

## That Body Of Yours

By James W. Barton, M.D.

### MEETING THE PROBLEMS OF DECLINING YEARS

I once met two elderly men within a period of five minutes. One was driving a lumber wagon with 1,000 to 1,500 feet of lumber, drawn by spirited horses. This man had long white whiskers and was apparently well over 70 years of age. At first, I felt sorry for him as I thought of him having to be out in all kinds of weather—and handling loads of lumber. However, my feeling of sympathy soon passed away as I met another man of similar age, assisted in his walking by a stout cane, who was entering a fire station to play checkers with a fireman who would be sitting waiting for a fire call. My sympathy turned to him because he was old—apparently rheumatic, and suffering some pain.

Naturally the first man, despite his having to work outdoors in all kinds of weather, would be stronger physically and have a stronger heart, good lungs, a good appetite, good digestion and regular bowel movement. He would likely continue to live a life of usefulness for several years.

In Medical Clinics of North America, Drs. David A. Boyd, Jr. and Francis J. Braceland, Mayo Clinic, state that from the standpoint of modern mental hygiene, it is the better part of wisdom to help people in the older age groups maintain confidence in themselves by permitting them some type of specified duties, while avoiding pampering and preventing them from establishing some pattern of dependence on their families and others.

There should be some preparation for the life to be lived when old age arrives. This includes acceptance of the philosophy that growing old is the natural consequence of living. During the years before the arrival of old age, it is better to gradually dropping all his interests, he should mix even more with others and find activities outside his present everyday activities.

I have talked to a number of retired university professors and despite the popular idea that they are all absent-minded and will remain so, nearly every one to whom I have spoken has plans for the years of his retirement—writing books, working on inventions, regular gardening work and others. Regular useful work should prevent us becoming old before our time.

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

BY dint of hard work, sustained effort, sound ideas and determination, a static or disappointing state of affairs may be shrewdly anchored on to constructive foundation. It is of utmost importance to move wisely, with an idea of long-range and enduring benefits, with the proper evaluation of results to be attained by steadfastness and sound vision.

### If It Is Your Birthday

"Slow but sure" might be a safe injunction for manipulating affairs in hand, with pause for fundamental values, a sound estimation of resources, plans and associations, for substantial, long-range and future reaping. Difficult problems may come up for sound analysis, with the proper evaluation of plans, policies and objectives, having lasting and enduring achievement rather than passing achievement. The far vision may be worth postponement.

A child born on this day may be endowed with a steady, sound and concentrated outlook in life, gaining place and security by his own skills, determination and dependability.

## Strange But True

By F. H. MacArthur

The time was when Lakes Huron and Michigan stood at least 200 feet higher than at present. Today Lake Superior stands 20 feet higher than Lake Erie. This is according to geologist Gannett.

The powers of Nature are terrific. Take for instance the Grand Canyon of Colorado which sinks 6,000 feet through the rocks. In the deep waters off the coast of Florida there is a species of fish which is fashioned like a scoop-net. The long, slender body is the handle, and the net is an enormous pouch under the chin, which would take in the whole of the body three times over. Another curious fish of this latitude is a shark-like creature with enormous mouth and horrid teeth. From the chin of this unique fish dangles a tassel-like tentacle bearing structures for feeling at the end.

Then there is the lantern-bearing fish with luminous plates below the eyes. These strange creatures never ascent to the light of the upper world. They make their way about in the dark retreats of the ocean by means of the animated lantern we have just described.

A mare is a horse but a horse is not a mare. Earthquakes are found to occur most frequently at the new and full moon, also more often when the moon is on the meridian than when in the horizon; also more frequently in winter than in summer; and finally, more often at night than during the day.

Persons have seen white crows, gray robins, black squirrels, and red black birds, and last year a pure white moose was sighted by the pilot and crew of a plane while passing over the wilds of Newfoundland — all breeds of Nature, strange but true.

In 1863, Mt. Aetna blew its top and a river of pure fire from 900 to 1,600 feet wide and 49 feet deep plunged like a cataract down its side into the ravine. In a few days the valley was filled with lava to a depth of 160 feet. During the greatest flow this river of fire was 6 miles long. The volume of lava spewed forth in this eruption was estimated at 117 cubic yards a second, and red-hot stones were thrown to a height of 40,000 feet. What a majestic sight that must have been to those who were privileged to witness the phenomena!

