

ANNE HIRST Your Family Counselor

"Dear Anne Hirst: What would you do with a daughter who is 20 and wastes all her time with a neighborhood boy of only 17? She had a year in our local college; he is only a high school sophomore. She dates him more often than we approve. She is intelligent, did well in school, and if he ever had an ambition beyond being well-dressed, we have yet to discover it. We have protested about his coming, but she will not listen—says she will do as she likes. She admits other lads have tried to date her, but says she can't be bothered.

"As a younger girl, she never showed any interest in our home, used it more like a boarding-house. She was good at sports but never had many girl friends, and those she sees now she met in college; she spends some evenings with them, but never brings them home.

"The boy's family are nice people, but we never knew them well. We, however, are very much concerned, fearful that the delicate child will develop into something serious. Have you any comfort for us?"

UNKNOWING PARENTS
• There must be a strong physical attraction between your daughter and this boy, for it is most unlikely there can be a common intellectual bond; he must be considerably

backward to still be in high school at his age. Naturally, she bends him to her will, and he is obviously willing, so she is at ease with him. The infatuation will probably wear itself out as time passes.

Your influence over your daughter should have started long ago. Had she been given the customary household duties, she might have found pleasure in performing them, well, felt herself an important unit in the family group, and developed a sense of responsibility which included a respect for her parents' opinions. Being an only child, she was perhaps indulged lovingly, allowed to go her own way; probably her year in college made her even more independent.

Further opposition to this friendship will only make her more determined. The wise course is to accept things as they are and say nothing. It is likely that she will oppose an earlier marriage as strongly as you do. So try to relax, and wait with what patience you have.

TEEN-AGER APPRECIATES
Dear Anne Hirst: Recently, many of your articles in our paper have been addressed to girls and boys my age. I am writing to tell you how much I, as a teen-ager, appreciate your interest in young people.

"I'm a high-school junior, so I have many problems. Your counsel of other girls concerning dating, education, etc., is always solid, and I often have followed it myself.

"Thank you for your interest in us, the teen-agers of today."

GRATITUDE
• When a busy junior takes time to write such a pretty note, you may be sure I am touched by its sincerity.

• The teen years are vital in the development of young people; it is then that they learn to discriminate, to get along with others, and do their part as a member of their family group. Upon their success in maturing wisely depends their whole future, and every thinker and educator should be a privilege to be of use.

• The teen-agers of today, in my opinion so much smarter than we of another generation were, are exercising their judgment and privileges judiciously, with taste and precision. More power to you!

When parents are perplexed at their children's whims, often Anne Hirst's understanding and wisdom wait for you, and she will consider your problem thoughtfully. Write her at Box 1, 123 Eighteenth St., New Toronto, Ont.

SOME SYSTEM

At a party, one mother advised her daughter that she was talking to just dance silently; in coins (stamps cannot be accepted) for this pattern to Box 1, 123 Eighteenth St., New Toronto, Ont. Print plain, **PAT-TERN NUMBER AND SIZE, your NAME AND ADDRESS.**

LOOK for smart gift ideas in our Laura Wheeler Needlecraft Catalogue. Crochet, knitting, embroidery, lovely things to wear. Dolls, iron-ons, quilts, aprons, novelties — easy fun to make! Send 25 cents for your copy of this book NOW! You will want to order every new design in it.



by Laura Wheeler

Pattern 752: Child Sizes 2, 4, 6, 8, 10. Tissue pattern, 2 face transfers, directions. 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 plain, **PAT-TERN NUMBER AND SIZE, your NAME AND ADDRESS.**

LOOK for smart gift ideas in our Laura Wheeler Needlecraft Catalogue. Crochet, knitting, embroidery, lovely things to wear. Dolls, iron-ons, quilts, aprons, novelties — easy fun to make! Send 25 cents for your copy of this book NOW! You will want to order every new design in it.



TOMORROW — If you're planning a return trip to Terra in about the year 3000, here's a preview of the kind of tomorrow. So says her stylist Raymond Hue. Terra resembles an asteroid, says the man. Star-shaped beauty mark will be a "must." And that jet-exhaust effect in back is designed to catch the eye of a pilot just back from the wind-whipped red sands of Mars.



CLASSICAL IN ITS SIMPLICITY of line is this evening gown of gold-dotted white nylon sheer shown at the spring-summer presentation of the Association of Canadian Couturiers in Toronto. The diagonally draped bodice is cut with a single shoulder strap and the skirt bells out from a wide gold sash.

CHRONICLES OF GINGER FARM Gwendolyn O. Clarke

This week's column is written especially for members of the Women's Institute, mainly to draw your attention to the winter edition of "Home and Country," which contains a challenging editorial by Miss Ethel Chapman with the caption — "Could This Be a Summer Year?"

