ANNE HIRST
Your Family Counselor

"Through 19 years of marriage my problems have been legion," writes a long-time reader of this column. "If you think, Anne first, my experience will help some love-blinded soul to avoid the same fatal mistake, you are welcome to print this.

"I want to advise all young girls not to marry a jealous man.

"If you are in love with one you think you can't live without, you will come to wish to heaven you had. Youngsters think jealousy shows how much they are adored; but it is born of the devil, and can lead to about every crime in the book.

"My husband has always been jealous of me, and in every way —even to the children and my women friends. It used to get me, but I had to learn to ignore it. I was (and am) doing nothing wrong, so I just go on.

"My poor mother led a dog's life for 48 years because of my dad's jealousy. He showed it before they married, and my grand-dad tried to warn her, but she couldn't see it. With marriage, he became worse. Dad has almost lost his mind over this, and my mother's health is ruined.

"I wish that people who contemplate marrying a jealous person might have a panoramic view of half what my family has experienced. A jealous man is an egoist, likely to slander or commit an outrage against the object of his love. I myself have been so harried that I've felt like a prisoner pacing his small cell, with no way of escape.

"Sometimes through the years I have sat down and written all these troubles in detail, as though to a friend, and it has eased the burden. Checking them over now and then, I find the only important change is in my own attitude—or, rather, fortitude. Often there is no 'out' to a problem; one must have recourse to her inner strength.

"For years I have read your column. It has been quite a study in psychology — grown people acting like kids, trying to get approval of their misconduct. They should be study ing the Bible to find the right way to live . . . I've often thought of writing you myself, but I've always known what your answer would be. In other words, I know right from wrong and I didn't see any need to clutter up your already crowded time with just one more complaint."

To "Faithful Reader": I hope, with you' that the sad experiences of two generations of your family will leave its mark on those who, as you say, think jealousy is a proof of love. A man's jealousy of his wife is inhuman and un-Christian, and marriage (as your mother found) only multiplies its force.

I salute your understanding. So many readers say, "Even if I can't help me, I feel better for telling you." Confession relieves the soul, and it often clears one's perspective so that, like yourself, the writer sees her problem more clearly and analyses it through her own objective approach.

Man Loses Faith

"Dear Anne Hirst: About a year ago I fell in love with a soldier. Of his own volition he told me he had married and divorced his wife because she was unfaithful—and he has lost his faith in all women.

"He has told my mother (not me) that he loves me. He makes excuses not to take me out, and often does not come when he is expected. I understand that he is fighting his love for me; I guess I have no pride, for I am still holding on.

"I am so confused and unhappy! Please advise me.

His Sweetheart."

It takes a long while, and a great deal of patience, to restore a man's lost faith. One must tread softly, though persistently, in her effort to convince him that there are girls worth his trust.

Be at your best with him. Be careful never to break your word, or stand him up. Scorn to tell anything less than the whole truth about anything, and live up to it. Be more mature than your age; let him come, however unwillingly, to appreciate how dependable you are, even in little situations.

And prove that you trust him completely, making an excuse to say so when occasion arises. Be sympathetic, but not curious. Don't allow him to entertain you extravagantly; show you are pleased by simple things like a walk in the park or dancing to your radio. Concern yourself, unobtrusively, with his health and well-being; the maternal touch is the safe one. Be more concerned with anything that interests him rather than with your own ideas.

I believe you will progress toward your goal. Just don't try to force anything.

* * *

Jealousy has no place in a heart filled with love, for faith in the beloved leaves it no room. If you are troubled by this situation, perhaps Anne Hirst can help. Write her at—BOX 1, 123 Eighteenth Street, New Toronto, Ontario.

Their Nose Knows — Cosmetic students Siegrid Loew, left and Ilo Gruber, both blindfolded, smell perfume-scented papers in an attempt to identify different brands. It's all part of the examination required for graduation from the Frankfurt (Germany) Institute of Cosmetics.

