

The Stars Say -

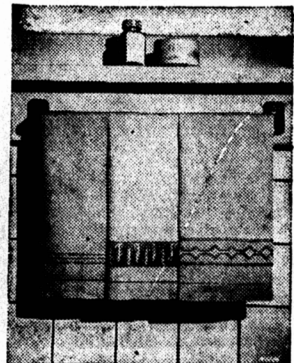
By Genevieve Kemble

For Tomorrow A SUDDEN and spectacular turn of events may prove exciting, dramatic with sharp emotional disposition to fly off the handle, precipitating some peculiar or erratic conduct boding no good. Finances, place, position, responsibilities seem to be at issue, calling for a sound and dynamic manipulation of untoward events.

If It Is Your Birthday

Those whose birthday it is, may be prepared for an about-face, with something thrilling and dynamic coming up to tax the ingenuity, and skill, perhaps dramatic appeal of sudden change of plans, objectives and aspirations. Singular experiences or ventures come up for drastic attack, much depending on the logical and astute management of current situations.

Towel Borders in Swedish Darning



An easy and effective means of decorating hand towels is the Swedish darning method of running stitches through the raised threads of huck-aback. Here are three border suggestions: a narrow design worked in purple and blue on pink, a wider border of zig-zag lines in copper and black on yellow, and a diamond pattern of dark green, rose and white on a background of pale green towelling.

Better English

By B. G. Williams

1. What is wrong with this sentence? "This is much more difficult than what I expected." 2. What is the correct pronunciation of "affluence"? 3. Which one of these words is misspelled? Despondency, descendents, deterrment, detrimental.

ANSWERS

1. Omit what. 2. Accent first syllable, not the second. 3. Descendants. 4. The act of wearing, or rubbing off; the wearing away by friction. "Time has caused an abrasion of the coins." 5. Commend.

Cook's Corner

SNOW BALL COOKIES

One cup shortening, 2 tablespoons powdered sugar, 2 teaspoons cold water, 2 teaspoons vanilla, 2 cups pastry flour sifted, 1/2 teaspoon salt, 1/2 cup chopped pecans mold in balls and bake 30 minutes in a moderate oven, 350 degrees. Roll in powdered sugar and let cool, then roll in powdered sugar again.

FROZEN PINEAPPLE AND MARSHMALLOW SALAD

Whip 1 cup of whipping cream. Fold in 1/2 of a cup of mayonnaise. Have prepared 3/4 cups of diced and drained pineapple, 12 quartered marshmallows, 1 cup of shredded coconut. Fold the ingredients through the mayonnaise and cream mixture. Pour the salad into the freezing tray of refrigerator and freeze until it is firm. Unmold on a platter and garnish with crisp lettuce and a slice of canned pineapple quartered. This salad serves eight.

Modern Etiquette

By Roberta Lee

Q. When writing a note to decline an invitation, should one make it formal? A. This depends upon the nature of the invitation. If it is written formally, that is, in the third person, then your reply must be written in the formal style. If the invitation is written informally, then you reply in the same vein.

That Body Of Yours

By James W. Barton, M.D.

DISEASES WITHOUT SYMPTOMS

I was examining a powerfully built young man. Removing my stethoscope from his chest, I stepped back and looked at his face for a moment. "What's the matter, doctor?" he asked. "Why, you double-crossed me. When I saw your bulging eyes I expected a heart rate of at least 96 and it is only 72. I thought you had the severe form of goiter and I couldn't believe your heart rate."

"Oh yes," he said, "I did have goiter but I had the thyroid gland removed several weeks ago. My heart slowed down and I'm less nervous, but my eyes haven't gone down completely yet." In many ailments there are certain distinct signs and symptoms present which enable the physician to recognize the disease present immediately. In others diagnosis is most difficult.

In Medical Clinics of North America, Dr. E. J. Steigitz states that the physician who wishes to do his best for his patients is confronted with a dilemma. "Should he follow the old traditional method of waiting for symptoms before he studies his patient thoroughly, or should he put apparently well patients through many diagnostic tests and complete physical examinations in the hope of detecting serious disease early?"

Older physicians dislike the idea of these routine complete examinations, feeling that the physician is apt to depend too much on laboratory and other tests and gradually becomes more interested in the disease instead of in the patient. He becomes almost mechanical and less of a diagnostician. Diseases may be present when no symptoms are in evidence. These diseases, in their early stages, may be detected by laboratory tests, but if neglected, may mean chronic illness or death.

