

That Body Of Yours

By James W. Barton, M.D.

BUILDING STRONG BONES

A middle-aged woman asked her physician why it was that when she had a fall or other accident, she always broke a bone whereas others of her age and weight escaped with only sprains and bruises.

A little questioning as to her food habits brought out the fact that she ate meat and bread but practically no vegetables except potatoes and scarcely any fruit. The physician informed her that while meat and bread were necessary foods, and should be eaten daily, vegetables and fruits were richer in minerals, particularly calcium and phosphorus which are necessary to build up and maintain strength of bone.

Everybody is so interested in proteins (meat, eggs, fish) today and also in vitamins which are taken aside from regular meals, that not enough thought is given to minerals (iron, calcium, phosphorus) which are not only needed by the bones but by the cells of every tissue in the body. And of all of the minerals found in food, calcium is given the least thought and attention. A noted nutritionist states that as a people we do not eat enough calcium, the richest source of which is milk and milk products — butter, cream, cheese, cottage cheese — and green vegetables.

In his book Clinical Dietetics, Dr. Harry Gauss, University of Colorado School of Medicine, states that calcium (lime) comprises 2 per cent of the body weight and is located principally in the bones. Calcium and phosphorus which are used and found together, are both needed for proper development in growing children and the absence of either one is likely to result in rickets, although the role of vitamin D is very important here.

Calcium is also essential to the mechanism of blood clotting. It is the calcium in the blood which finally makes the matrix or underlying element about which the clot is formed. This prevents death from bleeding.

The best source of calcium is milk. A pint of milk a day for adults and a quart for growing children will supply the needed calcium.

Food rich in both calcium and phosphorus are: cheese, eggs, peas, beans, almonds, hazel nuts, whole wheat, turnip tops, dandelion greens.

If added to calcium and phosphorus, common foods containing iron—molasses and figs — are taken, enough bone building foods are sure to be eaten.

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CUTICURA SOAP AND OINTMENT

The Stars Say --

By Genevieve Kemble

For Tomorrow

THE indications are for another debacle or delay coming up for concentration of the energies, forces and faculties, with a forthright attack on putting over new ways and means for reparations, with initiative, courage, determination and vim. How to the line in practical and honest effort to get a fresh start. There could be some strange, unique or bewildering build-up for this.

If It Is Your Birthday

Those whose birthday it is, are urged to draw on all the powers that be for a new beginning, after a singular and vital rout or debacle. While it may be shrewd and tactical to use curious or subtle inner urges for the comeback, at the same time there must be honest, direct and forthright efforts, with all the vim and vigor of honest effort, courage, determination. Such unusual powers have to be backed up by aggressive and strenuous effort and shrewd preparation to prove effective. A child born on this day, has two sources of drive to bring to bear on certain strange, difficult and frustrating adventures in life. Stratagem backed by force could win.

Cook's Corner

COCOANUT BROWNIES

3 squares (3 ounces) unsweetened chocolate
1/3 cup butter or margarine
2 eggs
1/2 cup sugar
2/3 cup all-purpose flour sifted
1/2 cup ready-to-eat bran
1/2 cup broken walnut meats
1 teaspoon vanilla
1/2 cup shredded cocoanut
Melt chocolate and butter over hot water. Beat eggs well with rotary beater, gradually add sugar and continue beating until pale-colored and thick. Stir in chocolate mixer then, flour, bran, walnuts and vanilla. Spread in greased 8 by 8 inch baking pan, cover with cocoanut. Bake in moderate (375) oven 50 minutes. Makes 16 two-inch squares.

Morning Smile

An Idea

Porter: "Yes, mum, it's always the last carriage that suffers the most in a collision."
Old Lady: "Then don't you think it would be an excellent idea to take it off?"

Silent Anger

In savage silence the baffled golfer deliberately broke the offending club across his knee, and flung it far into the rough.
"A silly thing to do," observed his opponent.
"It's better than losing one's temper," he muttered.

ELLEN'S DIARY

By An Island Farmer's Wife

This matriarch of the family, a frailish creature of the sex in many a way, faltering along in the footprints of former mothers of the line, added an event in yesterday's sunny weather, to the history of this place which we doubt that any one of them no matter how attractive, strong, brave, wise, gifted or good, ever equalled during the days of their stewardship. Not that we would have our descendants suppose that we are at all vain over the happening or even smug, or indeed would choose to take any of the praise for its accomplishment. For after all it was a rare privilege for us and came about in consequence of this early spring. In passing, we may say, that while it is family legend that hitherto all the chateaulains of this farmstead were open and "above board" in their dealings with their husbands — a circumstance which to our mind lends an extra charm to the faces of their consorts whose likenesses we greet at intervals in the parlor — we were obliged to be secretive in carrying out our plans of yesterday, so that we were should meet with no discouragement on their behalf. So, while our matching patriarch was busy and engrossed in bearing lengths of wood to the saw in the yard — and it is likely meeting the threshing-to-come more than half-way in mind, we sowed the necessary implements and incidentals and stole down in the garden beside the old orchard.

