## ANNE HIRST Your Family Counselor

NEW DAUGHTER-IN-LAW TELLS A HAPPY TALE

Instead of the forlorn recital of marital woes that usually starts this column, today I quote from a bride's paean to a mother-in-law whose under standing presents a pattern that others could well follow.

"Please print this, Anne Hirst," the joyful girl writes, "to show your readers that all mothersin-law are not like those they write you about.

"My new husband earns small salary, so his mother offered us her upper floor until we get a place of our own. She added a bath and kitchenette and we have private lock on our door. We live in such seclusion that sometimes I feel embarrassed. Our privacy is complete. She never comes up without telephoning first; she goes marketing with me only when ask her, and never advises what to buy nor tells me how her son likes things cooked. She is more like an old friend than an in-

"Our friends run in and out as they like and, though sometimes they stay late, she never lets on that she knows it. If she finds we expect company, a cake out of her oven appears, or a tray of assorted sandwiches: she never joins us unless we especially invite her. We all go to the same church, and when my husband wants a round of golf early, she never says a word. There are things we don't agree about, of course, and by onsent we don't discuss them. Her son worships her, and I am beginning to.

"I was the daughter of parents who got a divorce, and now I often think if my mother had een like her, they wouldn't

"My husband and I have our differences, too, but we've always had too much respect for each other to let it come to a quarrel. Persaps this is just a continued honeymoon phase and our marriage may descend to such things later, but I don't believe it. Since I've known his mother. I see why he is so sweet and thoughtful. I am happier I want is to deserve it. My only concern is that when we can afford a place of our own, I won't want to go!"

TO "HUMBLE": A mother-\* in-law dike yours brings out \* the best in everyone who

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Printed Pattern 4614: Misses' Sizes 12, 14, 16, 18, 26; 40. Size 16 takes 5% yards 35-inch. Directions printed on each tis sue pattern part. Easy-to-use, accurate, assures perfect fit. Send THIRTY-FIVE CENTS (stamps cannot be accepted, use postal note for safety) for this than the same item set out on NAME, ADDRESS, STYLE regular shelves.

knows her. She understands how precious one's privacy is so she minds her own affair and just stands by if you need her How fortunate you are. and how wise to be humble! She has her reward too, in your appreciation and grow-

ing devotion. Let us both hope that pos sessive mothers-in-law read-ing your tribute today will resolve to cut the silver cord and let their sons and wivse live their own lives, too. How splendid their reward would

BOY PROBLEM "Dear Anne Hirst: Since my freshman year I've like a boy very much. This year we'll both be seniors. He has never dated me, and twice backed out at the last minute from going to girland-boy dances with me. But can't forget him, and whenever I see him (which is seldom), I like him more.

"Another boy has been fairly interested in me this summer but whenever another gir comes along, he turns his at lar, and I like him a lot, I see him almost daily, since he is a lifeguard at the pool where I swim. I've never dated him.

"A third boy has been dating me, but I wouldn't want him as a boy friend. I know he's going to ask me to go steady; how can I refuse without hurting his feelings? He gets too familiar. "I don't know what to do

about the first two, and I respect your opinion. I know one girl whom you have helped very much. Thank you. MIXED-UP TEEN-AGER"

Your experience with these boys is characteristic of teenage friendships. You will be smart (and avoid disappointment) if you do not take any of the lads seriously. Never forget that the initiative belongs to the male sex, and they will run like everything \* if a girl assumes it.

Tell the third boy you don't approve of going steady with anyone - and avoid being alone with him hereafter. Share your dates as they come, for that is the best way to learn how to enjoy young men without getting painfully involved.

If you have faced problems like those that appear here, tell Anne Hirst how you solved them. Other readers will appreciate sharing your experi-ence. Write Anne Hirst at Box 1, 123 Eighteenth St. New Toronto, Ont.

How Supermarkets Trap Your Dollars

An efficient supermarket opabout one percent of sales. Thus when a super fails to make money on the bargains that pull you into the store, it must see it that you also buy some high-profit merchandise like candy, jellies, spices, gourmet items—and all non-foods. How is that done? You sell these

things to yourself. You drift around the selfservice super in a kind of trance. Touching, feeling, picking up the merchandise, you buy on impulse—far more lavishly than in a clerk-manned store. The average supermarket customer makes seven unplanned, impulse purchases for every three planned purchases, a study of shopping habits has

Have you ever gone into a supermarket for a pound of coffee and come out with two jars of olives, a new anchovy spread and a gadget can-opener as well? If so, you're only behaving normally in a market astutely designed to turn your visit into a buying spree.

