

Use Good Materials To Make A Good Job

This is National Sew and Save Week. and at a time when every effort is being made to encourage thrift in order to reduce the threat of inflation and bring the cost of living down, it is more important than ever that it should be observed — and that the tips picked up should be remembered and used throughout the rest of the year.

"Needles and pins needles and pins — when a man's married, his troubles — all end, if he is married to an enthusiastic home sewer who not only knows her fashion story, but knows how to apply it when making clothes for herself and the family.

Good sewing tools go a long way towards giving that professional look in home sewing. Buy the best scissors, take good care of them and never use them for cutting paper. A seven or eight inch blade is a proper size. Pinkish shears have blades that notch the fabric as they cut which prevents seams from raveling. Although they are not absolutely necessary, they are a great help in finishing seams.

A small pair of scissors with sharp points is a must for clipping threads, cutting buttonholes, etc. It is more economical in the end to buy the best in sewing notions. Good quality thread stands wear better, and prevents the possibility of having to re-do the seams later. Bring your thread is always fast is another insurance against ravel at a later date.

Experienced home sewers should keep on hand a supply of hooks and eyes as well as snap fasteners. If sewing for children, they must be good, sturdy fasteners that can stand the tugs from little enthusiastic wearers. A card of white shirt buttons is another handy item to keep on hand to do that mending job whenever the occasion arises.

Zipper and slide fasteners are a great time saver to both the sewer and the wearer. They are so easy to apply, give a neat finish and save time when mending on a garment. Give a little thought to the purpose of its application when shopping for a zipper. They are made in different sizes and weights and designed differently for neck finishes, dress plaquets, shirts, etc. Nothing looks worse than a little tiny zipper in a heavy wool skirt, or vice versa. The sewing notions required will always be found on the pattern.

More Canadian Women use DOMESTIC Shortening than any other brand

Spring SHOWING Of Exquisite BLOUSES So utterly feminine! They're all carefully detailed in lace, tuck-ing, or embroidery, all just meant for spring magic. Sizes 32-44. 3.98 to 7.50 THE GLORIA "WHERE SMARTER WOMEN SHOP"

ELLEN'S DIARY By an Island Farmer's Wife

There was no "Pop" to be had at the corner store, nor did we have many pennies as children, to devote to the buying of candy. But we knew the tantalizing flavors of the home made beverages . . . the "wines," raspberry, blueberry, black current, rhubarb, and their kin. Odd farms with apple orchards offered sweet cider, as we recall it, tasteful when fresh though to our mind forfeiting every charm as it aged.

And the pennies, huge and respected coppers of those and subsequent years, were indeed, more than worth their weight in store sweets. What fascinating wares were displayed in those glass jars on the shelf — in open boxes besides Peppermints subtly flavored to be carried in a grand mother's pocket and doled out as an especial treat to small ones; to be held discreetly in a mouth in Church on the Sabbath or passed in a black gloved hand quietly to a neighboring worshipper annoyed at the moment by a tickle in the throat.

"If they have any good peppermints, Ellen?" James will commission us on a shopping outing, "fetch a few, will you? They're handy to have about in a cold." And we know by his words that James is reaching back, trying in vain to taste again a flavor of the old years.

What fat flavorful sticks could be had for a penny! And butter-scotch squares, innocent of the oiled wrapping and protected only by a mauve tissue cover. How chewy and delectable! "Which will you have this morning, Ellen?" we recall the kindly bearded merchant query with as much deference as if we were grown-up, as eyes bulging we tried desperately to make our selection, from jar or box.

A smile that was infectious would wink. "I wouldn't be a bad idea," he would suggest. "They go further than a stick — they're easier to divide. And besides the things about love and sweethearts and beaux printed on them make them taste better! Yes, you'd make no mistake to try these." And we passed the warm copper across the worn counter and received from a hand that was always generous to children, nice exchange of the small paper bag we proudly grasped.

