

Morning Smile

Wasted Effort

A young man, seated in the railway compartment, sat opposite an old lady. For some minutes he chewed gum, in silence, then the lady leaned forward. "It's so nice of you to try and make conversation with me, young man, but, to tell the truth I'm quite deaf."

BUILDING BOOM

Edmonton's building boom reached a record of nearly \$46,000,000 in 1950, or \$6,000,000 higher than 1949.

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Modern Etiquette

By Roberta Lee

Q. Is it all right to use the knife for cutting one's lettuce salad?

A. There was a time when this was considered the height of ill-breeding. But good sense now admits it is almost impossible to cut some head lettuce with just the fork. Use the knife to separate it slightly into sections, then discard the knife and use the fork for eating.

Q. Some men merely touch the brims of their hats when greeting women on the street. Is this considered all right?

A. No; this is unmannerly and lazy. The hat should be lifted slightly from the head.

Q. Is it really necessary that a woman use her title, "Mrs." or "Miss", when signing her name to a hotel register?

A. Yes, this is required in order that the hotel attendants will know how to address her.

The Stars Say --

By Genevieve Kemble

For Tomorrow

DISCRETION may prove to be the better part of valor on this day, as there are dubious aspects among the planetary configurations. It may tax the courage as well as give challenge to persuasive talents. There may be curious situations coming up for solution probably affecting the emotions or feelings, in a purely personal manner. New contacts should be made warily, as there could be delusive or tricky situations.

If It Is Your Birthday

Those whose birthday it is, are affectionate, agreeable, gentle and refined, leaning toward business connected with the home and its beautification. It could have inclination to subtlety, intuition, even curious leads or "hunches." A difficult person to fathom or manage.

A child born on this day may have unusual ideas and ideals, governed by its affections and emotions.

NO SLEEP SLUGGISH? Here's SURE RELIEF

Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.

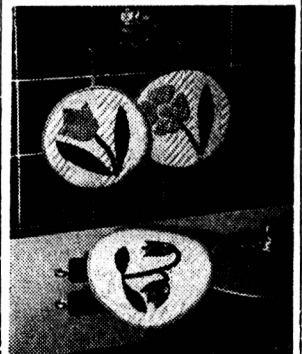
SCOLDED FOR CHASING AFTER THE 'OUNDS



PRINCESS MARGARET ROSE

The executive committee of the League Against Cruel Sports gave Princess Margaret Rose a verbal spanking for going to a foxhound hunt on Jan. 6 in a motor vehicle. In a resolution passed at recent meeting of the league, the committee said, "Had princess been aware of view which a large number of people hold about foxhunting she would not have been present at an amusement which is regarded by quite half the people of Britain with absolute loathing and abhorrence, by reason of its inherent cruelty to the unfortunate animal involved."

Spring In Your Kitchen



Tulips, pansies and bluebells olive in your kitchen in mid-winter in the shape of bright applique holders! What could be nicer? They're simple and inexpensive to make and you can use up all your odd scraps of printed, checked or striped cotton for the appliques. If you would like to have the directions for sewing these APPLIQUED POT-HOLDERS, just send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Ask for Leaflet No. PS 2562.

That Body Of Yours

By James W. Barton, M.D.

PREVENTING MIGRAINE—ONE-SIDED HEADACHE

Since we know that migraine (one-sided headache, with nausea and vomiting often present) is usually found in hard-working, high-strung, nervous individuals (often schoolteachers) and not the fair, fat and forty women (so often afflicted with gallstones) we are apt to think that the liver is not a factor in its cause.

The liver is a factor in migraine is pointed out by Drs. Mallet-Guy and P. Eliot. In Lyon Surgical, who state that migraine has an important place in the pathology of the liver and gall bladder (biliary tract). Surgical treatment of inflammation of the liver and gall bladder may be effective in the treatment of migraine. This has been learned by use of the X-ray and by recognition of the various functional disturbances of the liver and gall bladder.

Migraine caused by liver and gall bladder disturbances may occur at the same time as other signs of biliary disturbance, such as pain in right upper part of abdomen (location of liver and gall bladder), colic and nausea, or it may occur without these biliary signs.

