

Modern Etiquette

By Roberta Lee

Q. When a woman is traveling alone on a train and wishes to have a stubborn window shade raised or lowered, or a piece of heavy luggage moved, is it all right for her to ask a nearby male passenger to help her?

A. No, she should ask the porter to do this.

Q. Should the best man and ushers stand in the receiving line at a wedding reception?

A. No; the bride and bridegroom, maid of honor, and bridesmaids are the only ones who stand in the receiving line.

Q. Where should the woman guest of honor be seated at a dinner table in one's home?

A. She should be seated at the right of the host.

How Can I!!!

By Anna Ashley

Q. How can I prevent the sliding of a picture so that it hangs crookedly?

A. Have a cord long enough so that it may be hooked over the nail, and then twist the entire picture around. This will hold it in place with no danger of its slipping and becoming lopsided.

Q. How can I prevent the fading of colors in handkerchiefs?

A. Colored handkerchiefs will not fade if they are soaked in cold water containing a little salt before they are washed.

Q. How can I clean the food grater?

A. Clean the grater with a vegetable brush. Grate a raw potato over the area used to grate cheese or lemon rind. It rinses off easily, leaving the grater clean.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ACCORDING to conflicting testimonies, it is definitely advised to maintain an attitude of precaution, hesitancy, perhaps inertia, and to postpone decisions until a rather uncertain and hazardous situation blows over. Although there is a lively urge to be expansive, inflationary and spectacular, the judgment is faulty, perhaps reckless, while there are signs of sudden smashes, even calamity. Sudden factors may be a disintegrating element.

For the Birthday

Those whose birthday it is may run into a very difficult, hazardous and erratic, with certain strange or unaccountable forces or incidents to be reckoned with. While there is an expansive, buoyant and speculative inner urge, at the same time the judgment is not

That Body Of Yours

By James W. Barton, M.D.

THE THREE-FOLD ACTION OF BENADRYL

It is interesting to watch the life or career of a new drug that is tested in the laboratory before it is placed on the market for general use. One group of research workers find that this drug is a specific or the special drug that should be used in a certain disease or group of symptoms and report the results of their use in the medical journals. Another group, perhaps of equal standing, report that their results were not so good, not really good at all, and the drug caused mild or severe reactions.

What happens? As more and more research workers test out the drug, its life or career may rise like a pendulum, to be followed by a drop of the pendulum and later another rise occurs until finally the drug establishes itself on a permanent basis, not as high as the original findings, yet not as low as that given by some reports.

A drug that has established itself as a quieter of very rapid or irregular movements of the stomach is benadryl, used in stomach and intestinal ulcer (peptic ulcer), its specific action being to quiet the stomach (anesthetize) when gastro-scope is used to examine lining of the stomach.

And now in the American Practitioner, Dr. N. A. Berel points out that benadryl alone or in combination with other drugs is definitely beneficial for almost all patients with Parkinson's disease (paralysis agitans) in which the three outstanding symptoms are (a) loss of expression of the face, (b) stiff or rigid forward bend of the body, and (c) shaking of the body, especially the hands, which is characterized by appearance of rolling a pin with the fingers. Other symptoms that may be present are muscle cramps and more or less stuttering of speech. As Parkinson's is a particularly difficult disease to treat, the treatment by benadryl is encouraging. Results indicated that benadryl is well tolerated in large doses and effectively controls many of the distressing symptoms of Parkinson's disease.

Benadryl produced improvement in 55 per cent of cases when used alone and in 75 per cent combined with other drugs. Gait improved, speech and swallowing were less difficult, and emotions became more controllable. Asthenia (weakness and tiredness) was reduced.

Benadryl is used as a specific drug by many physicians in hay fever and asthma.

to be trusted. Undercurrents of the tricky and fraudulent may be surprisingly disturbing. Postpone decisions, refrain from speculation and resist all strange allurements or enticements.

