

That Body Of Yours

By James W. Barton, M.D.

DAMAGED HEART MAY CONTINUE TO WORK SATISFACTORILY FOR MANY YEARS

Many think that once the heart is damaged by coronary thrombosis (heart stroke) or by an attack of rheumatic fever, the patient will inevitably have another heart stroke, and that he may drop dead at any time. What they forget is that the heart is very strong and even the damaged heart will often withstand the ordinary work required of it for a full life time.

We can compare a damaged heart to a bridge that has withstood heavy loads for many years. It was perhaps a 10-ton bridge when it was built but after many years of use, bridge inspectors, instead of pulling it down, change the sign from a 10 tons to five tons, which means that it will withstand the weight of five tons for many years to come.

Some years ago, quoted Dr. Paul D. White, Harvard University, as follows, in Clinical Medicine: "A patient with a damaged heart may live long and happily. We must learn to recognize the difference between immediate and later danger in these cases. The heart is a tough organ which will stand abuse and recover even after serious damage."

The danger to a damaged heart can be increased by fear, even more than by heavy exertion or work. From the straight physical standpoint, a patient may withstand several attacks of coronary thrombosis, if he remains 4 to 6 weeks in bed after each attack.

Further information regarding the heart as stated by Dr. White should be comforting to heart patients. Patients with other forms of heart disease, such as tachycardia (very rapid beating of the heart) and rheumatic heart disease can avoid serious damage by remaining in bed for several weeks after an attack has passed.

Heart disease is always a serious matter, but the heart can stand a great amount of damage without death occurring. One of the greatest dangers in cases of heart disease is the damage done to the whole body, including the heart, by fear.

The heart may be damaged but can still carry half its former load. Heart disease, though so serious, may still allow the heart to carry on its work for many years if the patient will remember to live an easier life and follow his doctor's orders as to eating, sleeping, and exercise.

PRECARIOUS AGE

Cross-eyes among susceptible children usually develop between the ages of two and four.



Season's GREETINGS

TO ALL OUR FRIENDS

MICHAEL'S GROCERY

A Merry Christmas

and a Happy New Year!

The carolers sing and the bells chime out the happy tidings of Christmas day. To which we add our own sincere good wishes for the merriest of Yuletide seasons!

RITE-WAY CLEANERS

Wishing You The Age-Old Greeting MERRY CHRISTMAS - A HAPPY NEW YEAR

Celebrate Christmas and the New Year by dining at the JOHNNY'S MAYFAIR

Strange But True

By F. H. MacArthur

Switzerland has an ice palace that never melts, 66 feet below the surface men hewed a skating rink, the only natural skating rink palace in the world.

H. G. Wells had such a large done that he found it difficult to buy a hat that would fit it. One day at the club he tried on a hat belonging to E. S. Peck of Cambridge, Mass. It was the real McCoy, so he walked off with it, and later penned the following note to Peck: "I stole your hat. It fits me; I shall keep it. Every time I see your initials inside of it I shall think of you and of your good wine and of the town of Cambridge. I take off your hat to you."

While the majority of cases of diphtheria attack the throat, this disease has been known to attack the eye, the nose, the skin, and body wounds, the germs getting into the open wound. During the 2nd World War doctors encountered such wound complications among the fighting forces.

In pioneer days in Prince Edward Island cancer was very prevalent among the settlers, and small external cancers were drawn out (root and stem) by means of a curious concoction known as "The Cancer Plaster".

Whole wheat flour does not consist of the whole kernel of wheat as the name would seem to imply, but only about 90 per cent of the entire wheat berry. It lacks bran, and other important food elements. It is Graham-bread that is in reality a whole-wheat product because it contains the entire wheat germ.

Milk should never be gulped down like water. Why? Because when milk reaches the stomach it curdles, forming a thick, cheese-like mass that is hard to digest.

The biographer of Robert Bloomfield says: "His literary acquirements appear to have been all made during the time he was learning the business of a shoemaker, and afterwards, while he worked at the same business as journeyman." The little moments put to good use.