Surgery was performed on 23 patients with diseased gall bladder on 6 patients with hypertonia or overactivity of bile-carrying canals, and on 25 patients with hypotonia (less activity) of the biliary ducts which carry bile to gall bladder and to small intestine. Migraine was present in every one of these patients. They were followed for one year after operation to see the effect of the surgical procedure. Cure of the migraine and of the biliary attacks (bilio-ness) though this name is not commonly used now) resulted from cholecystectomy (removal of gall bladder) in 16 of the 23 patients with diseased gall bladder; migraine and biliary attacks subsided in 2 patients who still had dyspeptic disturbances, while in 5 patients surgery was a failure.

Headaches disappeared in 3 of the 6 patients with an overactive gall bladder sphincter (opening from gall bladder). Excellent results were obtained in 16 of the 21 cases of "underactive" gall bladder. 1 patient was slightly improved, and this surgical treatment failed in 4 cases. Where surgery did not help these cases, other disturbances of the biliary tract were usually found.

This should be good news to migraine sufferers who, however, by bending exercises and eating small meals, may prevent need for operation.

Quick Relief for ARTHRITIC PAIN

Get the relief from sharp, stabbing arthritic pain you long for with Templeton's T-R-C's. Why suffer longer? Be active again. Get T-R-C's today, get comforting relief tonight. Recommended by users and druggists. 60c and \$1.25.

Better English

By B. C. Williams

1. What is wrong with this sentence? "We shall spend no more than we can help."
2. What is the correct pronunciation of "turgid"?
3. Which one of these words is misspelled? Disappoint, disolute, discriminate, disseminate.
4. What does the word "malign" (adjective) mean?
5. What is a word beginning with ins that means "brutal impudence"?

ANSWERS

1. Say, "We shall spend no more than we must (or, than is necessary)."
2. Pronounce tur-jid, u as in fur, accent first syllable.
3. Dissolute.
4. Having an evil disposition; tending to injure. "He seemed impelled by malign spirits."
5. Insolence.

Household Scrapbook

By Roberta Lee

Mustard Foot Bath

Do not sprinkle the mustard loosely into the water when preparing a foot bath for a patient. It will not dissolve quickly and may adhere to the skin and blister. First mix the mustard to a paste. One tablespoon of mustard to a gallon of water is the proportion used.

Rhinestone Pins

Tarnished rhinestone pins and buckles may be made to look like new if allowed to set in gasoline for about fifteen minutes, and then polished with a flannel cloth.

Quicker Method

A quick method to crush crackers or dried bread is to place them in a paper sack and roll well with a rolling pin.

How Can I!!!

By Anne Ashley

Q. How can I remove rust from nickel-plated articles?

A. Cover the rust spots with oil, grease, or mutton tallow. Allow it to remain for two or three days, then rub thoroughly with rotten stone, wash with ammonia, and polish with whiting. Kerosene applied frequently will prevent nickel from rusting.

Q. How can I dye washable kid gloves?

A. White kid gloves can be dyed a tan color by dipping them in saffron water until the desired shade is obtained.

Q. How can I prevent water from seeping into a concrete cellar?

A. Paint the outside of the wall from top to bottom with pure, hot asphalt. Many applications on the inside of the cellar are not effective.

Cook's Corner

CHOCOLATE SPONGE

3 tablespoons Cocoa or Powdered Baking Chocolate
1 level tablespoon gelatine
¼ cup boiling water
1 teaspoon vanilla
¼ cup cold water
1-3 cup sugar
3 eggs
Few grains salt
Soak gelatine in the cold water for about five minutes. Put sugar, cocoa and boiling water in pot and bring to boiling point, stirring constantly. Remove from fire and add soaked gelatine and salt. Cool a little, and add slightly beaten egg yolks. Set aside, and when it begins to thicken, fold in stiffly beaten egg whites and vanilla. Turn into a wet mold and chill. When firm, unmold and serve with whipped cream.

ELLEN'S DIARY

By An Island Farmer's Wife

James has just entered after a round of inspection at the stables. Can you not see him enter, as we have? Tucking in a handful of bedding-straw here, smoothing back a mane there, closing a shutter for fear wind should turn colder, appraising the worth of this heifer or that fox by ways known to farmers, bestowing a pat on a calf, brushing shaggy sides, and altogether enjoying this time of day which allows him leisure to loiter there, unhurried and at his own fancy. . . . An hour now he hangs his damp jacket in deflected folds on a peg behind the stove, topping it with a be-dragged cap. The action evidently returns something suggestive to mind. "I always think of Mrs. . . . on a night like this," he observes. "She was the best one to see that her man's clothing was dry and ready for the morning. She was the greatest woman for that—no fear of his having to put on a damp garment."

