

Morning Smile

Emergency

All was quiet in the control tower. Suddenly an anxious voice came over the transmitter. "NC-64 is gas remaining. Request instructions. Over."

The officer of the tower, realizing this meant only a few minutes flying time, grabbed the mike. "NC-64, this is Captain Jones speaking. Don't be flustered; keep calm. Tell me, what landmarks are in sight? Over."

After a painful silence, the voice from space answered: "Sir, I'm parked on the runway. I was wondering where the gas truck was."

The Stars Say --

By Genevieve Kemble

For Tomorrow

THIS day's fortunes are largely up to you — to make or mar by your own actions. There is a tendency to impatience and to worry. But both can be overcome if you are on guard. Instead of yielding to impatience, wait quietly for situations to develop of themselves. You can do this by planning ahead instead of relying on last-minute efforts — only to experience frantic frustration because hurried arrangements do not work out perfectly. Instead of worrying, give thought to the pleasant and plan some enjoyable activity. You have no actual cause for worry this day, so why torment yourself needlessly?

For the Birthday

If tomorrow is your birthday, the year ahead should prove unusually stimulating. Because of your vivid imagination and your personal sense of diplomacy, you will be keenly interested in world affairs and may even find yourself taking part in the social and cultural projects that are part of the changing trend. You will have to guard, however, against overwork because, in your enthusiasm, you may be inclined to take on more duties than you can possibly fulfill. During the early part of this year you may experience some tension regarding your work, but as the months go by such tensions will be reduced. A concentrated effort to relax and to take things as they come will help.

A child born on this day will have special talents in the educational field, and will be community-minded to an extraordinary degree.

That Body Of Yours

By James W. Barlow, M.D.

GLAND OVERWEIGHT

Physicians doing special work on overweight and underweight find that in about one case in twenty of overweights, one of four glands is not manufacturing enough juice or extract and allows the excess fat to accumulate in certain definite parts of the body. These glands are the thyroid in the neck, the pituitary lying on the floor of the skull, the adrenals, one above each kidney, and the gonads or sex glands.

However, notwithstanding that these glands are not manufacturing enough juice, these weight specialists put every overweight on a reducing diet, the idea being that even if a gland or glands are at fault, the overweight is eating more food than his body needs.

The weight, or gland specialist, can often tell from looking at the overweight what gland (or glands) is underactive, he may find it difficult to tell which glands are at fault.

Generally speaking, when the thyroid gland is underactive, and the thyroid is the commonest gland at fault, the excess fat is deposited everywhere on the body, giving the individual a "billowy" appearance. When the pituitary gland is underactive, the excess fat accumulates across shoulders, upper arms, chest, abdomen, hips, but forearms and legs may have no fat at all. When the adrenal glands are at fault, the excess fat is difficult to distinguish from those with defects of pituitary gland. However, excess fat is about the upper part of the body—face, neck, upper arms and trunk while hips and thighs remain thin.

Women may be accompanied by a masculine appearance. When the sex glands are underactive, there is an increase in weight. Overweight developing at this time is very common. The distribution of fat in females due to such underactivity is over the lower abdomen, hips and thighs. In males, the excess fat is in these same regions.

While excess fat is "always" treated by a reduction of the food intake, the weight specialist, when the reduction in weight ceases or even before, begins to use small quantities of the gland extract or extracts which he considers are most to blame for the failure to further reduce weight.

As stated before, when the patient has faithfully followed the reduction diet and fails to decrease further in weight, he or she is

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A Country Garden

By Mrs. Gordon MacMillan

"Probably there is no feeling in the human mind stronger than the love of gardening, and at all times and in all ages, gardens have been amongst the greatest interest to mankind." — Charles Dickens.

I am amazed at the interest in gardening. Meeting a city lady the other day she said "We are struggling with an African violet," and my experience was not very helpful as it has not been very wide with these plants; however there are two violets now covered with buds on the window sill, and they may be as lovely as some seen in other homes grown by good gardeners. These plants were sown in soil taken from around a straw stack — leaf mold would do as well — and with the addition of garden soil and a small amount of well rotted manure, they are now looking very healthy. All the house plants have enjoyed and thrived on the sunny days now lengthening. The show geranium or "pansy" as it was called by our parents is flowering and a display that pleases all garden visitors. Daffodils and scillas making new growth, reminding us that spring is near.