Some of the diseases mentioned by Dr. Steigitz are (a) chronic infections of the heart-muscle caused by rheumatism or syphilis, (b) hardening of the arteries causing anoxemia, coronary thrombosis, inflammation of the kidneys, (c) diabetes, gangrene, anemia and menopause due to gland changes, (d) cancer, (e) arthritis of various types.

All these diseases begin without symptoms and may be well advanced before the symptoms, felt by the patient but unknown to others, appear. The suggestion is that the physician make as many tests as possible in his office when patient first consults him. A. Not if it is of the "closed sandwich" variety. It should be eaten with the fingers. If it is an "open" sandwich, then the work is done.

Unusual Recipes Spark Lenten Menus, Add Needed Variety

Main dishes are usually your main problem in making up your menus during the Lenten season. We've sorted and culled a host of meatless main dishes and have come up with several new ideas we know you and your family will welcome. Each is just a little different but not too different to keep your family from even trying them. Each makes a colorful and appetizing picture. . . . Which is almost as important as taste is considering any dish but especially a Lenten one.

THAT OLD LENTEN FAVORITE, macaroni and cheese, is given a new twist when whole tomato slices are sprinkled with cheese and baked on top of the macaroni mixture. In addition to contributing their own special flavor, the tomato slices add a bright touch to the casserole and eliminate the need for a last minute garnish. Tomato-topped Macaroni and Cheese is creamy in consistency and carefully seasoned with grated onion, dry mustard and Worcestershire sauce.

TOMATO-TOPPED MACARONI AND CHEESE

(Makes 4-8 servings) 1 tablespoon salt 3 parts boiling water 8 ounces elbow macaroni 1 small onion, grated 2 tablespoons butter or margarine 2 tablespoons flour 1-4 teaspoon dry mustard 1-4 teaspoon salt Dash of pepper 7 drops of Worcestershire sauce 1-4 cups grated American cheese 2 medium tomatoes Add 1/2 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Combine macaroni and grated onion and turn into greased 1-2 quart casserole. Melt butter in the top of a double boiler over hot water. Combine flour, dry mustard, salt and pepper; add to butter and stir until blended. Gradually add milk and cook, stirring constantly, until mixture thickens. Add Worcestershire sauce and 1 cup of the grated cheese, stirring until cheese melts. Pour cheese sauce over macaroni in casserole. Slice tomatoes 1-2 inch thick and place slices in a circle on macaroni mixture. Sprinkle remaining 1-4 cup grated cheese over tomato slices. Bake in a moderate oven (350 degrees) 30 minutes or until top is lightly browned.

The old reliable recipe for macaroni and cheese may be given taste variety by seasoning and sauce changes.

FLAVOR CHANGES

Tomato: Substitute tomato juice for milk in the sauce. Chive: Stir 2 tablespoons chives into cheese sauce. Garlic: Sauté 1 finely minced garlic clove in butter or margarine before adding flour. Mushrooms: 1 3-ounce can of sliced or chopped mushrooms may be added to the sauce or omit milk and add one 10 1-2 ounce can condensed mushroom soup diluted with an equal amount of water to the butter-flour mixture. Vegetable: Omit the milk and add one 10 1-2 ounce can condensed vegetable soup diluted with an equal amount of water to the butter-flour mixture. Olive: Add 1-4 cup chopped stuffed olives to cheese sauce. Pickle: Add 1-4 cup chopped sweet pickles to cheese sauce.

Nut dishes provide an interesting and delicious way of getting proteins into the heart of your menus without serving meat. This recipe for a carrot and peanut soufflé is especially good.

CARROT AND PEANUT SOUFFLE

1 1-4 cups ground carrots (3 or 4 medium carrots) 1 1-4 cups peanuts 1 small white onion 1 1-4 cups tomatoes 1 1-2 teaspoons salt 1-4 teaspoon black pepper 2 eggs, separated Measure carrots after putting through food grinder using medium blade. Then put peanuts and onion through food grinder. Combine carrots, peanuts, onion, tomatoes, salt and black pepper, mixing thoroughly. Add beaten egg yolk. Beat egg whites until stiff, and fold gently into the mixture. Bake in 2-quart casserole set in a pan of warm water in a moderate oven of 350 degrees F. for 1 hour. Serve with parsley cream sauce. Serves five.

When Children's Eyes Are Bigger Than Their Stomachs

Unusual is the child who does not get sick or upset at times from overeating. . . . Children's Own Tablets - made especially for children from 5 to 15 years. They help to soothe the stomach, relieve distress and bring about a thorough evacuation of the bowels in a gentle manner. You never know when you'll need the help of Children's Own Tablets - so be on the safe side - get a package today. Only 25¢ at your drug store. Made by the makers of Baby's Own Tablets - your favorite reliable product.

