

That Body Of Yours

By James W. Barton, M.D.

IMPORTANCE FOR PROPER SHOES FOR CHILDREN

Some of us remember the pointed shoes of years ago. It was these shoes that were responsible for the great number of men and women today who have "unhappy" feet. Our feet can easily mean as much to us as our head in earning a living and enjoying life. We can only go as far in life as our feet will take us and to have feet hurt, when on or off them, is a great handicap, a great liability to health and life.

We're as old as our feet feel and if we feel old and unhappy it is not likely because of the shoes we are wearing at present but those worn when we were children. According to the National Foot Council News, the Council is determined that your children should have healthier feet than our fathers for "poor feet" mean, poor posture, frequently leading to headaches and other pains, and age us faster than the calendar. The National Foot Council, therefore, decided to make a survey of the opinions of children's specialists, skin specialists, orthopedic physicians and chiropodists throughout the United States as to just what children's shoes should be like. Writing to 2,000 of them, the Council obtained opinions regarding all phases of children's footwear: shape, last, materials, linings, heels, toes, counters, and other details of construction and design.

An advance report on the results of this survey is given by Dr. Joseph Lelyveld, the Council's Chairman. It gives the mother an idea of what to look for and what to avoid when purchasing shoes for her children. Fortunately, the shape and lasts of children's shoes today are considered satisfactory by the above-mentioned specialists but many do not like the materials from which some of children's shoes are made. They suggested that shoes should be made of leather, instead of

The Stars Say --

By Genevieve Kemble

For Tomorrow

IT is probable that the unique, strange and curious may dominate, affecting all affairs in a quite unpredictable fashion. Personality, efficiency, exceptional talents or ideas may have strange denouements. There could be some unforeseen promotion, favors or token of appreciation. While ideals, feelings and emotions are specifically activated, the judgment, and reasoning faculty are also accurate and resourceful. There could be surprising gain through speculation, unusual invention, perhaps a legacy or unlooked-for gift.

For the Birthday

Those whose birthday it is, may anticipate an exceptional year in which the unique, strange, curious, even eccentric may materialize. Unusual talents, ideas, plans, inventions, peculiar insight or urge may come into expression. Unusual recognition, rewards, honors, promotion, are in order, with the feelings and emotions exalted. Honors, preferment, gain through legacy, investment, speculation, invention, may give renown.

A child born on this day, is richly endowed with exceptional talents, ideas, artistic or other creative powers, enhancing vivid personality. using rubber, as leather shoes permit ventilation and shoes containing rubber prevent ventilation and are responsible for many cases of fungus infections — athletes' foot being one. About half those replying did not believe in "sneakers" for general wear but recognized their value for play purposes where they are used on soft ground and for short periods only. They considered rubbers or overshoes of real value in cold, damp weather but advised they be removed when indoors to prevent excessive perspiration.

Youngster Will Have Life And Sight Once More



Four-year-old Carolyn Joan Purcell received the greetings due a heroine when she was flown back to her home in Atlanta, Ga., after a trip to Mayo Clinic at Rochester, Minn., where physicians said her life as well as her sight will be spared. The child won nationwide attention when Atlanta doctors previously ruled that she must undergo surgery for removal of her eyes or face death from cancer. At a reporter holds the doll presented to the youngster on her arrival by the Shriners, who paid for the child's trip to clinic. At right is Fred Cannon of the Atlanta Shriners, Mrs. Frank Purcell, wife of an unemployed stonemason, appears overcome with the reception.

Household Scrapbook

By Roberta Lee

Smashed Finger

If the fingernail is smashed badly, hold the hand up for at least an hour so that the blood drains out of the finger. This will prevent the blood from congealing at the smashed place and causing an ugly discoloration of the nail.

Cleaning Diamond Ring

Put a tiny feather back and forth between the prongs or setting of the diamond ring, and it will clean the back of the ring and the stone will shine more brilliantly.