Not unattended, Karolyn came and her younger son, who, in the face of granddaughter's continued indoor confinement to guard against a recurrence of her cold, must entertain himself. And the, with exclamation over the mellow earth in this sunny sheltered corner and the abundance of the plump, lively angleworms our digging disclosed at this time of year, we prepared a small seed-bed and on April's fourth day in the spring of '51, we made a first sowing of vegetable seed. Only lettuce, to be sure, and rows of onions, to provide for the family the tasteful greens that add nice touches to the farm-dinners. Early as was this planting, we could not be smug about it... the spirit of this mortal could not be proud even in this! These... at least one other in the neighborhood more forehanded than were we. When on a recent day we picked up the packets of seed at the corner-store, the mistress commented: "Lovely days like these turn one's thoughts toward gardening. I've been wondering about mine. You see" she chuckled "I planted my 'early' seeds last fall." "And what were you busy at?" James smiled later to the young lad at supper. "And were you lonely, dear?" "No," he laughed happily, "we had a great time. We were digging in the garden. And the... do you know what we did? We planted things! — I have the packets right here in my pocket!" "Planted things?" James echoed. "So that's how your grandmother was putting in her time! Well," he commented "they'll never grow — it is too early!" "Yes," Gage nodded with conviction "they'll grow!"

Our supper this afternoon of the sack-threshing, was made up of a number of things. Like a magician who puts his hand into a hat to draw out a miscellaneous collection, so the house-wives of the family at Alderlea, with little notice of such an event, must thrust hands here or there about the place hurriedly to provide for the meal. Fish-cakes were among the foods — tasteful ones of Karolyn's making. Into these, along with cod and potatoes, went two beaten eggs, an end of drippings, and an onion for added flavor, and the cakes were moulded then in a dusting of flour, and when browned, proved to be popular fare. But James is hungry again, a circumstance not to be wondered at since as he declares, sunning us to our feet "We've done a half-day's work since supper, Ellen!"

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

SCIENCE PIONEER

X-rays were discovered by Wilhelm Roentgen, German Physicist, in 1895 and he received a nobel prize in 1901.

DOROTHY DIX SAYS—

Jealous Of Ma

Boy Resents Girls' Criticism Of His Attention To Mother

DEAR MISS DIX: Once or twice a week I like to take my mother out to a show or to dinner. Most of the fellows I know like to do the same, but to show our mothers a little kindness and courtesy seems to be a crime with the girls nowadays. If a boy is halfway decent to his mother, he is due for some catty remarks about being tied to Mamma's apron strings. Can you tell me why a girl expects a man to regard his mother as a nuisance, a bore and a pest? I enjoy being with my mother and I am proud of her. I like to take girls out, but I'll be darned if I like listening to a diatribe against women who are the mothers of boys I have known all my life.



DAN

ANSWER: Probably the reason that girls resent their boy friends showing any attention to their mothers is because they want to monopolize all of their time and money. The thought that Tom or John is giving Mother a good time while they are sitting at home turns them sour.

Nobody, however, can explain the antagonism that virtually all young women feel against the mothers of the men with whom they go about. It seems to be congenial, like the hatred of snakes, with which they are born. No matter how angelic Mother may be, no matter how cordial and friendly, they look upon her with suspicion and resentment and are far more jealous of her than they are of any rival of their own age.

SHOULD BE SYMPATHETIC

Considering that all girls have mothers and expect to be mothers themselves, you would think that their attitude toward boys' mothers would be full of understanding and sympathy, and that they would applaud Sam and Bill for their attentions to their mothers. But, unfortunately, girls don't feel that way. They think they should have the orchids, the candy, the theatre tickets and the automobile rides and that they are being defrauded of their just rights and privileges when these favors are bestowed upon a mere mother instead of upon them. Hence the claws.

It is selfishness. It is greediness. It is the possessive instinct. It is jealousy of the woman who was a man's first love and who has been part of his life that makes girls catty about men's mothers. And there is no help for it. They were born that way.

DEAR DOROTHY DIX: My husband and I have been married a few years and have been very happy. Not long ago, however, he threw a thunderbolt into our peaceful home by suddenly telling me that he was tired of me, that he had ceased to love me, that he was through and was going off with another woman, and that I must get a divorce. He went, and in less than three weeks he was back, crestfallen, disheveled, humble and penitent, begging me to forgive him and take him back and never to mention the matter again. I promised and am making good on my word. The woman seems to have disappeared into thin air. I don't understand men. Are they all like this?