Modern Etiquette

By Roberta Lee

Q. When a hostess knows that her week-end guest is very strict about attending church, should she arrange her schedule so that the guest has this opportunity? A. A thoughtful hostess will

Elected as Aurora's First Female Councillor



More and more of the female sex are forsaking the life of a housewife for that of a politician. Mrs. Thelma Fielding is one of those aspiring females who recently became the first woman in the history of Aurora, Ont., to be elected to council. She was sixth to be voted in in a field of seven candidates.

How Can I!!!

By Anne Ashley

Q. How can I keep the metal tops of salt shakers from corroding? A. Cover the inside of the tops with melted paraffin, and while the paraffin is cooling, the holes may be opened by use of a pin or toothpick.

Q. What is an inexpensive way of serving scrambled eggs? A. Try using three crumbled soda crackers and two tablespoons of milk to each egg. Mix thoroughly, and then scramble in hot butter.

Q. How can I clean the hands thoroughly after working around an automobile or the furnace? A. Rub the hands thoroughly with Vaseline jelly, allow it to remain for about fifteen minutes, then wash the hands in the usual manner.

Household Scrapbook

By Roberta Lee

Flavoring: If you find that there are only a few drops of vanilla or other flavoring left in the bottle, add a half teaspoon of water to the bottle. Cork and shake thoroughly. You will have enough flavoring for the average cake.

Cutting Soap: Cutting a bar of soap very often proves difficult. It will cut quite easily, however, if the knife is first dipped into boiling water.

The Toothbrush: A sanitary habit to form is to soak the toothbrush for two hours each week in borax water, or in any good mouth wash.

Always make an arrangement such as this: Q. Should a girl secretary rise when her employer's wife enters his private office? A. Yes, and leave the office if she thinks the wife wishes to talk privately with her husband, unless she is requested to remain.

Q. Is it good form for a host to sharpen his knife at the table before carving a roast? A. No; this should be done in the kitchen before the meal is served.

Better English

By B. C. Williams

1. What is wrong with this sentence? "Although it was a pretty close race, they blamed the loss on Bill." 2. What is the correct pronunciation of "preamble"? 3. Which one of these words is misspelled? Courageous, contagious, conscientious, constituency. 4. What does the word "banal" mean? 5. What is a word beginning with st that means "an incentive"?

ANSWERS: 1. Although it was a very close race, they blamed Bill for the loss. 2. Accent second syllable, not the first. 3. Contagious. 4. Commonplace; trite. 5. Stimulus.

The Stars Say --

By Genevieve Kemble

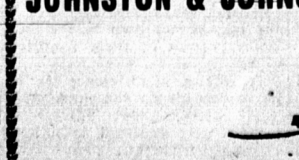
For Tomorrow: DEFINITELY conflicting aspects dominate on this day, calling for the utmost care and precaution in disintegrating shoals are to be wisely navigated. The unforeseen and quite unpredictable may be expected both ways, with sudden crash or visitation with quite as unforeseen benefits or constructive developments. In any event be ready for a "crash landing," with pleasant and dynamic force or uncalculated denouements. Benefits, advancement and strange powers may "cap the climax."

If It Is Your Birthday: Those whose birthday it is may anticipate a year of sudden, abrupt and unpredictable activities with surprising crises following what might be considered a smashing blow. An unforeseen climax may follow with thrills and drama, in the wake of a sudden collapse or confusing dilemma. In any event it could be a "kicking upstairs," to high honors, emoluments or delightful and romantic crisis. Keep prepared for whatever follows. A child born on this day may have a strange career of sudden and thrilling adventures, with dramatic and romantic experiences, novel and curious, but always vivid, spectacular.

From us to you...

Our Christmas Greetings and the best of wishes for happy days to come!

