

Dorothy Dix's Column

Continued from page 2

breaking up your husband's first marriage, you have done nothing to cause you to feel guilty. The possibility that he might have returned to his first wife is so highly problematical that it's foolish for you to waste time dwelling on it. Turn your thoughts, instead, to the baby you are soon to have; plan for the future instead of focusing your thoughts on the past. You are establishing a family, an undertaking that will exact the very best of your physical, spiritual and psychological capacities. Don't waste your energy in futile concern over the past. Spend your spare time reading books to help you look into the future. Your librarian will gladly recommend some to you.

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

Perry-Gallant Wedding

At the Church of the Most Holy Redeemer on Saturday, Nov. 7, a pretty wedding took place when Stella Elizabeth Gallant, daughter of Mr. and Mrs. Jerome Gallant of Charlottetown, was united in marriage to Arnold John Perry, son of Mr. and Mrs. Russel Perry, also of Charlottetown. To the strains of the Wedding March, played by the organist, Mr. Alex MacLean, the bride entered the church on the arm of her father who gave his daughter in marriage. The Nuptial Mass and double ring ceremony were performed by Rev. G. Coyne, C.S.A. During the Mass beautiful hymns were rendered by Miss Bernadette MacDonald.

with a lace cloth centered with a three tier wedding cake topped with a miniature bride and groom. After the breakfast the wedding cake was out in traditional fashion by the bride and groom. During the afternoon the bridal party called on friends unable to attend the wedding, returning to the bride's home in the evening. They were greeted by many relatives and friends including the co-eds of St. Dunstan's (of which the bride was a former student), a buffet supper was served. The remainder of the evening was spent in sing-songs and dancing. The couple left on a short honeymoon trip through the Maritimes, the bride travelling in a blue suit with many velvet accessories and cerise topper. On their return

they will reside in Halifax, where the groom is stationed aboard H.M.C.S. Magnificent. The many gifts received by the couple testified their popularity. Greetings were received from the Engineers Division of the magnificent where the groom is employed. Their many friends wish them many years of happiness.

Island-Born Woman Dies In British Columbia

An active community worker in Clayton, B. C., Miss Frances Josephine Clarke of 2176 Trans-Canada Highway passed away in Langley, B. C., Memorial Hospital on Sunday, November 15. Born in Orwell, she was 66 years of age.

Miss Clarke resided in Regina, Sask., for many years prior to Clayton Hill in 1934. She was interested in community work, and was president of Clayton Auxiliary to Surrey Memorial Hospital. Surviving are three brothers, William J. of Santa Clara, California; Frank J., Regina, and John, at Clayton; and two sisters, Mrs. Mary MacPherson, Calgary and Sister St. Mary Denis, Notre Dame Convent, Waterbury, Connecticut. High Mass was sung by Father M. Kennedy in St. Joseph's Church, Langley. He was assisted by Father Regis Cragg of Keremeos. Interment was in Ocean View Burial Park, Vancouver.

Fish-hooks in ancient times were made of stone, bronze, copper and sometimes shell.

That Body Of Yours

Continued from page 2

It was found that thousands of men and women over 45 have blood pressures of 150 systolic and 96 diastolic up to 175 systolic and 100 diastolic but feel well and present no evidence of heart and blood vessel disease. In the past, these people have been labelled hypertensive (having high blood pressure); yet when their blood pressures are compared with those in the newly established tables, age and sex considered, it is evident that many fall within the normal range and are not hypertensives. Such patients (with no symptoms) require neither observation nor treatment and may be accepted for employment and military service. However, if they suffer from anginal syndrome (pectoris-visceralis pressure in chest) or they have shortness of breath or other evidence of congestive heart failure, or enlargement of the heart, eye changes, or signs of kidney disturbance, the patients should be considered as being hypertensive despite the finding that their blood pressure is within normal limits.

What do we learn from the new tables for normal and abnormal high blood pressure?

We learn that if a patient's blood pressure falls within the new high blood pressure levels, the need of treatment depends on the presence of sclerosis (hardening) of the blood vessels of the heart, brain, kidneys and eyes. If these are not present, and the blood pressure does not continue to rise, no treatment is necessary.