MARY

ANSWER: No woman understands men. Perhaps they don't understand themselves, especially as regards their reactions toward women.

Your husband has just had a brainstorm. He succumbed to a sudden attack of boredom. He had one of those reactions toward familiar things which most of us experience at times. He yearned for adventure, for the things that he thought would put a little pep into existence, and when he got them he found out that he didn't want them at all.

He realized that you were the woman he loved and that there was no other woman for him; that no hotel held the comfort and rest he had at home, and that happiness was to be found only on his own hearthstone, not in far places.

And so he came back to home and mother. And you were wise to take him back, spank him, kiss him and forgive him as every mother does when her little boy plays hooky. But he has had his lesson. He will not roam again. And he will never know, and you will never know why he did it this time.

DEAR DOROTHY DIX: I am 32 years old, engaged to a man who earns enough for us to live on, but who seems reluctant about getting married. Last year we had the wedding date set and he put it off at the last minute. I love my fiance and he is kind and good to me in many ways, but he simply will not even talk about getting married. What shall I do?

MINNIE

ANSWER: Save your face by breaking off the engagement. That is what the man is trying to force you to do. He has no intention whatever of marrying you, and you are just wasting your time by waiting on him to name the wedding day. He will never do it.

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

Household Scrapbook

By Roberta Lee

To Clean Marble

Cover the stained marble with a paste consisting of two tablespoons of soda, one tablespoon each of salt and powdered pumice, and some cold water. After this paste has dried on the marble, rub it off with a cloth, and wash the marble well with soap and water. If necessary, repeat this process.

Pulling Threads

Before attempting to pull threads in linen, run a damp cloth along the line where the thread is to be pulled. The thread will pull out much more easily while the cloth is damp.

Mustard Plaster

Try using the white of an egg instead of water, for mixing, when preparing a mustard plaster. The result will be a plaster that will not burn.

Better English

By B. C. Williams

1. What is wrong with this sentence? "Although I am ravenously hungry, there is no reason for my staying here."

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

3. Which one of these words is misspelled? Sufficient, deficient, efficient, affranchise.

4. What does the word "inveigle" mean?

5. What is a word beginning with am that means "having sweetness of temper"?

ANSWERS

1. Ravenous means "eager for food." Say, "Although I am ravenous, there is no reason for my staying here." 2. Pronounce sak-ri-je, a as in sack, i as in it, e as in end, accent first syllable. 3. Deficient. 4. To entice. (Pronounce the e as in we). "We inveigled her into going with us." 5. Amiable.

Modern Etiquette

By Roberta Lee

Q. Is it proper, when bowling with friends, to deliver the ball at the same time a person on an adjoining lane is delivering his ball?
A. Never. There are rules of etiquette on the bowling lanes, too, and one of the most strict is that one should never do anything to distract the attention of a bowler on an adjoining lane. If that person is preparing to deliver his ball, then you should wait until he has bowled before you start down the runway.

Q. Would it be proper for a young woman to sign a business letter as Miss Alice Jones?
A. Yes, but the "Miss" should be enclosed in parentheses.

Q. What is the correct way for a young man or girl to introduce a friend to his or her mother?
A. "Mother, this is Clarence Wilson." Or "Mother, this is Anne Morgan."

How Can I!!!

By Anne Ashley

Q. How can I cause the leaves of a head of lettuce to part in perfect condition?

A. The leaves of the head of lettuce will part without tearing if the core is cut off with a sharp knife, and then the lettuce is held under the cold-water faucet, allowing the water to run into the hole made by the knife.

Q. How can I clean aluminum utensils?

A. Try pouring a few ounces of vinegar into each aluminum utensil, heating it and then scouring the surface. The surface will look like new.

Q. How can I stiffen small rugs and prevent their curling up at the edges?

A. Coat their backs with shellac.

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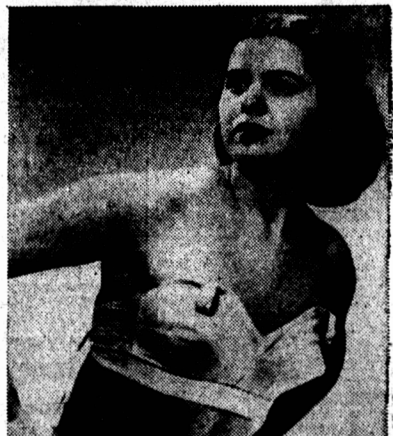
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