

Woman's Realm / Social and Personal / Fashions / Literature

CHRISTMAS IN PORTRAITURE

Your Children By Their Christmas Tree

Christmas Souvenir Portraits

By

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That Body Of Yours

By James W. Barton, M. D.

SPELLS OF RAPID HEARTBEAT - PAROXYSMAL TACHYCARDIA

When the heart suddenly begins to beat rapidly, perhaps 100 to 144 beats per minute instead of 72, then after minutes or hours suddenly quiets down to 72 again, it is natural to think that there is something wrong with the heart. Rapid heart beating is called tachycardia and when it occurs in paroxysms or sudden spells it is called paroxysmal tachycardia.

No one has discovered the single or specific cause of tachycardia but a history of the case often, but not always, shows a nervous or emotional temperament present at the onset of the patient outwardly may appear calm and not emotional.

Between attacks of paroxysmal tachycardia, the patient is free from any heart symptoms such as rapid heartbeat, breathlessness, pain in chest, swelling of feet; but there is always the knowledge and often the fear of future attacks.

Fortunately, there is the drug that stops rapid heartbeat and is therefore used when available. It is quinidine, not quinine, and is given by mouth as with quinine. As quinidine is not always available, quinidine and quinine were unavailable for civilians during World War II, physicians and patients used the various forms of treatment used before the discovery of quinidine.

A popular treatment is the drug, syrup of ipecac (one to two teaspoons), which by bringing on a vomiting spell stops the attack. Also, placing the finger down the throat practically always causes vomiting.

Another method is pressure of the palm of the hand on the middle of the abdomen or slightly upward toward the heart; this causes pressure on the large nerve, the vagus, which supplies all the organs in the abdomen. This pressure seldom fails to stop an attack of paroxysmal tachycardia. Still another way of causing pressure on this big nerve and stopping an attack is bending over and trying to expel gas or wastes from the bowel. Another method used to stop an attack is pressing the fingers hard over the eyeballs.

WHY WORRY ABOUT YOUR HEART?

Do you get out of breath on slight exertion? Does your heart seem to skip beats or beat irregularly? Send today for Dr. Barton's interesting booklet on this subject entitled G.

Cook's Corner

CHOCOLATE DIVINITY FUDGE

2 1/2 cups sugar
1/2 cup ground chocolate
3/4 cup white corn syrup
1 cup boiling water
1 dessertspoon butter
2 egg whites
1 cup nuts (walnuts or pecans)
1 teaspoon vanilla.
Pinch of salt.

Mix sugar and ground chocolate thoroughly, then add syrup and boiling water mixture (measure 1/2 cup syrup and fill up with boiling water). Put on fire and stir until ingredients dissolve (then stir occasionally to keep from burning) and cook to the soft ball stage (or about 236 degrees F.). Have egg whites beaten stiff (add pinch of salt to egg whites while beating them), and pour over egg whites half of the cooked mixture, beating constantly. Put remainder of syrup mixture back on fire and cook until it reaches hard ball stage. Then add this to mixture of egg whites, beating constantly. After beating about 2 minutes, add butter; then beat for 3 minutes and add vanilla and nuts. When mixture stands up in peaks and still has a glossy surface pour into buttered pan or dish. This makes about 2 pounds.

How Can I!!!

By Anne Ashley

Q. How can I take proper care of rubber gloves?
A. If the gloves are used frequently, sprinkle talcum powder into them before putting them on. It will be easier to slip them on and off, and the powder will absorb any perspiration from the hands.

Q. How can I clean painted walls?
A. Try using two ounces of borax in two quarts of water and one teaspoon of ammonia. Use about half this quantity to each bucket of water and no soap will be required.

Q. How can I wash a raincoat?
A. A solution of one pound of alum to three gallons of water is excellent for washing a raincoat. Do not attempt to wash a raincoat with soap.

"Why Worry About Your Heart?" To obtain it, just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station 16, New York 19, N. Y.

Legends Of P. E. Island

By Uncle Joe

THE SUCK OF DEATH

There was a man in Prince County whose name was Ham. Living with Ham were his brother Seth and their old mother, Sarah. The day on which this story was born was Friday—Friday, the 13th of December in the year 1790. Ham and Seth had been occupied for the past few days demolishing an old shed. They were preparing to finish the job that Friday morning. Ham was carrying a saw and axe. His brother was armed with a couple of props and a crowbar. They, their faithful shepherd dog, jumped about and barked his joy.