The word "mule" is not mentioned in literature until the time of King David, when Israel became more familiar with horses. Mules must have been imported because breeding of different species was forbidden. (Lev. XIX - 19). . . . A single line of poetry by Richard Crawshaw tells the complete story of Christ's turning the water into wine. Here is the line: "The conscious water saw its God and blushed." What more could be added?

## Russell - Newell Wedding



Mr. and Mrs. John Russell, Irene Newell, the bridesmaid Miss Grace Newell, Mrs. Helen Hughes, following their recent marriage. From left to right: Mr. Derrick Russell, who was an usher, Mr. Richard Turpin, best man, the groom and his bride the former Mrs. Judy Matthews and Miss Diana Newell. —Photo by Gray.

## ELLEN'S DIARY

By An Island Farmer's Wife

Now that his cares of the day are neither so insistent nor wearisome as in summer, Mr. C. from the house on the hill comes over more frequently to "Kaley" with James. He too is benefited by the arrival of electricity on this road of ours. A yard-light like a beacon beams out in the dusk on the hill-top and suddenly from a darkness within, the windows are aflame. . . . By day, of course there is his pleasant round of crushing and sawing at the mill. We heard the dull rumble of the former this afternoon making grist for the stock of a farmer from an adjoining district — an enterprising lad who had recently stepped off with every promise of happiness and prosperity into matrimony with the girl of his choice. And at the same time, down there in the depths of the valley, in token of Mr. C's industry, a farmer from down the river road collected a load of lumber for some work of building or repair. Presently he made his way with his young and only son of the farm secure beside him out along the hill, we are sure, a fascinating trip for the latter. Supposing that this we had does one day drive a streamlined needle-nosed creation along road or sky, it will bring no more thrill it is likely than that which he enjoyed when as a small fellow perched atop a load of brand new spruce boards he rode home from the mill with his father on a farm-wagon behind a trusted steed of the farm.

Odd times these days when our steps take us through the mill-yard and the wheels of industry are idle, perhaps bent then on a bit of shopping at the corner-store, a squirrel frisks to the top of the slab-heap to hail us cheerily in passing. How quiet is all about! The water at the wastegate drops yet in a lullaby of summer though it is true we miss now from the pool below the grayish heron-bird that was wont to fish so silently there. But while the loneliness of the month warps now the surroundings, the quiet and peace of it obtain as well.

The two chat now, the proprietor and James, of pump-motors, and other electrical equipment and James allows that "if a fellow got everything he needed in that line, it would take the price of the farm!" Mr. C. observes that "a farmer can only go so far — that's true. And it looks as if this is going to be a hard fall with the farmers, it won't be too long before this is reflected in other places — in business and indeed in every line of the farmer's buying. And this is a bad state of affairs!" James says, settling down now in the comfort of his old arm-chair, "Yes, it's too bad altogether" he continues after some deliberation "but there it is! — let a farmer get good prices for his produce and all business flourishes; cut him down and what!

Continued on page 8

## Morning Smile

Or Just Pay Up

The late Sir Robert Ball, besides being a great astronomer, was a born humorist, and was never loath to recount a joke at his own expense. He was dining with some friends at Stratford, and on the bill presented he said to the landlady, "Madame, I am going to give you a lesson in astronomy. In 25,000,000 years all things must return to their original condition. We shall all be here again eating a dinner precisely identical. Will you give us credit until we come back?" "Well," replied the landlady, "you were here 25,000,000 years ago and you left without paying the bill then. Settle that account and I will trust you for what you have had today."

## Modern Etiquette

By Roberta Lee

Q. When a married woman is writing a note of thanks for a gift presented to her and her husband, should she sign both her husband's name and her own?

A. No. She should sign her name only, but in the note she can say, "George and I wish to express our appreciation, etc."

Q. When a dinner guest has finished eating, isn't it helpful if he or she stacks the empty dishes?

A. Helpful or not, this is not considered good form. The dishes should remain as they are until removed by the maid or hostess.

Q. Whose duty is it to see that the bride and bridegroom's car is ready and waiting for them at the wedding reception?

A. This is one of the best man's duties.

## How Can I!!!

By Anne Ashley

Q. How can I eliminate the necessity of basting seams?

A. A box of clips or paper fasteners such as are used in offices will save much work when there are long seams to stitch on the machine. Instead of basting a seam, use several clips to hold the edges together.

