

That Body Of Yours

By James W. Barton, M.D.

GROWING OLD

In these days, since industry considers a man or woman of no further use to the organization after the age of 55 to 60, and we learn from research workers that the average life span has increased from age of 47 (in 1900) to 66 (in 1950), we wonder what is to become of elderly people physically, mentally and emotionally.

Added to the physical ailments common to old age are mental and emotional disturbances. Elderly people find themselves a little slow mentally, their hearing and eyesight are not so good, and they feel tired most of the time.

In Medical Clinics of North America, Drs. Davis A. Boyd Jr. and Francis J. Braceland, Mayo Clinic, Department of Psychiatry, state: "Everyone is deeply concerned with preservation of his own dignity and sense of worth as a person; this need is a powerful motivating force and accounts for much of the individual's striving and behavior patterns; the elderly are constantly reminded by a host of very real events plus social and family attitudes that they are less important, less esteemed and respected, less loved than once they had been."

If in good condition physically many elderly men and women are able to face this lack of appreciation and love of family and friends. However, if they begin to develop physical ailments at this time, they are apt to use what are called defensive mechanisms, such as exaggerating the symptoms of the physical ailment, in an attempt to justify their mental and emotional shortcomings.

Treatment for us all to keep us balanced as we grow older is to try to keep well with enough rest and sleep, enough food with an all-around diet, regular exercise such as walking, regular bowel action, and an active interest in others and in our surroundings.

KING COLE TEA

Always Popular

Better English

By B. G. Williams

- 1. What is wrong with this sentence "I feel like I had slept for days."
2. What is the correct pronunciation of "nonchalant"?
3. Which one of these words is misspelled? Pantomime, panoramic, pandemonium, parapet.
4. What does the word "provocative" mean?
5. What is a word beginning with cu that means "formed by successive additions"?

ANSWERS

- 1. Say, "I feel as though I had slept for days."
2. Pronounce non-sha-lant, o as in on, first a as in ask unstressed, second a as in at, accent first syllable.
3. Pantomime.
4. Tending to provoke. (Pronounce second o as in on, accent second syllable).
5. "The girl's smile was provocative of good humor."
Cumulative.

The Stars Say --

By Genevieve Kemble

For Tomorrow CONFLICTING conditions prevail on this day. While there is promise of application and concentrated effort finding some measure of recognition and stable reward in some form, there is poor prospect of securing the expected "increase." There may be loss of funds or a loss of prestige and popularity.

For the Birthday

Those whose birthday it is, may find it necessary to practice economy for the time, as there is little hope of financial gain. In fact there may be definite loss of funds, or probably loss of prestige and popularity. It may be fatal to take chances in any gesture of prodigality.

A child born on this day may have to practice economy during its lifetime or meet with other loss. It may be industrious.

How Can I!!!

By Anne Ashley

Q. How can I crack Brazil nuts more easily?

A. Before trying to break the nuts, warm them by placing on a moderate oven. The meats will come out whole when they are cracked and the skin is easily removed.

Q. How can I keep pumpkin for a long time?

A. First dry the pumpkin. Cut it into thin slices and place around the stove to dry. Before using, soak for an hour or two, then cook in the usual manner.

Q. How can I cause varnish to flow more readily?

A. Place the can of varnish in

Quinn - Blanchard Wedding



Mr. and Mrs. Patrick J. Quinn photographed during their wedding reception in Portland, Maine. Mrs. Quinn was the former Phyllis Blanchard, daughter of Dr. James E. Blanchard, Charlestown.

Morning Smile

Tried Anyway

A young man whose knowledge of cards was vague was roped in to complete a bridge four.

He committed his first mistake by throwing away a king on a trick already taken by his opponent's ace.

"Good Heavens!" belatedly the young man's partner, "a king doesn't usually beat an ace."

"I know," stammered the beginner, "but I thought I'd let it have a try."

All Depends

Gloria: "Was your uncle's mind vigorous and sane to the last?" Harold: "I don't know. The will won't be read until tomorrow."

Gully

Teacher: "I don't think it was you who went into the orchard, Tommy, so I won't punish you." Tommy: "Thank you, sir! And may I keep the apples?"

a shallow pan of hot water while working. The varnish will flow easier and will dry almost twice as rapidly.

Cook's Corner

CHRISTMAS CARROT PUDDING

With fruits prepared the day before you want them, with the chopped suet looked over and all little stringy membranes removed, you will be able to make a forthright job of mixing and steaming your pudding.

