

**That Body Of Yours**  
By James W. Barton, M.D.

**METHOD FOR STRENGTHENING FRAGILE FINGERNAILS**

One of the interesting occurrences in medicine is to see the report in a reputable medical journal of the great success of a drug in the treatment of a certain disease. A few weeks or months afterwards, we see the report of other investigators in which they state they tried this drug in a certain number of cases with poor results. From time to time afterwards reports favorable to the drug and reports unfavorable appear in medical journals of good standing. Finally the pendulum of the effect of the drug reaches a certain point and stays there.

Some years ago, the beneficial effects of gelatin were reported, later to be contradicted, and later to reach a point half way between the most favorable and most unfavorable. That gelatin is effective in preventing fragile or tender fingernails is reported by Dr. T. L. Tyson, in the Journal of Investigative Dermatology (skin diseases). Dr. Tyson cites a patient with chronic low grade rheumatic fever who was given gelatin by mouth to relieve her muscular weakness. She had trouble for years with easily broken fingernails. After three months of treatment with gelatin, her nails became practically normal. After observing this case, Dr. Tyson studied 12 patients with soft, peeling, easily broken fingernails, persisting one to fifteen years. There was no sign of any deficiency in the diet of these cases. Six had taken thyroid treatment, and most of them had received local treatment without improvement. They all showed some thickening of the nail with loss of surface lustre and separation at the free end into laminae—thin layers—which tended to peel off, leaving a frail, irregular, jagged edge. The patients were given 7 Gm (about two teaspoonfuls) of a commercial jelly dissolved in water or fruit juice once a day. In 10 of these 12 patients the nails assumed a completely normal appearance after three months of treatment. Some patients reported improvement in growth of hair and eyebrows.

This is certainly a harmless and inexpensive method of strengthening fragile fingernails which are really a physical and mental hazard in the lives of many women and men also.



**Today's "Sure Thing" in Baking**

**GOOD COOKS** never take chances in cake-baking. They make sure of ingredients, method, temperature, time. And they know that the most important ingredient is flour—so most experts rely on Swans Down, the sure Cake Flour.

Made by exclusive makers of cake flour. Milled from specially selected soft wheat, sifted again and again, 27 times as fine as ordinary flour. For a "sure thing" in cake-baking, get Swans Down from your grocer.



**CAKE TALK**  
by Frances Barton

Our cake recipes always give the right temperature and time for baking. With Swans Down Cake Flour, if the oven temperature and the size of the pan are the same as specified in the recipe, the cake should be done in the time given.

If you are not sure of temperature, or have to use a different size of pan, here are some helpful tests:

1. The cake should have a delicately browned crust.
2. Insert a cake tester or toothpick. It should come out clean.
3. Cake (except sponge cakes) should have shrunk away slightly from sides of pan.
4. The top when pressed lightly should spring back.

(For chocolate or very rich cakes, use test 1 or 3.)

**CAKE SERVING**  
Our recipe for Tropical Spice Cake can be cut to serve as many as 20 people. Here is how to do it.

Cut the cake in six in one direction.

Cut diagonally from corner to corner, as in dotted line.

Make 2 diagonal cuts on each side of the first diagonal. You'll cut 15 diamond shaped pieces—and some grand corners for someone!

**Household Scrapbook**  
By Roberta Lee

**Lining Drawers**

When thin oilcloth is being used for lining dresser drawers or shelves, give the place to be covered a coat of shellac, then place the oilcloth while the surface is still wet. It will act as a glue and will keep the oilcloth in position until it wears out.

**Keep Plants Turned**

Geraniums and other houseplants that are kept in the windows should be turned around frequently so as to promote the growth of well-rounded plants.

**Mending Galoshes**

A leak in the galoshes can be satisfactorily mended by pasting some adhesive tape over the hole on the inside of the rubber.

**How Can I!!!**  
By Anne Ashley

Q. How can I take good care of ferns during the winter?

A. If the house is artificially heated, do not use real cold water on the ferns, as it is too much of a shock when they are growing in a warm room. Take the chill off the water before using.

Q. What treatment should be given to woolen bathing suits when storing them for the winter?

A. The woolen bathing suits should be stained over a boiling teakettle and brushed well before they are stored for the winter.

Q. Does sour milk lose any of its nutritive value?

A. No, it does not; it is excellent for various cooking purposes.

**Modern Etiquette**  
By Roberta Lee

Q. I am planning on being married in my home. How many bridesmaids should I have?

A. If you wish to be fashionable, then the usual custom is to have a maid-of-honor and two bridesmaids. But usually, home weddings are much less elaborate than church weddings, and a maid-of-honor is the only attendant of the bride.

