

## Household Scrapbook

By Roberta Lee

### Stone Sills

For unglazed stone door and window sills, make a solution of one gallon of soft soap, one pint of clear ammonia solution, and two pounds of finely-powdered pumice stone. Clean the stone of soot and dust, apply the mixture, and allow to stand for a half-hour or more. Then scrub well into the surface of the stone with a stiff brush or broom. Rinse off thoroughly with clear water. Repeat if necessary.

### Cutting Fur

If necessary to cut fur when remodeling a coat or other garment do not use scissors. A very sharp knife, or an old razor blade, should be used to cut through the skin at the back.

### Worth Knowing

A handful of scrap zinc thrown on the first heater fire is a fine flue cleaner.

## Cook's Corner

### RICE PUDDING

Yield 6 to 8 servings. May be served hot or cold.  
1 1/2 cup raw rice  
4 cups milk  
1/2 cup granulated sugar  
1/2 teaspoon salt  
1 teaspoon vanilla  
Few grains grated nutmeg  
2 tablespoons butter or margarine.  
Pick over, wash and drain the rice.  
Measure milk into upper pan of double boiler; cover and heat to scalding point over boiling water; remove from heat and stir in the sugar, salt, vanilla, nutmeg and butter or margarine.  
Stir in the rice.  
Turn into a greased baking dish. Bake in a slow oven 300 degrees, uncovered, stirring twice in the first hour, until pudding is thick and creamy and rice is tender—about 2 hours.

## How Can I!!!

By Anne Ashley

**Q. How can I clean marble?**  
A. Cover the stained marble with a paste consisting of two tablespoons of soda, one tablespoon each of salt and powdered pumice, and some cold water. After this paste has dried on the marble, rub it off with a cloth, and wash the marble well with soap and water if necessary, repeat this process.  
**Q. How can I preserve left-over paint?**  
A. Paint can be kept in open cans if the paint is stirred thoroughly, then the can filled to the top with water. When needed again, pour off the water carefully.  
**Q. How can I clean a picture?**  
A. The picturesque old fort, Castle Williams, was built on Governors Island in New York harbor in 1811.

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

A PARTICULARLY lively and eventful day, with the energies and initiative pitched to high gear. While there is a very expansive and highly stimulated incitement for launching out into fresh fields and great adventures, with change, travel, new contacts, it might be well to give earnest study before plunging into untried but alluring fields. As important projects of scope, with publicity and promotion, are at stake, it would be well not to go overboard unless logic and sound sense justify.

### For the Birthday

Those whose birthday it is may be assured of a year of flourishing conditions, with new and bold adventures in the making. Ready capital is in sight for the launching of ambitious plans and major objectives, lasting and far-reaching in scope. Ways and means are forthcoming, with excellent prospects of attaining high place and preferment, even though such plans and propositions be within the realm of the novel and experimental.

A child born on this day has excellent promise of reaching important place in life through its popularity and initiative.

## Better English

By G. G. Williams

1. What is wrong with this sentence? "If I was you, I'd talk to Mr. Marshall and his wife."  
2. What is the correct pronunciation of "circuit"?  
3. Which one of these words is misspelled? Jardiniere, jepordize, juxtaposition, jonquil.  
4. What does the word "infallible" mean?  
5. What is a word beginning with te that means "holding fast"?

### ANSWERS

1. Say, "If I were you, I'd talk with Mr. and Mrs. Marshall." 2. Pronounce sur-Kit, not sur-cut. 3. Jopardize. 4. Not capable of erring. "Noman is infallible." 5. Tenuacous.

## Morning Smile

### Home Rule

A perfect example of minority rule is a baby in the house.

### Efficiency Expert's Wife

"What have you been doing all day, dear?" inquired the young husband brightly.  
"Oh, I've been so busy," replied the recent bride. "I spent all afternoon finding a woman to help me polish silverware an hour tomorrow."