For example: Bend dewn at

the dairy case for eggs. Suddenly your eyes come level with jars of fresh fruit salad, or cellophane - wrapped, imported Swiss cheese. You can't resist sliding these high-markup delicacies into your basket. Supersummer fashion of airy voile or markets rarely make you stoop for impulse items; only for sta-

You steer around a corner and nearly collide with a red pyramid of tomato-ketchup bottles. Hypnotized by the mass display, you take a bottle-even though you may have had no notion of buying ketchup. Supers have found that any item erected into a solid display will sell perhaps ten times faster

Another stratagem is to spot Send order to ANNE ADAMS, certain big-markup items in several different places. Count



BATTLE OF THE STREET CORNERS - Chicago Board of Health mobile inoculation team sets up on a street corner of the polici stricken West Side as the city fights to curb the outbreak before the peak of the polio season, which usually occurs in mid-August. Door-to-Door solicitation was used to bring people to the makeshift clinics as polio cases topped 600 in the city's worst siege of the disease. Previous worst season; 1952, with 170 cases totaled during the same period of time. Hardest hit; children under five, with a ratio of 89.5 polio cases per 100,000 children, compared to a ratio of only 25.8 cases per 100,000 in children between the ages of five and 15 - the group previously most inoculated with the Salk vaccine.



gance. I thought if I got bitten

get into the blood stream, and

then dear knows what might

happen. Some folk tell me these

insects are grass fleas. Could be as there is a hayfield right

next to the house. But we have

never been bothered with them

However, bites or no bites, I

have been very busy . . . moving house. Until now, with

eleven rooms to play around in

seem to have managed to

spread myself and my belong-

ings all over the house. And if

up a place like old papers,

consultation with Partner,

ooks, clippings and so forth. I

remove to the boxroom:

set up in its place. And then

began the grand job of collect-

ing my belongings and carting them upstairs. In the middle of

This has been the most insec- , secticide with reckless extrava ivorous summer I ever remember. Look where you will the air is full of bugs of some kind things that hop, fly or crawl. Some that do all three. And I should know! Some kind of little black fly has nearly driven me crazy - and I am the only one it bites. The flies are so small they can get through the screen netting. They have tiny wings, they also hop and they are almost black. You wouldn't think anything so small could be as vicious. The aftermath of their bites has given me restless nights for the last fortnight except the last two nights and then only because I have been buying and spraying in-

on your pext visit. You'll find them on the relish shelf, next to the cold cuts, the crackers, and near the hardware where male shoppers tend to be.

Some markets bait the lowest shelves with cereals, cookies and candies advertised on children's TV programs. When toddlers help themselves, harassed mothers often buy rather than risk tears.

Aisles are sometimes arranged to direct you into sections you didn't intend to visit. tempting you to go on buying. One new supermarket has a bank of short diagonal aisles between the long front-to-rear shelves and the checkouts. You hit the diagonals and deflect into the main, food-packed corridors.

Meat-selling frequently comes in for special attention. In some supers the chrome rail of the refrigerated meat case is warmed just enough so you can rest your arms on it in comfort. Relaxing there, you ponder the goodies spread before you and convince yourself that the rib roast for \$4.25 is a sounder investment than the frankfurters for 49 cents. Steaks and chops are often entwined with green leaves or green plastic ruffling. Green creates an after-image of red in the eye which makes the meat look redder and more ap-

petizing. "The right colors put women in a buying mood," says Varne R. Lane, consultant for a Texas chain. Turquoise, yellow and pink are the colors, experts think, with most appeal for

But whatever the super's decor, the checkout is the payoff. Here the customer's mood abruptly changes. Suddenly, after a leisurely tour of the premises, she's in a hurry. To keep her patronage, the market must

avoid a bottleneck. Big markets put on extra clerks at peak hours; one packs while the other rings up. In some supers moving belts slide the merchandise into position for stowing. Most markets pricestamp every possible item to prevent errors and save time. A new cash register automatically computes correct change.