And if farm-children's pennies were scarce in those days we knew the unadulterated sweet of maple sugar, the charm of home-made taffy and cream candy made from white sugar. And we owed a debt to the thick sugary molasses then "on tap" in stores at cross-roads which "unheralded and unsung" and indeed slightly scorned in some circles, contributed in goodly measure to the aggregate of vitamins we needed.

In the way of foods and even in comparison with the carefully planned children's menus of the present we doubt much if the farm youngsters we knew in the long ago could be justifiably regarded from here as "poor little things." . . . But how thoughts wander — and all at the sight of a neighboring farmwife into the seasonal hooking of a rug! Until tomorrow . . . Diary — Good-night . . .

COOK'S CORNER DUTCH POT PIE One lb. meat for each 3 persons. 2 cupfuls diced potatoes per lb. meat, parsley and onions, if desired, salt and pepper. The meat can be pork or beef spare ribs, beef sirloin, or pork chops. Put meat in deep skillet or pan and add a small amount of water. Let simmer until water is cooked out and meat is nicely browned on both sides. Drain off drippings and cover with water about 2 inches above meat. Season and add potatoes and other vegetables if used, to the meat. When this comes to a good boil, add the dough prepared as follows:

For each pound of meat, take a cupful of pastry flour, 1/2 teaspoon salt, 1 tablespoon drippings, 1 whole egg or 2 yolks, and mix all with enough water to make dough roll easily and very thin. Then cut dough in about 3-inch squares and push meat and potatoes to one side of pot, so dough can be dropped into broth.

After each addition, mix dough through the stew, then push to one side and make the next addition. When all dough has been dropped in, turn heat low enough so that pie simmers, and cook until tender. A small amount of water may have to be added to make sufficient broth to keep the pie from getting too dry or burning.

NOW—She Laughs at age Dr. Williams' Pink Pills

DOROTHY DIX'S COLUMN—

Wisest To Wait Teen-Agers Sensible To Put Off Marriage

DEAR MISS DIX: My boy friend has asked me to marry him when I finish high school, which will be in another year. I sometimes feel I'm too young to consider marriage, but he insists age makes no difference when two people are in love. Do you agree with him or do you think we should wait? We also have his draft status to consider; he will probably go into the service within the next few months.

ANSWER: You are so right to delay marriage until you think you are old enough. Don't be rushed into so important a step. When you finish school your sweetheart will probably be in service, and will be too unsettled to marry. Waiting another year or two will see him back in civilian life and able to take up the project of a home and family.

WIFE IS BORED DEAR MISS DIX: My husband and I are both in our fifties, and have been married one year. We get along very well except that he doesn't like radio. When he comes home from work he has dinner, and then settles down to read for the evening. By 9:30 he is ready to retire. He never takes me any place, we have no company and I am really very lonely.

ANSWER: Be thankful for a happy, contented and settled husband, and don't yearn for the moon. Since you are home all day and probably don't have too much housework, you want activity in the evening; your husband's situation is just the opposite. He spends the day working and meeting people; by nighttime he's satisfied just to sit and read after one of your fine dinners. Why don't you get all your social activity during the day? You can listen to the radio all day if you like, attend club meetings, have people in for lunch or tea, go to the movies or a matinee. If you spend the day at things you like, the evenings will not seem so boring.

DEAR MISS DIX: My husband is 33, I am 25 and we have three children. He is very good, but I cannot make a go of our marriage. We have been married eight years. I knew I didn't love him when we were married but I thought I could change afterwards. Now I know my mistake. Besides, I have found a man I do like very much, and he likes me, but I can't make up my mind to get a divorce.

ANSWER: You are indeed mixed up, and I think a long talk with your clergyman might help straighten things out for you. Your marriage had a very unfortunate foundation, both in your extreme youth and the fact that you didn't love your husband. The bridge has been crossed, and your present situation is not at all bad except for your own reaction to it. You have a good husband and lovely children; nothing finer could be possessed. Your own mind is where the trouble lies, and only you can cure it. Cast out this romantic obsession with another man; even if you were foolish enough to divorce your husband and marry the other man, you would never be happy. Such marriages are doomed from the beginning. Give him up and concentrate on making a good home for your husband and children. You'll never regret it.