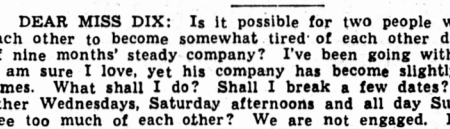
JOHNSTON & JOHNSTON



DOROTHY DIX SAYS—

Tired Of Each Other Bored Pair Should Try To Cut Down Number Of Dates

DEAR MISS DIX: Is it possible for two people who really love each other to become somewhat tired of each other during a period of nine months' steady company? I've been going with a man whom I am sure I love, yet his company has become slightly irksome at times. What shall I do? Shall I break a few dates? We see each other Wednesdays, Saturdays and all day Sundays. Do we see too much of each other? We are not engaged. He is 34 and a lawyer. I am 31 and a teacher of art. I want to get married. He probably senses that and he is afraid of marriage. I feel that things are dragging and that I must make it clear that I don't intend to teach all my life, and if he isn't interested, some one else might be. I know he dreads making a mistake and also possibly dreads the boredom of marriage.



MARGARET: ANSWER: There is no such antidote for love as for an enamoured couple to give each other overdoses of their society. You say you are together all day Sunday. That is certainly putting love to an acid test. Personally, I can think of nothing more horrible and boring or that puts such a strain upon anyone as to have to spend a whole, long, weary, never-ending day with anyone whom one either had to entertain or be entertained by.

FORGET ABOUT SUNDAY

If you will cut out the gloomy Sunday business and just have a couple of dates in the evenings during the week, with perhaps Sunday evening thrown in for good measure, I think you will see that the young man's ardor will revive.

You may ask how you and the man will stand each other's company after marriage if you get bored with each other before marriage. But that is an entirely different proposition. Before marriage all that sweethearts have to talk about is the state of their affections, but a husband and wife have a million topics of interest to discuss because they have everything in common. Also, the husband and wife do not have to keep up appearances and always be on their best behavior, nor do they have to make conversation and are not so glad that man and woman who love each other don't have to talk. They can just sit and read a whole evening through and feel that they are in constant communion.

DEAR MISS DIX: I am engaged to be married to a very fine man who is fifteen years my senior, but here is my problem: He is very domestic in his tastes. Loves a home and is especially fond of children and is always talking and planning the home and children we will have. Unfortunately I have had to have an operation that will prevent me ever having children. Should I tell him or marry him without telling him? LUCY

ANSWER: Tell him before you marry him. It is the only honorable thing to do. If you married him without telling him that you could not have children, he would never forgive you. In fact, the marriage would not be binding in law and he could have it annulled if you deceived him in this important matter.

To many men children are not a requisite to a happy marriage. They have no strong paternal instinct and are not so glad that otherwise if they do not have to be bothered with babies. But there are many other men who adore children, who have a father-heart, just as a woman has a mother-heart, and to such men as these marriage without children is cinders, ashes and dust. They are always more father than husband, and no woman would make them happy who did not give them children.

DEAR MISS DIX: I am engaged to a young man and we expect to be married in a few months. He and his sister want to take me to their home for a week-end visit with his mother. I have always said that I would not visit in a man's home until after we were married. Am I right to stick to my principles about this? OLD-FASHIONED

ANSWER: You are being both foolish and selfish. For while it would be improper and unconventional for you to go off for a week-end with your fiancé to some place where there was no other woman, it is not only perfectly correct for you to go to see his mother, but it is just what is expected of you.

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

Cook's Corner

FRUIT BARS: One cup raisins, 1/2 cup chopped mixed peels, 1/2 cup chopped nuts, 1/2 cup fruit juice, 1 teaspoon vanilla, 1/2 cup butter, 1 cup sugar, 1 egg, 2 1/2 cups flour, 1 teaspoon cinnamon, 1/2 teaspoon salt, 1 teaspoon baking powder, 1/2 teaspoon soda. Wash raisins in hot water and drain and dry thoroughly between towels. Have the peels finely cut. Combine the raisins, mixed peel, nuts, fruit juice and vanilla. Cream butter and gradually cream in sugar. Add egg and beat until light. Sift the flour, then measure and sift again with the cinnamon, salt, baking powder and baking soda. Add this to the creamed mixture and then add the fruit mixture, mixing well. Pat out on a lightly floured board, making five strips 1 1/2 inches wide and 1/2 inch thick and 12 inches long. Score strips in individual pieces before baking. Bake on a greased cookie sheet in a moderately hot oven (400 F.) for from 18 to 20 minutes.