Bathroom Sponges

Sponges used in the bathroom may be kept soft and sweet if washed occasionally in warm water to which a few drops of lemon juice have been added.

Better English

By B. C. Williams

1. What is wrong with this sentence? "I arrived on time for the party, but found there were less people there than I had expected."
2. What is the correct pronunciation of "debut"?
3. Which one of these words is misspelled? Appointment, anonymous, antagonistic, anecdote.
4. What does the word "penury" mean?
5. What is a word beginning with fe that means "savage wildness"?

ANSWERS

1. Say, "I arrived in time for the party, but found there were fewer people there than I had expected."
2. Pronounce da-bu, a as in day, u as in unit, accent second syllable.
3. Anointment.
4. Absence of resources; destitution. "His extravagance soon led him to penury."
5. Ferocity.

Cook's Corner

ROUND STEAK IN TOMATO GRAVY

I offer this recipe to you chiefly in the interest of doing something a little different with a piece of beef. I do feel too, that it is a dish with which you can serve your vegetables very generously. The meat and gravy have definite and excellent flavor, and that always means that they will bear with a greater proportion of accompaniments.

- Yield—5 or 6 servings.
- 2 slices bacon
 - 1 1/2 pounds round steak
 - Highly-seasoned flour
 - 1 medium-sized onion, peeled and thinly sliced
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/2 teaspoon Worcestershire sauce
 - 1 tablespoon vinegar
 - 1 1/2 spoon granulated sugar
 - 1/2 cup water
 - 2 tablespoons tomato paste
 - 1 teaspoon gravy improver

Mr. Ellis, a shipbuilder in the early days of the Island's history, had the copy of one of his sailing ships embalmed in a cask of rum. The following memorial is copied from The Table Book. The scarceness of similar inscriptions makes this unique.

QUEBEC, Jan. 15 — (CP) — Lands and Forests Department announced today that 1,100,000 trees were planted in 1950 by owners of wooded areas in the Province. There are 65 to 70 owners of forest properties, each having an area of at least 2,000 acres. Total area of the major properties is 10,000 square miles.

Strange But True

By F. M. MacArthur

I submit the following editorial which appeared in the P. E. I. Times Magazine in 1836. "On pursuing a most extraordinary epistle which appeared in the Royal Gazette . . . we were obliged to exclaim with one of the ancients (we forget who) 'All fools are mad!' We were for some time dubious whether or not it was our duty to take any notice of so ill-concocted and miserable a production, and indeed we would not take the trouble of replying to the nonsense of this howling jackal, only that in pity to the world he should be held up as an example to all foul-mouthed idiots, who either now or at any time might disgrace the world by their wretched presence."

The remains of Wellington are contained in no fewer than four coffins, each placed inside the other, the 4th one being made of lead. The funeral car is also in the crypt under St. Paul's. The car is 20 feet high by 30 feet long, cast from cannon. It is worth about \$65,000.

James nodded. "It's going to get even milder, I believe" he commented, allowing the mare to break into a spirited jog. Lonely and deserted, as always, we found that place which is our other farm, though we have no doubt that if we could but see, the spirit of many a one of its folk from the past still walks there. August stalwart personages, Bannochburn, bearded-in-spuin, suited. Men of considerable word and judgement, these lords of the manor of pioneer days. Looked up to by their women-folks — attractive ladies in Sunday stiffs and laces, modest and lovely faces beneath the quaint hats and bonnets of the long ago.

Many years ago the Ugly Club had its rooms at No. 4 Wall Street, New York City. On a certain Monday evening, at 7:30 P. M. a meeting was held to consider the propriety of offering to the Committee of Defense the services of their ugly carcasses, firm hearts, sturdy bodies and unblistered hands — His Ugliness being absent, this meeting is called by order of — His Homeliness.