Q. How can I prevent the feet of the stepladder from slipping?

A. Cut some strips of rough-sise, from a discarded automobile tire, glue these rubber strips to the four feet of the stepladder, and it may prevent a serious accident.

Q. How can I prevent eggs from spreading and separating when poaching them?

A. Pour a little vinegar into the water.

## DOROTHY DIX SAYS—

### Slovenly Male

#### Reader At Loss What To Do About Unkempt Fiance

DEAR MISS DIX: My fiance comes from a good family. His morals are indisputable and he seems to think that these two good points are all he needs. He is so careless of his appearance that I am ashamed to be seen out with him, or to present him to my friends. I do not think we girls are asking too much that the men who take us out should shave daily and have clean nails and hands, to say nothing of ears. We do not expect them to be expensively dressed, but their clothes should be clean and pressed. We do not mind scuffed shoes, but they should be shined. And it doesn't cost much to have last year's hat blocked. What am I to do about this ragbag fiance of mine? A DIX FAN



ANSWER: I don't see what you can do unless you give him the air or send him to the laundry, both of which might be purifying processes. If you could make him realize that it is a choice between you and the bathtub, he might overcome his aversion to soap and water, but I doubt it. There are people so constitutionally opposed to cleanliness that the mere thought of an ablution sends them into fits of hydrophobia.

#### IT MUST BE LOVE

You must, indeed, have an overwhelming passion for your boy friend if you still love him in spite of his looking like something that has just been fished out of the gutter. I cannot imagine anything that would cool off a girl's love for a man quicker than grimy fingers and dirty ears. Nor can I fancy how romance can survive a three-day's beard.

Nothing else is so disillusioning in either man or woman as personal slovenliness. It is really easier to overlook spots on a man's character than it is grease spots on his vest. Perhaps heredity and environment may have made him what he is inwardly, but his being outwardly sloppy and unshaven and unshorn is nothing but pure laziness.

"The apparel oft proclaims the man," said Shakespeare, and a wiser thing was never uttered. A fine coat doesn't make a fine man, but it shows what kind of a man is wearing it. It may be of the finest cloth and cut by a master tailor, but if it needs brushing, pressing and cleaning, and is reminiscent of all the meals he has eaten for days, then that man is careless, inefficient. He will do sloshy work and as little of it as he can get by with. But if a man's threadbare coat is pressed; if his frayed collar is clean; if his broken shoes have been blackened, you will not go wrong if you set him down as a man who will make the most of his opportunities, who will be on his tiptoes about his job and who will succeed in life.

DEAR MISS DIX: I am a young girl engaged to a boy whom I love dearly and he loves me, but we are both afflicted with jealousy. When he even so much as talks to another girl I go wild and say hateful, catty things which make us both miserable. He does the same way with me, though in a milder form. Is there any way to overcome jealousy? S. AND J.

ANSWER: I think the only cure for jealousy is large doses of common sense repeated as often as necessary, but there is no use in prescribing that for the victim of this dread disease because no one will ever try it. Perhaps they can't because they haven't got it, for no sane and reasonable person ever suffers from the green-eyed monster.

Consider your own case. You say you grow wild with jealousy if your sweetheart even so much as talks with another girl. Why? You say he loves you. Then why isn't it safe for him to talk to any girl or all the girls in the world if you are sure he prefers you to anyone of them? Do you think he is a liar and a cheat? If you think your sweetheart is a cad and a philanderer who has, to be watched every moment, why do you want him? If you think he is a fine honorable man, what are you afraid of?

Jealousy is the manifestation of an inferiority complex and it is also the sign of a mean and suspicious disposition. Think better of yourself and have faith in the one you love. There can be no happiness in a marriage in which there is not trust between a husband and wife.

DEAR MISS DIX: I am a girl of 21, an unmarried mother with a child of 4. My stepfather is 40 years old. He wants to marry me and will give the child his name. Is there anything wrong in my

Continued on page 8

## Better English

By B. C. Williams

1. What is wrong with this sentence? "I have found that William has the ability to learn."  
2. What is the correct pronunciation of "chimpanzee"?  
3. Which one of these words is misspelled? Cheftain, chauffeur, chenille, chimerical.  
4. What does the word "invincible" mean?  
5. What is a word beginning with l that means "lawlessness; immorality"?