Hot Biscuit Supper Sandwich

Season to taste 1 c. minced cooked meat with grated onion, salt, pepper and condiment sauce; moisten slightly with gravy or sauce. Sift twice, then sift into a bowl, 2 c. once-sifted pastry flour (or 1¾ c. once sifted all-purpose flour), sifted pastry flour (or 1¾ c. once sifted all-purpose flour), 4 tsps. Magic Baking Powder, ½ tsp. salt, ½ tsp. dry mustard. Cut in finely 5 tbs. chilled shortening. Make a well in dry ingredients and add ½ c. chili sauce and ½ c. milk; mix lightly, adding milk if necessary, to make a soft dough.

Knead for 10 seconds on floured board and divide dough into 2 parts. Pat one part into a greased round 8½" cake pan and spread almost to edges with meat mixture; moisten edges of dough with water. Pat second part of dough into a 9" round and place over meat mixture; press lightly around edges to seal; score top layer deeply into 6 pie-shaped wedges. Bake in hot oven, 425°, about 20 mins. Serve hot with brown tomato sauce. Yield—6 servings.

Always Dependable

658
SIZES
S—10—12
M—14—15
L—18—20

by Laura Wheeler

Frosting of flowers is delicious touch on this jiffy wrap halter that tops shorts, slacks, skirts! Easy to sew — easier to embroider. Little yardage, use remnants.

Pattern 658 comes in sizes: Small (10, 12); Medium (14, 16); Large (18, 20). Tissue pattern; embroidery transfer. State size.

Send **TWENTY-FIVE CENTS** in coins (stamps cannot be accepted) for this pattern to Box 1, 123 Eighteenth St., New Toronto, Ont. Print plainly **PATTERN NUMBER** and **SIZE**, your **NAME** and **ADDRESS**.

Don't miss our Laura Wheeler 1954 Needlecraft Catalog! 79 embroidery, crochet, color-transfer and embroidery patterns to send for — plus 4 complete patterns printed in book. Send 25 cents for your copy today! Ideas for gifts, bazaar sellers, fashions.

this column we have had a lovely shower of rain, so I won't have to carry water to revive my geranium cuttings. It wasn't a whole day's rain but it was certainly a nice refreshing shower. It will make Partner's Scotch thistles grow a little taller. You see, Partner has a thistle project out in the back yard. When he was cutting weeds he left two Scotch thistles just to see how tall they would grow. They are now over four feet high. Every day lovely little canaries perch on the sturdy thistle branches and have a wonderful time feeding off the seed. In fact, they fight over it. The other day there was a battle royal and the bushy thistle swayed back and forth while the little birds fought for undisputed possession. Also in our backyard we have a groundhog who loves to sit up eating apples. So far Tippy hasn't seen him. The yellow-bellied sapsuckers are with us again and just recently blue jays have greeted us with their unmelodious cries.

And we had another transient looking for a meal this morning. We asked him why he didn't try to get something to eat in town. To which he replied: "No good. Town people won't never give a man a meal!" As to that I leave you to draw your own conclusions.

ONE IN A MILLION

School teacher next door says you have to watch your words these days, since the kids are sharp and like to take your questions literally She says that when she asked her kids the other day if Washington would be considered a remarkable man if he were alive today, she got this reply:

"He sure would. He'd be about 200 years old."

IMPOSSIBLE

After the service, the preacher, an old-fashioned type, favored the old lady with his views on eternal punishment. There was a great deal of fire and brimstone in it.

"I don't believe it," the old lady said impulsively. "No human constitution could possibly stand it."

Sack Style!

4642 10-20
by Anne Adams

Simply stunning sack dress that's style-sure for every occasion, launder-easy! Wear it belted or loose — you can't detract from its beauty! Fashion-fine is the back tab detail. Choose crisp cotton or sturdy denim.

Pattern 4642: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 takes 4¾ yards 35-inch fabric. Embroidery transfer included.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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SOUR CREAM BUNS

● Scald 1½ c. milk. ½ c. granulated sugar, 2 tsps. salt and ¼ c. butter or margarine; cool to lukewarm. Meanwhile, measure into a large bowl ½ c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well.