Recently I came upon this unique valentine: "Now each fond youth who ere essay'd An effort in the tinkling trade, Resumes to-day; and writes and blate About true-love and true love's tenets; And opens views in ladies hearts; (or steals 'em) with two criss-cross darts — (There must be two) Stuck through (and through) His own; and then to secure 'em better He doubles up his single letter — Type of his state, (Perchance a hostage to double fate) For single postage. Emblem of his and my cupidity; With perhaps the happy end — stupidity."

Morning Smile

The court was silent except for the Defending Council and many thought he would win his case. "And now gentlemen of the jury, I ask you, where could the prisoner have hid the watch, not in his pocket, not in his shoes, and the constable had the prisoner searched." He paused dramatically for effect, and during the pause the prisoner ventured, "Please, sir, I put it under my hat."

ELLEN'S DIARY

By An Island Farmer's Wife

If these days we may not "take the wings of a dove" to fly to visit distant domains except in story or picture, we still can find much that is interesting and pleasant to us in exploring the region no farther away than our own farms — the fields and woody places, and of the latter we continue to find much fascination in those loved by meandering brook or stream. It is a fine experience when warmly clad to follow James along the wintry fields of an evening, when choring has been tucked away in good time. To walk along this or that trail to "Kaley" at Kobb's, pausing on the way to take stock of how the plowed new-land is smoothing or to make a note of some sticks in the woodlands in passing with an eye to the lumbering to come.

The younger farmer, as was said about a son in history "not a chip off the old block, but the old block itself!" A provident fellow, ever looking into the future as is a custom of his father's, is already assembling material for re-building the barn. Gathering together spikes and nails, cement for the foundation, shingles for the sides and today it was those for the roof he ordered. In a shade of red which reminds one of Autumn leaves, a choice of the family. So that by this he has arrived at a progressive stage of the building, the first of which was "counting the cost."

And so this afternoon, with the farmers and granddaughter, we went exploring our farm turned towards the north, our destination the buildings at the other farm. It is in the woodlands there that Rob and a willing helper is at the cutting these days. We could hear the ring of the axes in the prevailing stillness, though even granddaughter's young eyes failed to catch sight of the toppling tree. The bush is dark green and beautiful as it ranges along the slopes there, lovely against the white of the surrounding fields, like a piece of rare tapestry, we thought, designed perfectly by a Master Hand.

And how did we come there? Riding beside granddaughter, comfortably seated on a rug on the farm-sleigh which takes care of the hay or straw haulings. She obviously was delighted with the turn of events which had given her feminine companionship on the outing. "Do you like this — better than a ride in the truck?" we asked, as behind "our own mare" we were being borne along the snowy road. She smiled happily. "Better!" she breathed "this is better than anything I could do!" The afternoon was mild and hazy with a veil of smoke lingering along the distant hills, sunless and still, betokening a change of weather in the offing. Blue jays flitted like a bit of fallen summer sky along the trees which edge the mill-stream.

"Do you come awa' in to the fire!" we said to granddaughter as in our spell of waiting for the farmers we idled about the lawn. She looked up in surprise and whispered: "But how can we, when there's no fire? And not a body in the house?" Two items of our trip only, bothered James: the one — "How will we ever get you up on this load of straw, Ellen?" and the other — "How will we manage to get you down?" "Me-o-ow!" That is granddaughter's white and buff cat at the door saying the equivalent of: "Light's out, Ellen!"

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

For FLAVOR that's Out-of-This World!

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DOROTHY DIX SAYS—

Incurable Nagger Long-Suffering Man Should Leave His Termagant Wife

DEAR MISS DIX: Suppose a man is married to a woman who deliberately and systematically makes his life a hell on earth to him by nagging, her fault-finding, her insults and abuse. Suppose this man has stood this for twenty years, trying in every way to conciliate his wife, even to giving up his family to please her and to keep from furnishing fresh fuel for her temper, because there were two little girls who had to be taken care of and supported. And suppose at last the man had got to the breaking point, going home at night to a home where he knows he will be tormented from the time he goes in the door until he closes it after him the next morning. What is such a case should the man do? **ONE WHO NEEDS HELP**

ANSWER: I think that in such a case a man should simply put on his hat and walk out. Tell his termagant of a wife that he is through. Finished. Send her what money he can for the support of the two girls, but find for himself some place of peace and rest where he can let his strained nerves relax. I think that of all the overaudited virtues in the world the most overglorified is self-sacrifice. I think that more follies have been committed in its name than any other on earth. I think that it often does harm than good; that it weakens instead of strengthens, and that it encourages egotism, greed, graft, cruelty and tyranny in others.

