

Very Sheer Nylons For Milady To Be Manufactured At Sussex, N. B.

SUSSEX, N. B., (CP) — A New Brunswick plant, started as an experiment less than a year ago, plans to produce 75-gauge nylon hosiery, the finest gauge ever attempted in North America.

The Sussex branch of Sheer Silk Hosiery Mills Ltd., is operated by 65 New Brunswickers—63 men and two women. At this time last year they knew no more about knitting than Prairie farmers knew about squid-jugging.

Only a handful of instructors were available when production began but the local employees caught on quickly and within a few weeks operations were in full swing.

Company president Dallas Grant says the people of New Brunswick are "very adaptable for this type of work" and have made real strides in the operation.

Although the stockings are knitted in Sussex, they have to be refined at the parent company in Sherbrooke, Que., before being placed on the market.

Mr. Grant says that the only drawback in production of extremely fine gauge stockings, is that they require a finer denier nylon than is made on this side of the Atlantic.

Until such times as it is produced here, he said, the company will import 10-denier yarn from Italy.

He did not say what effect this would have on the price of the new hosiery.

ELLEN'S DIARY

By An Island Farmer's Wife

Before many hours have passed, stepping over the threshold of midnight, and that dark magic minute which serves to separate the old month and the new, we shall enter December's portal. Silently, we suspect we shall come to it, along the lovely avenue of sleep.

A white house, will it be? with snow, and of feathery flakes tapping its roof. Shall we too catch a sight of the white of frost-diamonds studding it brightly, sparkling in the sunlight or in the silver of moonlight? And above as we invariably see them will not the old stars then have assumed that seasonal air of mystery, and below on a hillside shall we not fancy again patient shepherds and their flocks?

Whatever the outside of December's house may be, within we know will be cosy with the genial warmth of fires and, once the twilight begins to deepen, bright with the glow of the lights. There we shall find without fail the high anticipation and bustle of the Christmas season which no matter our age can never be denied. And there too in the music of that Holy time, and in the words of a touching Story of old re-read, we shall find comforting renewal of our faith in things of earth, even world-over Peace and Goodwill among men.

"I'm thinking of Christmas," a little fellow said pucker-ing his brow in thought this morning. "I want—now what do I want! I'm not just sure," he nodded, "I'll have to think it over." "He turned to us." "And what are you asking for?" "Once your hair has turned to silver," James chuckled, patting fondly the lad's dark head, "it doesn't much matter what one asks for—it's only a waste of breath. You know Santa sort of forgets the like of us. I'm thinking if he manages to remember your children, that will satisfy her." "But you never know," he counselled his Grandfather, "it's no harm to ask!" But this is still November the month of melancholy gestures which nears now its close. Looking

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Royal Visit To Bermuda Short, But Successful



Although Queen Elizabeth and the Duke of Edinburgh have come and gone, their one-day visit to Bermuda will long be remembered, for wherever they went they were widely cheered by their loyal subjects, three of which are seen above. During their short stay in Bermuda—the first stop-over on their tour of the Commonwealth countries—they took a boat trip and drive around the beautiful island, planted a tree, attended a government house garden party, where they are seen, top, greeting two guests, and a state dinner. As it was the first visit of a reigning monarch to the colony since it was established in 1609, the Queen also addressed a joint session of parliament. She said she was happy to "find so fine and vigorous a growth." The next port of call is Jamaica.

DOROTHY DIX'S COLUMN—

A Soldier's Return

Though Wife Will Be Glad To See Mate, She Hopes Army Has Changed Him

DEAR MISS DIX: I'm the 26-year-old wife of a soldier who has been in Korea for 17 months, and is due home soon. Before he went away I knew I didn't love him, but thought the separation would change my feelings. It hasn't! He's a dependent person, has always shunned responsibility, and puts off any suggestion that we have children. Now that he's coming home, I know I'll be glad to see him, but can't convert this gladness into love. There's no one else as far as I, at least, am concerned.