The finished product is light in texture, well fruited but not to a heavy degree.

Half the recipe if that amount would suit you better.

Yield—15 to 18 servings.

3 cups seedless raisins, washed and dried

1 cup currants, washed and dried

1/2 cup cut-up, pitted raw prunes

1 cup slivered or chopped mixed candied peels and citron

1/2 cup almonds, blanched and halved

1 1/2 cups once-sifted pastry flour

Or 1-3 cup once-sifted hard-wheat flour

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1 1/2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

1-3 teaspoon ground ginger

1-3 teaspoon ground allspice

1-3 teaspoon ground cloves

1-3 teaspoon ground mace

1 1/2 teaspoons salt

1 1/2 cups chopped suet

1 1/2 cups coarse soft bread crumbs

1 1/2 cups lightly packed brown sugar

1 1/2 cups shredded raw apple

1 1/2 cups shredded raw carrot

1/2 cup shredded raw potato

4 large eggs or 5 small eggs

1-3 cup fruit juice

Prepare the seedless raisins, currants, prunes, peels and citron, and almonds.

Measure and sift together three times, the flour, baking powder, baking soda, cinnamon, nutmeg, ginger, allspice, cloves, mace and salt; add the fruits and nuts, a few at a time and mix until each piece is separated and coated with flour mixture.

Add the prepared suet, bread crumbs, brown sugar, apple, carrot and potato; combine thoroughly.

Beat the eggs until thick and light; add to fruit mixture and combine thoroughly; stir in fruit juice.

Turn mixture into two well-greased large pudding bowls, packing lightly; smooth the tops (bowls should be no more than about three-quarters full).

Cover moulds with a piece of cooking parchment that has been wrung out of cold water or with greased paper and tie down.

Steam over rapidly boiling water, closely covered, about 3 1/2 hours.

Uncover puddings and let stand in their bowls until cold.

Cover cold puddings with a dry tea towel, tie down, and store in a cold place.

For serving, re-steam pudding about 1 1/2 hours.

Modern Etiquette

By Roberta Lee

Q. When a man and woman are engaged to be married, does this permit them to kiss in public and otherwise show their devotion?

A. Not at all. The very fact that they are engaged is proof enough of their devotion, and any public demonstrations are indicative of ill-breeding.

Q. When a man in a restaurant or hotel dining room, should he leave a tip for the waiter, or should he supplement the tip given by his host?

A. This is not at all necessary; it is the duty of his host to supply the tip.

Q. What is the proper phrase for a father to use when introducing his daughter to an older woman?

A. "Mrs. Lee, this is my daughter, Joan."

Strange But True

By F. H. MacArthur

The most curious building in the world is the Potala. For centuries no white man ever looked upon it. This unique structure houses the Dalai Lama of Tibet. High up the white fortress walls are pierced by numerous windows beneath which hangs a vast network of Yak hair to screen the holy of holies. The roof is gilded with gold and flashes in the bright sunshine like a polished gem.

In 1849, an epidemic disease attacked the silkworms, with the result that the annual revenue from this industry dropped from \$5,000,000 to less than one-third of a million. Indeed, the silk industry of the world was threatened with extermination. For five years the celebrated Pasteur worked on the problem before he discovered that the silkworms were suffering from two infectious diseases. He supplied a preventive for both and thus saved the industry from complete ruin.

When a customer enters a Siamese barber shop, the barber shaves his head and pulls out the hairs of his beard one by one with tweezers. Better get your hair cut in America if you are contemplating a visit to Siam. There still are head-hunters in the remote districts of Formosa, and believe it or not, these people regard a human skull as a handy kind of drinking cup. Another curious custom of these wild savages is that a man may not marry until he has presented his intended bride with a number of human skulls, for only after a certain number of heads have been placed beneath the foundations of their new home can they take up residence. For decorating the walls of their homes they use skulls lifted from the heads of their enemies.

The customs of courtship and marriage are not without their humorous side. The Prince Charming takes a bundle of wood to the girl's hut and drops it on the doorstep. Later he returns and if the wood has been taken in, it is a sign that his suit is accepted. During the marriage ceremony, bride and groom sit on the floor back to back. Then a small cut is made in a leg of each and the blood is mingled. This is supposed to make the pair one flesh.

