

That Body Of Yours

By James W. Barton, M.D.

DISTURBANCES OF GROWTH

When parents find that their youngster does not seem to be growing as he should and is underweight as compared with other children of the same age they cannot understand it.

In Postgraduate Medicine, Dr. Joseph A. Johnston, Pediatrician-in-Chief, Henry Ford Hospital, Detroit, states that of 140 children brought by parents because of abnormality of growth and development, the great majority were really of normal growth, weight and development, the parents failing to realize that there can be wide differences within normal range.

Dr. Johnston states that the solution of the problem of retarded growth involves a consideration of the following major factors: heredity, diet, infection, congenital defects (at birth), the major systems of the body (central nervous, heart and lungs, genito-urinary, stomach and intestines, muscles and bones, and the endocrine glands (thyroid, pituitary, adrenal, sex).

As to heredity, it can be seen that the child usually resembles in physique the family of one or both parents. If he fails to follow this pattern, one of the other factors, above mentioned, may be the cause.

As to diet, we have made such progress that an all-round diet—meat, vegetables, fruit—to which vitamins and minerals are sometimes added, makes for growth and bone and muscle development.

As to infection, it is pointed out how infection drains all the body's reserves and so interferes with growth development. The removal of infected teeth and tonsils often gives the youngster a new start in growth.

While some defects which occur at birth are difficult to correct, requiring careful feeding, injections of iron and liver extract, and more outdoor life, other defects due to inactivity of glands (thyroid, sex, adrenal) can be corrected to a considerable extent by use of gland extracts.

Canuck Gal Shorter Than American Miss

TORONTO, Nov. 19—(CP)—While "P.C.T." may mean "pretty cute trick" to the man with an eye for pulchritude, actually it is a style label in the Canadian women's wear industry.

Low Larry, suit and coat factory in downtown Toronto stands for "perfect Canadian type"—meaning a gal a shade over five feet three inches tall and weighing between 120 and 125 pounds.

Mr. Larry, a statistics-minded stylist, claims to have spent 15 years trying to develop sizes suitable for Canadian women—ever since his five-foot-four wife complained that she couldn't buy clothes to fit her.

Mr. Larry found everything she tried on either too long in the skirt for her, too broad at the shoulders, or too snug at the waist and hips.

Husband Larry's investigations uncovered the fact that the Canadian Miss—or Mrs.—is approximately one inch shorter than her American cousin. In fact, she's far from being the tall, lean model of fashion magazines.

He discovered that six out of 10 Canadian women are from five to five feet four inches tall and weigh anywhere from 105 to 140 pounds.

He prescribes uncluttered vertical lines for increased stature; softly sculptured hips to whitely away waists; smaller, more restrained textile patterns.

Morning Smile

He'll Help

"I suppose that if you marry my daughter you will expect me to pay your debts?" "I shouldn't think of putting you to so much trouble," answered the suitor. "You can give me the money, and I'll pay them myself."

Divided

Judge (giving judgment regarding an eight-day clock): "I award the clock to the plaintiff." Defendant: "What do I get, then?" Judge: "You'll have the eight days."

Safer

"John," said the nervous woman, nudging her husband, "did you hear anything?" "Yes, dear, it must be burglars." As he spoke he began to get out of bed.

Better English

By G. C. Williams

1. What is wrong with this sentence? "I don't know as I shall see him anymore, because he is angry at me."

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

3. Which one of these words is misspelled? Schedule, dishevel, dazzie, befuddle.

4. What does the word "infuse" mean?

5. What is a word beginning with comp that means "remorse"?

ANSWERS: 1. I don't know that I shall see him anymore, because he is angry with me. 2. Pronounce pe-a-nis-si-mo, e as in pea, a unstressed, both i's as in it, o as in no, accent third syllable. 3. Dishevel. 4. To infuse, as principle. "Let us infuse this sense of purity into our lives." 5. Compunction.

Beautiful KEM-GLO

the most economical enamel

NEEDS NO PRIMER OR UNDERCOATER

Sold by: S. A. McDonald Dept. Store - Reddin Bros. Boots Pharmacy, Summerside.