GIVE MATE A CHANCE

MILLICENT L.

ANSWER: There's always the chance that the Army may have endowed your man with the sense of responsibility he lacked. If he returns with the same ideas he carried away with him, and you still feel that your marriage won't work out, a separation would be better than

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Anne Adams Patterns

FABRIC SAVER
ONE yard 35-inch for the small size! Little more for the other! As shown in diagram this apron is ONE piece plus ties and pockets. So thrifty and so easy, make more for yourself, give more gifts! Good for bazaars. Saves money, time and fabric!
Pattern 4718: Misses' Sizes small 14-16; medium 18-20. Small size takes one yard 35-inch fabric.
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, c/o The Guardian, 60 Front Street West, Toronto, Canada.



ONLY ONE YARD SMALL SIZE

by Anne Adams

Household Scrapbook

The Food Chopper
The knives of a food chopper eventually become dull. But if a piece of sand soap, or scouring brick, or small ends left from the cakes of scouring soap, is run through the food chopper in the same way as you would run a vegetable or piece of bread, it will brighten and sharpen the knives. Then wash thoroughly to remove all of the grit.
Toilet Perfume
A good toilet perfume can be made by mixing two ounces of alcohol with one-half ounce of orris root. Keep in a bottle, tightly corked, and shake well before using.

Seven Days A Week

By Anne Shannon

1. MONDAY: Last day of November and Mavis says with a note of gladness in her voice, "Tomorrow December starts isn't that nice?" We think so too, though weather so far. How interested this small miss is in the people who come and go in the run of the day. She thinks having a store in the house is just tops. "Just think," she says, "I used to have to dress up with a coat and hat and go a long piece. Now when Mom says 'I need baking powder' I just open the door, run out into the shop and there it is, sitting right on the shelf in front of me!" We think, too, that the people who come and go are interesting. Each share and talking across the counter to them makes our own problems lighter and our joys increased.

The "bread-man", a cheerful, blue-eyed lad, a former classmate of our older boys, but now married, tells us happily, "I have a brand new daughter! The 'Ookies' deposit full cases of drinks, carry out the empties, pat Mavis on the head, tease her a bit, and then with a cheery 'Good-day Ma'am' are on their way down the red ribbon of road to the next stop. Then these is the 'oil-man' and various agents and travelers, all courteous and each contributing some measure of interest to the day's events. One says 'My little son has an incurable heart ailment', and I can only sympathize and remind him that new discoveries are being made every day and some day soon what is an incurable malady now will be eas-

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That Body, Of Yours

By James W. Barton, M.D.

HEALTH AND OBESITY

For a number of years I have been writing a weekly article on Your Health and Your Weight, with most articles dealing with overweight (obesity) because the majority of men and women at or past middle age are overweight. However, as obesity is so common, its dangers and disadvantages so easily acquired, I believe it wise to write about it more often than once a week.

In New England Journal of Medicine, Dr. P. Barr, writing on health and obesity states—"Obesity is both disadvantageous and dangerous... Obesity predisposes to diabetes, increases the tendency to hypertension (high blood pressure), favors the development of atherosclerosis (fat substances which block the blood vessels) and contributes to heart failure. It increases the incidence of gallstones. It causes shortness of breath on exertion, intolerance to heat, and excessive sweating. It leads to maceration (softening of solid by soaking), intertrigo (chafing of the skin), eczema and boils. It lessens the chest capacity by decreasing the elastic fibres in muscles controlling the breathing, causes flat feet, hernia (rupture) and arthritis of hips and knees."

In every form of physical activity it increases the amount of work the heart has to do because the body has to lift or carry the extra burden of weight caused by every pound of fat. Further, it is unesthetic as it spoils the shape or curves of the body, is socially unacceptable and is psychologically crippling. The obese individual always feels that he or she is the object of pity or derision which lowers their morale (inferiority complex).