DEAR DOROTHY DIX: My boy friend and I would like to get married, but his mother will not allow it until his twenty-first birthday, which is several months away. We were thinking of going to another state, but are afraid his mother will find out and do something. Some people told me to say we had to get married because I was expecting a baby (of course, this is not true). I don't want to do that because I wouldn't want to hurt his mother's feelings.

ANSWER: How about the most direct solution to your problem — waiting until your boy friend is of age and marrying with the blessings of all concerned? You have just a few months to wait, and when you consider the years ahead of you, it isn't much. The plan suggested by your friends is as contemptible as anything I've ever heard of, and you are to be commended in rejecting it. A marriage founded on such dishonesty could never be happy. Remember, a good beginning will make a good journey—through marriage as well as across country. Let your wedding day be a day of joy and honor; nothing less will be adequate.

DEAR MISS DIX: I am 17 and for the past seven months have been going steady with Joe. He's 18, and I love him very much, but he is very mean to me in front of other people.

ANSWER: Unless you are looking forward to a lifetime of being treated unkindly in front of others, better give Joe up right now. He will never behave any better, but will humiliate and embarrass you more and more. Find a nice boy who is attentive and considerate.

Better English By G. C. Williams

4. What does the word "quiddity" mean? 5. What is a word beginning with imp that means "immature"?

ANSWERS 1. Say, "I shall be, at home tomorrow, and you may see all (omit of) my books then." 2. Accent first syllable, not the second. 3. Raconteur. 4. Essence; intrinsically. "Only after a thorough perusal were we able to discover the real quiddity of the subject." 5. Impuberal.

Bakes Prize-winning Bread, Rolls for Famed Stanley Fair Mrs. Fred Flewelling, Stanley, N.B., wins honors with Fleischmann's Yeast baking.

The home baking exhibit at the 100-year-old Stanley Fair is a friendly challenge to some of the most talented bakers in the Maritimes. You can't afford to miss a single trick if you want to be in there with the winners! So it's evident when Mrs. Fred Flewelling gets top prizes for her yeast-raised baking that she knows a thing or two about yeast!

Anne Adams Patterns



IN HAPPY MOOD—Mrs. Eleanor Roosevelt is all smiles as she dons a dopatta presented to her in Karachi, Pakistan, by the All-Pakistan Women's Association. The widow of the late President is on a tour of the Near and Far East.

The Experts Say By Kay Rex

As surely as spring house-cleaning is just around the corner, it's time to clear the old desk-drawer of a hotch-potch of homemaking hints and recipes. There are sewing tips and directions about making "daisies" out of turnips. There's even a health menu left over from Health Week a few weeks back.

The menu incidentally was used for a luncheon in Toronto. Here it is: Tomato juice; beef (at least four ounces); baked potato; peas and carrots; salad (cabbage, lettuce, carrots, tomato with French dressing); two wheat rolls; butter or fortified margarine (one-half ounce); cheese (one-half ounce); stoned wheat thins; coffee (clear); iodized salt; whole milk (eight ounces).

ARCCTIC CATHEDRAL The Anglican All Saints' Cathedral at Aklayik, N.W.T., is the most northerly cathedral in the world.

Household Scrapbook By Roberta Lee

Care of Rubber Goods To preserve soft rubber goods, suspend the articles, or rest them on a rack, several inches from the bottom of an enclosure, in which place a small quantity of kerosene. The vapor arising will prevent cracking without injuring the goods.

Suede Shoes Suede shoes can be cleaned by wiping with a cloth that has been dipped in vinegar. Restore the nap with a wire brush or apply sandpaper gently.

The Umbrella Oil the hinges of the umbrella once in a while, and it will prevent their rusting or breaking.

The Stars Say -- By Genevieve Kemble

For Tomorrow AN exceptionally lively and exciting day, with the creative forces and intellectual vigor keyed to unusual and constructive programs. While there may be a purpose of out-of-the-ordinary significance, the concentrated energies might be set on the promotion of spectacular ventures. This would entail much publicity, public speeches, advertising, where writings, originality and radical ideas may be promoted.

