

That Body Of Yours

By James W. Barton, M.D.

SYMPTOMS OF PROLAPSE OF STOMACH RESEMBLES PEPTIC ULCER

If an object is pushed down the throat into the stomach, the stomach will try to get rid of it by pushing it downwards into the small intestine...

Contracting and expanding of the stomach walls starts the flow of the stomach digestive juice, which mixes with the food and aids in its digestion...

There is a condition that causes symptoms so greatly resembling

The Stars Say --

By Genevieve Kemble

For Tomorrow

THE auspices are most encouraging for a day of surprise, thrilling adventure, unusual situations, emotions, ideals and aspirations.

For the Birthday

Those whose birthday it is, may be prepared for the unusual or unexpected in the realm of their personal, business or creative life...

A child born on this day, should possess much originality, inventive genius possibly in the realm of poetry, art or other skill out of the commonplace.

ELLEN'S DIARY

By An Island Farmer's Wife

When Jeanie remarked momentarily, her glance roving towards the old clock on the shelf: "I think I had better be off - I have letters to write!" it was to bring to mind a query we had received in one of ours...

How pleasant too, to catch lovely glimpses of other lives, and scenes in the pages of a letter: To see "the ice in the bay" and "the children building a snow-man"...

Melodies that even a master musician cannot reproduce on any instrument. Nature's tunes are a forest sighing, breath of wind, a mere wandering zephyr whispering lightly amid the legion of branches or murmuring endearments along a fragrant dim aisle.

And we learn from a letter "The older ones are all skating and hockey-minded now - and some-times I'm so grateful the rink is not far away from them, since skating is healthful exercise, but again when it claims their attention too much...

BRISBANE, Australia, Jan. 26- (Reuters)—Dr. James Duhig, 80-year-old Roman Catholic Archbishop of Brisbane, was severely injured today in a truck-car collision. He suffered head injuries.

DOROTHY DIX SAYS—

By Dorothy Dix

Bored Girl

Aiding Others Good Cure For Chronic Discontent

DEAR MISS DIX: I am 18. In good health. Graduated from high school and a small college. Have spending money, pretty clothes, ordinary friends, a lovely home, but I am the most discontented and fretful girl in town.

ANSWER: You don't need the cruel parents nor the brutal husband as an inspiration for self-pity. You have gone on a jag of it on your own.

STUPID OR SELFISH

The trouble with you, my young friend, is that you are either stupid or monumentally selfish, or you are a poster.

Wake up. Get on your tiptoes. Give some parties and invite all the young people you know so you can get in touch with the gang again.

Try doing something for other people. You might begin on your mother and father and try to brighten up your own and even come to people in your community who haven't any of the blessings you so despise and try to help them.

DEAR MISS DIX: My home is a bedroom in which my parents quarrel continually over my father's attentions to another woman.

ANSWER: I think the best thing you can do is to have a frank talk with your parents and tell them that you want them to get a divorce if they cannot live together in at least decent peace.

DEAR MISS DIX: Is a woman ever justified in going about with a married man? I have a friend who is a very attractive widow and who has two fine boys and a nice home.

ANSWER: There is small profit to any woman in having an affair with a married man. Inasmuch as he cannot marry her, his attentions only compromise her and keep other men whom she might marry away from her.

DOROTHY DIX cannot personally reply to readers, but will answer letters of general interest through her column.

Morning Smile

Slumber Music

STAR AND FAN DESIGN

Household Scrapbook

Floor Crack Filler

Old-Fashioned Rule

An Even Appearance

Fast Relief for RHEUMATIC PAIN

DIAPER and TEETHING RASH

Modern Etiquette

Cook's Corner

BARBECUED STEAK SANDWICH

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Better English

By B. C. Williams

1. What is wrong with this sentence? "I have no hopes that the date we have collected is sufficient."

ANSWERS

1. Say, "I have no hope that the data we have collected are sufficient."

How Can I!!!