Cuttings of favorite plants have been made and will be ready for the garden when they are needed. This is a good time to order from the seedsmen all the seeds and bulbs you will need in the coming season, at this time you will enjoy the anticipation of the garden, a very real joy to all who love gardens.

Some of us cannot visit the many lovely gardens in far-away places but it is possible to read about them and today we are going to the gardens of the West Indies . . .

Gardens Of The West Indies

A logical approach to a gardener's tour of the Antilles is by plane or ship to Cuba, long known as "Queen of the Antilles." The first plant species to come in to focus is the royal palm, as it grows everywhere on this beautiful, fruitful island. This is the tree of life to the Cubans; the leaves are used for thatch, the roots for the walls of the dwellings and the trunks for pig feed. After landing, a garden-conscious traveller is immediately impressed by the fertile, red clay soil and the luxuriant vegetation that it supports. Here, plants grow magnificently with a minimum of attention. In the doorways, roses, four-o'clocks, petunias, plumbago, tuberoses, oleanders, copperleaf and allamandas flourish.

Havana, a city of a million flower-loving people, is noted for its ficus trees. Several species are used effectively to shade stately avenues. The tropical arboretum has a collection of plants of two thousand varieties, and under the

DOROTHY DIX'S COLUMN—

To Marry Now, Or Wait?

Many Young People Now Face This Perplexing Question

DEAR MISS DIX: My fiance and I have been planning to be married in July. He is in the service; I graduate from high school in June. We have been going steady for four years and feel that our love will hold us together even though he will be away. We have been notified that he is to be sent to Korea this summer, as his training is up in April. Would you advise us to marry now, or wait two more years until he returns? We have saved all these years and have a substantial bank account; we also purchased quite a bit of furniture for our future home.



Muriel Nissen

NO ONE ANSWER FOR ALL

ANSWER: Your problem is shared by hundreds of young couples who are weighing the same decision—to marry and separate, or remain engaged and separate! Separation is inevitable, and the question is whether it is better to endure it in bonds of matrimony, or whether a measure of freedom is desirable. No one answer, obviously, will serve all people.

In general, such marriages are not encouraged. There is too much danger that one party or the other will find enforced loneliness too onerous and will seek companionship among members of the opposite sex. My own mail indicates that this is true to an alarming extent. My young friend, Anon, seems to have all the qualities to make a good wife under any circumstances. A four-year-courtship certainly should be an ample testing period.

My immediate advice is to discuss the problem with both sets of parents, and also with the clergyman who would marry them.

DEAR MISS DIX: My girl friend and I have been going out with two boys, and now we discover that she likes my beau and I like hers. What can we do? We have been double dating with these boys for some time.

ANSWER: The best thing to do is make a clean break with the boys and then be ready to begin all over again. Perhaps they are the same way about you and your friend in which case it will be up to them to start dating again with a switch in partners.

DEAR MISS DIX: I have been dating a boy for almost a year. We haven't gone steady, but have been, as he puts it, "firm friends." I am certain I love him. The other day I learned that another girl is wearing his school ring, and he is wearing hers. What should I do?

ANSWER: Since the boy has let it be clearly understood that he wasn't going steady with you, perhaps he was just letting you down easily. As he is wearing the girl's ring, it would be quite logical for you to ask him about it. If he prefers her to you, there's not much you can do but bow out of the picture. However, if he and the other girl are also on a "firm friends" basis, you can at least keep on hoping.

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

direction of Harvard University (this beautiful tropical garden of two hundred and twenty acres is making a great contribution to the botany, biology and horticulture of the New World tropics. Research that will benefit the sugar industry is an important function of this station. Hope Garden, near Kingston, Jamaica, is the most highly developed, most carefully maintained and fastest growing tropical bot-

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ELLEN'S DIARY

By 'An Island Farmer's Wife

"And when you grow up, Ellen, what will you be?" was partly answered for us in the flames. Al- though it ended the same way — no matter if a witchy wind of autumn was about the eaves and its dark against the panes, or the frost and snow of a winter night. Whether or not we stopped to speculate at all upon the immediate years we do not now recall. But beyond them in the more distant future, while it did not appear clearly what life should make of us, always without any shadow of doubt we felt that somewhere for us in this Island Province there would be a house such as this wherein we were a guest, which should hold a like quiet and peace within its rooms.