For the Birthday Those whose birthday it is may feel fired to high initiative and enterprise, with the faculties, forces and energies concentrated upon putting over novel ventures or campaigns in a particularly brilliant and progressive manner, gaining public approval and hearty cooperation. It is a propitious time for placing before the public and officials major programs, resourceful, vivid, but practical and standing the test of potent and dynamic interest from high places. A child born on this day should be bounteously endowed with talents, energies and initiative for a bright spot in the sun. Change, new ventures and probably conspicuous renown are in sight.

WEEKLY SEW-THRIFTY SEW IT IN A DAY — easily! Wonderful Tie-On skirt has three pieces plus a belt, pockets! Perfect for lazy you in lazy spring-time, it opens to iron, wraps and ties or buttons on! P. S. Make it in a work-fabric for an apron too! Pattern 4830: Waist Sizes: small 24-25; medium 26-28; large 30-32 inches. Medium size takes 3 1/2 yards 35-inch fabric to sew, 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 Name, Address, Style Number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

How Can I . . . By Anne Ashley

Q. How can I launder my blankets more efficiently? A. Soak the soiled blanket overnight in a solution of cold water and borax. This loosens the dirt and makes the task of washing much easier. Q. How can I keep the wood on the inside of my cupboard sweet and clean? A. Wash it with warm water to which a little vinegar has been added. Q. How can I relieve tired and swollen feet? A. Bathe the feet in a foot tub of hot water, to which a handful of epsom salts has been added.

Morning Smile Doctor's Orders

Smithers was feeling off color and consulted a doctor. The doctor examined him and said: "All that's wrong is that you smoke too many cigarettes. Here's a way to cure yourself of the habit. Whenever you light a cigarette, put a stone in your pocket. Soon the discomfiting of carrying the stones about will cure you." Smithers nodded and departed. Three days later the doctor received a postcard from his patient. "Dear Sir," it said, "I'm following your advice, but I look darned funny pushing a wheelbarrow!"

MAGIC makes baking fine-textured, delicious! CINNAMON SANDWICH BISCUITS Mix and sift one, then sift into a bowl, 2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 3 teps. 1/4 c. light-colored brown sugar, 1/2 tsp. salt and 1/4 c. fine granulated sugar. Cut in finely 4 lbs. chilled shortening. Combine 1 well-beaten egg, 1/4 c. milk and 1/4 tsp. vanilla. Make a well in dry ingredients and add liquid; mix lightly with a fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thickness; shape with floured 1 1/2" cutter. Cream together 1/4 lbs. soft butter or margarine, 1/4 c. light-colored brown sugar, 1/2 tsp. grated orange rind and 1/4 tsp. ground cinnamon. Using only about half of the creamed mixture, place a small spoonful of the mixture on half of the cut-out rounds of dough; top with remaining rounds of dough and press around edges to seal. Spread biscuits with remaining creamed mixture and arrange, slightly apart, on greased cookie sheet. Bake in hot oven, 450°, about 12 minutes. Serve warm. Yield—16 biscuits.

Alice Brooks Designs CROCHET FOR FASHION SPRING FASHION in a two-piece. Blouse is an easy pattern stitch with double crochet bands; skirt in plain double crochet. Sueded to look other, as shown, smart worn with other separates! Pattern 7039: crochet directions sizes 32-34; 36-38 included. Send Twenty-five cents in coin 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.

BABY'S COLDS Help Nature To Fight Them Off Medical Science denies there is any such thing as a cure for colds—only Nature herself can do it. So when baby's sniffs, or sniffs, or sneezes, or coughs, or cries, presence—cooperate at once with Nature. See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet see results that make baby restful and feverish. One Nova Scotia Mother says: "My baby of 2 1/2 months caught a nasty cold so I tried Baby's Own Tablets and she threw this cold off quicker than ever before. I certainly am for Baby's Own Tablets from now on." Effective also in teaching thorough constipation and other simple baby ailments. Get a package today at drugstores. 7039 by Alice Brooks