

Make your 1949 investment in the Red Cross a real one!

YOUR PERSONAL CONTRIBUTION TO THE ANNUAL CANADIAN RED CROSS APPEAL IS NOT A GIFT!

IT IS YOUR ANNUAL PERSONAL INVESTMENT IN HUMANITY, IN THE NEVER-ENDING SERVICE OF MERCY. IT IS YOUR STAKE IN THE RED CROSS BLOOD DONOR SERVICE, IN OUTPOST HOSPITALS AND HOSPITALIZED VETERANS, IN HEALTH AND HAPPINESS RESTORED TO CRIPPLED CHILDREN AND IN RELIEF FOR THE VICTIMS OF DISASTERS

MAY YOU NEVER NEED GREATER DIVIDENDS THAN SATISFACTION IN KNOWING THAT YOU'VE HELPED!

Advertisement contributed by

THE E. B. EDDY COMPANY
Hull, Canada

That Body Of Yours

By James W. Barton, M. D.

MEAT FOR INFANTS

It would appear that while meat continues to be expensive, food research workers know how necessary to good health is meat—not only for men and women, boys and girls, but even for infants. This is certainly a change from the days of milk or milk and bread as a "complete" food for infants.

Improvement in the general health and an increase in hemoglobin (iron) and red cell formation in infants after meat had been added to their diet.

Strained meat, sufficient to increase the protein content of the diet 25 per cent, was added to the formula of 36 well infants from the sixth to the fourteenth week of life. The starch foods were cut down sufficiently to make up for the calories furnished by the meat.

Meated infants did not grow faster than those on the regular infant diet, but were thought to be more satisfied, to sleep better and to be in better physical condition. During these weeks of eating meat, the hemoglobin (iron) in the blood increased by 13.3 per cent in 18 infants, whereas it fell 10.03 per cent in 15 infants given regular meals without meat. Red cells of the blood which carry oxygen and building materials to all parts of the body rose 22.2 per cent in in-

Dorothy Dix Says

(Continued from Page 2)

whom I like very much, but my father refuses to let me go out alone with him because he is 21 years old. So I can't go anywhere unless my mother tags along, and it isn't any fun for me to have my mother along on all of my dates. What can I do?

DESPERATE

ANSWER: If you have been dating boys ever since you were 15, I should think you would be sufficiently acquainted with the species to know how to handle them. Anyway, it seems to me that your father makes a mistake when he objects to a lad for no other reason than that he is 21 years old. I think a boy of that age is more to be trusted than one who is in his teens, because the older boy is more mature, has seen more of life and feels more responsible than the kid does. Of course, it is the duty of fathers and mothers to watch over their little daughters and try to protect them, but they don't do it by hanging the family around their girls' necks and setting the little brothers and sisters to spy on them when they even go to the movies. All that they accomplish is to keep Sally and Mammie from ever telling Mother any of their plans and to make them do the silly things that they would never do if Mother trusted them and put them on their honor to behave.

The Harvey Girls

By Samuel Hopkins Adams

"There'll be enough of us to handle 'em," said the ever-belligerent Terry Kelsey.

"That's all right. But somebody is going to get killed, sure. And if that happens, Purvis will close the place. The announcement of this appointment as governor will be coming through any day now.

"I don't know that it will do any good," said Clay, "but just for the record, why not serve notice on him that we know what he's up to? Dave, you pick a committee and we'll talk turkey to him."

Manager Bell picked Clay to represent the local interest, Terry for the railroad and Tim for Harvey's. They informed the Judge that he would be held personally responsible for any wrongs committed against Harvey property or personnel, and that such action would be promptly required in kind. The great man assumed his blandly judicial expression.

"Gentlemen, all will be in order. The Harvey method of trade is discriminatory and unlawful. The Harvey food is a menace to public health. The Harvey establishment is a nuisance. It will be dealt with in due time. Legally, gentlemen, legally. And I suggest," he ended, "that you stay within the law on your side."

Clay eyed him. "I only hope you'll be there Saturday night," he said significantly.

The Judge smiled. He had no intention of being there. A canny general directs his forces from the safety of the rear. Meantime, as a shrewd operator, he was not neglecting his out-of-town interests. What was going on at Robbins' Nub he could not determine.

Since it was a Hartsey operation, coal was the natural inference. But the geologist had declared that coal was not found in that formation. Something was certainly there. Sonora Cassidy, now Mrs. W. H. H. Hartsey, was preparing to take up residence with her husband, and it was rumored that one or the other was pretty constantly on armed guard to discourage undue curiosity on the part of outsiders.