And down the panes, tonight's rain washes steadily in a shower that dims the glow of the friendly lights about the yards. He is in slippers now and searching for his pipe, which continues to be quite as elusive as are folks' glasses, or dentures. His day-time mokes are sometimes so suddenly interrupted by some insistent call from the choring, we often think that if it could stay poised as does the humming-bird on wing at a flower's door, it would be found in mid-air on occasion. But where is it stowed now? On the old mantel, neighboring the ancient tea-cannister and the bewitching coffee-mill, a relic of an old and far-away land of his people. "May I ask, Aunt Ellen, what you're digging for in that tin?" Niece of ours giggled not long ago when we were preparing a meal. "Why . . . for the tea, of course" we replied, amazed at her question. "Where else indeed, after so many years?"

"Well, well," James continues, settling now in his old armchair, his glance resting on the window "it's strange weather, isn't it, Ellen, for this day of the year? So mild—different from the old-time winters as I mind them. No frost yet to speak of. I shouldn't wonder, if a person went looking for them, if she might not find pussy willows swelling. The other day, dear me I forgot to bring them in to show you but we saw buds of leaves unfolding—green. It's likely" he smiled "they'll be pretty well frozen up one of these days!" Warm it is tonight however and a mist of rain about the yards. And in a flock as in Spring the gulls were inland this morning to forecast presently falling weather. Bidding the farmers make haste with any matter of hauling before the gray clouds should drop their "dews of snow or rain." "Reckon we should haul bedding from the other farm" if there's decent hauling" the younger farmer proposed when the family was about first chores this morning.

And James crossing the yard at this time, milk pails in hand, nodded "I was just thinking, we should." And granddaughter faithful companion of his following, feeling a bit of a chill in the air inquired of him curiously: "How is it granddaddy, you don't wear mittens when you're about your work at the barns? I suppose," she mused in an elderly fashion, "it's just from force of habit!" "From what?" James smiled, all attention now. She laughed shyly but remained silent and hand in hand now the two disappeared within a stable. . . . And soon a team was hitched and the hauling commenced and was completed before this spell of weather began. And now all work of the day without and within is over. Out of doors there is rain and darkness— but inside where two gray haired and "slowing" come to their retiring, ease now and quiet and a great peace here by their fire. . . . Until tomorrow — Diary — Good-night. . . .



DOROTHY DIX SAYS—

Tyrannical Mother

Determined Daughter Shall Never Marry

DEAR MISS DIX: Although my father loves my mother and is very good to her, she feels that marriage is a terrible thing and is determined that I shall never marry. Her plan is for me to work in an office and earn my own living all my life. But I have other ideas. I want to work a few years. Then I want a husband and children and a home. I have a sister who is 40 years old and an old maid as a result of Mother managing her life. She drove away all of my sister's suitors and now she is lonely and unhappy and feels very bitter toward Mother. I don't want this to happen to me, but I don't know how to avoid it as Mother has begun the same tactics with me. I love my mother, but I wish I could make her see that I have a mind and some right to decide things for myself.

CLARIBEL

ANSWER: I wish I could tell you how to go about making your mother see what a terrible thing she has done to your sister and is planning to do to you, but it is easier to make the leopard change its spots than it is to change the nature of a tyrannical woman.

THINKS SHE KNOWS BEST

You see, one reason why mothers are so impervious to any argument about their right to dominate their children's lives is because they are so self-righteous about it. They are so certain that they are wiser and know better than their children do, and that what they are doing is for the children's good. They utterly ignore the fact that their children may be of an entirely different temperament, have different tastes, needs and desires, that the things that would make them happy would make their children miserable, and that Nature fitted them for a different career from theirs.

Your mother, from your account, evidently is a celibate by nature. Although she has a good husband, she looks upon marriage as a sort of purgatory from which she wants to save her daughters. You add your sister, on the contrary, were cut out for wives and mothers, and you will never be happy outside of your own homes.

DEAR DOROTHY DIX: I have a brother whom I love dearly. I am also very fond of his wife. I know that my brother is not true to her and that he is having an affair with another woman. I know that other people have tried to quietly relay to my sister-in-law what is going on, but either she is very blind, or else she wants to give the impression that she is. I am at a loss to know where my duty lies. Shall I tell my sister-in-law or not?