Sieve ½ c. cold mashed potato and mix in 2 unbeaten egg yolks and ½ c. thick sour cream; stir into yeast mixture and stir in lukewarm milk mixture. Stir in 3½ c. once-sifted bread flour; beat until smooth. Work in 5 c. (about) once-sifted bread flour to make a soft dough; grease top. Cover and set in a warm place, free from draught. Let rise until doubled in bulk. Punch down dough, grease top, cover and again let rise until doubled in bulk. Punch down dough and turn out on lightly-floured board; roll to ½" thickness and cut into 3½" rounds and place, well apart, on greased cookie sheets. Using a floured thimble, make a deep depression in the centre of each bun. Brush rounds of dough with mixture of 1 slightly-beaten egg white and 1 tbs. water; sprinkle generously with granulated sugar. Cover and let rise until doubled in bulk. Deepen depressions in buns and fill with thick raspberry jam. Bake in hot oven, 425°, about 15 minutes. Yield—3 dozen large buns.

Jane Ashley Says

"Try my favorite recipe for the month"

TOMATO SAUCE

2 tablespoons MAZOLA Salad Oil
2 tablespoons finely chopped onion
2 tablespoons BENSON'S or CANADA Corn Starch
1 teaspoon salt
1 teaspoon sugar
2 cups tomato juice
1 bay leaf
2 teaspoons chopped parsley

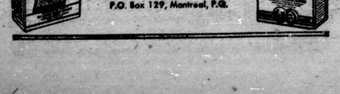
PLACE MAZOLA and onions in small saucepan. COOK about 3 minutes until tender. REMOVE from heat; stir in BENSON'S or CANADA Corn Starch, salt and sugar; blend well. ADD tomato juice slowly; mix well. STIR in bay leaf and parsley. COOK over medium heat until mixture thickens and boils; stir constantly. BOIL 1 minute; serve hot. YIELD: 2 cups sauce.

MEDIUM WHITE SAUCE

2 tablespoons MAZOLA Salad Oil
2 tablespoons BENSON'S or CANADA Corn Starch
1 teaspoon salt
¼ teaspoon pepper
2 cups milk.

HEAT MAZOLA in saucepan; add BENSON'S or CANADA Corn Starch, salt and pepper, blend well. ADD milk slowly; mix until smooth. COOK over medium heat, until mixture thickens and boils; stir constantly. BOIL 2 minutes, stir constantly. YIELD: 2 cups sauce.

EGG SAUCE: To 2 cups Medium White Sauce, add 4 chopped hard-cooked eggs.



For free folder of other delicious recipes, write to: Jane Ashley, Home Service Department, THE CANADA STARCH COMPANY LIMITED, P.O. Box 129, Montreal, P.Q.

CHRONICLES of GINGER FARM
Gwendoline D Clarke

Wouldn't it be wonderful if we could have a full day's rain? Or would it? Perhaps farmers with spring crop to cut or thresh think otherwise. But still, when you think how much every other kind of vegetation is needing moisture a good rain would surely do more good than harm. Yesterday I was setting out geranium cuttings — fifty of them — and there wasn't a bit of moisture in the ground. And near here a farmer was taking out old fence posts, four feet down in the ground. He said he could have split the wood and burnt it in the kitchen stove for kindling it was so dry. Partner is having his trouble with fences too. He is rebuilding a field gate and a section of fence and of course his main obstacle is also the hard, dry ground.

And then there's the garden. After a lapse of a few days I went out to pick string beans. I expected to get quite a lot as the last time I looked there were plenty of little beans and all kinds of blossom. All I got was a handful. The little beans had dried up and all the blossom had dropped off.

Harvest apples are still falling off the tree but I am picking out the best of them, cooking them with the skins on, forcing the pulp through a rotary colander and canning the apple sauce. One needs to make the most of every bit of fruit that comes along this year otherwise there will be a lot of empty jars this winter. And it is more than human beings that go short of fruit these days. Have you thought what it means to the birds? So many of them feed on wild fruits and berries. For instance, we generally have quite a few cedar waxwings around in the late summer as they love the wild honeysuckle berries. This year we have very few of either berries or birds. Even the poor little frogs seem to have an unnatural brownish, shrivelled up appearance. But yesterday I saw something that was really green — as green as a tomato worm. It was some kind of praying mantis. Any I had seen other years were a brownish shade but this one was a beautiful colour. This mantis was among my geraniums and I took great care not to disturb him because the mantis is a desirable insect to have around the garden as it destroys many insects injurious to plant life. The mantis is a fascinating thing to watch and it doesn't seem to mind being handled at all. You don't need to be afraid of it either. It doesn't bite or sting and the average human is too big for it to eat. It will cling to your finger as quietly and contentedly as if it were on the stalk of a plant.

