

The Stars Say

By Genevieve Kemble

For Tomorrow

THERE is a ripening and continuation of affairs inaugurated yesterday, with much to stimulate and expand schedules already launched with vigor, strenuous attack.

The encouragement and financial co-operation or influence of those whose aid is essential is at hand. The magnitude and perhaps novelty and ingenuity of proposed ventures are bound to bring forth desired funds for promotion or experiment. In a personal way also there may be a vivid spur toward the romantic, dramatic.

For the Birthday

Those whose birthday it is may build on a schedule of new, dramatic and dynamic proportions, with many prospects of attainment and fruition ripe for the plucking. Under exceptional talents, the way is open for unusual experiences, adventures and contacts. All these combine to materialize a year of the unforgettable and thrilling. Courage, far vision, bold enterprise, offer rare opportunities for exploiting unusual talents as well as singular emotional urges.

A child born on this day may find life one delightful challenge for exploiting rare talents, skills, dynamic urges, ingenuity, with romance to add verve and joy.

Knitted Toy For Christmas



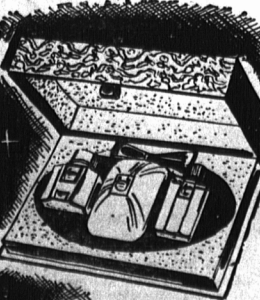
Every youngster loves a dog and this knitted Boston dog with her puppy has plenty of appeal. The dog is made from 3 ozs. of black and 1 oz. of white wool and puppy from 1 oz. black and left-overs from the dog. Buttons are used for the eyes and both are stuffed with kapok. If you would like to have directions for making BOZO THE BOSTON AND PUPPY, just send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. CW-42.

Coty fragrance makes it festive!



Makeup Duo

Delightfully packaged with contents to match, "Air Spun" Face Powder and Creamy Lipstick with a pretty luck charm for her bracelet, in her choice of fragrance, "Paris", "L'Amant", \$3.00 "L'Orion" or "Emeraude."



Bath So

For her beauty-bath ritual there's nothing like famous Coty Toilet Water, Coty Sachet and Bath Soap. In a gift package she'll love, in the fragrance she prefers - "Paris", "L'Amant", "L'Orion" or "Emeraude." \$5.25

COTY

That Body Of Yours

By James W. Barton, M.D.

WASTING OF THYROID GLAND MAY CAUSE SYMPTOMS IN ELDERLY PATIENT

Many of us have the idea that as we grow older we must expect to become weak, tire easily, be afflicted with rheumatism and arthritis and other ailments. Aside from weakness and tiring more readily, the average healthy man and woman as they grow older do not need to have various ailments. Thus in Geriatrics, a medical journal for physicians treating the elderly, we find the statement by Drs. S. T. Kimble and E. J. Stieglitz that "diminished physical endurance, lassitude, general stiffness and the aching in the elderly, are often attributed to the aging process and accepted as irremediable, that is cannot be prevented or cured."

As many of the above symptoms may be due to the gradual wasting away of the thyroid gland in the neck. Drs. Kimble and Stieglitz studied 82 hypothyroid (under-active thyroid gland) patients of mature years and were able to show significant relief of symptoms by the use of desiccated (dry) thyroid extract.

With the loss of thyroid juice from the wasting away of the thyroid gland, deceleration or slowness in the oxidative processes of various tissues occurs, causing degeneration of these tissues of the skin, muscle, heart and blood vessels and the symptoms of which the patient complains.

The metabolism rate (rate at which the body processes work) decreases and fatty substances are not burned or used and become deposited on inner or living coat of the blood vessels and so believed to increase or raise the blood pressure.

The coming on of this wasting or slowing up of the thyroid gland is slow and the physician may not suspect the cause of the symptoms, chiefly getting tired easily both physically and mentally, unable to stand the cold, dryness of the skin and dry brittle hair. There is often, but not always a tendency to gain weight. Sometimes there is dry doughy skin, poor muscle tone and dry brittle hair. All the 82 patients were treated with one grain of thyroid extract or slightly less daily at the beginning and dose gradually increased. Satisfactory results were obtained within six months.