There was that troublesome matter of Thurston, too. Against heavy handicaps, the cattleman was now running even or perhaps a little better. The longer he hung on the poorer were the chances of eventually dislodging him. The big word sent word to Clay that he should see him in his office. Clay ignored it. So Purvis was

forced to the alternative of awaiting his opportunity. He encountered the cattleman outside the post office. "Thurston, I want a word with you."

"Say it."

"You've got to stop driving your cattle through our main street."

Clay's eyes narrowed. "How am I supposed to get them to the shipping pens?"

"That's your lookout."

"You don't own the streets."

"If you want it officially, go to Sheriff Whately," smiled Purvis. "I'm willing to admit you own the street," returned the other. "But neither you nor he is going to stop my shipping my beeves from Sandrock."

"Talk to him," said the Judge with a wave of his hand.

Clay knew there was nothing to be gained by going to Whately. Instead he sent a message to the divisional freight agent of the railroad, who transmitted it to headquarters. Interference with traffic was one thing that no railroad could afford to permit. By red-hot wire it was indicated to Mr. Whately that self-preservation is the first law of politics and he would do well to keep his hands off Santa Fe freight. Duly impressed, he reported to his principal that, while he would be glad to oblige, there didn't seem to be anything for him to do in the matter. With his rancher's hand, the cattleman enhanced Purvis' decision to take direct action when the net shipment of livestock should come in from the Thurston Ranch.

CHAPTER XXVI

Drowsing at his key late Wednesday night, Terry got his call in Morse so ragged that he could not at first make sense out of it. Presently he began to make it out.

There had been a serious accident somewhere. Not to the railroad, however. Something else. Coal. That must be the Faulkner mine, thirty miles out. Now he could piece it together. A bad explosion at the mine mouth. Could Sandrock help? In cases of emergency the Santa Fe did not wait for requests. It acted first and went into details later. Within a half-hour steam was up in a switch engine and a wildcat, manned by half a dozen volunteers, was making for the far grade that led to the scene. Before it left, Terry had roused Bella Torrance by a private signal and told her to hustle Miss Bliss out to him. The duenna came down shivering. Terry stated the case. She replied with practical questions to which he could give but vague answers.

"I don't know how many, but it's bad. We'll need beds. Can you turn the girls out?"

"Of course. How soon will the train get back?"

"Depends on the loading. It'll take better'n an hour to get up here, but she'll come back roarin'." "Four-fifteen."

"Tip for spring house-cleaning: A long-handled dustpan and dust broom is as efficient to use and much less fatiguing to the back than the short-handled pans, which require back bending."

Summary of a clothing and textile study reported by the U. S. Department of Agriculture showed that fabrics purchased between 1944 and 1946 shrank less than pre-war materials but were higher in price. Pre-war materials were also superior in colour fastness to washing, light and perspiration.

To blend cream rouge more smoothly into skin, mix rouge with a tiny bit of cold cream or foundation cream on the back of your hand before applying to cheeks.

A handy ironing board attachment is a small, cone, useful for combing out fringes on table cloths, napkins, etc., while the fringe is still damp and easily handled.

The smoothest custards are those that are not cooked at too high a temperature or for too long a time. This applies to custards made on the top of the range as well as those baked in the oven.

Tea or fruit stains on linen should be smeared with glycerine and left for about two hours; then wash the stains in warm, soapy water. Repeat the process if necessary.

SCROOBY, Nottinghamshire, England (CP) — Three Americans named Brewster, descendants of William Brewster, ruling elder of the pilgrim fathers, have sent \$750 (\$3,000) to help rebuild the spire of ancient Scrooby parish church, where pilgrims once held secret meetings.

Living & Leisure THE WOMAN'S REALM

A MERRY HEART

My "Doctor of Philosophy" Should surely be his name— This drugless, grand practitioner— Worthy of widest fame!

Of medicines, he brings me none, In bottles sealed up tight, But oh! he brings the sunshine back And makes the world seem bright!

His merry heart has potency To turn grey skies to blue! My "Doctor of Philosophy"— A title, surely true!

—Cora Baker Hall.

ADVISES COLOUR FOR MATURE LADY

A woman's 40th birthday might well be an occasion for dispelling some of the gloom which a black party dress casts over her, and sometimes over an entire gathering.

An all-black dress is an excellent choice for the young thing whose slim silhouette is even made to look more narrow by black. Black also seems to heighten the bloom on a young skin. Unrelieved black, however, never seems to be as kind to the skin tones of an older woman or as flattering, if she has mature figure faults.