Gifts In Crochet

Crochet in color is becoming more and more popular for home decorations. This interesting group includes a pretty flower dolly, an attractive design for linen towels, a matching runner and shoe trest covered to match the bedroom. If you wish to make one or more of these, send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for CROCHET NOVELTIES, London No. S-141.

A Country Garden

By Mrs. Gordon MacMillan

Who loves a garden loves a greenhouse too, Unconscious of a less propitious climate.

There blooms exotic beauty, warm and snug, While the winds whistle and the snows descend.

—Cowper.

A small greenhouse or heated sunroom is a real joy to all who love flowers and as usual at this time of year mine is crowded with all the plants that are potted up out of the garden.

Tuberous Begonias are still blooming after six months of beautiful color; as they finish they are carried to the basement and left in the container if it is not needed for other flowers.

Boxes are filled with them and the soil allowed to stay on the roots until the stems are dried off and no water is given them.

Two lovely Chrysanthemums have been given to me by a good friend and a good gardener; tall yellow, and a beautiful white were dug out of her garden and now are potted up, fragrant and long-lasting.

Nasturtiums were brought from the garden and a few marigolds also carnations and southernwood for fragrance. A red rose is blooming and the pelargonium must think it is spring, as it is covered with bright flowers.

Many bulbs were potted up for winter blooming. Violets with large creamy flowers and soft yellow centres and a pleasing fragrance.

The earliest and most beautiful of miniature bulbous Iris are the species and varieties of the Reti-culata group. Though long popular in Europe, Canadian gardeners are just beginning to appreciate their charm and ease of culture.

Equally satisfactory in the rock garden or sunny border where they bloom as soon as the snow disappears even before the Crocus. Height, six to eight inches, each narrow grass-like leaf terminating in a tiny white spike.

They are exquisite subjects for pot culture and they need only three or four weeks in a cool dark place before bringing to the light.

Several pots of these Irises are something good for winter blooming and I am looking forward to their blooming. Salmon pink Tulips and white Hyacinths, also yellow Daffodils are potted up for colorful flowers in the winter and are just as precious to me as the jam in the cupboard.

Homer sang the praises of the Daffodil in his Hymn to Demeter away back in the very dawn of history. "The Narcissus wondrously glittering, a noble sight for all, whether immortal God, or mortal man; from whose root an hundred heads spring forth and all the fragrant odour thereof all the earth heaven above, and all the broad laughed, and the salt-wave of the Sea."

None of our garden plants has enjoyed such constant favour as the Daffodil, because even in those old days it was greatly prized as a decorative flower in connection with the ancient rites of death and burial. In addition to the hundreds of garden forms, the family as at present recognized consists of about fifty species and well defined varieties of wildflowers from Spain and Morocco through the Mediterranean region and northern Europe to the western boundaries of the old Chinese Empire.

All are of easy cultivation, they require only to be left alone and will pay an annual tribute of scent and beauty that increases with the passing of the years. One of the first to bloom is the splendid N. oxymalus, and every week brings other and more graceful flowers from the Hoop-Petticoats, the many-flowered Tazettas, the sweet Jonquills until the season ends with the fragrant Poet's Narcissus, one of the loveliest of all flowers.

In all probability Homer paid tribute to the scented N. tazetta which grows wild in all its many well-known forms from the Canary Islands to the open woodlands of China. The form from the Far East, known in gardens as the Sacred Lily of China, has been adopted by the Chinese as the emblem of spring from time immemorial.

They have a legend which tells of a rich merchant who gave all his money to the poor, leaving only a few barren acres to his son, Sung Li. The young man went off to see the world and somewhere on the borders of Persia was set upon, and robbed and left for dead.

A lonely hermit nursed him back to life, and when spring came the banks of a nearby creek were covered with masses of the most beautiful flowers Sung Li had ever seen. He dug up a few roots and sent them for home. Although poor and dispirited, he set to work and cultivated the few stony acres, and as the years passed he was able to sell bulbs of the lovely flower he had found in his wanderings. It reached Europe in about the mid-

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How Can I!!!

By Anne Ashley

Q. How can I make a substitute sizing for plastered walls and ceilings that are to be painted with oil paints?

A. When no commercial sizing is available, these walls may be sized with carpenter's blue, diluted with a large quantity of water.