KINGSTON UNITED W.M.S.

The December meeting of Kingston United W. M. S. met at the home of Mrs. Elmer and Ralph Younker. Meeting opened with hymn 84 "Angels From the Realms of Glory". Call to worship "Good Christian Men Rejoice", Luke 2, 8-14, Luke 2, 15-20 read by members. Hymn "Joy to the World". The Christmas program followed in Monthly Reading, a birthday party, Mrs. Lloyd MacKinnon, Christian Stewardship, Mrs. Edgar Newson. A letter from Mrs. MacFarlane read by Mrs. Fulton Willis. World's Day of Prayer read by Mrs. Lyman Newson.

A letter regarding Presbyterianism read by Mrs. Ralph Younker. Minutes of last meeting were read. Roll call, 16 members. Collection \$2.35. It was decided to send a plant to Mrs. Barrett for Christmas, Fruit to Mrs. Newman.

Officers for 1951: President, Mrs. Zylpha Newson; vice-president, Mrs. Laine Smith; recording secretary, Mrs. Earl Willis; corresponding secretary, Mrs. Ralph Younker; treasurer, Mrs. Lyman Newson; community friendship, Mrs. James Jewell; missionary monthly, Mrs. Fulton Willis; sympathy cards, Mrs. Roland Buchanan; press secretary, Mrs. Will Younker; Christian stewardship, Mrs. Edgar Newson; supply, Mrs. Bert Willis; birthday box, Mrs. Heber Barrett; baby band, Mrs. Lloyd MacKinnon; Mission band leaders, Mrs. James Jewell and Mrs. Edgar Newson. Next place meeting is Mrs. Fulton Willis' home. Lunch committee, Mrs. Merrill Green, Mrs. Lloyd MacKinnon. Meeting closed with benediction by president.

No end of surprises with MAGIC!

PEANUT BUTTER PINWHEEL LOAF: Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 3/4 c. once-sifted hard-wheat flour), 5 1/2 tps. Magic Baking Powder, 3/4 tsp. salt. Cut in finely 7 lb. chilled shortening. Combine 3/4 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thick rectangle, 8 1/2" along one side. Cream together 1 lb. butter or margarine, 1/2 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.



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ELLEN'S DIARY

By An Island Farmer's Wife

Christmas greetings were received today from another Land of Sunshine, one which lies across a Continent, where Pacific zephyrs blow from California. (I seem to mind the cold this Winter) we recall a friend writing from an Island farm-home last year. "I know it's bracing and healthy-didn't Aunt Mary live to 90, and Uncle John... well, she never could understand what carried him off so young, at 92, and he the youngest of the family and never a day sick! However, when the frost is on the pane, and you scrape away a small corner of it in the morning to see what the world looks like, and one is obliged to wear layers of clothing about the house, then it is Ellen that I hear myself singing: "California here I come!" To this lovely winter land then, another Island farm-wife journeyed not long ago, not altogether from choice, because she had already known its charms, but to escape from a climate unkind to her during the colder seasons.

Her letter reads like a fairy tale, one even in these days of magic, most enchanting, and much more interesting than any of the long ago, because those are fancies of the dead and gone past, while this story is of the present, and true. It is fascinating to those of us who must remain at home to bake our loaves, and sew our seams, and wander only in spirit across any distance. "We came out here to Long Beach entirely by air-my first experience in a plane," she wrote. "We had breakfast in Charlotte-town, and leaving the airport there at 6 A. M. had dinner 18,000 feet in the air outside Chicago, and landed in Los Angeles at 12 P. M. Pacific Coast Time. We got to our destination at 2 A. M. or by my sister's watch, just twenty-four hours after we left."