The woman who has a good figure and has a black dress which shows it off should wear it, of course. But she should not allow its sombreness to rob her skin of freshness or deaden the richness of her hair.

There are ingenious ways of relieving the gloom of an all-black dress. One of the most effective is a Victorian-styled lame, collar, used to top a black dress with dazzling splendour and to highlight the wearer's hair and skin.

As interesting an accessory to use, if a black dress needs a lift as well as the woman who wears it, is a bright bolero. A small remnant of bright-coloured satin, brocade or taffeta can be turned into a bolero of a woman's own making. If the bolero is back-buttoned, it will look more distinctive and the uncluttered front of such a jacket will provide a more interesting backdrop for ropes of arresting beads.

LITTLE HINTS FOR THE HOME

Try out the length of the handle before buying cleaning equipment to make sure the equipment will be comfortable to use and not require an unusual amount of bending over.

Tip for spring house-cleaning: A long-handled dustpan and dust broom is as efficient to use and much less fatiguing to the back than the short-handled pans, which require back bending.

Summary of a clothing and textile study reported by the U. S. Department of Agriculture showed that fabrics purchased between 1944 and 1946 shrank less than pre-war materials but were higher in price. Pre-war materials were also superior in colour fastness to washing, light and perspiration.

To blend cream rouge more smoothly into skin, mix rouge with a tiny bit of cold cream or foundation cream on the back of your hand before applying to cheeks.

A handy ironing board attachment is a small, cone, useful for combing out fringes on table cloths, napkins, etc., while the fringe is still damp and easily handled.

The smoothest custards are those that are not cooked at too high a temperature or for too long a time. This applies to custards made on the top of the range as well as those baked in the oven.

Tea or fruit stains on linen should be smeared with glycerine and left for about two hours; then wash the stains in warm, soapy water. Repeat the process if necessary.

FUSSY HOSTESS UNNERVES GUESTS

Guests never really relax in her house because no matter how well she knows them, the moment they walk through her front door they become "company."

They aren't just friends to be made comfortable and welcome in an easy-going, relaxed sort of way. They are company who must be treated differently from the family, but she always feels she has to apologize for it to the "company."

The children's everyday manners are good enough, but she keeps after them whenever there is company so they will be sure to make a good impression.

She's a good cook, but she is always afraid there is too much salt in this, or that something else is cooked a little too long when she serves food to any one outside the family.

And so she worries and fusses trying to see that everything is just right for company. And then she wonders why her guests never seem to feel at ease.

If she could just treat those she entertains the way she treats her family—giving them the best she has and assuming that it will be good enough—she would be the kind of hostess she wants to be.

But guests are company, and she never forgets it, or never lets them forget it.

No wonder her guests find it hard to relax and enjoy themselves.

A glazed appearance can be imparted to the pie crust by painting it over with a pastry brush with cream, or with beaten egg and water. Then bake in a hot oven for 20 to 40 minutes, according to the contents of the pie.

A hard-cooked egg slicer, says Modern Woman, is excellent for slicing strawberries or fruits for salads, fruit cups, etc. It is excellent, too, for slicing beets.

Modern Etiquette

By Roberta Lee

Q. Is a mere "thank you" all necessary when a man in a public conveyance gives his seat to a woman?

A. Yes, it is sufficient, though she should express genuine appreciation and not accept the seat as though she were granting a favor by doing so, or that the courtesy was expected. A bright smile and a pleasant "thank you" will go a long way towards gratifying the donor of the seat.

Q. Is colored or white linen correct for the luncheon table?

A. Either is correct; it is merely a matter of preference.

Q. Is it proper for two women to shake hands when being introduced?

A. This is entirely optional. Many women do, particularly business women.

INDIA INTERESTED IN POTENTIAL SPAS

NEW DELHI, March 8 — (CP) — Samples of water from 23 different mineral springs in Bihar have been examined and geological experts say that some closely resemble well known European and American medicinal, table and spa waters in mineral composition and radioactive properties.

The Geological Survey of India bottled some suitable types of spring waters for tests by the public.

Reports from those who used the samples are stated to be encouraging. Some have reported that the waters on continued use prove efficacious for rheumatism, skin diseases, digestive disorders and leprosy.

Barbara Brent's BUYS AND WHYS



MONTREAL, Mar. 10th—Did you realize that soup could be the most versatile dish on your menu? It can... when it's any one of the 12 delicious varieties of HEINZ CONDENSED SOUPS! And all you do to find out how to prepare these famous Heinz Soups in the most appetizing ways imaginable is simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q. for your free copy of "67 Ways to Use Heinz Condensed Soups"!