Q. When calling on a friend who is ill, and one is not permitted to see her, is it all right to write a message on one's card?

A. This is a very good idea.

Q. When eating a biscuit and jelly at the table, should the jelly be spread on the biscuit with the fork?

A. No; use the knife for this purpose.

**Strange But True**  
By F. H. MacArthur

The confined body of St. Botolph was taken from the grave and carried through the streets of Bury, England, during dry seasons to bring down rain. The pious experiment was entirely successful, so we are told. St. Botolph lived in the year 655. . . . The actual moment of death is sometimes uncertain. Artificial respiration can sometimes yield a few more minutes of life after "the last breath" and doctors have been known to restore the circulation in a brief period by massaging the heart.

John L. Sullivan's earnings from 1878 to 1915, including fights, vaudeville and exhibition tours, totalled \$1,221,320 and the income tax collectors did not get a penny of it. . . . Henry Armstrong was the only fighter to hold three titles at the same time. He won the featherweight championship from Pety Sanon, October 29, 1937; welterweight title from Barney Ross, May 31, 1938; and lightweight crown from Lou Ambers, August 17, 1938. . . . A fight which lasted seven hours and ninety minutes, the longest on record, was staged at New Orleans, Louisiana, in 1893 between Jack Burke and Andy Bowen. This 110 round bout ended in a draw.

The Christian churches argue that Christianity is unique and claim the rest of the world is "heathen." But in the eyes of God, the lives of Asiatics are just as important as the lives of Europeans and Americans. Remember that Jesus himself was an Asiatic.

When Louis, a Greek peasant won the first Olympic Marathon, his reception was so great that women threw jewelry at his feet. . . . Ice hockey was first played in Montreal in December, 1879. There were fifteen players on each side and they used crude sticks to circulate the puck. The game was introduced to the United States in 1886. So by birth and upbringing hockey is a Canadian game. Grey.

Continued on page 9

**Morning Smile**

A theatre in a small American town had a burglar alarm fitted in the box office. You just had to press a pedal on the floor, and a bell rang at police headquarters.

Two days after it was installed a gangster poked his gun through the box office window and demanded the cash.

The girl pressed her foot on the pedal, stalled a bit, then began to hand over the money.

At this point the phone bell rang. The gangster grabbed the receiver.

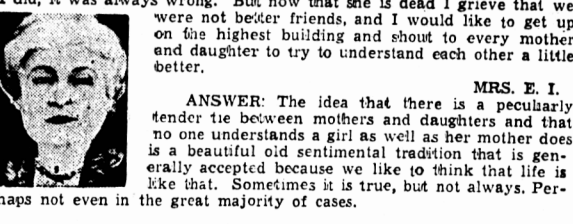
"What is it?" he asked.

"This is the police station, darn you," said an angry voice. "Say, do you know you've got your foot on the pedal and we can't hear ourselves talk because of that blooming bell."

**DOROTHY DIX SAYS—**  
No Filial Ties  
Mother-Daughter Animosity Is Pattern In Many Homes

DEAR MISS DIX: Recently I was at a gathering of young married women and the conversation turned to mothers. Nearly every one of them said that their mothers loved their sons much better than they did their daughters. I thought of my own mother. We were like a couple of strange bulldogs. We fought at sight. She was likeable and I am well liked, but we could not get along together. No matter what I did, it was always wrong. But now that she is dead I grieve that we were not better friends, and I would like to get up on the highest building and shout to every mother and daughter to try to understand each other a little better.

MRS. E. I. tender the between mothers and daughters and that no one understands a girl as well as her mother does is a beautiful old sentimental tradition that is generally accepted because we like to think that life is like that. Sometimes it is true, but not always. Perhaps not even in the great majority of cases.



**SONS FAVORED**

As a rule, the sons are mother's favorite fair-haired children and she makes a great difference between them and her daughters. They get the best of everything. Mother takes their part in childish quarrels. Mother puts away the biggest hunk of pie for them. They are given more pocket money than the girls, more freedom than the girls, a better education than the girls. They are preferred in every way to the girls. Many mothers are jealous of their daughters' youth and good looks. They hate growing old and homely and ceasing to attract the attention of men, and that is what makes many mothers force babyhood on their daughters as long as they can, and tell Jenny that her nose is too big, or her hair is stringy when Jenny happens to be thinking that she is looking her prettiest.