"Gratifying early return of mental alertness and physical vigor follows administration of thyroid substances to the patient with under-active thyroid gland."

The thought then is that as men and women grow older, small doses of thyroid extract may give them a physical and mental boost.

Prince Charles Celebrates Birthday With Party



With his mother in the "background," Prince Charles is seen leaning out of a window at Buckingham Palace in London to acknowledge the crowds gathered below, on the occasion of his fourth birthday. Now heir-apparent to the throne of England, the young prince celebrated his birthday on Friday with both parents and children of members of the in attendance for the first time, palace staff.

DOROTHY DIX'S COLUMN

No Backbone

Couple Must Buck Up, Face The Situation

DEAR MISS DIX: Roger and I have been married for three years. I am 21 and he is 24. Last February we took an apartment, after living with my family ever since our marriage, and were so happy fixing it up. Then there was talk of married men being drafted, so we thought if we had a baby my husband would be deferred. The doctor said the trouble was with me, but with proper treatment and medicine, I could eventually have a child. In the meantime, my husband was drafted. All my girl friends became pregnant, which kept their husbands out of service.

My husband has been in the army for six months now and is taking it quite hard. He blames me for the fact that he was drafted. My friends rarely see me unless my husband is home for a week-end, so I am all alone with my trouble. My parents work. I am in an office all day, but my evenings are so lonely. Roger and I are very much in love and he has always been a good husband. Do you think it would be wise for me to move to camp so I'd be near him? I hate to give up the apartment since we spent so much time and money on it.

ANSWER: While I realize, Joanne, that you are under a considerable emotional strain and the last thing in the world you want is a scolding, I'm afraid that's exactly what you are going to get. You and your husband are both acting like children. While I realize that you were married young, the mere fact that you considered yourselves old enough to be married should indicate at least a modicum of emotional maturity.

YOU MUST ACT

Neither you nor Roger has particularly strong character, but since it is the eternal role of woman to bolster her man's morale, you will have to be the one to get hold of yourself, face the present and future logically, then proceed to give Roger a little backbone.

Thousands and thousands of young men are serving our country in the armed forces. Many of them like it no better than does Roger, but they have the stamina to face duty with courage and common sense. Thousands of them have left wives and mothers behind, thousands have left families. If you read the papers, you'll see that the drafting of fathers is getting closer, so there's no guarantee that a baby would have eliminated Roger as a draft prospect.

It is reasonable to assume that since all people don't have the same stability, a regimented life may be harder on some than on others. Whether or not Roger is not of the very few who cannot be oriented to the service, the psychiatrist at his camp can readily determine. This, however, I do not believe to be the case. Your husband has leaned too much on you in the past, and it is the fact that the prop has been removed that unnerves him.

As for your own loneliness, you have a job that keeps you busy and, with a little effort, rewarding outside activities can be found. There are plenty of women in the same situation. Surely you can locate some among your acquaintances and form a nucleus of wives and fiancées of servicemen? The fact that your friends have begun to forsake you is readily understandable. You've turned into a cry-baby and complainer; the most unwelcome combination in any group.

Moving near camp would, at best, be only a temporary answer to your problem since there is no assurance that your husband won't be transferred elsewhere. So keep your apartment, work hard at your job, stop griping and make friends. After all, Roger is not serving an indeterminate jail sentence. He's doing a job and one he should be proud of. Part of his service time has passed and the rest will go quickly. Unless you want to emerge from the situation a physical and mental wreck, change things as quickly as possible and be ready to resume your happy marriage when Roger comes home for good. Best of luck!

DEAR MISS DIX: I am 19, and have been going steady with a boy the same age for a year. Recently we broke up. Since then we have gone on several dates together and have spoken of going steady again, but he says it won't work out this time, since it didn't before. Much of our trouble in the past was due to my mistakes, which I can see now. I certainly wouldn't repeat them. The boy says he loves me and I love him, but how can I prove it to him?