There's a place where none are allowed to die. Sounds a bit fantastic, doesn't it? Yet it's true. The place referred to is the mountain-island of Miyajima, one of the Japanese group of islands. The island is dedicated to the three daughters of Susa-no-o, the sea king. One may visit this sacred place for a brief period, but none are permitted to live on the island least they should happen to die there.

The habit of sending Valentines is probably as old as time. St. Valentine's Day by pure accident, as the custom was of pagan origin. One who received a true baptism was emerged three times in water, or had water sprinkled on his head three times, in the name of the three persons of the Holy Trinity. It had its origin probably in apostolic times. At any rate, it was an old custom. The name "Thugs" was first given an organization of secret assassins and thieves who terrorized India for many years. They worshipped the bloody goddess, Kali. The order was not completely stamped out until 1835. Did you know that from the cocoanut palm tree we get nuts, oil, milk, sugar, soap, candles, rope, and wood? All in all, the cocoanut palm is one of the most useful trees on earth. Fortunately it flourishes in many warm parts of the world.

FANCY PINEAPPLE DOILIES

"You know" she smiled a smile that is among her many charms, "if we do live in a different era — one which sometimes calls some of us 'old-fashioned' I cannot see that religion or standards of living... ideals we knew, should change. God still is — right is right — wrong is, or should be regarded, with intolerance as always. Yes, principles of living should know no change, at least to my way of thinking. Her words... But James has come in from the house across the lane, a fine port o' call, where one may look upon the small ones asleep and into their rest. "Why, Ellen" he exclaims, coming to the comfort of his old armchair, a welcome in his eyes that we hope will gleam for us "Forever n' ever" "I didn't know that you were home!" And it is chatting time at Alderley.

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



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ELLEN'S DIARY

By An Island Farmer's Wife

We enjoyed a stroll by moonlight this evening, not as is often our custom, with James along the fields of the farm to look upon strop or pasturing stock or to walk some leafy woodland aisle of summer, but alone. Down the short-cut which takes one past the mill-door and presently to the road-way by way of the path which leads to the house on the hill. One remembers to walk the first stretch cautiously. Because if taken up entirely with the enchantment of the night, one might be rudely startled by some pond-dweller leaping from the trail before us to the depths beside. In season we look for star-gazing frogs, to jump with throaty croak, or a night-bird to rise on quick wing. Sometimes a muskrat strikes out to leave fetching ripples in his wake on the bosom of the quiet waters or a mink of satiny pelt, prized by the trappers.

This evening nothing moved. Not even a light breath of wind crooning softly in the tree beside. Still and peaceful it was, so lovely as to make one forgetful for the moment that all was not at peace in the world — that beautiful as it is schisms were rending it, and sorrow and tragedy thrusting themselves into many a heart. The full moon which had been glancing over a barn-gable regarding with placid face the farmers' herding the cattle to their stables bathed the pond in melow light. The over-flow at the waste-gates played a melody that could have been used to Summer and hearing it we remembered that all too soon the frosty fetters of winter will mute the flow and great icicles spun by the frost with the help of an Arctic breath will hang from these same gates in magic array.

The barking of the black dog, acknowledged now to be "quite a help" at the herding of cattle, echoed lonely on the still air and a plaintive mew at our heels made us halt, one of granddaughters' trio of kittens bent on following us off the farm. Beyond the hill-top steeped in the scent of woodland and spiced with the tang of a frost, we look out now upon new scenes over the countryside. Engaging lights beam forth from windows and yards, knitting together the night-spaces, making them friendly... Buttercup affable and handsome at the door, waved us in to a spot of shopping at the corner-store and later we went on to call at a neighboring home.

It is fancy a place full of memories, this dwelling which sits cozily among its beautiful trees. A nice lawn spreads towards the busy highway, and about it in season, colorful blossoms appear: daffodils, columbines and lupins and many others in a succession of bloom. And once upon a time the roof sheltered its happy family, parents and all in an engaging trio, but the years have separated us, some to sleep now in the churchyard close by. But the home is still presided over by the girl-bridge who came to it as James will tell you "before I was born." She is akin we often think, to the Queen-mother, though neither in appearance nor stature, she being more petite. Yet she is held in the same affectionate regard wherever her name is spoken. Daughter of an Ontario manse, she is one who continues in spite of lack-adaisical modern trend in many directions of living, to practice its ideals.