Mothers and daughters clash because they are feminine, with the same feminine desires. And many mothers and daughters are at odds with each other because they are temperamentally antagonistic and have absolutely nothing in common.

Of course, this is not always the case. There are millions of mothers who adore their daughters and spoil them and sacrifice themselves for them, but virtually every mother is glad when her daughter gets married and out of the house, and she grieves when her son marries and leaves her. Figure that out if you can.

DEAR DOROTHY DIX: We hear a lot about mothers-in-law and how they break up homes. Why do fathers-in-law escape? I have a perfectly lovely mother-in-law, but my father-in-law is the trial of my life. My husband and I are a young couple who married on a sequestering and we have to economize severely. That would be all right except that Father-in-law boasts about how successful his son is until he makes everybody think that we must be the stingiest people in the world. Should we move to a community where he is not known, or grin and bear it?

ANSWER: Perhaps less is said about fathers-in-law as home wreckers than mothers-in-law because they are not so common. Statistics show that there are far more widows than widowers. Besides, widowers nearly always remarry, so it leaves Mother oftener than Father to be taken into her children's homes.

Certainly the in-law problem is not softened by going male. It is an even greater headache than it was with Mother, but nobody knows any way to solve it. You can't even run away from it because the in-laws would follow.

DEAR DOROTHY DIX: At the time of my wife's death our 11-year-old daughter was in a tubercular sanatorium where she has remained ever since and where she has entirely regained her health. I am devoted to her and visit her regularly and her well-being is my chief object in life, so I have contemplated leaving her in this institution until she is 16 years old, but my relatives think this is a dreadful thing for me to do and that I am not treating the child right. I am thinking of marrying again. In case I do shall I bring the girl home, or leave her where she is?

ANSWER: It depends upon what kind of a woman you are marrying. If she is a middle-aged, kindly, broad-minded woman who will be a second mother to your child, bring her home. An institution is not an ideal environment for a girl to be reared in.

**The Stars Say --**  
By Genevieve Kemble

**For Tomorrow**

PENDING affairs, involved and complicated, may be greatly accelerated by some very clever strategies, born of a new slant, a bright idea, or some form of quickened energies, initiative and mentality. Make the most of such stimulus to connect with influential persons whose interest and practical collaboration are urgent. There are signs of progress in major plans and objectives by shrewd and quick action. Study ways and means carefully.

**For the Birthday**

Those whose birthday it is may find lagging or difficult conditions suddenly mended or stirred into keen action, probably by a reorganization of plans and objectives. This under the impetus of quickened energies, mental and nervous. The fresh slant may attract desired cooperation from those ready to promote new plans or agreements. Approach these with well-organized details.

A child born on this day will be particularly clever, versatile. It may be keen and quick to grasp fresh ways and means for putting over new ideas.

**ELLEN'S DIARY**  
By An Island Farmer's Wife

The Children, down to youngest grandson pore over the leaves of catalogues and advertising pages these days, enthralled by the pictures that have anything to do with the season at hand. . . . wishing aloud, hoping. Beaming broadly when they happen upon the likeness of the Christmas saint, and already getting nibbles of fruits and peels and nutmeats which in seasonal supply appear in cupboards or are stored in out of the way nooks. Watching the stars too, that strangely enough seem so significant now and gleam with a new brightness, a brilliance not seen in them in the other months of the year. "And a star went before" we said softly to granddaughter as hand in hand we went along the path towards the house across the lane, close to the hour for her retiring this evening. Myriad of them looked down on the quiet bowl of countryside that is ours, contained within a rim of wooded hills. They twinkled above the house-tops, and as we walked beneath it, through the bare branches of the old birch tree. The charm of the time of year was with us, bewitching, magical, kindly, or perhaps all about us was only as usual and the change was to be found in our hearts. "It won't be long now" the small one said, her voice lively with anticipation. Then she lowered it to a whisper so that not even the black dog shadowing us could over-hear "We got something for my father for Christmas in town yesterday—but I mustn't tell anyone what it was. That's a secret! But perhaps you would like to make a guess?"

Noon choring which by this, has fallen into an orderly Winter schedule, since all the stock except the sheep are now housed, sees the cattle-kind go down a familiar path to drink at the stream below the mill. There it flows widely, and over smooth colorful pebbles and stones, down to meet the salt of the river. They are herded by the black dog and an encouraging "Halloo, boy! Chase 'em down" from James. At Kob's, once housed for the Winter no stock is allowed to roam drinking bowls bringing their requirements to them, so that they may quench thirsts at their fancy. "I don't know which is better for them, Ellen" James said comparing the two methods of care at supper "a spell in the open each day should be good for them—should make them better. However, we'll just see . . . by Spring."