Q. How can I thoroughly disguise the taste of castor oil?

A. Squeeze the juice of half a lemon into a tall glass; then pour in the dose of castor oil.

Q. How can I remove a fresh ink stain from a rug?

A. Pour milk on the spot and press it with blotting paper until it is all absorbed.

Q. How can I separate postage stamps that have become stuck together?

A. Lay a thin paper over them and run a hot iron over the paper. They will come apart easily.

Cook's Corner

BARBECUED STEAK SANDWICH

8 thin individual steaks; 8 hamburger buns, 1/2 cup ketchup or chili sauce, 1/2 cup vinegar, 2 tablespoons Worcestershire sauce, 1 1/2 teaspoons salt.

Baby cube steaks or thin round steaks. Tenderize round steaks by making shallow cuts over entire surface of one side, first one way and then the other.

Modern Etiquette

By Roberta Lee

Q. Are postscripts in letters considered in good taste?

A. No. These should be avoided as much as possible, as they are merely afterthoughts and indicate a slipshod manner in the composition of the letter.

Q. Is it proper to take a spoonful of ice cream at the table and then take this into the mouth by degrees?

A. Never. Take just enough ice cream on the spoon as you can comfortably take into your mouth.

Q. When a bride is extremely busy, isn't it all right if she waits for two or three weeks to acknowledge her gifts?

A. Never under any circumstances. Each gift should be acknowledged promptly, the same day received if possible.

Fast Relief for RHEUMATIC PAIN

Dull weariness aches—sharp stabbing pains—sore joints and muscles, are often quickly relieved by T-R-C.

DIAPER and TEETHING RASH

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Advertisement for BUTTER-NUT MILK, Eastern Bakeries. The moisture in BUTTER-NUT is good wholesome MILK. Assured Nutrition for all the Family.

-Needlecraft- FOR THE HOME -

CLASSROOM COMPANIONS

Here, a "jiffy" jumper with wing shoulders and side pockets—just right for the schoolgirl who needs sturdiness as well as style in her clothes.

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. 2001

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KELVIN GROVE W. I.

Mrs. Eric MacMurdo and Mrs. W. A. MacMurdo were joint hostesses to the Kelvin Grove W. I. at the January meeting.

The members were informed by the president that Mrs. James Murphy had donated her organ to the Institute to be used for the school.

On motion by Mrs. William Caseley the meeting adjourned and lunch was served by the hostesses assisted by the committee in charge.

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RECEIVES PRAISE

Mrs. L. J. Morin, 10820 98th Street, Edmonton, Alta., praises Sarnak.

She writes: "I have been bothered with nervousness and indigestion and could find no relief. After taking two bottles of Sarnak, the benefits I received cannot be expressed in words.

If you suffer from rheumatic, neuritic, or arthritic pain, sciatica or backache or from some stomach, kidney or liver disorders, nutritional anemia and nervousness, try Sarnak for one week, prove that Sarnak can help you. \$1.35 at all drug stores.

Chintz Ruffled Bedspread Adds Charm

To brighten your bedroom and give it a fresh appearance for this brand-new year make a pretty print-and-plain bedspread like the one pictured here.

For directions for making this CHINTZ BEDSPREAD, just send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Ask for Leaflet No. E-2119.

TEA TIP: Experts recommend one teaspoonful of tea per person and "one for the pot".

AFTERNOON TEA

Your Friendly Pick-Me-Up

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"Come On In!"

We've just put the kettle on for tea

Take a few minutes out for refreshing afternoon tea. Then resume your task—cheered, relaxed!

Have it every afternoon at home or in any restaurant.

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all the Hargreaves quads are thriving on Aylmer Baby Foods

Ever since their Doctor started them on Aylmer Baby Foods, these famous quads—born Oct. 13, 1949 in Sault Ste. Marie, Ont.—have grown into lovely healthy babies.

To order. Send 20 cents in coin to Needlework Bureau, Charlotte-Town Guardian. Design No. E-1116

Name

Address

City Province

YOUR BABY DESERVES AYLMER QUALITY

Advertisement for Needlecraft pattern No. 2001, a "jiffy" jumper with wing shoulders and side pockets.

Advertisement for DIAPER and TEETHING RASH, Fast Relief for RHEUMATIC PAIN, and Modern Etiquette.

Advertisement for Aylmer Baby Foods, featuring photos of Jennifer, Joyce, Joan, and Janice, and a can of Aylmer Baby Food Peaches.