## Spending Month In Province



Miss Shirley Cameron, Blue Card Diploma'd trainer from National Girl Guide Headquarters in Toronto, is seen above with a group Friday evening, October 10th. Miss Cameron is engaged in a month's work among Guides throughout P. E. I. The Guides above are under the charge of Miss Carrie Holman, commissioner for Lone Guides in P. E. I. They are, front row, left to right, Erma Ferrish, Joyce Lyle, Beryl Essery, Audrey MacGregor, Janet Tanton, Miss Cameron, and Dorothy MacNevin. All these Lone Guides are from St. Eleonors.

## That Body Of Yours

By James W. Barton, M.D.

### HEADACHE

Two physicians discussing the commonest symptom or disease of which their patients complained agreed that headache and constipation were the commonest. However, as to which of the two occurred most frequently, they could not agree. While constipation is no doubt very common, many patients think of it as so common that they do not consider that their physician will be interested enough to discuss its cause and treatment.

On the other hand, the headache patient knows that while many suffer at times with headache, nevertheless headache is a definite symptom and they can tell their physician how it starts, how it leaves, whether it is sharp or dull, and the exact spot—forehead around top of head, at back of head and neck—where it occurs.

In his book "Headache," Dr. Louis G. Moench, assistant clinical professor of medicine, University of Utah School of Medicine, and internist, Salt Lake Clinic, Salt Lake City, states, "The person with a headache often finds himself in a phan. He is fortunate indeed if the headache is transient—just a passing headache—for otherwise he may find himself on an excursion to eye specialist, dentist, ear, nose and throat specialist, nerve specialist (neurologist), psychiatrist (behavior specialist), osteopath and chiropractor. Thereupon, he is x-rayed, massaged, analyzed, fitted with glasses, relieved of the turbinate bones and teeth, and too often emerges with his headache still with him."

Notwithstanding the humorous touch given to headache by Dr. Moench, the book gives a clear-cut description of the various forms and causes that should be of real help to the general practitioner and to the patient. The book contains just ten chapters, beginning with the description of brain and nervous system and their physiology or workings—neuritis of the nerves of brain, headache due to the eyes, to the nose, to disturbances in neck and upper back, from digestive disturbances, from stomach, intestine and other abdominal organs, from too much histamine in the blood, one-sided headache believed due to mental and physical exhaustion, and headache of emotional origin.

## Modern Etiquette

By Roberta Lee

**Q. Is it proper to insert in the newspaper an announcement of a broken engagement?**  
A. Yes, if an announcement of the engagement was made in the paper. A proper announcement would read something like this: "Mr. and Mrs. Robert L. Jones announce that by mutual consent the engagement between their daughter, Mary Ellen, and Mr. Thomas L. Fox is at an end."

**Q. How are canapes eaten?**  
A. When canapes are served before a meal (with cocktails in the living room), they are eaten with the fingers. At the table they are eaten, as are other hors d'oeuvres, with a fork.

**Q. Should letters of invitation be sent to a home christening?**  
A. These invitations are usually telephoned, or else friends are personally asked. But it is also correct and polite to write notes.

**ASTHMA QUICK RELIEF**  
Don't wheeze, gasp, cough, fight for breath. Take Templeton's RAZ-MAH Capsules, specially made to help asthma sufferers breathe more easily and comfortably, so they work regularly and enjoy long restful nights of sleep. 65c, \$1.35, \$3.50

## DOROTHY DIX'S COLUMN

### Trial Separation 'Tests' Of Love Are Foolish Experiments

DEAR MISS DIX: Bill and I have gone with each other for two years. During the past six months, we have talked of marriage and have decided to wait until we are both 21, which will be in two years. Our parents approve—or did, until my Dad suddenly asked me to measure my love for Bill.

I told him a thing like that couldn't be measured. He said it could, by a year's separation during which we would have no communication with each other. I pointed out the fact that since we live in the same neighborhood—2 miles apart, in fact—it would be rather difficult. Dad said we could manage to keep apart, nevertheless.

I'm not afraid of Bill's love, or mine, fading, but am worried because this seems such a difficult thing to be forced to do.

ANSWER: Your father is very foolish, to put it mildly, to force this "test" separation. Since you and Bill were planning to forego marriage for another two years, and have quite evidently matured beyond the impetuosity of adolescence, you seem quite capable of managing your own affairs. The two-year waiting period should be sufficient test of your affections.