ANSWER: A boy of 19 has much less emotional stability than a girl the same age, and I think this boy of yours is still floundering in a mire of uncertainty trying to find the answer to Cupid's problems.

Give him a little more time, but keep serious discussions out of your dates. If he brings up the subject of your past dating, or the hopelessness of the present situation, tell him you have both traveled that ground a dozen times and you prefer to talk about something else. It's quite possible that he argues just for the sake of something to discuss. Give him a chance to grow up, and he'll undoubtedly surrender in time.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Better English

By G. O. Williams

1. What is wrong with this sentence: "Either Anne or her sister is coming, and that arrangement is some better." 2. What is the correct pronunciation of "trousseau"? 3. Which one of these words is misspelled? Neuralgia, eczema, asthma, catarb.

A Country Garden

By Mrs. Gordon MacMillan

The Autumn wind is shepherd of straying garden things. He herds the seeds together. On silken fairy wings. He gathers leaves that flutter. And flowers that float and fall. Till in the sheltered fold of earth at last he wraps them all. The Autumn's winds a shepherd. He winds a shepherd's horn; He calls the seeds to follow him And leaves but stalk and thorn - H. Morris.

Seeds that were hurriedly gathered in the sunny summer days and pushed into different boxes and papers can now be cleaned and packaged. Some are fragrant and it is a pleasant task to store them in a place just for seeds; a dry, warm cupboard is good, be sure to label them and then it will be easy to see at a glance the seeds you will need to order for next year.

I saw some window boxes down in the village that looked very nice for the winter months; after the summer flowers had been taken out, lovely green small trees in spruce or fir had been planted in the boxes and at other places near the dwelling making it look very cozy and pretty. Sometimes scarlet berries and rose haws can be added making a bright addition.

On a long drive last week it was interesting to see all the sun-porches and glassed in verandas filled with colorful flowers. Geraniums are lovely all year and some windows were filled with color, especially in some villages we hurried through, and this trip was climaxed by a visit to a dear old lady who will celebrate her ninety-third birthday this week. It was an inspiration to talk with her bright and interesting lady and we had much in common... her north east window was filled with well-known begonias covered with rosy-pink flowers and they were gifts for others, and I was not forgotten but carried a box filled with slips when it was time to leave. She was afraid that the soil was not all it should be as in a city it is difficult to renew with good earth when it is needed. However, I must have been the care and love she gave her window sill gardening because with all the difficulties she had encountered they were lovely plants and she was giving joy to many with them.

Geraldine Farrar, the American opera star, has written a story on "What My Garden Means To Me." "Once upon a time, it was my happy fortune to be active in the world of song. This usually conjures up a ravishing picture of glamour, exciting travel and general adulation. But the hours of relaxation are few and far between, and despite the plaudits and the fervour of public acclaim, a career by reason of its many responsibilities is very much of a hot-house affair.

"My own garden efforts are far removed from stellar ambitions. They are intended to bring solace to a troubled spirit, as they deal with a memory that will forever remain bright and lasting through the years.

"Some time ago, on a spring morning, I left the grime of train travel to return to my green hills and village tranquility. Daffodils rippled in an exquisite golden carpet at my feet. It was a feast for eyes that had only seen, in landscapes, through the blurred windows of the train, skies stifled under smoke, fog and rain, as a relentless machine bore me to various singing duties.

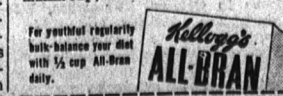
"Here at home were clean, clear air, blue sky and nature enchantment. I breathed deeply, happily conscious of the bubbling brook gurgled with anemones. There were shady woods where the generous earth sheltered frail blossoms and invited the climb of ivy on the trailing vines. I thrilled to these early vernal delights. Then came June. Irides, like knights of legend, breast the gentle breezes in serried ranks. Roses and lilies nodded in their sparkling collars of dew; larkspur and canterbury bells swayed to their own fairy chimes. All these lovely, unhurried arrivals came according to their seasonal cue. A garden in like a church; it carries a benediction, as Summer banners of Autumn. Then the earth rests to renew her fecund magic slowly under snowy covers. A gain it's Spring."