The mantis is common in Europe and the tropics but apparently it made its first appearance in Ontario about 1914. It probably came into Canada without a passport under cover of imported fruits and vegetables.

The mantis is no ordinary insect. It has been connected with various legends and superstitions for thousands of years. The ancient Greeks thought it had supernatural powers and the Moslems claimed the praying mantis, when in an attitude of prayer, always turned towards Mecca—Mohammed's birthplace.

In southern Europe it was known variously as saint, preacher, nun or soothsayer and, according to an old legend, a mantis alighted on the hand of St. Francis Xavier, who thereon commanded the mantis to sing the praise of God. The mantis, according to the legend, intoned a very beautiful canticle. Perhaps that legend has something to do with the superstition that for a person to have a mantis alight on his or her person betokens saintliness or else is a token of good fortune. Well, a mantis certainly crawled over my hand yesterday but, as I don't expect to shine as a saint, maybe it will bring me good fortune instead. In fact, it has brought me good fortune already as since I began writing

SPORTS & c
by A Sixbit Critic

Just what is wrong with boxing—or "the fight game," as it is more familiarly known. Both the millions who take in the fights via TV, and the faithful few who still pay or chisel their way in to see the brawls personally, are asking the same question. And while no two fight fans can seem to agree on the answer it is the well-nigh unanimous opinion that something is seriously wrong.

* * *

Mickey Walker, former World Middleweight Champion, was a really tough cookie in his leather-slinging days—but, unlike many of his contemporaries, he left the ring with his brains unaddled, in fact "the Mick" is about as shrewd a critic of fistic affairs as you'll run across anywhere. And here is how Walker sizes up the situation.

* * *

Jack Dempsey suggests a remedy for today's ailing exhibitions. Exciting fights would be witnessed if boxing promoters throughout the country would arrange more no-decision bouts. He believes champions would appear in these contests because their titles wouldn't be on the line every time they fought.

I agree with Jack. In this way, fans could keep tabs on their favorite fighters' fistic endeavours. I also agree with him on the idea of more spectacular fights. This type of contest would keep a champ in razor-edge condition, ready for his very best when a tough title contender popped up.

* * *

I honestly think Jack's suggestion stems from his own experience. But he forgets there was only one Jack Dempsey. After a left hook or right cross, delivered from his weaving crouch, found its mark, decisions weren't necessary. In his first important contende; ut, his left punch crashed a...nst Fred Fulton's long chin in a New Jersey no-decision contest. That left hook convinced the boxing world that Jack would be the next title-holder.

Then, three years later, as champion in another New Jersey ring, Dempsey with the same left hook ended Georges Carpentier's championship dreams in the first million-dollar boxing gate.

* * *

Adding another ingredient to Dempsey's remedy, Casey Bowman, the former "Michigan Flash," believes that boxing judges are only a waste of opinion. He questions the various methods by which fights are scored by judges. Casey claims that from their stationary ringside seats, the judges can't truthfully score a punch as having been blocked or as a point for the puncher. He gives as an example the scoring of both judges' cards in the Olsen-Gavilan match.

One card showed each fighter having 144 points, while the other gave Olson a victory by a wide margin. I have a hunch most fighters would accept Casey's theory. He'd like boxing commissions to eliminate judges' opinions for better punching action in the ring.

* * *

Then Bob Perry, possibly the only modern who has witnessed every heavyweight champion in action since John L. Sullivan's reign, adds his remedy. He believes that everything which concerns boxing today is decorated with sparkling publicity trimmings.

Back in the 90's, say Bob, all fighters had to prove their worth before they gained recognition. A last-minute rally, exhibiting heart and endurance, might turn the decision for a defeated warrior into victory. A champion shouldn't lose his title in a close decision climax, is another belief of Bob's.

* * *

John Moran, authority on past and present fights, supports Perry's theories. John compares the drab ring performances of today with those of yesteryear.