A child born on this day may have expansive and vainglorious ideas, being of a gambling spirit, and easily enticed into dangerous predicaments to its ultimate regret.

Entertains Canadians In London



The Nuffield Center for the Canadian troops visiting London, England, which was started during the last war is still going strong. When the boys in Europe take their leaves they make a beeline for the Centre where they are greeted by cheerful, smiling Miss Lena McLure, who is the daughter of Mr. W. Chester S. McLure, M.P., and Mrs. McLure, Charlottetown. Miss McLure is the club hostess. (Federal Newsphoto).

Cook's Corner

DEEP APPLE PIE

This is a truly outstanding version of this fine old-fashioned favorite. The few raisins mixed with the apples make the filling a little different. The sugar-and-cinnamon sprinkle put over the paste before baking, adds one more touch of interest. The whole thing adds up to excellent eating.

Yield—6 servings.
1 1/2 cups once-sifted pastry flour
Or 1 1/4 cups once-sifted all purpose flour

1/4 teaspoon salt
1 cup fine granulated sugar
1 3/4 cup chilled shortening

Very cold sliced cooking apples
6 cups sliced seedless raisins, washed and drained
2 tablespoons cornstarch
2 tablespoons butter or margarine

1/4 teaspoon ground cinnamon
Measure and sift together once, then sift into mixing bowl, the flour, salt and two tablespoons of the granulated sugar.

Add the chilled shortening and cut it in finely.

Sprinkle with very cold water and mix lightly with a fork, using just enough water to make a paste that will just cling together and clean easily from the bowl.

Chill the pie paste until needed. Combine the sliced apples and raisins.

Combine 1/2 cup of the sugar and the corn starch.

Place a pastry support in the centre of a baking dish (eight-cup size, and measuring about 8 1/2 inches across).

Layer the apple mixture and sugar-cornstarch mixture in the baking dish; dot top with butter or margarine.

Roll out the pie paste to 1/4-inch thickness on a lightly floured canvas or board and cut to fit the top of the baking dish; slash paste to allow for escape of steam.

Moisten rim of dish and cover pie with the rolled-out pie paste; seal edge to rim of dish. Dampen rim and cover with 1/2-inch wide strips of rolled-out pie paste; seal. Crimp border with a fork.

Combine the remaining two tablespoons sugar with the cinnamon and sprinkle over paste.

Bake in a hot oven, 425° degrees, 12 minutes; lower heat to moderately hot, 375° degrees, and continue to bake until pastry is cooked and fruit tender—about 20 minutes longer.

Serve hot.

Household Scrapbook

By Roberta Lee

Setting Colors

To set the color in colored handkerchiefs take a basin of lukewarm water, pour in a teaspoonful of turpentine, then soak the handkerchiefs for about 15 minutes. Follow by washing in the usual way.

Cleaning Sponges

Soak the sponge for several hours in cold water to which a liberal quantity of ammonia has been added. Rinse well in lukewarm water and dry in the open air.

Ink Spots on Wood

A combination of linseed oil and vinegar often proves effective in removing ink spots from wood. Use equal parts of each and apply lightly.

DOROTHY DIX'S COLUMN—

NO COMPANIONS

She Stays Home Alone Hoping For A Caller

DEAR MISS DIX: I am very lonely, especially on week-ends when I sit at home all day and see the girls next door go out for a good time. I just sit at home, thinking maybe something will happen, but nothing does.

JOIN CLUBS AND GET AROUND

ANSWER: You can be assured, no excitement ever will come while you just sit dejectedly at home. You live in a fine, thriving, progressive city and I'm sure there are numberless sources of activity there. Stop sitting home feeling sorry for yourself and go out and do something! Get acquainted with the girls next door and find out what they do with their time. Join a bowling club, a swimming club, a ping-pong club! Take a course at night school; acquire a hobby, like stamp collecting, photography, or ceramics. Take dancing lessons, singing lessons with a choral group. If you can't locate these places through the classified pages of your telephone book, or through your newspaper, get in touch with the Adult Education Department of your Board of Education. There is absolutely no reason why anyone should sit at home and be lonely, for day-dreaming will never bring friends; you must go out and make them yourself!