We remember how good it was to be there at week-end. For then in a continued observance of the week's close, an oldish man and respected friend of the place was also a guest. He came in to share in the evening meal and remained to read aloud to the couple who dwelt there. Across the years with much affection we come still to join them . . . to see the firelight on their faces. . . she in the green-painted rocking chair, skilled fingers busy with a bit of knitting, her husband close by in the old armchair, both ever at peace with the world.

The reader was an educated man, retired then from his profession or calling. He was spare, we recall, kindly — even merry of eye and wore an attractive pointed beard after one of the fashions of those days; his speech to our mind was faultless — even somewhat alarming to us when we were drawn into the conversation — and he was always faultlessly garbed. The books he chose to read aloud to that household? The titles are gone from us now, lost in the mists of the years between. Sometimes we think he read from Dickens' writings — or maybe it was Scott's or again a Shakespearean play. We do not remember. We do know, however, that the substance was good, the reading superb — if child that we were our interest was sometimes absorbed in part by the flames.

Since those days of the long ago, which have taken away all but our memories, immediately someone commences to read to us, thoughts go out to bridge the intervening years . . . back to that house of gracious quiet rooms and its kindly people.

"Aye!" James nodded. "I reckon that's it. All of those items melted together in what makes the sex increasingly bewildering! . . . Let me read this to you, Ellen — it's in regard to the creation of women and is written by an ancient Hindu writer — 'Twasakrie, is the name.' He smiled at us and read: 'He took the lightness of the leaf and the glance of the fawn, the gaiety of the sun's rays and the tears of the mist; the incon- stancy of the wind; the timidity of the hare, the vanity of the peacock and the softness of the down on the throat of the swallow. He added the harshness of the diamond, the sweet flavor of honey, the cruelty of the tiger, the warmth of the fire, the chill of snow. He added the chatter of the jay and the cooing of the turtle dove. He melted all this and formed a woman. Then he made a present of her to man.'

"How do you like that, Ellen?" James queried putting down his paper. "It's lovely!" we replied. "But where do we get our bravery?" But James only raised his eyebrows in a questioning manner and the smile that broke ended in a prolonged chuckle!

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

Modern Etiquette

By Roberta Lee

Q. Is it all right to spread jelly on a slice of bread at the table?

A. Jelly should never be spread over an entire slice of bread. A portion of the bread should be broken off, a bit of jelly placed on it. This rule also applies to the use of butter on bread.

Q. May wedding announcements be mailed a day or so before the wedding?

A. Never. They should be mailed

Household Scrapbook

By Roberta Lee

Cold Cream To make cold cream, mix 2 table- spoonfuls of oatmeal, 1/2-table- spoonful of powdered borax, and 1/2 pint of rosewater. Allow this mixture to stand for two or three days, then strain and add 1/2 ounce of alcohol.

Feather Pillows If a small block of camphor is crushed and mixed in with the feathers when refilling one of these pillows, it will add greatly in preserving them.

Cheese The result will be a much smoother cheese if it is run through the chopper instead of grating it. A medium knife in the chopper should be used.

How Can I . . .

By Anne Ashley

Q. How can I break in a new pen point?

A. A new pen point can be broken in by first dipping it into ink, holding in the flame of a lighted candle for a second, and then wiping dry with a cloth. It will hold ink as well as a point which has been in use for some time.

Q. How can I make the flower pots look attractive?

A. Cover the pots with two or three thicknesses of paraffin paper, then with crepe tissue paper. The paraffin prevents moisture from penetrating to the tissue paper.

Q. How can I make the dates of an old coin more legible?

A. By heating coins, or medallions, gradually, the dates and inscriptions will, unless entirely obliterated, make their appearance.

Alice Brooks Designs

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Better English

By G. C. Williams

1. What is wrong with this sentence? "Our patient is some better than he was yesterday, and we are very pleased."

2. What is the correct pronunciation of "intestine"?

3. Which one of these words is misspelled? Vestige, alledge, knowledge, tragedy. 4. What does the word "dis- suade" mean? 5. What is a word beginning with conti that means "in actual contact"?

ANSWERS

1. Say, "is somewhat better" and, "we are very much pleased." 2. Pronounce last syllable as tin, not as tins. 3. Alledge. 4. To divert by persuasion; to turn from a pur- pose. "They failed to dissuade him from his determination to go." 5. Contiguous.

immediately after the ceremony.

Q. Should a business letter al- ways be signed personally by some member of the firm, or is a type- written signature sufficient?

A. Every letter, whether busi- ness or personal, should be signed with pen and ink.

Anne Adams Patterns

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