* * *

The point system which decides a winner in states where boxing is legalized is slowly killing the game. And here's the reason. Each state has a different way of totalling up points. For instance, in one state there are 20 points to a round; in another 11; in still another, 10. Points are awarded for aggressiveness, cleverness and harder blows.

* * *

The smart fighter (and most fighters are smart today) figures out the system. They've discovered that points are given for aggressiveness, so they develop a style of pushing forward. If there are two pushers in the ring, they meet one another in the center and nothing happens.

In my book there's only one definition for an aggressive fighter. That's the guy, regardless if he gets off the floor or springs from his corner, who's always trying to knock the other guy's brains out. Such were Dempsey, Midget Smith and other spectacular ring performers. (**Mickey modestly doesn't include himself —Ed.**) These fighters had courage.

Recently I was invited to act as guest referee for amateur bouts using the ten-point system. I was instructed by an official how to award points. Each contest was scheduled to go three rounds.

* * *

The official said: "In case of a knockdown, seven points are awarded to the one who knocks the other down."

"The boy who's on the floor," I said, "is going to have a tough time overcoming that lead when he gets up, no matter how well he fights."

* * *

I couldn't change the official's mind or rules and I entered the ring. The second bout started off with a tough, dark kid throwing a long right hand. The other kid crossed his right and the dark-haired one sprawled face flat on the canvas. He struggled to his feet before nine and both kids battered one another until the bell.

When the bell ended the final round, the dark-haired kid had the other groggy. Before the judges' cards were collected, I raised the kid's hand.

* * *

I have another hunch . . . I'll never be invited to referee at that place again.

Precautionary — An ounce of prevention is worth a pound of cure, according to Paul Loeffler, 4, as he erected this stop sign at a busy intersection where two accidents occurred during the past month. He put up the sign "so there'd be no more wrecks."

SOME POINTERS FOR BACKWARD CITIZENS

The citizens of Perth Ontario, (population 5,000) have formed an association for the industrial development of their town, certainly one of the most beautiful in Canada, and as a start raising a fund of $75,000 to buy two and a half acres of industrial land and a factory which stands on it.

The Perth Courier has strongly supported the project but comments editorially in a recent issue that "no space at all has been devoted to suggestions for the reader whose ambition is to do nothing for his community."

The paper then proceeds to list 13 pointers on town planning, "designed especially for the backward citizen", as follows:

1. Don't pay taxes. Let the other fellow pay his. Vote against taxes. Then fuss because the streets are not kept up.
2. Never attend any of the meetings called for the good of the town. Wait until you get outside and then cuss those who made the suggestions. Find fault with everything that was done.
3. Get all the town will give you, and don't give anything in return. Write unsigned letters to the editor demanding more for tax money.
4. Talk co-operation, but don't do anything for your town unless you get paid for it. And by all means refuse to serve unless you are chairman.
5. Never accept an office. It's easier to criticize than do things. Accuse anybody who serves in an elected office of being a publicity-seeker.
6. Don't do any more than you have to. When others willingly and unselfishly give their time to make a better town, howl because that town is run by a clique.
7. Don't back your fire or police departments. If the firemen work to bring the insurance rates down, tell everybody that is what they are supposed to do. Don't thank them or the policemen for endangering their lives that you might have a safer town in which to live. Demand special treatment; raise cain if anybody expects you to obey traffic and parking laws.
8. Look at every proposition in a selfish way. If you are not the one that gets most good out of it, vote against it. Never consider what it will do for the town as a whole.
9. Don't do anything for the youth of the town. Criticize them as potential delinquents. Keep your feet on them. Encourage them to move away when they grow up.
10. If you have good town leaders, don't follow them. Take a jealous attitude and talk down everything they do.
11. Don't work on any committee. Tell them, "I'm too busy."
12. Don't say anything good about your town. Be the first to point up its shortcomings. Pretend that if trouble comes your way it will be residents of some other town who will visit you while you are ill bring in the fire department if your home is burning, comfort you if you lose a dear one, stand back of you in disaster.
13. And don't support your local retail stores and industries. Claim the prices and services in stores in other towns are better. Claim industry hurts the town.