Muriel Nissen

DEAR MISS DIX: I'm a young man of 24, deeply in love with a girl of 17. She likes me but goes out with other boys more than she does with me. How can I stop her from seeing these other boys?

D. D. ANSWER: Your young lady is too young to be thinking seriously of someone seven years her senior. If you care for her, let her continue going with the other boys, but make yourself sufficiently interesting so that in time she'll regard you more seriously. Better still, widen your circle of friends and go out with girls closer to you in age.

DEAR MISS DIX: My problem is one of age—and an unusual one. Continued on page 10

Needlecraft News by Pauline Roy

IT SEEMS ALMOST EVERY WOMAN has a desire to make her own hats whether she starts from scratch or tries her hand at remaking last year's model. A hat is a poem, an indescribable item that can make or break your costume. If you find a becoming hat, you are immediately well dressed, attractive, admired and the lady of fashion you've always longed to be. On the other hand, an unbecoming hat can make you feel dull, dowdy, dreary and wonder if you really should be taking vitamins. It is your hat that announces Spring is on the way. The first hats of the season are fabrics, fabrics with straw trims, braids and flowers. They are fancy, feminine and becoming.



Crocheted Hats

The deeper crowns and cloche hats are very popular at present for they are comfortable, youthful and smart. This type of hat, or bonnet, can be easily made when knitted or crocheted from wool or cotton thread. Your hat can be dressed up or down according to your need. Color too plays an important role in deciding the type of hat you want yours to be. For instance, if you want to make a dressy crocheted hat, choose a dressy color like black, white, silver, gold or a pretty pastel... trim it with fancy buttons, veils or flowers. The same pattern can be made up in brown, dark green, rust, red or maroon and trimmed with leather buttons, tailored pins or quills for a sporty effect. You can enjoy making your own hats and trying new patterns. You'll be amazed at your creations and delighted with your ability.

All Set for a Big Date

For Junior Miss dressing up, this cap and bag set offers captivating style, low cost and a few hours of fun making it. Both accessories are crocheted of black shiny cotton and trimmed with a sprinkling of velvet buttons and deep little pouch bag is gathered together at the top into three points and fastened with button-loops. A direction leaflet for crocheting this BONNET AND BAG may be obtained by sending a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. PC-5478.

ELLEN'S DIARY

By An Island Farmer's Wife

Bearing us a delightful breath of the green in the shadowed wintry-white, scent of peat fires and the sweet of Blarney Stone, this evening brought Pat to visit with us at this house "in the road." He returned to us in lantern light along the front meadow, a quietly moving glow of it as though some smallish star had purred for the time to leave its set course in the universe and come closer to the affairs of men.

It was not so brisk as the fireflies that so often have made bright magic for us along the mill-pond when in the exquisite peace of a summer night, on the verandah or old stone doorstep... lingering loath to go indoors, we wrote the end to some perfect day. James in the armchair took note. He started up. "That is a strange light, Ellen," he nodded.

We followed its course with some curiosity. And with that fascination over some eerie unknown, undetermined item in living, acquired in days that were decidedly more superstitious than the present. Then as a youngster, wide-eyed, breathless, wondering and pleasantly fearful, we sometimes listened to our elders recount some ghost-tale of the past.

We enjoyed these best on a fall night when the dark that crowded the windows was ominous; and the wind in the chimney rang as piercingly as a witch's shriek... And the coals glowed on the hearth; and within a pool of lamp-light a mother mended or knit industriously for her brood. And a father, who up to this had been in the cellar sorting potatoes against the filling of a pig's boiler of morning had come in to join the visiting farmer who had just dropped by.