"Perhaps it is because I have

Tasty Bran Muffins

3 kinds from 1 easy recipe

2 tbsp. shortening 1/4 cup milk 1/4 cup sugar or golden syrup 1 egg 1 cup Kellogg's All-Bran 1 cup Kellogg's All-Bran powder 1/2 teaspoon salt Blend well shortening, sugar; add egg, beat well. Stir in ALL-BRAN; milk; soak until most moisture is taken up. Stir flour with baking powder, salt; add to first mixture, stir only until combined. Fill greased muffin pans 3/4 full. Bake in preheated mod. hot oven (400°) 30 min. Yield: 9 medium or 12 small muffins. Savory Bran Muffins: Mix 1 tsp. butter, 1/2 cup sugar, 1 tsp. cinnamon. Sprinkle over unbaked muffin batter. Honey-Nut Muffins: Put 1 tsp. honey, chopped nuts in each greased muffin cup; add batter.



Anne Adams Patterns

GIFFY - SEE DIAGRAM

Who'd guess this crisp, pretty apron is also easiest to sew! Want proof? Check that diagram! The pattern includes transfer - embroidery is fun! Make several, it's the biggest money-maker at the bazaar, gayest shower gift.

Pattern 4581: Misses' Sizes small 14-16; medium 18-20; large 40-42; Medium, 1 1/2 yards 35-inch; 1 1/2 yards contrast.

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

Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

Household Scrapbook

By Roberta Leo

White Spots White spots, on furniture, caused by heat, can be removed by applying the following in the order named: Kerosene, alcohol, and sweet or linseed oil. Use a different cloth for each of them. The linseed oil should be rubbed in until the spot disappears.

Improper Ironing Clothes should not be dampened so much that it is difficult to iron them absolutely dry. If clothes are not ironed absolutely dry, they tend to crease easily and look unsightly after one wearing.

Burns It is claimed that scraped potatoes make a very cooling application for burns and scalds changing the application frequently.

Known so many exotic blossoms as tributes that I have a fellow feeling and a nostalgia for the more simple expressions of Queen Flora. I like my violets clustered in riotous welcome along green borders; I prefer my pansies under an open sky, where apple blossoms float in rosy clouds overhead.

"How good and sane is country living! It gives time to think, to enjoy, to observe. It awakens one to patient lessons from patient



4581 SIZES S-14-16 M-18-20 L-40-42

by Anne Adams

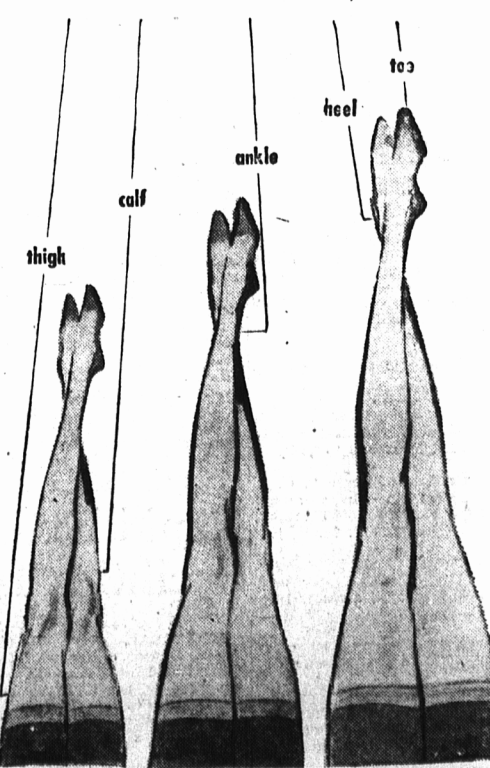
plants and burgeoning trees that swell and bud, with a daily reminder of our glorious birthright. For me, a flower is a miracle, whether in the garden or in the field and, frankly, my feeling goes beyond any stated pattern.