Dr. Master and Jaffe suggest that the patient should be told his blood pressure is high as he will learn about it anyway, but should be told that if no symptoms are present, and pressure does not continue to rise, there is no cause for worry. Worry raises the blood pressure.

ELLEN'S DIARY

Continued from page 2

her for quite a spell; and she and his sister became fast friends. And then I suppose, I came into the picture. . . I'm telling you, Ellen," he laughed, "I wasn't a bad looking chap neither in those days! Well, we married and you know how it is then: new interests, new friends, and we often get out of touch with the old ones."

"So for years—yes for half a lifetime and more she never heard word of those former friends. . . not one word. But just the other week. . . But there is that clock reminding us now that for us it is day's end!

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

ANCIENT DENTISTS

Artificial teeth made of wood or bone have been found in Egyptian skulls dating from earliest times.

Bringing Up Baby



Hints Collected by Mrs. Dan Gerber (Mother of 5)

With wintery winds nipping at us, certainly a few cold-weather precautions are in order. Baby should have his daily constitutional (except in freezing weather) but these suggestions should be kept in mind.

- 1. Check weather reports before venturing out. (And a good thermometer is a sound investment). 2. Baby should be cosily but comfortably dressed. (Tight banding restricts circulation). 3. A length of sheet plastic is a sensible carriage accessory. Will shield baby if you're caught in a storm.

Plastic P. S. That plastic carriage cover does double-duty indoors too, use as a play pen liner or under baby's high chair to catch spills.

A "solid" start. Cereal is often the first solid food recommended for baby. For the nourishment your baby needs, and for downright goodness try Gerber's Cereals. They're richly reinforced with iron, minerals and essential B-Vitamins so necessary for little growing babies. Creamy, smooth-to-the-tongue texture makes them easy for baby to adjust to. Easy for you, too, because they're pre-cooked, ready-to-serve.

Solids for a little citizen. Gerber's Strained Fruits, Vegetables, Meat-Soups and Desserts. Made by the specialists who make "babies their business. . . their only business", these fine foods are famous for flavor, true-color and the creamy-smooth texture that suits small fry to a T.

"Bib 'n' Tucker" Special! Here's a cute little apron for the wardrobe of your pride and joy—made of clear vinylite plastic, edged in pink and blue, with a handy "catch-all". It's yours, just by sending either 3 Gerber's Cereal Labels or 6 Gerber's can labels to me, Mrs. Dan Gerber, Box 17, Toronto 18.



Lanolin Plus LIQUID does wonders for your skin

So many say it's practically magic for the skin! The very first application helps stop dry skin, a common cause of premature wrinkles. And daily use makes fine lines less and less apparent. Lanolin Plus contains a great abundance of lanolin which enables your skin to become more soft and fresh looking. Try Lanolin Plus now!

- Lanolin Plus Hard Water Shampoo, 6 oz. \$1.50
Lanolin Plus for the Hair, 4 oz. \$1.50
Lanolin Plus Hand Lotion, 4 oz. \$1.50
Lanolin Plus Cleansing Cream for Dry Skin, 3 1/2 oz. \$2.00
Lanolin Plus All Over Body Lotion, 12 oz. \$2.00
Lanolin Plus Liquid Cleanser, 4 oz. \$1.50
Lanolin Plus Suntan Lotion, 4 oz. \$1.50
Lanolin Plus Superfatted Soap, 2 bars to the box \$1.50

AT COSMETIC AND DRUG COUNTERS EVERYWHERE
HOSIERY OF DISTINCTION
Nylotwist
by Chantelaine
EXTRA ELASTICITY FOR DURABILITY

Make home sweet home with the glorious fragrance of a Great Coffee!