"You know" she smiled a smile that is among her many charms, "if we do live in a different era — one which sometimes calls some of us 'old-fashioned' I cannot see that religion or standards of living... ideals we knew, should change. God still is — right is right — wrong is, or should be regarded, with intolerance as always. Yes, principles of living should know no change, at least to my way of thinking. Her words... But James has come in from the house across the lane, a fine port o' call, where one may look upon the small ones asleep and into their rest. "Why, Ellen" he exclaims, coming to the comfort of his old armchair, a welcome in his eyes that we hope will gleam for us "Forever n' ever" "I didn't know that you were home!" And it is chatting time at Alderley.

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Farewell Party For Navy



Sailors of HMCS "Nooka"—tribal class destroyer which left Halifax Saturday for Korean waters—were tendered a farewell dance at the Navy League Hotel there. Above are AB William Joynt (Ottawa) and Penzie Crossman (P.E.I.), AB George B. Toner (Renfrew, Ont.) and Mrs. Toner.

DOROTHY DIX SAYS--

Bad Manager

Should Girl Give Up Man Who Can't Handle Money?

DEAR MISS DIX: I am engaged to a young man whom I love very dearly. We agreed to save our money in separate accounts so as to be able to furnish our home when we are married. I saved mine, but the other day he told me that he had saved nothing, that his money had just all gone through mismanagement. He admits that he is no manager and has offered to give me full control of the money he earns after we are married.



ANSWER: You can't put a cash value on love and break off your engagement for no other reason than that your fiancé has holes in his pockets. You would always regret it if you did, though I'll admit that there are few faults that a man can have that are more aggravating to his wife than just to be wasteful with his money.

IS HE SINCERE?

So you are wise to consider the matter of marrying a spend-thrift very seriously, and your decision should depend largely upon your opinion of how sincere he is about letting you manage the family finances after marriage. If he is really and truly going to turn over his pay envelope to you, well and good, but if his promise to make you secretary of the home treasury is just a campaign promise, then not so well and good. You will spend the balance of your life standing off the butcher and the baker and wrestling with bill collectors and wondering where the next month's rent is coming from, and that is not a pleasant prospect for any woman to look forward to.

Curiously enough the ability to make money and the ability to spend it wisely or save it are not the same talent, and many a man who is a good money earner is totally incapable of caring for what he makes. Sometimes he is a spender and wastes it in buying foolishness. Sometimes he is an easy mark for every grafter and death-bait who comes his way. Sometimes it slips through his fingers without his ever knowing where it went. Generosity, impulsiveness, warm-heartedness, optimism, the very qualities that make a man a waster also make him lovable. But they do not make him a desirable husband, because in the end it is the wife and the children who have to pay for the husband's and father's lack of thrift.

DEAR MISS DIX: I should be greatly interested in knowing your reaction to a gum-chewing, gum-popping young woman who works in a public office where many others have to work, and where many others are required to sit in an anteroom where the acoustics permit the gum-chewing to be heard with disturbing clarity. The young lady, whose voice has a rasping quality that carries it to the far ends of the office, also bursts into song between the fits of gum-popping. Am I correct in believing that a public office should be conducted with dignity, and that gum-chewing and gum-popping and singing should be confined to the home where one is surrounded by forgiving friends? My idea of gum-chewing, is that one should lock all the doors of one's private room and then crawl under the bed or lock oneself in the closet and hide behind the clothes, then chew diligently if desired.

ANSWER: And me, too, brother. I think that gum-chewing and popping should be a secret vice, conducted in strict privacy, and that a public office is no suitable place in which to indulge in an orgy of either clamping the jaws or exercising the vocal organs.

Considering that most of us spend a considerable portion of our time waiting around in doctors' offices, dentists' offices, the outer offices of men who are always in conference and public offices generally, it does seem to me that the long-drawn-out torture could be lessened by instituting a few reforms.

For one thing, the gum-popper and the singer could be silenced. For another, the reading matter, with which one is supposed to solace one's sufferings, could be brought up within a year of date.

DEAR MISS DIX: I am a man 38 years old. Have been going with a girl for three years. Am not in love with her and never will be. No engagement, no marriage promises, nothing. But every time I speak of breaking off the weeps. This arouses my sympathy and I stick, but I am not happy. There is nothing the matter with the girl except that I don't care for her and we are not suited to each other. What would you suggest?

ANSWER: I would suggest that you flee while the going is good. Otherwise this girl will get you. Before you know it you will find yourself tied down for life to a woman whom you will hate more and more as you realize how she has outwitted you and taken you in.

-Needlecraft-

FOR THE HOME

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