It was good, we remember, to be a bit miserable with some minor ailment which kept us on the sofa after the other children had retired, and while such tales were being told. Voice of one visitor, we especially recall, spoke in a muted, reverent tone of these apparitions. Because even as miracles had been wrought in homes and by the river-sides in the long years so a Power could, if need be, present stern signs and omens to His children.

"The world has grown too cynical now to believe in ghost stories," visitor of summer chuckled. "And isn't it something to be regretted? Dear me," he laughed merrily, "talk about terrifying children, with the like—why, we, in our day, actually throw on them! Through it's a fact that out about at night nothing supernatural could catch us!"

"Why, I remember when I was in my early teens," he continued, "I escorted... home from Prayer-meeting—after I finally found courage to suggest the venture. It was..."

"Exciting," he giggled.

"Yes," he agreed, "extraordinarily so... but more so, once I was out of their lane and headed for home. I bet," he laughed merrily, "there wasn't a horse in the community could overtake, much less pass me at the pace I struck! I was heartily afraid. Yes, that's what the matter with this confounded world nowadays: there's nothing left to the imagination; nothing that's frightening. It had become too scientific... too open, too matter-of-fact..."

So Pat came back to us—and recently to his former position in the district. "Well, Ellen!" he said, shaking hands. "And James, how are you kapin?"

"And so you couldn't leave this community?" James smiled.

Pat winked. "Sure an' it was an' old longin' that drew me back. It's a good place... an' a good people—none better to my way of thinkin'. Now don't be after sayin' that's blarney," he

She Was Laid Up With RHEUMATIC PAIN

"I had been afflicted with rheumatic attacks ever since I was a girl," writes Mrs. F. Rose, Selkirk, Man. "Four years ago I was in bed tormented by rheumatic pain and unable to work. Then I heard about Templeton's T-R-C's. Soon after I started taking T-R-C's I was able to get out of bed, and walk about and do my work. I only wish I had learned about T-R-C's years ago, for I feel they would have saved me a great deal of suffering."

This welcome relief from nagging pain can be yours. Don't suffer another day from Rheumatic, Arthritic, Sciatic or Neuritic pain. Get Templeton's T-R-C's—Canada's LARGEST-SELLING proprietary medicine for quick relief from such pain. Only 65c. \$1.35 at drugists. T-449

Anne Adams Patterns

WEEK'S SEW-THRIFTY!

Sew a SNAPPY-WRAP! No fitting problems—it ties to a tiny waist! No ironing problems—opens flat! If this sounds too good to be true, check the diagram above! A scoop of a neckline circled with scallops and contrast-bound—so fresh and refreshing! Pocket, too!

Pattern 4676: Misses' Sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/2 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, care of The Guardian, 60 Front Street West, Toronto, Canada.

Morning Smile

Hardly

Tramp: "Is your husband at home?"

Housewife (resourcefully): "Well, if he's finished his revolver practice, he'll be in the garden playing with the bulldog. Do you want to see him?"

Affected

After preaching a powerful sermon against betting, the vicar was dismayed to learn that one of his wardens was a heavy gambler, and at once hurried round to apologize.

"Oh, don't worry about it," said the warden. "After all, it's a poor sermon that doesn't hit me somewhere."

Better English

By G. C. Williams

1. What is wrong with this sentence? "Betty called upon her friend and found two other people already there."

2. What is the correct pronunciation of "vehement"?

3. Which one of these words is misspelled? Amalgamate, amonia, ammunition, ammeter.

4. What does the word "inadequately" mean?

5. What is a word beginning with ab that means "act of wandering, especially from what is right?"

ANSWERS

1. Say, "Betty called on her friend and found two other persons already there." 2. Pronounce ve-emens, first and second e's as in me, accent first syllable. 3. Amalgamate. 4. Deficiently. "Your definition is inadequately expressed." 5. Aberration.



4676 by Anne Adams



Mrs. James Fraser praises Fleischmann's Yeast for prize-winning results in bread.