**Bonnie Scotland** Comes With Us Our vacation was over. had already said good-by to Peter's family. Now the time

had come to say good-by to Peter and I stood on the deck of the Transylvania, anchored in the Clyde, our elbows on the rail, watching twilight thrust-ing her lengthening fingers into the lanes and streets of Glasgow-town. But our thoughts were far away—up wild glens to the north, down pleasant countrysides to the south, sorting out a hundred memories,

mentally packing them into

neat bundles to store in mind

and heart. . . Memories are riches, and we had great riches in store—the memory of Oban, where we ate fish and chips on a red-checked tablecloth, where we lingered long over the woolens for sale, soft as a baby's cheek to the finger tips; Oban, where the sea air was cold sharp with the pungency of salt spray and the romance of the Western Isles ust over the tumbling horizon; Oban, where the lone piper o the Esplanade issued an invitation hard to resist. . . . How could we ever forget the

magic of "the bonnie, bonnie banks o' Loch Lomond" where had stooped to pick up a pocketful of smooth milk-white pebbles, in an effort to carry some magic away with me: of the banks of the River Tay and the River Tummel, Inverurie, Pitochry, Drumlithie - places whose very names were music? On some distant night on a far-off shore, we would unpack and dust off these memories, and find them untarnished by the years. Once again we would standing on a swinging bridge in Inverness, watching the sun sinking in a soft glow of Turnerian colors behind the chimney tops, turning the River Ness into a painter's palette. And in the distance we would hear again a woman's deepthroated laughter and the haunting strains of the bagpipes.

signs to order - crochet, kmi Or we would be seeing again ting, embroilery, iron-ons. the wistful ruin that is Melrose ties. Send 25 cents for Abbey, with the fragile lacework copy of this book NOW — with gift patterns printed in it! of its Crown of Thorns window. open to the wind and the rain, its cobwebby traceries silhoueted against a darkening sky. We would not soon forget the jewel-like setting of Dryburgh Abbey, with its yew trees and hawthorne hedges, or that perfect moment when two wee las-

tain." And of course, the setting sun. What more could anyone want? But I was careful place my typewriter desk well away from the window, when sies asked us the time of day neither birds nor scenery and then disappeared distract my attention w frightened deer toward a cotreally settle down to work. tage among the trees, from which smoke curled lazily up-ward; . . . or the beautiful cop-Of course this new set-up its disadvantages too . per beeches, the rose trees, pink stairs for instance. Some and yellow and salmon; the delthan the door bell or tele v blue. rings. And the phone rings

there is anything that clutters quential things, like hotel corhave yet to meet it. So, after a firmly by the arm, and a famiwas decided I should take over liar voice with a burr to the a room upstairs — it used to be "r's" said, "Come on, Kate, Bob's bedroom. First it had to you've dreamed long enough. be cleaned and a new place found for boyhood's remaining Let's go below and unpack... treasures. And, with Partner's And I knew that already Peter had left Scotland behind help a double bed to take down and was thinking of the new and cupboards and shelves to reponsibilities that awaited him in the city of Washington. -From "A Man Called Peter," by Catherine Marshall.

this things began to happen There's one good thing about outside. One man came in to cut gnorance—it causes a lot of a field of hay at the back of the interesting arguments. farm. Another man was busy in the front field. Then came

the hayloader and after him a doing the job myself. If I had big rig from the Department of known it was going to pour Highways. I never saw anywith rain so soon I would have thing with such huge rubber wheels — all four of them. It waited for help as the storm very effectually put an end to was a soil-testing outfit, sent in all outside activity for the rest to take samples of the soil for of the day. However, the job is construction purposes. The men done now and I am settled used a 12-inch bore, went down down - more or less - in my about eight feet, took a sample of the soil, and then filled the new quarters. But I have run up against another problem. Until I get used to it I won't be hole up again. I think they made four holes. While this was able to write for looking out of the window! I didn't realise what a grand view I would going on I was busy with my - taking twenty-live volumes of an encyclopaedia uphave from upstairs. The winstairs. Two volumes at a time dow faces north-west, overlooks was all I could carry with com-fort. Later I got into trouble for green fields, No. 25 Highway,

EGYPT GIRDS FOR SHOWDOWN - This picture, transmitted by radio shows teachers, recruite

under Egypt's National Guard mobilization program, being instructed in use of rifles at Gezing

Egypt. Egypt's president, Gamal Abdel Nascer, has threatened all-out resistance should any attempt by force be made to take over the vital Suez Canal.



by Laura W. Q.