Miss Chapman begins with the announcement that, during the last two years, there has been a decrease in membership of 2,000. One reason for the decline has already been established from the reports of Branch meetings, in which she states that "because of so many appeals for money and so much business to attend to at meetings there is little time left for either program or sociability, so women are losing interest in the Institute. Old members are dropping out and it is impossible to attract new ones." Then Miss Chapman adds this: "Is it possible that we are getting into so much big business that we are neglecting the warm, vital, personal interests that caught the imagination of women 50 years ago?" The editorial ends with this question: "In brief, how do we make this a summer fallow year?" But there are suggestions for combining fund-raising with entertainment.

W.I. members, I am sure you will agree there is food for thought in that editorial. Is our organization becoming just another example of "big business" if you are a senior member of the W.I. think back for a minute to 1947 when the Women's Institute was born. It was staged at Guelph that stirring and heart-warming pageant "Let There Be Light." Remember the stage production of those rural sections got together for the purpose of helping each other along the way, sharing with their neighbours such information as came their way to help maintain happy homes and raise healthy families. There were sewing bees, quilting parties, homecraft and happy social gatherings where neighbour met neighbour. The membership fee was so small (and still is) that even the poorest could join, and after becoming a member there were few calls to deplete the slender purses of the time. But yet, in spite of their limited financial status the rural folk in those days did help each other out. And they had a wonderful time in so doing, their lives considerably enriched by association and the human bond of sympathy.

At the jubilee celebrations just mentioned, Mrs. Hugh Summers said this: "As we face another year, we cannot know what lies ahead of us. With the decentralization of industry coming to the fore, our rural areas should increase greatly in population. If this be so a far greater number may have their

How Sun Ray's Weaken Fabrics

While many textile fibres are known to be weakened by sun rays, a "tough" none has proved tough enough to stand up to sun for too long a time, says the Research Institute of Canada. The sun's rays, says the Research Institute of Canada, weaken fabrics in two ways. First, the sun's rays break down the fibres themselves. Exposed more or less continuously to the sun both in winter and summer, curtains come gradually weaker and weaker. They reach the stage where they are ready to literally fall apart after a laundering.

Tough Coon

farmer, was attacked recently by a ferocious animal in the darkness of his hay loft, where he had climbed to throw out some hay for his horses.

The farmer scrambled down his ladder with what he thought to be a giant tom-cat swarming all over him. The cat was scratching, biting, and growling. He came out fast — also leaving the quietness of far places.

Finally, the local game warden was called in. He discovered the animal to be a female coon, and it is likely that she was young, she had adopted two kittens after driving the old cat away. The warden managed to remove the old coon without injuring her. Thereafter, the farmer was able to feed his horses in peace. Surprising what mother instinct will do to an animal at times.

They're amazing good

Made with Amazing New Active DRY Yeast

JELLY BUNS

Measure into small bowl 1 c lukewarm water, 2 tsp granulated sugar, stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Active Dry Yeast. Let stand 10 min. Stir well. Grease 24 x 9 x 3 inch pan. Pour mixture into pan. Bake at 350° F. for 25 min. Cool. Cut into 24 squares. Each square is a jelly bun. These are amazing good.



• No more disappointments because the yeast has spoiled! Fleischmann's Active Dry Yeast replaces old-fashioned package yeast because it keeps fresh and full strength — right in the cupboard! For fast-rising dough and grand oven results get Fleischmann's Active Dry Yeast today!

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FRANCONIA	Q. 16	Thurs. FEB. 16	Sat. FEB. 18	MASSACHUSETTS	Q. 16
QUEEN ELIZABETH	Q. 17	Fri. FEB. 17	Sat. FEB. 25	CHATELAIN	Q. 17
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What Is A Stroke?

We read or hear about strokes almost every day and the word strikes us as a friend or neighbor. It is a public health problem that affects one out of every 10 people in the United States. It is a disease that can strike at any age, but it is most common in people over 50. It is a disease that can be prevented, but it is most common in people who have high blood pressure, diabetes, and heart disease.

There are two main types, and each is literally an accident occurring within the brain. One form is cerebral thrombosis, in which an artery ruptures, suddenly spilling blood into the brain and depriving vital areas of their normal blood supply.

The second form is cerebral embolism, or the blocking of an artery by a clot which also cuts off the necessary blood supply to brain cells.

Brain tissues cannot live more than a few minutes without the oxygen supplied by blood. Unlike skin, they have no power to grow back. Thus the important centers, those master switchboards which control all sense and bodily functions, break down from the abrupt stoppage.

When large quantities of blood are forced into the substance of the brain, as in the case of a massive hemorrhage, the delicate cells and fibres are destroyed and death can come within days or even hours. In cases of varying degrees of severity to facial, arm and leg muscles.