The storm which had threatened since early dawn suddenly let loose with all the fury of a hurricane, driving great masses of swirling snowflakes straight at the faces of the brothers. The tree tops groaned and bowed as they staggered to keep their dignity in the teeth of such a blizzard. Folks said it was the worst storm Prince County ever experienced.

"Come back, boys!" cried a voice above the din of the howling tempest. "It's not fit to be out in such weather. Come back, I say, before something dreadful happens to you."

"That was their mother, Sarah, speaking from the open door of the little log-cabin.

"Don't worry, mother!" they shouted back. "We'll finish the job and be home for an early dinner." The dog still frisked about, continued to bark his pleasure.

They found the old building swaying crazily on its foundations. The gale tore at it in mad fitful gusts, threatening to capsize it at any moment.

"I'll put a couple of props under that left side," said Seth. "Then we can get a heavy fence pole and turn the old pike clean over on the side."

"Better make it snappy," cautioned his brother.

Crash! crash! crash! the roof had fallen upon Seth's bended back before Ham had finished uttering his warning.

"For God's sake get me out of here!" cried the wounded man. "Part of a rafter must have gone clean through my back—pain—blood—"

Ham worked like a fiend, throwing the debris to right and left. Tray barked incessantly. Seth's moans reached his brother above the fiendish voices of the wind.

At last he came to the end of the junk. It was a heavy board. Through the board protruded a large spike, the end of which was deeply imbedded in his brother's back, just between the shoulder blades.

Ham pulled on the object, taking a firm grip on the board with both hands.

Seth gritted his teeth and swore softly.

Another pull and the spike came away. Ham looked at it and saw that it was rusty. Then he looked at the ugly, jagged wound and saw the natural color of the flesh beginning to turn dark and purple.

Sarah hastily prepared a cot in one corner of the kitchen for her favorite son. To see him suffering made it hard for her to hold back her tears.

Ham had a flash of genius. It was the only chance of saving his brother's life.

"Lie flat on your stomach," Ham said to Seth. "And don't bother me with questions."

By now the pain in Seth's back was terrible. The poison was spreading. The white skin around the ugly wound showed dark purple.

Sarah watched in reptile silence while Ham bent low over the body of his brother. A moment more and his lips closed over the wound.

All that day and part of the night Ham sucked at the stick and the more you forbid a boy to smoke, the more likely he is to do it, because we all hanker after forbidden fruit. All that you will gain by taking severe measures is to make your boy lie to you and deceive you.

But you can keep your son from smoking by argument and persuasion and by convincing him that it is bad for a growing boy.

DOROTHY DIX SAYS—

Woman With A Past

Repentant Girl Nevertheless Risks Much As Husband Never Forgets

DEAR MISS DIX: I am in love with a woman who, in her early youth, took the wrong turn in the road. She has repented of her mistake and I believe will go straight in the future. I am willing to forgive and forget. Do you think we can be happy together? J. H.

ANSWER: If you can really forget. That's the trouble with men. Before marriage they think they can forgive and forget, but in reality they do neither, and after marriage in every time of domestic stress they make of the woman's past a whip with which to lash her.

It seems to me the cruelest, the most ungenerous and the most unjust thing a man can do is to remember, after all, the man who married the woman of his own free will and accord. She has not deceived him. He knew all about her bedraggled skirts, and if he married her he washed her slate clean so far as he was concerned, and by every law of sportsmanship he has no right to reproach her with the fault he has condoned.

Yet few men are big enough to do this. Ninety-nine men out of a hundred who marry women with a past revile them with it and insult them with it every time they get angry, and this shows what a rankling sore it is in the husband's memory. For this reason it is always dangerous for a woman with a past to marry because, although her husband may say he forgives her, he never forgets it.

UP TO MAN

The woman who has stumbled off of the straight and narrow path and who has repented of her wrongdoing often makes the most circumstances the cruelest and best of wives and there is no reason why a man should not be happy with her if he can overlook the false step she has made.

DEAR MISS DIX: I have a 23-year-old son who has a fine position and makes a good salary, but he is always in debt and him everything I can rake and scrape out of my household money, but we are poor people and my allowance has to cover many needs, I am able to let him have very little.