But if you need a donation, ask your local stores and industries for it. Expect them to back you but don't back them.

From "Civic Administrator"

Runs In The Family — Double or nothing seems to be a policy of Marilyn and Carolyn Orders, identical 18-year-old twins. Last August they were married in a double ceremony. Recently each gave birth to a son. Mrs. Marilyn Gizzel, left, is shown each gave birth to a son. Mrs. Marilyn Gizzel, left, is shown with newcomer Donald, Jr., and Mrs. Carolyn Jones is holding with newcomer Donald, Jr., and Mrs. Carolyn Jones is holding her son, Jimmy, Jr. The sisters and cousins are sharing a hospital room.

Valuable Fingers

Who possesses fingers valued at hundreds of thousands of dollars? It is Vladimir Horowitz, one of the world's greatest pianists and son-in-law of Toscanini.

Horowitzz, who will be fifty on October 1st, has such amazing ability of finger that to-day he can earn $3,000 an hour by his playing in the United States, where he lives with his attractive wife and pretty daughter Sonya, aged twenty.

Years ago Horowitz resolved to make himself a supreme artist at the piano. Ever since he has appeared in public only for six months every year. The rest of his time is spent in practice, or taking brief holidays.

One of Horowitz's earliest concerts had to be cancelled because, said a somewhat pompous impresario, the pianist was "convalescing from a traumatic tenosynovitis of the flexor digitorum sublimis and profundis muscle at the metacarpophalageal joint."

He merely meant to say that Horowitz had a sore finger!

Horowitz is good-looking and clive-skinned. When he went to Britain in 1932 he took one of his specially built pianos with a keyboard slightly smaller than normal. After every major recital, his piano is taken to pieces and then reassembled. A special tuner accompanies him wherever he plays.

made to consider the two prevalent socio-economic systems of Capitalism and Communism as only alternatives to order our present day daily life.

If the editor of Saturday Night would go to the trouble of looking through the second part of the second part of the Summa, he would find other possibilities.

He might be shocked by the discovery that business for profit as an end in itself, solely to make money and accumulate wealth without any virtuous and necessary end as the support of a family or the public good — is against nature and has no justification in human affairs.

He will also find a blueprint for a Co-operative Commonwealth, as d'Aquinas says that trade for the necessities of life does not belong in the hands of private individuals, but rather to those in charge of the domestic and social groups, to the housekeepers (cooperatives) and to governments (public enterprise), in other words to those responsible for the necessities of life.

This column welcomes criticism, constructive or destructive, and suggestions, wise or otherwise; it will endeavour to answer any questions. Address mail to Bob Von Pilis, Whitby, Ont.

.. PLAIN HORSE SENSE ..

By F. (BOB) VON PILIS

Great confusion reigns in the minds of many people as to the meaning of words like Socialism, Capitalism, Communism, Liberalism et al.

A case in instance is a recent editorial in the Toronto weekly Saturday Night whose author is of the opinion that Premier T. C. Douglas of Saskatchewan using "Marxist jargon" when he spoke to a meeting about the class struggle, about the ruling class that is trying to destroy political democracy when the people try to gain control of social democracy."

If the mere mentioning of the words ruling class and class struggle sound like "Marxist jargon" in the ears of Saturday Night's editor, what does he think of language employed by the social system of monopoly capitalism which has denied property to the masses and thus created the division of classes on which all class warfare is based?"

Or, to give another sample, of language which regards "the prevailing system of industrial capitalism as a disease growth, born of man's rebellion against Christian principles of social life, and bearing within itself the seeds of social anarchy and chaos."

Incomplete Erudition

It may come as a surprise to the editor of Saturday Night as well as to many others that these words did not emanate from Moscow, that they were not taken from any Marxist writings, but that they are part of the Official Statements on Social Justice issued by the Catholic Archbishops and Bishops of Australia in 1947 and 1948.

It is unfortunate that the otherwise so erudite editor of Saturday Night apparently did not include in his readings St. Augustine's "City of God" or Thomas d'Aquinas' Summa, without which his education cannot be considered complete or he himself qualified to pass judgment on the ideas of men like the Premier of Saskatchewan.

Other Alternatives

All too often the mistake is

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