Truly, this booklet is a cooking discovery!... in it you'll find soup recipes for everything from salads to meat loaves... all delicious!

Because There Were So Many Letters from readers asking for this wonderfully informative booklet about how to hook rugs... I'm repeating the offer! If you haven't yet sent for "A New Hobby From An Old Craft—How to Hook a Rug"... this is your "chance-of-a-lifetime"!

Adorable! That's what your baby's curls will be after you've given her this marvelous hair treatment! If baby's straight hair is your despair... then your hair is your despair... then Nestle's Baby Hair Treatment is truly your dream—come true!

Green Salad — Kraft Dinner — Floating Island — Coffee — Yes, there's many a luscious, Lenten menu that can be planned around delicious KRAFT DINNERS! You see, it's a wonderful macaroni-and-cheese combination that makes 1 main dish for four. It costs only a few pennies, but it's a "complete-for-the-day" dish, if you've seen one! And so very easy to prepare! In every package of Kraft Dinner is a special fast-cooking macaroni that cooks 7 minutes!

And in the same package, there's cheddar cheese, already grated, to sprinkle in for good cheese flavor! Ask your grocer for Kraft Dinner—he has it for you now at a new low price!

Plan to serve something a little special for dessert this day. Mould Limb Jell-O in a shallow pan. When firm, cut in cubes and pile into serving glasses. Then top each dessert glass with a mound of sweetened whipped cream, a Lime Jell-O shamrock cut-out. You'll love the tangy, fresh-fruitiness of Lime Jell-O and all the delicious "locked-in" JELL-O flavours. They're favourites in so many homes.

Something For Junior To Crow About!... this "grown-up" food that tastes so good and is so good for him! Yes, 5 Minute "CREAM OF WHEAT" cooks to baby-ready digestibility in just five minutes of boiling... and it contains iron-enriching Iron—provides extra Calcium and Phosphorus for diets deficient in these elements. 5 Minute "Cream of Wheat" is a family treat I've never seen one. Good for baby—grown-ups—and grandma, too. And how everyone loves it. Serve it with raisins or apricots on top. Splash on milk and sprinkle with sugar! I'm sure your family will agree that it's a "delectable" dish for breakfast or good night snack!

Planning An Early Spring Wedding? Well, when all the excitement... the rice and the flowers—the wedding cake and the guests have vanished—here's something you should know about!—Something every bride should know about is the truly satisfactory method of feminine hygiene. Yes, thousands of fastidious women agree that ZONITORS are wonderfully dainty and convenient to use... and effective! Zonitors are graceful, stainless, snow-white vaginal suppositories—powerfully germicidal, yet absolutely safe to delicate tissues! Zonitors are available at drug stores all across Canada—and for frank facts you'll want to know about feminine hygiene—write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for the free booklet on this important-to-brides subject! The booklet will be sent to you in a plain wrapper.

Spring Clothes, gay and lovely though they are, can never look their loveliest on you if your skin is "winter-weary"!

That's why the NEW WOODBURY POWDER is such a boon-and-blessing... for it comes in seven truly flattering shades—it clings longer—covers skin flaws better! What's more, it contains a very special ingredient that gives a smooth-as-satin finish to your skin... and it's mixed with Woodbury's new "super-blender" that whisks colour into powder and powder into colour with terrific speed! This results in a fineness of texture and richness of shade that are truly amazing! No wonder that the most extraordinary beauty test ever made, American women from Coast to Coast voted 4 to 1 for the New Woodbury Powder!

"No More Bother About Making Apple Sauce Since I've Discovered Canned Scotian Gold!" writes a reader. She says, "quite frankly, that SCOTIAN GOLD APPLE SAUCE is better than any I have ever made myself!"

What gives Scotian Gold that extra-good flavour? Well—it's Sauce made from specially selected varieties of the Annapolis Valley's famous flavoured apples. With 15% sugar added, they are quick-cooked in a process which retains every bit of the natural flavour and aroma of the fresh fruit. Scotian Gold Apple Sauce is not strained—you'll really appreciate its complete natural goodness! Try it soon—for breakfast—as a dessert—as a "special treat" for your youngsters' lunch—a tasty side-dish with pork or sausages—or as a delicious topping for ice-cream! I know you'll like Scotian Gold Apple Sauce!