**PROJECT MAY BACKFIRE**  
Experimenting with love is a dangerous thing, and has an unhappy faculty of backing with results that are oftentimes tragic. Your Dad's efforts to maneuver your lives into the grooves he selects may be well intentioned but they are woefully ill directed. The emotional strain of being held incommunicado from someone you are bound to see in the normal course of a day's events, and being forced to meet new men just to satisfy your father's theories, would be enough to break any spirit.

Bill, of course, being male and possessed of less patience than you, is more vulnerable. Regardless of how much he loves you, loneliness is a most difficult condition to fight. You are both placed in a position where, lacking the security of a loved one's presence, you are open to the temptation of other dates, with a consequent, and unjustified, mutual loss of confidence. Of course, it is highly probable that since you are both young people of high principle, sincerely in love and determined to do the right thing, you will get through the year without undue stress. After all, a year is a relatively short period.

To prove something that apparently is already well established, namely, the fact that you and Bill love each other, Dad is taking rather an unnecessary risk with his theories. A strong-minded parent is a most difficult person to convince, but I do hope that some persuasion can be used to convince your father that he is wrong.

DEAR MISS DIX: About two months ago my husband stopped giving me his pay check. He doesn't like my folks and says that until I give them up completely he won't give me any more money. We have three children.

ANSWER: See the Family Court in your city. Your husband cannot stop supporting his family simply because he doesn't care for his in-laws.

DEAR MISS DIX: After going with me for two years, my boy friend has suddenly decided he wants to go with a variety of girls—some nice, and some not so nice. Are these ideas normal for a boy of 16, or do you think it is an excuse to get rid of me?

ANSWER: What constitutes normalcy in an adolescent boy? Volumes would probably be required to cover all the facts of such a question. In your friend's case, he has probably acquired some older and bolder friends who have given him ideas too advanced for his years. I'll warrant if his family hears of them, speedy measures will be taken to quell the young man's independence. Don't be hesitant to let him know that, if he keeps questionable company, you will have nothing rare to do with him.

## Alice Brooks Designs

### DO A SQUARE A DAY!

Carry it with you—do a square a day! Soon you'll have that dresser set, tablecloth, or bedspread you want! Square measures 4 1/2 inches in No. 30 cotton.  
Pattern 7227. Use fine or heavy cotton for the easy-to-crochet 4 1/2-inch square! Directions.  
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.

LONDON—(CP)—A freight plane was given extra internal padding here in order to carry a ship's furnace, weighing more than a ton. The furnace was destined for Adelaide, Australia.

## BACKACHE May Be Warning

Backache is often caused by lazy kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest or that tired-out and heavy-headed feeling may soon follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys to normal action. Then you feel better—sleep better—work better. Get Dodd's Kidney Pills now.

## ELLEN'S DIARY

By An Island Farmer's Wife

Pleasantly still and serene are these mellow October days. "There never was better weather for any work of the field," James offered at breakfast. The sun was flooding into the valley then, pouring its rays in orderly measure over the hilltop, spreading the gold of them over the fields of morning—quiet browning autumn fields which at dawn had been somewhat crisped by frost.

There would be frost on roofs and on the nearer waste-grounds at Alderlea this morning... not the first of the season, for that came on a night of last week, to end the season of blossoming, for most of the garden-plants there—and here. "We couldn't have had better weather, through September and into October," James remembered. "For the harvest and threshing, the potato-digging and mangel-harvesting... dry and warm. But," he said rising quickly, "this will never do: to sit talking of it and allowing a good day like this to slip idly away. Are you coming with us, Jamie?"

And Jamie was there all day with the workers who harvested and stored mangels at Alderlea. And we above the place of storing in dirt, stepping ever so lightly about duties; listening for the creak of the farm-cart as the day's procession of these entered the yard and presently the cellar. Loving the sheen and sparkle of pond, and the pattern of shadows lengthening there; admiring the colors tucked in along the slopes; watching a car come in or out along the hill or a farmer's team turn in at the mill-road. Only in spirit however, might we accompany the workers.