Prize Bread Baker at Antigonish County Fair

As a busy young farmer's wife, Mrs. James Fraser has lots to do besides cooking. But she knows how to turn out batches of prize-winning baking!

"When people ask me how I get such fine results in my baking, I tell them you have to use the finest ingredients," says Mrs. Fraser, who lives at Briery Brook, N.S. "For instance, yeast. Unless you have a good

lively yeast your bread just won't be up to the mark. That's why I'm sold on Fleischmann's Yeast. It has always given me splendid results."

Young and old prize-winners agree! You can't beat the dependable fast rising action of Fleischmann's Yeast. It's been proved by Maritime housewives for over 60 years!

Thrifter way to make Better cakes

Thrifter because New Domestic saves you time, work and money. Buy it, try it, and you'll agree it is the best shortening at any price. Easier, Quicker, too!



no better shortening at any price

They're Simple—and Simply Delicious with MAGIC

MAGIC RAISIN SCONES

Mix and sift into bowl, 1 1/4 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 3 teps. Magic Baking Powder, 1/2 tsp. salt. Cut up finely 4 lbs. chilled shortening and mix in 1/4 c. washed and dried raisins and 1/4 c. lightly-packed brown sugar. Combine 1 slightly-beaten egg, 1/4 c. milk and a few drops almond flavoring. Make a well in dry ingredients and add liquids; mix lightly with fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on a lightly-floured board and pat out into greased pie plate (7 1/2" top inside measure) and mark into 6 pie-shaped wedges. Bake in hot oven, 425°, about 18 minutes. Serve hot with butter or margarine. Yield—6 scones.

Alice Brooks Designs

TRANSFER DESIGNS IN COLORS



How to give a bright, new look to a tired room! EASY! Once over lightly with your iron—and these luscious motifs in cheerful pink and green are permanently pressed on sheets, curtains, spreads and aprons! No embroidery and they are washable, too!

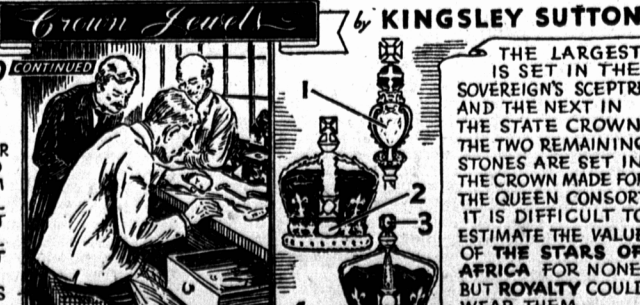
Iron-on motifs in petal pink, leaf green. Pattern 7088 has 20 motifs from 2 x 2 1/4 to 4 1/2 x 5 1/2 inches.

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 and Pattern Number.

THE STORY OF THE CULLINAN DIAMOND

THE CULLINAN DIAMOND

IT WAS DECIDED BY EXPERTS, THAT, FOLLOWING THE NATURAL CLEAVAGES, THE DIAMOND SHOULD BE CUT INTO FOUR PARTS. THE WORK WAS ENTRUSTED TO CELEBRATED DIAMOND CUTTERS FROM AMSTERDAM. SO GREAT WAS THE SKILL REQUIRED FOR THIS OPERATION, THAT ONE TREMOR OF THE MALLET OR CHISEL WOULD HAVE MARRED THE GREATEST STONE OF ALL AGES! THE FOUR PORTIONS ARE KNOWN AS THE STARS OF AFRICA.



THE LARGEST IS SET IN THE SOVEREIGN'S SCEPTRE AND THE NEXT IN THE STATE CROWN. THE TWO REMAINING STONES ARE SET IN THE CROWN MADE FOR THE QUEEN CONSORT. IT IS DIFFICULT TO ESTIMATE THE VALUE OF THE STARS OF AFRICA FOR NONE BUT ROYALTY COULD WEAR THEM.