your guarantee of a reliable product.

CHILDREN'S OWN TABLETS

The Stars Say --

By Genevieve Kemble

For Tomorrow

A SUDDEN turn of events, entirely unforeseen, may be exciting, dramatic and may incite to breathtaking reactions. While this situation may be dynamic in its unlooked-for climax, progressive and rewarding, at the same time under excitement, turmoil or overwrought feelings or emotions, it could be possible to create havoc, to blackout gain. Under the impact of regulated enterprise, exceptional benefits could reach high spots, unusual prestige and popularity.

For the Birthday

Those whose birthday it is, may prepare for a period of unlooked-for change, removal, promotion or other exciting turn, either in the mentality, contacts or geographically. While the new adventure is favorable, with revised ideas, plans, techniques, it is also possible to negative these benign prospects by exaggerated conduct, erratic or tempestuous activities. Shun over-aggressive, strenuous acts. Keep on practical foundations even in exciting change. A child born on this day, may be gifted with unusual talents, creative ability and ingenuity, which may be neutralized by its over-zealous or strenuous nature.

Morning Smile

Interior Decorating

Mrs. Jones returned from a visit to the doctor very cross indeed. "Do you know that he charged me three dollars for painting my throat with iodine?" she complained. "I don't call that very much," replied Mrs. Brown. "Not much?" said Mrs. Jones. "Why, I had my kitchen white-washed all over for five."

JEFFY KNIT

This adorable sweater is an inexpensive 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, Charlotte-Town Guardian, Design No. E-811

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