"With the years, as in all things the affection reveals itself, and no less than in snobbish garden attitudes. My shrubs and flowers are not the choicest, the largest or rarest, but nature rewards me richly, as my heart sings in contemplation."

"While close to the sod, there can be seen, A thought of God, in white and green."

KAYSER "Custom Fit" 5 points + length

Kayser knows all legs aren't the same! That's why only KAYSER makes fashion-wise. Nylons carefully proportioned to fit everywhere... at thigh, calf, ankle, heel and toe + length. Your stockings will fit where they should, and thus give greater comfort and longer wear. In all new fall shades.



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How Can I

By Anna Ashley

Q. How can I make a good steel and nickel polish?

A. By mixing 1 tablespoonful of turpentine, 1 tablespoonful sweet oil, and enough emery powder to give the consistency of cream. Apply with a soft rag, then wipe off, and polish with a dry flannel cloth.

Q. How can I keep the earth around house plants sweet?

A. The plants cannot thrive if the earth isn't kept sweet; this can be done by working some coffee grounds into the earth frequently.

Q. How can I remove the odor of fresh paint?

A. Put a few slices of onion in a pail or basin of cold water and leave it in the newly painted room for a few hours, closing the room tightly.

Q. How can I make a good and healthful salad?

A. By chopping or shredding fine two cups of cabbage and allowing this to stand one hour in cold or iced water. Then add one large grated raw carrot and moisten with mayonnaise.

Q. How can I keep light-colored kid shoes clean?

A. They will keep looking clean for a long time with the aid of some art gum. After a time, however, a cleansing cream will be necessary.

Modern Etiquette

By Roberta Leo

Q. Will you please enumerate the bridegroom's expenses for a wedding?

A. Engagement ring, wedding ring, wedding gift for his bride, his bachelor dinner, marriage license, personal gifts to his best man and ushers, boutonnières for his attendants, clergyman's fee, and the honeymoon trip.

Q. When one is in the presence of another person, and a telegram or message is delivered to one, which should be read at once, what should one do?

A. Say, "Will you excuse me, please," and read it.

Q. Should a pitcher, or any other receptacle with a handle, always be passed to a person with the handle towards that person?

A. Yes, always.

Morning Smile

Taking No Chances

A man, looking for work, was offered a job in the circus.

All you have to do," said the proprietor, "is to walk into the lion's cage, offer it a lump of sugar, and come out again. The whole secret is to make the lion believe you're not afraid of him."

"I refuse the job," said the man, his knees quaking at the thought. "I couldn't be so deceitful!"

Reasonable

At the end of the first week the mistress tackled the new maid.

"When I engaged you," she said, "you told me you were never tired."

"That's right," was the cheerful reply.

"But I've caught you asleep in the kitchen three afternoons this week."

"Well," was the complacent reply. "I should be tired if I never went to sleep."

Fussy

"Two eggs, please," said the diner. Don't fry them a second after the white is cooked. Don't turn them over. Not too much fat. Just a small pinch of salt on each. No pepper. Well, what are you waiting for?"

"The hen's name is Betty," said the waiter. "Is that all right, sir?"

Alice Brooks Designs

HERE'S A BUY!

Look at all you get in this pattern! FOUR designs to weave on huck! Cutting chart and directions for apron! Suggestions for towels, scarfs, bib, potholder, knitting bag and a lunch set! Huck-weaving Pattern 7051 has color-schemes and four designs.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

COLGATE TOOTHBRUSH



Firmly-set Nylon bristles resist moisture and wear never get soggy.

Ladies' 35¢ Child's 25¢

*Just right for children's first tooth

7051

by Alice Brooks