Q. What can I do if the metal tips of a shoe string come off?

A. Dip the ends of the strings into muckage. This will stiffen them and make it easy to put them through the eyelets.

Q. How can I make the task of removing old paint easier?

A. Dampen the sandpaper with benzine, and it will lighten the work of removing old paint.



AERIAL HITCH-HIKER—Sandra Mateza, 11, of South Boston, Mass., walks with New York Port Authority Patrolman Harold Kennedy into a police station. She was stopped in New York after completing the first leg of a proposed non-paying air trip to California. After getting from Boston to New York, she got on a Canada-bound plane and asked the pilot if she needed a ticket.

DOROTHY DIX SAYS—

Homesick English Girl

America Offers Rich, Full Life For Her And Daughter

DEAR MISS DIX: I am an English girl from London, and I am so homesick I don't know what to do, or where to turn for relief from the pain in my heart. Can you tell me from some past experience whether this will pass? I left a beautiful house and large gardens in the West End of London and am now living in a brick box with no garden at all.

In England, I was always visiting theatres, dances and debates. Here, the cost of living is so high I never have a cent over after paying rent and groceries. I do try to adjust myself, but now have a daughter and really feel worse than ever. I can't bear to think of the horrible, narrow life she will have here. No pets, gardens, private schools, etc. Do you think I can get used to life in America?

ANSWER: Countless numbers of Europeans, English and otherwise, have got so used to life in America that they wouldn't go back to the old country for anything.

I thoroughly sympathize with the homesickness you have for your family and your old home. Leaving everything you loved is no easy task. However, you certainly had an inkling of the fact that you would be homesick when you came here, so you can't put the blame for your misery entirely on us.

LOOK ON GOOD SIDE

Instead of being resentful over the amount of money spent on groceries, consider the fact that you can at least buy any kind of food you want, in any quantity, and at prices that are not prohibitive, in spite of the high cost of living. If you can't manage a large garden, try window box gardening, and raising house plants. They may seem a poor substitute for acres of velvety lawn and myriads of bright flowers, but they have a charm of their own and will prove well worth cultivating.

Your little girl faces a narrow life only if you continually harp on the advantages (real or imaginary) you think she would have in London. Life here is very different, and it is up to you to make the most of its advantages for her. Bring her up to appreciate the greatness of your adopted country. Our schools are as fine as any in the world; don't belittle them.

I think you do need the companionship of your own countrywomen and for that I suggest you get in touch with the English Speaking Union in your city, through which you will contact many other young wives in your position. Comparing your problems with theirs will clear up many of your own dissatisfactions and show you the way to share in the rich, broad, exhilarating life of America.

DEAR MISS DIX: What would you suggest in this dilemma? I find it necessary to come to town once a week, which brings me calling on my friends anywhere from 7:15 A.M. to 7:30 A.M., then I spend a good part of the day with them. I come that early as I ride with my husband who reports to work at 8:00 A.M. Several of these friends love to sleep in the morning so I feel a little guilty about breaking into their routine. Do you think I am being unreasonable to alternate my calls on my friends once a week?

ANSWER: You certainly have about as odd a visiting schedule as I have ever encountered. I thoroughly sympathize with your friends; having to be social and entertaining at 7:30 in the morning requires fortitude. Even if they didn't sleep late, the morning routine of most households is hectic enough to make early visitors slightly less than uproariously welcome. Your system would take a prize any day in a contest on "How To Lose Friends!"

Since you must be in the city so early, why not buy yourself a morning paper and find a comfortable place for a second breakfast? That, and a short work about town, would bring you to 9 A.M., which is about as early as I would advise a morning call—and much earlier than is socially customary.

DEAR MISS DIX: Can you recommend a cure for nightmares? I am embarrassed no end about disturbing the household with my awful wallings. I don't overeat and retire early. What is it?

ANSWER: Since you have removed the two most obvious causes for nightmares, too much food and too little rest, you probably have something on your mind that disturbs your rest. See a good doctor. If his treatment doesn't work, you may have to consult a psychiatrist.