EGG AND TUNA SCALLOP

2 tablespoons butter or margarine 2 tablespoons flour 1 cup milk 1-4 teaspoon salt 1-8 teaspoon pepper 1-8 teaspoon paprika 1-4 teaspoon onion salt 1 teaspoon Worcestershire sauce 2 cups crushed potato chips (6 oz.) 4 hard cooked eggs, sliced 1 can tuna Melt butter, add flour, blend well and cook over low heat until bubbly. Add milk all at once and cook stirring constantly until thickened throughout. Add salt, pepper, paprika, onion salt and Worcestershire sauce. Arrange in layers in a one-quart casserole: half the potato chips and almonds, all of the eggs, tuna and sauce. Top with remaining almonds and chips. Bake in a moderate oven (375 degrees F.) until sauce is bubbly and top nicely browned, about 30 minutes. Makes four servings.

Usually every member of the family loves corn, so plan to make this recipe for a Crusty Corn Casserole star soon as one of your luncheons or dinners. CRUSTY CORN CASSEROLE 1 1-4 cups fine cracker crumbs 1-2 cup melted butter or margarine 1-4 cup finely chopped green pepper 1 tablespoon finely chopped onion 2 tablespoons butter or margarine 2 tablespoons flour 1 cup milk No. 2 can corn (2 1-2 cups) 1-2 teaspoon or more salt 1 teaspoon sugar 2 eggs (or 4 yolks) beaten slightly Blend cracker crumbs and melted butter thoroughly and press evenly on bottom and sides of a deep 9-inch pie plate reserving 1-4 cup for the top. Cook green pepper and onion in the butter until onion is transparent. Blend in flour and cook until bubbly. Add milk all at once. Cook, stirring constantly until thickened. Add corn, salt, sugar and eggs. Mix well. Pour into crust. Top with crumbs. Bake in a hot oven (400 degrees F.) until knife inserted halfway between center and outside edge comes out clean, 25 to 30 minutes. Cut in pie-shaped wedges for serving. Six servings.

However in the interval since our school days scientists have "caught" and tagged the food vitamins for our benefit, affording each one its proper value and place in our diet. Oatmeal, it appears, contains thiamine, a queer B vitamin, which is necessary in helping us assimilate other foods, in fact, without it other foods do not actually feed. While only a little is needed, if we read, cannot be stored but must be taken frequently. It is an energy-producing vitamin and happily one of the best sources of supply is in the humble oat. . . . Happily, we say, because the meal is not expensive, and within reach of all. "And what will you have for breakfast?" we recall asking a visitor of the long ago, as James picked up a lamp to show him to the best in foods, and we rather dreaded his reply in the face of our good but humble fare. "What will the family eat?" he returned. "Mainly oatmeal porridge!" we giggled on a silly note. "Oatmeal!" he "choked" you don't mean the mill-product?" "Yes!" we replied together. "Then" he said with a pleased smile, akin to that of a small one who must take his new shoes to bed with him, "May I have a nice bowl of it? Oatmeal," he lingered over the word. "It's one of my favorite foods!"

But it was the receipt of a recipe for oatmeal cookies which had fitted so neatly into our plan of things yesterday, though we had thought of the like at breakfast. It came after we rang the door-bell at a house in the city . . . rang it once - then knocked, primly. It was answered by the housewife, and the next minutes were taken up with a matter of business. Then we noticed the flour on her hands. "You're mixing something?" we queried. "Yes," she smiled merrily. "I was just making a batch of oatmeal cookies. . . . An ex-school Ma'am this is, a girlish, nice-looking woman, with happy blue eyes and brown hair. Attractive and neat in a pretty house-dress. We immediately filed her away in mind as one, in the words of Aunt Kitty Mahoney, "As smart as a whip!" She is a housewife, but manages a spot of teaching as well, though it has nothing to do with the Three R's. It began as a hobby, and has developed, we suspect, to give her very fine returns, as well as keeping mind and heart busy and content.

"And what recipe do you use?" we asked. "Oh," she smiled. "It's one of my own. I'm never much of one for using recipes. I have a general idea of baking, how much to use of an ingredient and they usually do rather well for me." And chatting there a moment another of these blessed cooks came to mind. One who bakes by the old school of cookery. She can go against many of the modern methods, it seems, and turn out delectable eating. . . . Molasses cookies ("What did I put in them? Why, child I couldn't begin to tell you - a cup of molasses and a pinch of. . .") Pastry that never saw ice-water, but is short and good, or flaky. ("Make it with shortening, girl! No, I just had ends of fat from this and that. I melted it all, and put in a good pinch of soda. . .") and with a girlish smile which laughs at her four-score years "it's very good crust, isn't it, Ellen?" Rolls light as a feather. ("Those aren't rolls, Ellen, there's just buns! Set them separately with milk and egg! Indeed I didn't! It was an end of dough too small for a loaf. Yes, I guess I did work a bit of fat into it. I just can't tell you now!") These are they, born with the tough! Workmen who can do well, with the materials at hand.