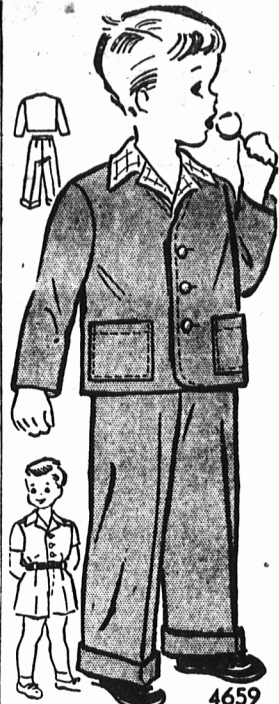
At this place the new day brought its work. There were "young" shirts to wash; overalls too, the pockets of which when turned out revealed many a youthful treasure. "Now where have I put that nail?" It was the cutest little "finch" nail. Gage at some engrossing piece of carpentry in the yard, had searched his mind. Then with a relieved smile, "Oh, now I remember—it's in the pocket of my other overalls! You didn't," with a look of rising suspicion, "wash them lately? Because if you did—well," with a shake of the head, "I have a feeling it's gone for good!"

They leave to join the other workers of field but back they come to dinner to take away for the time the loneliness enclosed at this house in the road. But there is only a brief pause before they are gone again, the truck lost to sight around a bend of road. And many a mangel is stored through the busy hours to make tasteful fare for this or that animal or fowl of farm. Notwithstanding discouraging market trends at present, the usual strength of livestock is being maintained both here and at Alderlea. Litters of piglets arrive, thrive, are weaned and proceed to fattening pens; hogs are shipped out, "store" feed brought in... calves too and "feeders," in

## Anne Adams Patterns

### WEEK'S SEW-THRIFTY

THRIFTY! Year 'round wardrobe in one pattern! Make the cardigan jacket and long pants in wool, corduroy, or one of the new tweed cottons. If you wish, sew the short pants in rough-and-tumble denim or seersucker. Add several denim and long-sleeved cotton shirts—and your little boy is ready for school, play, Sunday!  
Pattern 4659: Child's Sizes 4, 6, 8, 10. Size 6 long suit, 2 yards 54-inch; short sleeve shirt, 1 1/4 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 for this pattern. Print plainly size, coins (stamps cannot be accepted) name, address, style number.  
Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.



the same cycle we have known in recent years. "Business as usual" we overheard our philosopher-helper comment teasingly to James today. We heard as well the long sigh of answer.

"What do we intend to do tomorrow, Ellen?" James asks. He has returned to the kitchen after putting the lads to bed with sounds of chuckling and merry skirmishes and the silence of prayer. "Listen!" There is a long wail from the younger fellow. "He didn't read to us!" he complains.  
Until tomorrow --- Diary ---  
Good-night .....

## Aristocrat Table Cloth



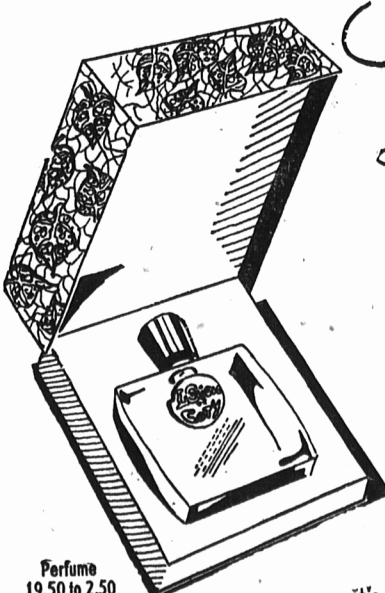
If you're a connoisseur of beauty and elegance, you'll want a hand made tablecloth to enhance the beauty of your dining room. This elaborately detailed cloth measures about 52 inches and is suitably named ARISTOCRAT. If you would like to have the directions for making this charming cloth, just send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. C-7528.

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"Air-Spun" Face Powder 1.40

Sachet 1.80



Pressed Powder Compact 2.50

Talc 1.10

## House CLEANING



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