I am so afraid he will become desperate about money and do something he shouldn't do. What should I do? A MOTHER

ANSWER: Absolutely refuse to give your deadbeat son another nickel. Let him be badgered by bill collectors and lie awake wondering how he is going to get the money to pay his debts. That is the only way he will ever find out the value of money and the necessity for living within his income.

Also, it is not fair to your family to deprive them of the things they need in order to give the money to this big, husky lad who is perfectly capable of taking care of himself. Your son has come to the parting of the ways. His future depends on your having enough backbone to refuse to give him money now, no matter how he pleads nor what he threatens to do. So buck up and keep your pocketbook closed.

DEAR DOROTHY DIX: My wife says that if our boy wants to smoke she will not stop him through strict measures, because it may start him doing things behind her back that she would not wish him to do. I say that force should be used to stamp out any craving my son might have for tobacco. Which of us do you think is right? A STRICT FATHER

ANSWER: Your wife. You cannot beat the desire to smoke out of a boy, nor can you force him to refrain from smoking by peremptory commands. In fact, the stricter you are and the more you forbid a boy to smoke, the more likely he is to do it, because we all hanker after forbidden fruit. All that you will gain by taking severe measures is to make your boy lie to you and deceive you.

But you can keep your son from smoking by argument and persuasion and by convincing him that it is bad for a growing boy.

Modern Etiquette

By Roberta Lee

Q. Is it considered polite to leave a little food on one's plate when through eating dinner?
A. This is not at all necessary, and is really inexcusable wastefulness. One should eat as much or as little as he chooses, but he should take onto his plate only as much as he feels capable of eating.

Q. Should an invitation to the wedding reception be included with the invitation to a house wedding?
A. Yes.

Q. What should a girl say when a man thanks her after a dance?
A. Merely smile, or make some remark to express her enjoyment of the dance.

more and his lips closed over the wound.

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Household Scrapbook

By Roberta Lee

The Hanging Basket
A novel way to water the hanging basket without spilling water on the floor, is to insert a small funnel in the dirt, about the center of the basket and hidden by the foliage. Fill this funnel with water every day, and it will soak into the soil gradually.

Slender Figure
An authority, who keeps her figure slender, and her weight perfect, takes only liquids for breakfast, salads for luncheon, and "anything she chooses" for dinner.

Sour Milk Substitute
If the recipe for a cake calls for one cup of sour milk, add one cup of a half teaspoonful of vinegar to a cup of sweet milk and bring to a boil.

The Stars Say--

By Genevieve Kemble

For Thursday, December 23
THIS might be characterized as an unpredictable day with affairs of all description seeming to work in reverse. It might be as well to "expect the unexpected," since all sorts of plans and objectives work at cross purposes. The mind may be unable to cope with strange situations; there may be no cooperation from influential sources; funds may run low or extravagant inclinations all may spell dismay. However, there may be comfort and compensation in purely social, domestic or affectional relations. Gift giving and getting excites.

For the Birthday
Those whose birthday it is, may be prepared for the advent of some curious or unpredictable adventure, upsetting plans and probably causing some form of disruption or separation. Affairs may be frustrated by unusual elements, with confusion and lack of cooperation from those whose approbation is urgent. Extravagance and excesses may cause anxiety and rearranged plans and objectives. Nevertheless the holiday spirit may find happy compensations if social, domestic and affectional ties are strong.

A child born on this day may be able to find compensation for certain irregularities or misadventures in life by its own culture, friendliness and sociability. Its generosity may lead to providence and thwarted ambitions.

Better English

D. C. Williams

1. What is wrong with this sentence? "This is the kind of a book I like."
2. What is the correct pronunciation of "possessive"?
3. Which one of these words is misspelled: Incarceration, incarnation, incapacitate.
4. What does the word "confidant" mean?
5. What is a word beginning with el that means "to make manifest"?

ANSWERS
1. Omit a. 2. Pronounce possessive as in on, e as in me, unstressed. 3. Incarceration. 4. One to whom secrets are confided (accent last syllable). "Most frequently we make confidants from vanity, a love of talking . . . and to make an exchange of secrets."—La Rochefoucauld. 5. Elucidate.

SCENE CHANGES
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FROM HUMANS TO TREES

Sulfa drugs are being used in experiments on settling peach trees to attain immunity to certain tree diseases.

LIBERTY PLUS

When a Roman slave was given his liberty he received a cap, a white vest, and a ring of iron.

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