Household Scrapbook

By Roberta Lee

Leather Gloves When washing leather gloves use a soft brush and soapsuds with cool water. Rinse in clear water. Pull the fingers into shape and blow open the fingers and water. If no glove form is used, stuff with tissue paper and hang up to dry in room temperature. When half dry, put the gloves on the hand to shape. Aluminum Rub the discolored aluminum kettles with a cloth dipped in lemon juice. Rinse well with warm water, and they will look as bright as when new. Left-Over Bread Brown all left over pieces of bread in the oven and then crush with a rolling pin. Keep these crumbs in a glass jar until needed. How Can I . . . By Anne Ashley Q. How can I prepare good banana pie? A. Use 3 bananas, 1 quart sweet milk, 3 egg yolks, 3 tablespoons flour, 1/2-teaspoon vanilla, 1 tablespoon sugar. Stir the flour into the milk until it thickens, add eggs and sugar, boil slowly a little longer and then add sliced bananas. Upper and lower crusts may be used if desired, the egg whites can be whipped and used as a topping. Q. How can I clean a man's light felt hat? A. Make a paste of equal parts of arrowroot and magnesia and cold water, and brush over the hat. Dry thoroughly and then brush off. Q. How can I clean aluminum ware which has become black or dull? A. Try cleaning it with a cloth dipped in lemon juice. Rinse thoroughly in warm water. Morning Smile Disagreement "Hello, Smith, so you've got the sack?" "Yes. There was a disagreement." "Between you and the boss?" "No between the cash book and the till." A Sure Cure The driver reported to his doctor that he was unable to sleep nights. The doctor got all his facts, then said: "Whenever you can't sleep, take whiskey at intervals during the night." "Will that help me to sleep, doctor?" asked the driver. "It should," replied the sawbones, "but if it doesn't, it will at least make it a pleasure to be awake."

ELLEN'S DIARY

By An Island Farmer's Wife

College and career girls will feel this team a wardrobe treasure! The trim jumper takes well to the new flannels, featherweight tweeds. Its blouse - in wool jersey - can mix with skirts, too. No. 2270 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 jumper, 2 1/2 yards 54-inch; blouse, 1 1/2 yards 54-inch. 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. Address: Pattern Department, The Charlottetown Guardian, Charlottetown, P.E.I. Pattern No. 2270



2270 SIZES 10 - 20

DOROTHY DIX SAYS -

Woman To Blame

Reader Says Man's Cheating Is Always Wife's Fault

DEAR DOROTHY DIX: Women are always complaining about their philandering husbands, but I want to tell them that no woman ever lost her husband if she really and truly loved him. I am a middle-aged man and I know of what I speak. Wives take love too lightly. They think that if they make a comfortable home for their husbands they have done all that is necessary. They do not realize that men crave affection just as much as they do and when they get it at home they do not seek it elsewhere. That is why I believe a woman who really loves her husband and shows him that she loves him can never lose him. A.W.B.



ANSWER: I think you are right to a certain extent, but not entirely. One-way love does not make a happy marriage any more than one swallow makes a spring. No woman can keep her husband faithful to her by loving him if he does not love her in return.

TOO MUCH LOVE

All of us know too many broken-hearted wives who love their husbands they worshipped, and who go on worshipping them even after they have found out that their gods not only had feet of clay but were made of mud, to believe that a woman can hold a man just by loving him. There are too many men who are incapable of any deep passion; too many men who are just rovers by nature, who must always have change in women, just as they must have change in environment, and who could not be faithful to any one woman. But I do agree with you that the great majority of women who lose their husbands do so through carelessness or ignorance. Wives are forever complaining about their husbands, expecting them to take their affection for granted and never paying them any compliments or showing them any appreciation. How few wives ever tell their husbands that they think they are the handsomest and smartest men in the world and the most interesting talkers! How few wives ever show their husbands any appreciation and let them know they thank God for getting them for husbands!