Imagine How YOU Would Feel if you had spent hours cleaning and polishing your living room for a tea-party... only to overhear this remark from one of your guests—"Yes, this is a lovely room, but how stuffy it is!" It's so easy to forget that even the smell of a fine car can linger in your drapes. So best make a sure your room is fresh-smelling before your guests arrive! Just uncap a bottle of VAPAIR—pull the wick—and it will "clear the air" of all stale odours in a jiffy! Yes, Vapair banishes cooking smells—odours from birdcages, dogs or cats... and stale cigarette smoke. And it costs less than a cent each time to use! Just try it!... ask for the big value 10-oz. size at 89¢ or get the money-saving 10-oz. refill bottle at \$1.19.

Accessory Too Lively

HATFIELD, Hartfordshire, England (CP) — Roger Blayden, 10 loves mice. When he entered for a fancy-dress parade he decided a mouse would enliven things. It did. Women ran screaming in all directions. The mouse was barred, but Roger won first prize. He dressed a Mickey Mouse.

Worcester Priest Barred from Russia

WORCESTER, Mass., March 8 — (AP) — Rev. G. Antonio Laberge, only Roman Catholic priest stationed in Moscow, has been barred from returning to the Soviet Union, Father Laberge currently is spending a 60-day vacation in the United States. Very Rev. Wilfrid J. Dufault, American superior of the Augustinians of the Assumption, said Father Laberge's re-entry

Worcester Priest Barred from Russia

Worcester, Mass., March 8 — (AP) — Rev. G. Antonio Laberge, only Roman Catholic priest stationed in Moscow, has been barred from returning to the Soviet Union, Father Laberge currently is spending a 60-day vacation in the United States. Very Rev. Wilfrid J. Dufault, American superior of the Augustinians of the Assumption, said Father Laberge's re-entry

Worcester Priest Barred from Russia

Worcester, Mass., March 8 — (AP) — Rev. G. Antonio Laberge, only Roman Catholic priest stationed in Moscow, has been barred from returning to the Soviet Union, Father Laberge currently is spending a 60-day vacation in the United States. Very Rev. Wilfrid J. Dufault, American superior of the Augustinians of the Assumption, said Father Laberge's re-entry

Worcester Priest Barred from Russia

Worcester, Mass., March 8 — (AP) — Rev. G. Antonio Laberge, only Roman Catholic priest stationed in Moscow, has been barred from returning to the Soviet Union, Father Laberge currently is spending a 60-day vacation in the United States. Very Rev. Wilfrid J. Dufault, American superior of the Augustinians of the Assumption, said Father Laberge's re-entry

Worcester Priest Barred from Russia

Worcester, Mass., March 8 — (AP) — Rev. G. Antonio Laberge, only Roman Catholic priest stationed in Moscow, has been barred from returning to the Soviet Union, Father Laberge currently is spending a 60-day vacation in the United States. Very Rev. Wilfrid J. Dufault, American superior of the Augustinians of the Assumption, said Father Laberge's re-entry

Worcester Priest Barred from Russia

Worcester, Mass., March 8 — (AP) — Rev. G. Antonio Laberge, only Roman Catholic priest stationed in Moscow, has been barred from returning to the Soviet Union, Father Laberge currently is spending a 60-day vacation in the United States. Very Rev. Wilfrid J. Dufault, American superior of the Augustinians of the Assumption, said Father Laberge's re-entry

RUTH, WHY ARE YOUR UNIFORMS ALWAYS SO MUCH WHITER THAN MINE?

NEW Rinso with Solum

1 WASHES WHITE CLOTHES WHITER THAN BRAND NEW

2 GETS WASHABLE COLORS BRIGHTER THAN BRAND NEW

No other soap gives these amazing results... no other soap contains Solum

Nurses want their uniforms the whitest white ever... and New Rinso washes them whiter! Yes, New Rinso with Solum washes white clothes whiter than brand new... washable colors brighter than brand new! Even greyed and yellowed clothes come out of New Rinso's soapy-rich suds whiter than brand new! And New Rinso gives these astonishing results even in hardest water. For the whitest wash ever, get New Rinso today.

Rinso with Solum

SO SAFE FOR CLOTHES... SO KIND TO HANDS

Needlecraft FOR THE HOME

FLARE FOR FASHION

The two-piece brings big sister's styling to younger sister's sizes—with the fitted jacket that flares over the circular-cut skirt! Pattern includes choice of short or long sleeves.

No. 2424 is cut in sizes 6, 8, 10, 12, and 14. Size 8, 2 1/2 yards 54-inch.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

Address: Pattern Department, The Charlotte-Town Guardian.

Pattern No. 2424

Name _____

Address _____

City _____ Province _____

CROWS COMPLICATE GOLF

LONDON — (CP) — Players on Finchley, North London, golf course, are having their greens spoiled by crows, which swoop down and carry off the golf balls.

2424 SIZES 6-14