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pensive looking, you'll want set of earrings, pin, necklard Combine pearls with rickrack-

so thrifty! For bazaars and giff

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pattern to Laura Wheeler, It Eighteenth St., New Toront

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ful patterns for yourself, yo

home - printed in our Lau

1956 Dozens of other new

times before I can get

Daughter says - "Put in an e

tension phone." Good idea,

that eosts money and I

think we have enough

coming in to warrant th

pense. Outgoing calls I

as if we have come to

downstairs and I on the

floor! But we do have our m

at the same table and i

together! It isn't even as

as when we had a lot of catt

Then I did used to think we k

separate lives - with Parts

to think of it there is nothing

extraordinary about that.

professional or businessma

work is usually away the home isn't it? On a farm

just seems queer because a fa

mer's wife is used to having h

menfolk within earshot most

Yesterday we had a quiet t

until about four o'clock.

Toronto family, and finally

and Joy. And they all wan

things began to pop.

eggs to take home with

are glad to get them at wh get better and bigger eggs,

With eggs selling at

at a lower price.

very welcome caller,

the time.

and I at the house. Bu

the barn most of the ti

evening we share the te

range to make when

downstairs. Partner says it le

DRESS.

Do-It-Yourseil

STRIKE-BOUND - This aerial view of the Duluth, Minn., docks shows some of the 58-boat fleet of the ore-carrying Pittsburgh Steamship Co. (U.S. Steel) that was immobilized by a strike of engineers and dock officers. More than 1,500 seamen, 7,000 miners and almost 3,000 railroad dock workers were idled by the strike, which tied up the daily shipment of over 100,000 gross tons of iron ore.

World's Champion

Stowaway The world's champion stowaway—a brisk young German named Hans Etard—has smug-ded himself into seventy-eight hips, has illicitly sailed the even seas and travelled, passage free, over 100,000 miles. And is only in his early thirties!

Hans started stowing away when he was only eight years eld-hiding in a barge up the River Rhine for fifty miles and living on apples!

This whetted his appitide for adventure. His next exploit was to travel under the seat of a huxury express from Cologne to Berlin.

An old lady, a soldier, and a mall boy sat above him. When the boy dropped a chocolate and stooped to pick it up, Hans was nearly discovered, but he man-aged to reach Berlin undetected, and wangled his way past the barrier by pretending that he had been separated from his

For three days he saw the city in style, snatching free rides on buses. At night he slept in a palatial hotel, boldly entering and sneaking into a empty bed-As he grew older, Hans in

creased in daring. He crossed the Continent from Cologne to Constantinople on goods vans, thanging from one to another, and earned his bed and board y telling his story in vivid fashion to travellers at inns along the route. Then he turned his attention

to the open sea—and found op-

learned a neat stowaway tech-

nique. "The trick is to select princely vessel where high passenger rates are likely to leave several first-class staterooms unoccupied. One can then cross the Atlantic in comfort."

Hans bought a pet monkey and trained it to climb down a ventilator shaft and steal food for him from the galley. One day, however, a chef not-

iced the monkey and followed it. The animal's entry into the stateroom nearly gave the show away, but Hans hid in a wardrobe and managed to escape discovery.

His pet was held hostage, and Hans was at his wits' end to think out a plan of rescue Eventually in desperation he he borrowed a stewart's white jacket, marched boldly into the galley and grabbed the monkey saying "Skipper wants this! and made tracks to his new hid ing place as fast as he could.

**Prefer Diamonds** To Growing Rice

The glamour of the diamond fields is tempting farm workers from the paddy fields. The production of rice, Sierra Leone's basic food, now has fallen to a point where it must import what it can from Burma, Pakistan,

and Italy. Illicit diamond digging, dealing, and smuggling have grown to alarming proportions. Official measures to combat them do not seem to have been particularly effective.

Poor and rich alike include rice in their diet in this British T made twenty trans-Atlanic crossings," he says, "and colony on the northwest coast of Africa.