THIS WEEK AT MARY ELENA SALON

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Here's your 1951 Christmas Specials—A lovely gift for you and yours. Come now and avoid the rush.

\$15 Machineless or Televised Control Permanent \$7.50

\$10 Machineless Oil Wave \$5.00

\$7 Cream Wave \$3.50

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For a very Exclusive gift. Encore Cold Wave by Rilling, the hit of the Chicago and New York Show \$15.00

And for a Special gift the Victoria Grand Frise Cream Oil Wave, franchised at \$25.00

ELLEN'S DIARY

By an Island Farmer's Wife

We think with some longing of those paths which adorned now by the white magic of moonlight, wind bewitchingly here and there among our farmlands; now skirting a woody spot or again following some hard-beaten trail blazed by the pasturing herd or flock and perfumed with the scent of drying bracken and the land furrowed in the plowing.

We mentioned this to James slipped from his hand, he reached for his pipe, and then old memories returned—recollections of the young years, of nights abroad, and companions scattered and gone. "Have you ever stopped... perhaps in taking a short-cut home... in some lonely field, or maybe sat awhile on the fence-rail you were about to cross to enjoy the silence of night?" he queried. "Away off by yourself, say, at midnight or later when all the lights were gone from the farmhouses within range and not a living thing stirred? Unless perhaps a rabbit scurried by, or an hoot owl lonely in some tree about, to startle one a mile."

"Then it is that the world seems vast, I can tell you, and in a queer detached way a lone man is an extremely small part of it! It's a lovely experience... the stillness for company, and the strange rustle of the wind, and the moonlight—a bit uncanny, if one were inclined to be nervous. But for my part, I never had any fear of the night, nor did I ever have any cause to dread it. I hope our children, and indeed every child will learn to love it as much as I."

Yes, this moon-set night invites us to wander along intriguing old paths, but here we sit beside James at the fire, he resting in his armchair and reading inspiring, kindly items of living or the sad ones that gives the reader regret, while we knitted rounds on a mitten for granddaughter of sheep's gray rary of a shade, dark as the wool on the young black ewe, and reminding of the dampish clouds that these November days sometimes drop towards the hills.

According to granddaughter, in whom it is heartening to catch a glimpse of promise, thrift, these are meant "to save" the gay pair of Jeanie's knitting which the small one tolled up the stairs this morning to show us proudly before the festive part of this household was yet astir.

James was already up and from the window had looked out upon an unsettling sight, in the light of unfinished field-work: first ice spanned the mill-pond and all about was caught in a frosty grip. It was good that the sun presently dissolved it, and unpredictable catch or wizard that November is, the hours brought a warm wind, the same one which blows softly now, blessing our new-born piglets and bidding all farmers who hear it, to rise early tomorrow, if they would bring the plowing nearer its close.

Cloudlets of white float lazily away from the round of full moon; below a star glitters and round about is the exquisite deep blue shade of sky that is night's. And down in the shadowy valley by the mill? There of a substance made for fairy-tee to walk, across the quiet water, a bridge of silver spans the pond.

Until tomorrow — Diary — Good-night...

The Experts Say

USE A "QUANTITY" CHART

Parties can be fun, if there's no headaches over the "quantity" problem. In other words, just how much cocoa should be prepared for little Susan's birthday party?

The answer is a "quantity" chart.

Cocoa to serve 100: one pound cocoa; five cups sugar; two teaspoons salt; two cups cold water; six quarts boiling water; 13 quarts hot milk. Mix cocoa, sugar, salt. Add cold water and one quart boiling water. Cook 30 minutes, stirring frequently. Add remainder of hot milk and water.

Coffee to serve 100: One and three-quarter pounds coffee; two eggs; one teaspoon salt; five gallons boiling water. Beat egg and add crushed shell and salt with one-half cup of cold water. Boil gently for 15 or 20 minutes and then remove bag of coffee and shells.

Tea to serve 100: One pound tea; five gallons boiling water; tie tea loosely in a double thickness of cheese-cloth. Cover tightly and set aside, for five to eight minutes in a place where it won't boil. Remove the bag before serving.