2. Why does stroke cause paralysis?

There is a definite parallel between a stroke victim and a city devastated by flood. When rainwater flows over the normal area, they sever communications lines — bridges collapse, telephone and telegraph wires are swept away, roads become impassable.

So, too, with the human body when an artery breaks down or is damaged — blood pours through the walls of a vessel. Communication lines are cut, the nerve pathways — leading from the brain are flooded and perhaps destroyed completely by blood which has suddenly been diverted from its normal course.

The severity and location of the paralysis depend on how much of the brain has been injured, and where. If the left



UNPOPULAR VERDICT — Cuba's Kid Gavilan (left), former welterweight champ, is despondent as he moves through a crowd of supporters after losing a 10-round decision to Great Britain's Peter Waterman in London. In the stormiest scene in modern British boxing history, many of the 10,000 fans jumped on Gavilan and booed the decision, which newsmen at ringside had scored for Gavilan.

side of the brain is damaged, the muscles on the right side of the body will be affected, and vice versa. This is because the nerve pathways cross over in their passage through the brain. Many victims experience a headache, dizziness, ringing in the ears, numbness of the limbs and nausea for several days or just a few minutes before the attack.

4. How can you recognize a stroke victim?

If it is a cerebral hemorrhage, the individual will lose consciousness suddenly, in most cases complaining of a violent headache before collapsing. The face may become wax-white, but more generally it is flushed. Breathing is labored — the lips are blown out and the cheeks flap with each expiration of air.

In most cases there is definite evidence of paralysis. For example, the pupils of one eye may be more contracted than the other and the face may be lopsided. In addition, the limbs may be more rigid or loose on one side.

An attack of cerebral thrombosis is less dramatic. The individual often wakes to find an arm, leg or even an entire side useless, or there may be an unexplained difficulty in speaking. It is possible that the patient will gradually lapse into a coma.

5. What first aid measures should you take for a stroke victim?

Summon a doctor, of course; and gently — very gently — turn the patient on his back and raise his head and shoulders on pillows or a folded coat. Loosen the clothing about his neck and chest.

Don't try to rouse the patient. Don't carry him upstairs and put him to bed. Any but the slightest movements may increase the escape of blood coming from the ruptured vessel.

6. Are strokes always major, dramatic attacks?

No. There are "little strokes,"

no more than oozing in the brain, when victims are unaware anything has happened. Sometimes a little stroke causes slight but confusing changes in character. A person with a fine memory finds himself forgetting things, an orderly individual loses interest in neatness; a friendly one turns quarrelsome. Little strokes, points out Dr. Wright, do not necessarily produce serious consequences, but they should be regarded as danger signals calling for attention by a doctor. He may be able to suggest treatment which will reduce the possibility of a major cerebral accident later on.

7. What causes strokes?

The chief culprit is high blood pressure, hardening of the arteries, or both. If the water pipes of your house are old and corroded even the normal pressure of the water might cause them to burst. If the pipes are old and the water comes chattering through at a particularly high pressure, the pipes will probably burst sooner.

8. Can anything be done to prevent a stroke?

Yes, and the rules apply especially to persons past middle age. Although strokes are not uncommon before 45, the large majority of victims are in the older age groups. The primary instruction is to keep the blood pressure under control.

If it is too high; avoid excitement, stay home nights instead of going to parties, keep weight down, get eight hours or more sleep nightly and take time for a rest period every day.

If it is normal but you are middle-aged or older, are overweight or have a family history of high blood pressure, have a regular medical check-up. A great deal can be done to avoid complications before they have a chance to develop.

Strokes come without warning, but the conditions that lead to them can be avoided by the continuous application of the superabundant application of I will play all of Bach's 48 Preludes and Fugues from beginning to end without interruption.

If worked. The audience knew that he could carry out his threat.

Life on World's Loneliest Island

They don't marry in haste on the loneliest island in the world — engagements usually last at least five years.

When a young man begins courting on bleak, storm-swept Tristan da Cunha, 1,500 miles from Cape Town, he goes each evening to his girl's house and just sits by the fire.

No word of love is spoken between them, but the family all know why he's there. When he has shown clearly that he really loves the girl, he gives her his wedding ring to do. If she undertakes to do it, it's a sign that she has accepted him. They then begin to walk about the island together on Sunday afternoons and always dance the first and last dances together at social gatherings.

Sailing to the island with his wife and three children soon will be the Rev. P. H. Bell, who has been appointed chaplain there.

Women on this tiny volcanic island wear long, heavy skirts and chin-high collars. The 250 people, mostly of British descent, pay no taxes and have waged a hard struggle for existence since the island became a British possession in 1816.

They live in stone cottages and are proud of the fact that they are descendants of British soldiers who were placed on Tristan when Napoleon was sent to St. Helena.

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