WORRIED SISTER

ANSWER: Certainly you should not tell her. It is a cruel and useless thing for any one to tell either a husband or a wife of the unfaithfulness of their mate, because it does no possible good and only precipitates trouble.

If your sister-in-law does not know of her husband's disloyalty, why rouse her from her dream of bliss? She will waken from it soon enough, and you should not shorten her happiness by even an hour. It isn't as if her knowing about it would do any possible good. If a woman's husband has ceased to love her and is having an affair with another woman, there is nothing that she can do that will bring him back to her. So her knowledge of his infidelity is valueless to her. Perhaps your sister-in-law is pretending ignorance. I do not believe there is any woman in the world so stupid as not to know to almost the exact minute when her husband ceases to care for her. But often and often she shuts her eyes to what she knows is there because she cannot stand that people should pity her, and because it saves her dignity to pose as a wife who is ignorant of her husband's side-stepping.

DEAR MISS DIX: I am of one religion and the man I am going to marry is of another. His family want me to change to his and my family want him to change to my religion. Which should?

G. P. R. C.

ANSWER: I cannot enter into religious controversies in this column, but I see no reason why when people marry they should change their religion, nor why each should not follow his or her own faith in peace and happiness. All religions, if they amount to anything at all, are just different roads that lead up to God, and it does not matter which path one takes so long as it satisfies his spiritual needs and helps him lead a better life. But unless a man and woman can feel this way about it and that creeds are unimportant, they are wise not to marry one of a different faith. For there are enough things in marriage to fight over without making it a holy war.

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

-Needlecraft-

— FOR THE HOME —

MIX-MATCH FASHION

This trio is a good example of the much talked about mix-match ensemble, and a quick and easy way to add to your wardrobe! Vary the skirt with the side button weskit versions . . . presto, two smart outfits. (All in one pattern.)

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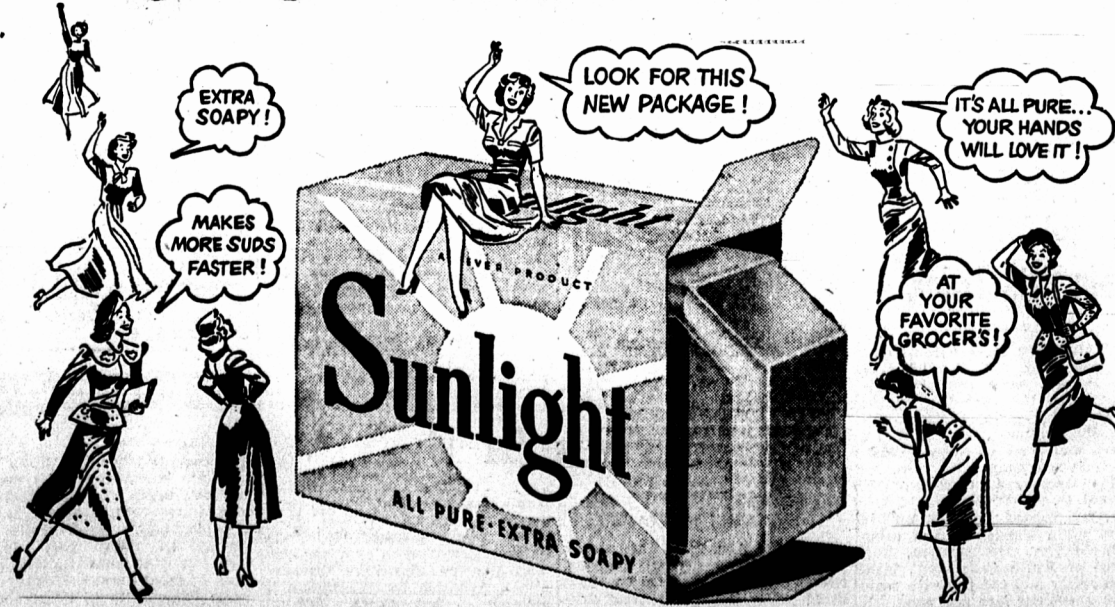
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THERE'S NO PLACE LIKE "HOME SWEET HOME"

Behind this seven-year-old blonde Stephen, N. B., is going home with her condition definitely improved. Opening the new hospital with five other youngsters was a big moment for Elaine, seen with her mother. But just the same, she has never seen the last of hospitals for her Elaine, a "blue baby" from St.

HORNSEA, Yorkshire, England—(CP)—Honey-moon visitors to Hornsea get a gift from the council and reduced hotel expenses.