Benefitting to the full from the open weather continuing, the farmers worked in the fields this afternoon, gathering up the bits and pieces of roots from the piece of new land, getting it in readiness for the cultivation in Spring. And both grateful for a Fall which allows "yet another day" for this work in the open. Supper was a cozy meal with granddaughter's presence a pleasing feature to all. We supped on scallop—a mixture of potato and gravy with ends of the dinner—roast, and for that elusive fish, or a bit of piquancy, a dash of tomato sauce. A salad, of coarsely grated apple and cabbage with carrot added for color and wealth of vitamins, and bound together loosely with a mayonnaise. It was made hastily we remember, of a pair of pullet's eggs that granddaughter with the air of a magician had produced from her over-all pockets. Beaten light and a teaspoon of this and that added and a speck of tumeric to put gold in the day. . . . and vinegar, and left to cook in a pyrex bowl which fits neatly and most comfortably into our favorite but quite inexpensive tea-kettle.

"The meals I can get, Ellen—why I could feed a regiment in no time if I just had my own tools" a housewife laughed to us as she wiped the dishes for us on a Sunday recently. "I should want my own tea-kettle. . . and the blackened pan that sits down into the coals. The butcher-knife too. . . . And the old stone door-step" we chuckled. "Not stone" she corrected "but concrete. And my paring and bread-knife. My dish-pan also and my own mixing-bowl and spoon. Dear, dear, the uses I have put that bowl to, and how I respect it!" she smiled "don't give me any strange or fancy dishes with which to prepare a meal. . . . just those that I am used to. And then let me roll up my sleeves!" . . . But now at day's



**Consistent Bakery Winner at Oxford, N. S., Fair**

Cumberland County folk gather round an impressive bakery exhibit each year at their Oxford Fair. You've got to be good to keep in the running for these prizes! One successful contestant is Mrs. A. W. Angus, of Oxford, who's in there regularly with her prize-winning yeast baking. Mrs. Angus has some sound advice for the up-and-coming generation of home bakers: "There's no substitute for quality in your ingredients. Personally I wouldn't risk my bread and rolls with any yeast but Fleischmann's. Fleischmann's is fast and active—gives me satisfaction every time."

**-Needlecraft-**  
— FOR THE HOME —

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True grown-up styling for this three-piece set! Try a new teaming of fabrics . . . velveteen for the jacket, check for the pleated jumper. Blouse included.

No. 2210 is cut in sizes 2, 4, 6, 8. Size 4 jacket 1 1/2 yards 36-inch; jumper, 1 1/2 yards 54-inch; blouse, 1 1/2 yards 35-inch.

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end "Where have YOU put my pipe, Ellen?"

Until tomorrow — — Diary — Good-night. . . .

**Better English**  
By M. C. Williams

1. What is wrong with this sentence? "I will be through my work by five o'clock."
2. What is the correct pronunciation of "laureate"?
3. Which one of these words is misspelled? Misappropriate, misusage, misdemeanor, mistatement.
4. What does the word "incontrovertible" mean?
5. What is a word beginning with ca that means "slander"?

**ANSWERS**

1. Say, "I shall have finished my work by five o'clock."
2. Pronounce lo-re-at, o as in low, e as in me unstressed, a as in ate, accent first syllable. 3. Misstatement.
4. Indisputable. "His speech contained incontrovertible points, which not even the most skeptical



**The Neighbors**  
By George Clark



"He has his comic books and television and he still isn't eating. Must be something wrong with the food."

dessert with **SHIRRIFF'S SHIRRIFF'S SHIRRIFF'S** Sparkle!

**GRAPE GARLAND LUSHUS**

Simplicity itself is this shimmering mould of tangy orange Lushus, topped with a crown of purple grapes. The flavour? Well, if you've tasted Lushus, you know you can expect the freshest, juiciest tang ever. Only in Lushus is the flavour sealed up tight in a flavour Bud. Not one drop of liquid orange goodness can escape until you're ready to make up the jelly.

To keep grapes from floating, barely cover them with Lushus, and allow to set before filling up the mould.

**SHIRRIFF'S LUSHUS JELLY**

THE BUD FLAVOURED KIND