You will be delighted with this fragrant tea

"SALADA"
ORANGE PEKOE

My best recipes taste better made with MAGIC!

CHEESE CORNMEAL FINGERS

Mix and sift into bowl, 1⅓ c. once-sifted pastry flour (or 1¼ c. once-sifted hard-wheat flour), 3 tsps. Magic Baking Powder, ¾ tsp. salt. Cut in finely 3 tbs. chilled shortening and mix in ¾ c. yellow cornmeal, ¾ c. shredded cheese and 2 tbs. chopped parsley. Make a well in centre, pour in ¾ c. milk and mix lightly with a fork. Knead for 10 seconds on a lightly-floured board and roll out to ¼" thick rectangle; cut into 12 fingers and arrange, slightly apart, on greased baking sheet. Bake in hot oven, 425°, about 15 mins. Serve hot with butter or margarine. Yield—1 dozen fingers.

Dorothy Dix Says—

Continued from page 2

You will never have a wish considered, nor a desire gratified unless it happens to be something that he also wants to have and do. You would always have to be a yes-yes woman and never have any liberty of thought or action. Men put their best foot foremost in courtship, and if your fiance is so selfish that even when he is trying to win you he does not consider your pleasure nor your happiness, he will be far more dictatorial and tyrannical after you are married.

You have had your warning. If you refuse to heed it, you have brought your fate down on your own head.

DEAR MISS DIX: I am a boy of 18 years of age and will finish high school this year. My parents wish to send me off to college, but I want to attend a college here in my home city. What should be done in a case like this?

B. L. R.

ANSWER: Your parents must have some good reason for wishing to send you away to college, or else they would not insist upon it when you prefer your home town. Perhaps the college they have in mind offers better educational advantages. Perhaps they realize that you need to be thrown upon your own.

There are exceptions to every rule, of course, but, generally speaking, it is a good thing for every young boy and girl to be sent away from home to school, because, in the first place, it gets them through the adolescent period among strangers and so saves the conflicts between them and their parents that are sure to occur when they stay at home, and that often makes life miserable for all parties.

Then it broadens young people's vision for them to get out into the world and to be brought in contact with new people, new ways of living, new points of view, new customs and habits.

It teaches them self-confidence to have to rely upon themselves and no longer to have Mother to cater to their whims about what they eat, or to pick their clothes up for them when they drop them on the floor. I have known more than one boy and girl who were regenerated by being sent off to college.

DEAR MISS DIX: For the last few years I have been having an affair with a young man. At first he promised to marry me, but now he changes the subject when matrimony is mentioned, and lately I have reason to know that he is no longer true to me. I feel sometimes that he should marry me because of our relationship, but I doubt if we would be happy. He is selfish and we quarrel about everything. What shall I do?

SADLY PUZZLED

ANSWER: There is nothing that you can do that will save the situation because you can't force a man who is tired of you and whose fancy has strayed to some other girl to marry you. Furthermore you would be perfectly miserable if you did marry him when he was an unwilling bridegroom. You can, however, save your face by taking the initiative in breaking off the relationship instead of letting the man discard you.

Remembrance Day 1950

D. A. MacDonald

The sky a misty grey, autumn chill was in the air, the leaves and flowers returning to earth leaving only the memory of their beauty and fragrance.

This turns back the pages of that other November Day. I see before my eyes fields that once were vivid green now rent and torn as by a blast. Men crouched behind ragged sand bag trenches, knee deep in slimy water, I see lads with faces beaming bright with joy of life then changed to haggard eyes, faces stained with mud and blood, twisted bodies, gaping wounds that time could never heal.

Oh Lord of mercy and all wise, thou knowest the awful road these men have trod and on this Remembrance Day from the four corners of the earth an Army will rise from out their hallowed ground, made only by their noble bodies resting in that foreign soil and from the greatest city to the smallest hamlet we will bow in humble silence and hear..

"We who have trod the bordered lands of death
Where ocurage high walks hand in hand with fear
Shall we not hearken what the spirit sayeth
All ye were brothers there be brothers here."

"Lord God of Hosts, Thy glorious name we praise
But thou hast harkened to the Orphan's cry,
The hearts despair, man's broken prayer for peace
No more shall might be right and evil good;
For, lo, above those lands where brave men lie,
A vision dawns of days when wars shall cease
And all mankind be one vast Brotherhood."

That Body Of Yours

Continued from page 2

In Archives of Ear and Throat Dr. M. Atkinson states that, while all the methods of treatment mentioned above undoubtedly give some relief, the general physical condition of the patient with Meniere's disease may not be improved. While these methods improved the hearing and gave relief from noises and dizziness, they do not improve the general nervous condition or improve the structure of the nerve cells themselves.

The general nervous symptoms due to lack of vitamin B and its substances (vitamin B complex) are described. This lack of vitamin B complex affects the following body systems: the nervous system, eyes, stomach and intestines, locomotion (movement of legs and arms) heart and blood vessels, and the skin and mucous membranes (linings of various organs). Dr. Atkinson lists the symptoms pointing to specific lack of nicotinic acid, riboflavin and thiamine. He gives the history of two patients to show the degree of chronic deficiency, and consequent general ill health, from which many patients suffer in addition to their ear disturbance.

Food rich in Vitamin B complex are: yeast, wheat germ, malted milk, beef, beef liver, ham, bacon, whole wheat bread.

How Can I!!!

By Anne Ashley

Q. How can I make good salmon sandwiches?

A. Use 1 cup of salmon, 3 tablespoons of chopped cucumber relish, 1 teaspoon of minced onion, lemon juice, salt and pepper, and mayonnaise. This mixture makes delicious sandwiches.

Q. How can I remove burnt spots from granite?

A. Cover the spots with a teaspoonful of soda, mixed to a paste with a little water and heated. Never scrape with a knife.

Q. How can I exclude dampness from the bedroom?

A. Fasten a piece of thin Angora flannel to the frame of the window screen. This admits the air, but keeps out the dampness.

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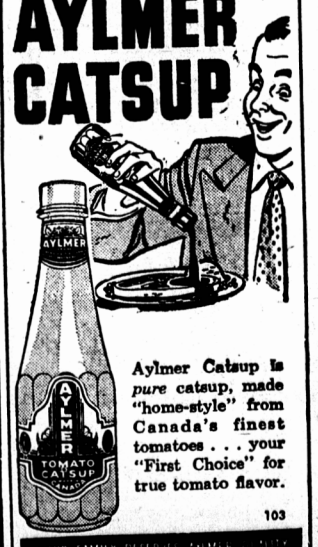

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