DEAR MISS DIX: Five years ago I met a young man and fell in love with him. We had a terrible quarrel - it was as much my fault as his - and separated. A few months later we made up. Then one night we came home from a party and he has never spoken to me since. This happened three years ago. I have seen him every day since and he never speaks. It is about all I can stand. Now a young man who would make a good husband has asked me to marry him, but should I marry him when I love another? PUZZLED

ANSWER: Evidently the young man does not love you and has no intention whatever of making up with you. He is hopeless, so far as you are concerned, and I should think your pride and self-respect would cure you of your infatuation for a youth who treats you so coldly. If you will just quit thinking about this boy and dreaming romantic dreams about his coming back, you can cure yourself of your love for him. But you will keep it alive as long as you encourage it by baseless hopes. I think it is a most dishonorable thing for a girl to marry one man when she is in love with another, so don't add crime to your folly. And don't think you can make a man you don't care for and whom you marry only for a meal ticket happy by marrying him. You will ruin his life as well as your own by doing it.

DEAR DOROTHY DIX: How can one develop into a brilliant conversationalist? L.R.K.

ANSWER: I do not think that any one can acquire the art of being a brilliant conversationalist. That comes by nature and is as much a gift of God as a tenor voice or a classical profile. Conversation so be entertaining has to be spontaneous and no one can be witty or dramatic or picturesque to order. Nothing is more boring than to hear some one discourse in set terms upon some subject upon which he has specially studied. Nor is anything so depressing as to hear someone without a particle of humor in his system repeat the jokes he has memorized and tell the funny stories whose point he invariably misses. If you want to be popular, read enough to be able to ask intelligent questions and then use your ears instead of your tongue.

SCALDS - BURNS

Deb on a paste of Baking Soda and water and cover with a damp cloth.

COW BRAND BAKING SODA

Try this with Chicken 2 tablespoons butter 1/2 teaspoon salt 2 tablespoons flour 1 1/2 to 2 cups diced chicken 1/2 cup Carnation Milk diluted with 1/2 cup water Melt butter in saucepan. Stir in flour and salt; cook 1 minute; remove from heat and add 1/4 cup of the diluted Carnation Milk. Blend carefully, add remaining milk and return to heat; stir constantly until sauce thickens. Add diced chicken. Serve on toast. Makes 4 portions.

Leftovers can be Wonderful

Try this with Chicken 2 tablespoons butter 1/2 teaspoon salt 2 tablespoons flour 1 1/2 to 2 cups diced chicken 1/2 cup Carnation Milk diluted with 1/2 cup water Melt butter in saucepan. Stir in flour and salt; cook 1 minute; remove from heat and add 1/4 cup of the diluted Carnation Milk. Blend carefully, add remaining milk and return to heat; stir constantly until sauce thickens. Add diced chicken. Serve on toast. Makes 4 portions.

For All Cooking Use the Milk that Whips!

Discover the magic of Carnation - the milk with cream removed. For recipes that call for cream, use undiluted Carnation. Like rich cream, it is heavy enough to whip. And millions prefer Carnation to cream in coffee. For all milk recipes, dilute Carnation with an equal amount of water. You'll have a smoother, richer-tasting whole milk.

ANATON

Evaporated Milk

When Children's Eyes Are Bigger Than Their Stomachs

Unusual is the child who does not get sick or upset at times from overeating. . . . Children's Own Tablets - made especially for children from 5 to 15 years. They help to soothe the stomach, relieve distress and bring about a thorough evacuation of the bowels in a gentle manner. You never know when you'll need the help of Children's Own Tablets - so be on the safe side - get a package today. Only 25¢ at your drug store. Made by the makers of Baby's Own Tablets - your favorite reliable product.

Lovelier Hands in 24 Hours . . . or your money back!



"Cleaning, disinfecting and soothing could so easily leave my hands looking red, rough and ugly," says pretty Mrs. Phyllis Elliott, Calgary housewife. "But I never have to be ashamed of my hands," she continues. "Noxzema has taken care of them for years - kept them looking their loveliest!"

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Read the real experiences of women just like you. Then, if your hands are red, rough and chapped from housework, endless chores . . . see, for yourself, how much lovelier they can look - in 24 hours. In actual clinical tests, the hands of 9 out of 10 women showed great improvement - often within 24 hours - with Noxzema!

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CANADIAN WOMEN PRAISE NOXZEMA HAND CARE

Mrs. Marguerite Woodward, Edmonton housewife, says: "When housework leaves my hands chapped, Noxzema makes them so soft, smooth and so lovely - I can't believe how quickly it helps! I use Noxzema constantly." Barbara Ellis, Toronto hair stylist, says: "Salon work is very hard on my hands. But they always look their best when I use Noxzema. It softens, smooths and whitens - often overnight!"

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