Sandwich Hint

One large sandwich loaf (three pounds) cuts 60 to 70 slices. One small sandwich loaf cuts 20 slices. One large loaf requires half a pound of butter and three-quarters of one pound of spread filling. One quart of either bulk or brick ice cream will serve 10 to 12 persons.

don't be DULL

CHAMBERLAIN'S TABLETS

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SLENDERIZER!

LOOK YOUNG and smart all day long! This casual in a winter cotton makes a grand housedress; in a wool or wool-like rayon a town-trotting classic. Face that stunning turn-over collar with a contrast fabric, tab the pockets to match. A beauty of a step-in!

Pattern 4628 in sizes 34, 36, 38, 40, 42, 44, 46, 48. Size 36 takes 4 1/2 yards 35-inch; 5/8 yard contrast.

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 Dept. of The Guardian, 60 Front St. West, Toronto, Ontario.

The Stars Say --

By Genevieve Kemble

For Tomorrow

ALERT action, keen vision, and ready preparation should develop unusual openings for placing versatile and shrewd abilities on a firm, enduring and lucrative basis in all lines of faithful endeavor—in business, creative enterprises, enhanced values and tangible assets. All should prosper through shrewd and steady manipulation, bringing much happiness and gratification.

For the Birthday

Those whose birthday it is assured a rich harvest for work well done, in almost any avenue of endeavor. Shrewd insight, versatility, preparation, backed up by application, sound systems and far vision, should yield rich harvest, with happiness and lasting rewards and recognition.

A child born on this day is graciously and generously endowed with those talents, expert abilities, ingenuity and sound principles for a happy, fruitful and honored career.

Modern Etiquette

By Roberta Lee

Q. Where is the dinner napkin placed when setting the table?

A. Folded square and flat, it is laid on each "place" plate—and no fancy foldings of the napkin! Napkins are put at the side or across top of plates only when it is necessary to put food on the table.

Q. Does a man, when registering at a hotel, prefix "Mr." to his name?

A. Not when he is alone. If, however, he is accompanied by his wife, he registers as Mr. and Mrs. Hugh J. Martin.

Q. How should one show recognition of a friend or acquaintance while in church?

A. Just a smile is sufficient.

Household Scrapbook

By Roberta Lee

China and Glass

China and glass can be toughened by placing the new articles in cold water and slowly bringing to a boil. Allow it to boil for three or four hours and then let stand until cool. If this is done, hot water will never crack it.

Bolled Water

If one is compelled to boil water for drinking purposes, pour it from one pitcher to another three or four times before using. This will remove the flat taste from the water.

The Silver Drawer

A ball of camphor in the silver drawer not only prevents tarnish but if the drawer is lined with felt it will keep away the moths.

germ (if used) and toss lightly to combine; sprinkle over onion mixture. Continue to bake, uncovered, until onions are tender—about 1/2 hour longer.

Alice Brooks Designs

MAKE YOUR CARDS!

Make it a Merry Christmas for everyone you know! Send them a card YOU made! Here are six to cut out of paper, and decorate with cotton, sequins, pipe-cleaners, ribbon and other gay trim.

Pattern 7089 has patterns for 8 Christmas cards; envelope chart.

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, Pattern Number.

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4628 34-48

by Anne Adams

Breeds Prize Fowl

Grows Fine Flowers

TORONTO, Nov. 19—(CP)—Winning a raffle started Lady Conyers of Bermuda on the road to raising fine poultry.

A year ago she won two pullets and a cockerel at a charity fête. "I certainly wasn't going to feed just three," she said in an interview here. "So that's how it all started."

Now she owns chickens that win prizes in the Bermuda Poultry Fanciers Society show. She is also the only woman on the executive of that society.

Lady Conyers represented the Bermuda Garden Club at the Ontario Winter Fair here this month. Orchids are among the blooms in which she specializes.

She is also a dog fancier of considerable repute. She won a prize for the best Pomeranian at one show where she exhibited six of that type.

Lady Conyer's husband, who died three years ago, was Speaker of the Bermuda House of Assembly. She herself plans to run for an Assembly seat in 1953. At present she is on the Social Welfare Board which touches about every phase of public life in Bermuda.

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