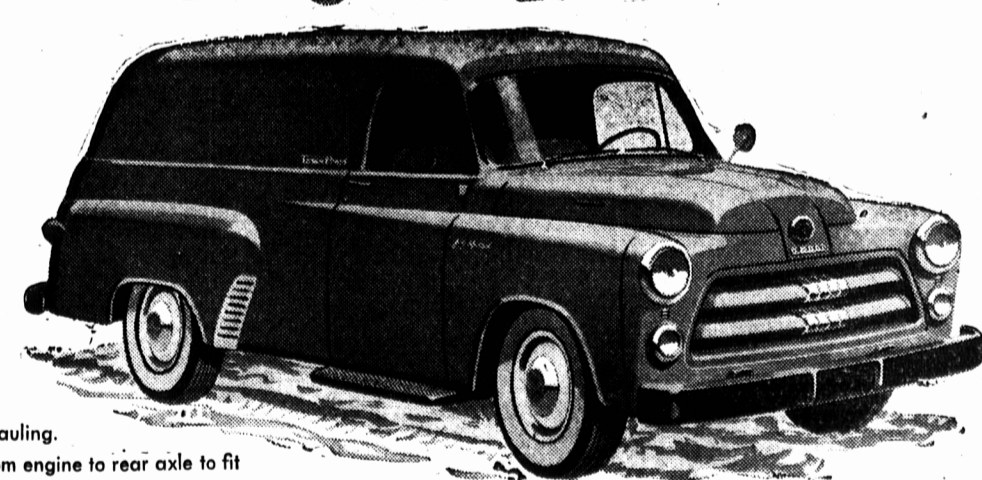
In the grateful fragrance of Chase & Sanborn a man feels it's truly good to be home! For it's the promise of deep-down flavor enjoyment . . . flavor that has made Chase & Sanborn a great coffee nearly 100 years. So richly satisfying! Enjoy Chase & Sanborn at your home tonight.

Chase & Sanborn

All the flavor your cup can hold!



Cut Trucking Costs with a new 1954 DODGE



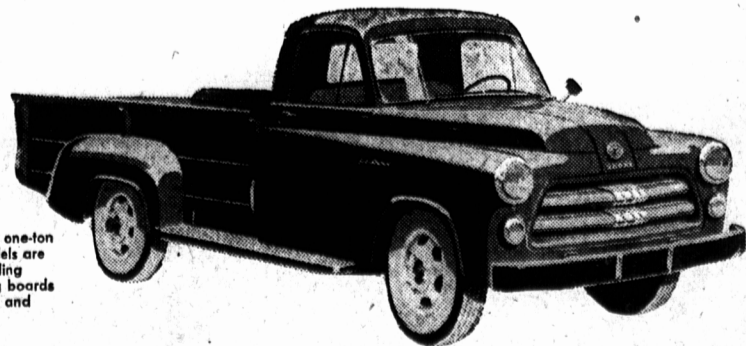
new handsome design new handling ease

You'll like the way these completely new, handsome-design, Dodge "Job-Rated" trucks cut your hauling and delivery costs. Their lower centre of gravity makes them easier to handle under all conditions, and they have the shortest attainable turning radius, right and left, to speed your hauling. Further, they cut costs because they are "Job-Rated" from engine to rear axle to fit your job . . . and truck-engineered to stay on the job with a minimum of upkeep.

In the wide range of Dodge truck models you'll find one that fits your job exactly—a truck that will save and make money for you.



ROOMY 3-MAN LUXURY CABS
New Dodge cabs have been designed to make driving safer and more comfortable. . . floors and running boards are lower, doors higher and wider. The big, one-piece windshield and high side windows with lower sills give safe, wide-angle vision. Extra roomy, 3-man seats are chair-high, with full luxury-type seat cushions.



LOWER BODIES MAKE LOADING EASIER

Body floors of both the one-ton and half-ton express models are much lower to make loading easier. Full-width running boards make side loading easier and safer.

FOR FASTER DELIVERY

try the new, streamlined Dodge "Job-Rated" Town-Panel, shown above. It is easier to load and unload . . . easier to manoeuvre. It's so much lower that the driver can quickly slip in and out of the seat with passenger car ease.

ONLY DODGE BUILDS "Job-Rated" TRUCKS:::PHONE YOUR DODGE TRUCK DEALER FOR A DEMONSTRATION