For the rich man it may come clination leads him, for what he reads as a task will do him lit telegood —Samuel Johnson.

to his table to be eaten with a chicken stew, highly peppered and with tomato and onion blended into it.

The poor man's meal, or

"chop" as he calls it, will be a humbler version, maybe on Sundays only, of the same' dish, with the fowl replaced by a cheaper meat bought in the market.

Rice in Freetown is also scarce because it is finding its way upcountry to the diamond areas, where unscrupulous dealers sell it at a shilling (14 cents) a tinful.

In the markets, rice is measured out in round tins made to hold 50 cigarettes. A tinful of rice costs fourpence (about four cents) - officially. But market inspectors seem to be winking at prices of fivepence, sixpence,

There is an official rice mill in Freetown where housewives can go to buy, if they are pre-pared to line up for hours, but even there one hears talk of black-market dealing.

Upcountry there are two rice depots, and more may be

The government is also trying to step up rice production by introducing mechanical means of cultivation. But the lure of the diamond hunt remains strong.
There is considerable local

feeling that an inquiry should be set up into the distribution of rice, but nothing has been done so far. Meanwhile, the man in the street has to make do with a tinful less rice to go with his Sunday pepper stew.

A man should read just as innation leads him, for what he reads as a task will do him lit-

in the old saying that "fish is brain food", what a nation of quiz kids we would be! For, the fact of the matter is, Canadians are eating more fish these days.
A connotation of elegance is eplacing the "poor man's" labe that used to be associated wth fish and fish dishes. This is reflected not only in the increased Canadian consumption but also in the seafood specialty restaurants which have sprung up in most large cities.

Good Eating—

**Good For Health** 

If only there were some trut

Annual per capita consump-tion of fish increased four pounds during the period 1944-54, raising the rate from 9.8 to 13.8 pounds. Moreover, the fishing industry hopes to boost this figure considerably over the next generation.

A peculiarity of fish sticks is

that the characteristic flavor of fish is so modified that the food

appeals to people who don't

ordinarily care for fish. Between

the bread crumbs, cooking oi

and the seasoning, it hardly

The industry believes that

if they are assured of a product

of consistently superior quality

tention being paid to this aspect

marketing the most critical phase now is stowage time at

sea. The Atlantic fisheries

scientists feel that the most im

portant thing being done to

retail stores is to have a higher

percentage of better quality fish

arrive at the fish plant. In all

of the research board's work the

aboard trawlers or fishing

schooners for any period longer

Homemakers, too, should re-

when cooked as it comes from

the water. It isn't necessary t

in flavor. A few minutes in

in cooking fish. Its flavor is

inherent in its freshness and

tenderness is natural, not in-

Nevertheless, the developme

of packaged frozen foods offers

the brightest new opportunity for the industry. It permits

packaged seafood products to en-

joy the same economy of mas

food items. Fish and chips i

distribution as related frozen

To retain the quality of frozen

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properly frozen and handso

fish cakes.

than absolutely essential.

underlying thought has been to discourage holding the fish

In the early stages of fish

of consumer requirements.

anadians will eat more fish

seems to matter what fish i

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PRICE \$2.50 PER JAR. hot oven or a quick fry in deep fat is the best advice to follow

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extremely dry conditions causing dehydration. For these reaas overwraps for fresh and fresh-frozen fillets. So successful has been this type of film that its use in the fisheries industries for both freh and frozen pro

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ducts has multiplied 40 times since 1937, although the indus try's total catch has remained fairly constant over the same



## WELSH RAREBIT

2 tablespoons butter
1½ tablespoons BENSON'S or CANADA
Corn Starch

Corn Starch

1½ cups milk

1¼ cups grated sharp cheese

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon paprika

Dash cayenne (optional)

½ teaspoon dry mustard

1 tablespoon chopped parsley

MELT butter in top of double boiler.
BLEND in BENSON'S or CANADA Corn Starch; COVER and cook 10 minutes, stirring oc-ADD grated cheese and stir until melted. ADD seasonings and parsley. SERVE hot on buttered toast or on heated, crisp

YIELD: 4 to 6 servings.



For free folder of other delicious recipes, write to: Jane Ashley, Home Service Departme E CANADA STARCH COMPAN LIMITED,

P.O. Box 129 Montreal, P.Q.

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Sept. 21

Sept. 26

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Oct. 12

Oct.

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Oct.

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