### ANSWERS

1. Say, "William has the capacity to learn, the ability to work, or do things." 2. Pronounce chimpan-ze, i as in him, as in pan, principal accent on last syllable. 3. Cheftain. 4. Incapable of being conquered, overcome, or subdued. "The good man is he who can keep on the right path with irrevocable resolution." 5. Licentiousness.

## Household Scrapbook

By Roberta Lee

### Broken Crockery

While lead is one of the few cements that will resist both heat and water. Apply this thinly to the broken edges of the crockery, press them tightly together, tie in place, and set aside for two or three days to dry.

### Loose Casters

When you are troubled with loose casters in the legs of your furniture, fill the holes with melted paraffin and put the casters quickly back into place.

### Broken Betty

A deliciously different flavor can be imparted to the brown Betty by mixing banana in with the apple.

## Cook's Corner

### LACEY OAT COOKIES

This is a crisp cookie, with an open texture which gives it its name. The reason it looks lacy when baked is that there is no flour—the oats gather the other ingredients unto themselves and the thin cookie is quite "open-work" in effect.

Yield—4 dozen.  
2½ cups rolled oats  
3 teaspoons baking powder  
¼ teaspoon salt  
¼ teaspoon grated nutmeg  
1/3 cup chopped nutmeats  
3 eggs  
1½ cups fine granulated sugar  
1½ teaspoon vanilla  
¼ teaspoon almond flavoring  
2 tablespoons butter or margarine, melted

Measure the rolled oats into a bowl and sprinkle with the baking powder, salt, nutmeg and nutmeats; combine well.  
Beat the eggs until thick and light; gradually beat in the sugar, beating well after each addition; beat in the vanilla and almond flavoring. Stir in melted butter or margarine.

Add oat mixture to egg mixture about a third at a time, combining well after each addition.  
Drop mixture quickly by spoonfuls, well apart, onto greased cookie pans.  
Bake in a moderate oven, 350 degrees, about eight minutes — avoid over-baking.

Note—It is better to drop all of the batter by spoonfuls onto greased pans as soon as it is mixed. If batter is allowed to stand 15 or 20 minutes, it thickens and the cookies take longer to bake and are not thin and lacy.

**Tonight! Be His Lustre-Creme Dream Girl**

**Lustre-Creme Shampoo with Lanolin leaves your hair**

- Pragmantly clean
- Distasteful with sheen
- Soft, easy to manage

**Lustre-Creme SHAMPOO WITH LANOLIN**

WISBECH, Cambridgeshire, Eng-land — (CP) — Local high school girls have "adopted" a sufferer from leprosy and will raise money to help pay for his treatment.



## Bakes Prize-Winning Bread For St. Stephen Fair

Feeding husky appetites on the farm means plenty of baking for Mrs. Hazen Russell, of Moores Mills, N.B. And at the St. Stephen Fair, Mrs. Russell's bread and rolls are plentifully decorated with prize-winning tags. Of course she knows a few things about ingredients! "I'm extra careful about my yeast," says Mrs. Russell.

"For going on twenty years I've been using Fleischmann's Yeast. I know I can depend on it—it's always good and lively." It's true! Fleischmann's Yeast is made extra active to rise extra fast—to give you grand results every time. No wonder the majority of prize-winning cooks in the Maritimes prefer Fleischmann's!

## The Neighbors

By George Clark



"See, Mom, he can't go with us. He's scared of his own mask!"

## -Needlecraft-

— FOR THE HOME —

### SOFT DESIGN, DETAIL

A woman's choice: the simple dress with definite slinking points! Its V-neckline ends in a bow. Its shoulders are softened by shirring. And the skirt has just enough flare to make it flattering. No. 2265 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36 and 38. Size 18, 3½ yards 39-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. 2265

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

Clean Refrigerators for 1/2¢ a week! Use Baking Soda on a damp cloth.



2265 SIZES 12-48

for a delicious meal—

# CATELLI SPAGHETTI

- CUTS FOOD COSTS TOO!

BEAUTIFUL

# Butterfly NYLONS

Look SHEERER. DULLER

\$1.35 TO \$1.95 AT ALL LEADING LINGERIE & DEPARTMENT STORES