"Altogether we were in five planes. We changed at Moncton, St. John, Boston and in New York, at the La Guardia Airport. Then a big American Airways plane took us right across the Continent, stopping only once in Chicago to change crews and refuel. We had to fly high to get clear of winds and bad weather. The only glimpses we had of the earth beneath, was in Boston and New York, and these were not clear. Our plane was away above the clouds, and as we looked down so far below all I could think it resembled was heaps and heaps of fleecy wool, stretching as far as the eye could see. It was really marvellous, how the planes were able to land in that thick atmosphere but they seemed to have no difficulty. I may say much as I enjoyed travelling so fast and so comfortably. I was glad when we reached the good old earth!"

"It was just like stopping on a magic carpet," we commented to James, of the trip as we sat down to the light chore of milking in the stable this evening. "Ay," James replied. "And you, Ellen, would be all for going that way in a plane. But I, to tell you the truth, Ellen, I'd have a more comfortable feeling sitting right here!" And what a busy day was given to our farmers today! Between the showers that danced on the face of the mill-pond, there was hauling to be done on the farm, and by truck bringing in Winter supplies from town to the piggeries, urged somewhat by forecast of snow. But in truth Spring is already in the lap of the cold season. We felt it in a sign of the day. "How about ordering some chicks?" a salesman asked at the door. Even when out of respect to James sentiments on this matter we replied in the negative, beyond the strange shoulder we "saw a host of golden Daffodils" though only in fancy.

"A slice or two of that roast pork, Ellen" James is muttering "I can get it myself-if I could find it. And a bit of bread!" Until tomorrow -- Diary -- Good-night

College Teacher Wins Baking Honors at P. E. I. Fair

A teacher of teachers-in-training at P.E.I.'s Prince of Wales College, Mrs. Frank L. Ross dons the apron at home each Saturday morning for a whirlwind session of baking! Last summer she took a whirl at baking for the Women's Institute exhibit at the Charlottetown fair—with prize-winning results! And here's the gist of her lesson on home baking. "You may have a lot of skill and experience," says Mrs. Ross, "but you couldn't get anywhere without fine, dependable ingredients. If you start with Fleischmann's Yeast you know you're going to get fast-rising action and light, tender baking. That's my experience with Fleischmann's—that's why I recommend it."

Mrs. Ross speaks from experience. Prize-winning bakers everywhere depend on Fleischmann's Yeast for super results.

-Needlecraft-

FOR THE HOME

BUDGET SAVING SEPARATES: A center-pleated skirt. Two weskit, double buttoned. These separates are smart wardrobe stretchers because they can be worn together or mixed with other clothes to make many outfits.

No. 3098 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 skirt and weskit, 3 yards 54-inch; the sleeveless weskit, 1 1/2 yards 54-inch. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address. Address: Pattern Department The Charlottetown Guardian.

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Morning Smile

Perfected: His proposal of marriage had been perfect—just the right combination of youthful ardor and tender hesitancy. "Did you ever say anything like that to a girl before?" his sweetheart wanted to know—after she had accepted him. "What!" he retorted "You don't suppose it could be done like that the first time, do you?"

Bakery Goodies

Fruit Cakes, Pound Cakes, Mince Pies, Cookies, Fruit Squares, Fancy Breads, Rolls. Our De Luxe Christmas Fruit Cake per lb. 70c. Order early to avoid disappointment.

STEWART BAKERIES LTD.

KENT ST. PHONE 211



Mrs. Frank L. Ross, Charlottetown, gives top marks to Fleischmann's Yeast.

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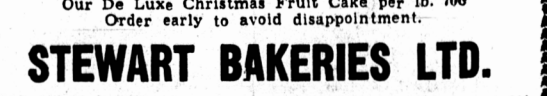
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