"Obesity shortens a life that has been made ridiculous and miserable by its presence." As we read about the dangers and disadvantages of obesity as outlined by Dr. Barr, we must not forget that medical examiners for life insurance companies supply even more evidence against obesity as a health hazard and life insurance companies give personal talks to policy holders on these dangers and offer a premium of reduced rates to them if they will reduce their weight to normal limits and keep it there. Their statisticians remind them that every pound of excess fat shortens their lives by one year.



Cook's Corner
Mushrooms and tuna fish sound like a delicious combination! These are the ingredients for a tuna scallop recipe suggested by South Pinette W. I. They also have some fine Christmas-week suggestions for home entertainers.

TUNNA SCALLOP

2-3 oz. noodles
1/4 cup onion chopped
1/4 cup grated cheese
Salt and pepper
1 can cream of mushroom soup
1-7 oz. can tuna fish
1/2 to 1 cup milk
Cook and drain noodles. Dilute mushroom soup with milk until right consistency. Arrange layers of noodles, tuna fish, onions and cheese in casserole. Pour mushroom soup and milk over each layer. Dot with butter and cover with crumbs. Bake in 350 degree oven 30 minutes.

—Mrs. Albert MacDonal, South Pinette W. I.

How Can I!!!

By Anne Ashley

Q. How can I get the maximum of heat out of gas burners?

A. The gas burners must be given proper attention in order to secure the right kind of flame and the maximum of heat. The burners should be washed often with soap suds and water to prevent them from becoming clogged.

Q. What can I do when kid gloves have become spotted by rain drops?

A. Do not allow them to dry, but while they are still on the hands and damp, rub very gently with a damp cloth so that the rain drops are scattered. If this is done in time, the gloves will not spot.

Q. How should a lamp be placed when reading?

A. The light should always come from the left and slightly to the rear of the chair when one is reading. Never lie down to read, as this position produces a strain on the eyes.

Q. How can I dye white shoes black?

A. Try using a quick-drying black enamel paint. It often wears better than liquid or paste dyes, and doesn't wear off so easily.

Cat Sounds Alarm When Young Master Topples Into Creek



Two-year-old Johnny Gleaser of Walkerton, Ont., fondles the pet cat which is credited with saving his life. While playing with his cat near his home, Johnny toppled into a creek. The kitten raced home, alarming Johnny's parents, who were able to rescue the boy before he drowned.

Morning Smile

Hoarder: The person who buys the last few cans of what you were about to buy a case of.

Liver Loaf—Serves 6

1 lb. liver
1/2 lb. hamburger
1 c. bread crumbs
1 onion chopped fine
Juice of 1 lemon
1 egg, well-beaten
2 tbsp. tomato catsup
1 tsp. salt
1/4 tsp. pepper
Tomato juice or milk to moisten.
Skin liver, parboil in salted water 10-15 minutes. Drain, chop and mix with other ingredients. Pack mixture into a greased baking pan. Bacon may be used to line pan or may be placed on top. Bake at 350 degrees F for 1 hour.

Alice Brooks Designs



7175

by Alice Brooks

32-INCH BOY DOLL!

He wears boys' size-2 clothes—stands 32 inches high—and no matter what your age, you can't resist him! A real playmate for the lucky child—the hit of the bazaar! Use flesh-colored fabric for his body, straw yarn for hair. Pattern 7175: pattern for 32-inch doll only.

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.

Modern Etiquette

By Roberta Lee

Q. Is it proper to breathe upon one's eyeglasses in public when one is cleaning them?

A. No. In the first place, try to avoid cleaning the eyeglasses in public, and above all, the act of holding them in the open mouth and exhaling upon them. If absolutely necessary to clean them in the presence of others, try to wipe them without resorting to this last offensive method.

Q. When passing the plate for a second helping, should one hold the knife and fork in the hand or place them on the table?

A. Neither. The knife and fork should be left on the plate.

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