DEAR MISS DIX: What would you do if you were in my shoes? I love my husband, but he apparently loves another in his life and now he wants me to go away and leave him alone. My husband has a very good position as a manager in a factory and the present love is one of the girls who works for him. She is coarse and vulgar, no morals and is not even pretty, but she is it just now and I am nothing. I have a fine job and can support myself, but I love my husband and don't want to give him up. What shall I do? Shall I go away as he wishes, or wait and see if he will get over her? Or shall I make an unpleasant scene and see if that will work? Or shall I appeal to the girl to give him up?

ANSWER: The unsolvable mystery of the world is why a woman like you wants to keep a husband like yours. Any woman with a grain of common sense would think that you would be so glad to get rid of him that you would hand him over to any female who would take him. You know him to be a philanderer. You know there isn't an ounce of loyalty in his system, or a faithful bone in his body. You know that no matter how often you forgive him and take him back that he will not start roaming again. You know that you have nothing to look forward to in the future but having your heart torn with jealousy, with having him flaunt his women in your face and insult you by his affairs. You know he doesn't care the snap of his fingers for you, that you don't interest him or amuse him, or else he would be content with you. So why do you want him back, especially as you know that there is no way of keeping him. The only sane thing to do is to put him out of the door and forget him.

DEAR DOROTHY DIX: Several days ago through a mistake I opened one of Mother's letters thinking it was mine. To my horror I found it was from a strange man. I cannot stand it to think that my mother is that kind of a woman. Shall I tell my father? Shall I demand an explanation of my mother? Or shall I keep silent? **JACK**

ANSWER: Don't tell your father, but go to your mother and let her see how your knowledge of her wrongdoing has shattered all of your ideals and broken your heart. Surely if anything can touch her and turn her away from the evil course she is pursuing it will be that. Psychologists tell us that nothing so completely wrecks the morale of children as to lose their faith in their mothers.

How Can I!!!

- By Anne Ashley
- Q. How can I treat chapped hands?
- A. An effective cure can often be effected by rubbing into the hands, after washing, cornmeal or oatmeal. The meal will absorb all the moisture and tend to heal the cracks. In the course of a week the hands should be soft and in good condition.
- Q. How can I season the leather of new shoes?
- A. Wear as from shoes a few times to break them in, then rub vasoline jelly over them and put away for a few weeks. This will season the leather.
- Q. How can I prevent meringue from falling?
- A. By adding 1/4-teaspoonful of baking powder.

Modern Etiquette

- By Roberta Lee
- Q. Does good form demand that an announcement of an engagement be made promptly?
- A. Yes. This may be done by inserting a notice in the newspaper, or by issuing engraved announcements to friends and relatives, or by means of an announcement party for close friends and relatives.
- Q. When men are being introduced across a table to one another, should they make any attempt to shake hands?
- A. No, this would prove very awkward. A courteous "How do you do" and a smile are all necessary.
- Q. Should the napkin be used before drinking water at the dinner table?
- A. Yes, the napkin should be used before drinking water so as to avoid any smear on the glass.

-Needlecraft-

FOR THE HOME

SWEET AND SMOCKED

A very easy little puff sleeve dress for you to make for daughter . . . yet one that is pretty enough for young-set parties! Smocking — around the high neckline — gives it the delicate air. No. 3503 is cut in sizes 1, 2, 3, Size 2, 1 1/2 yards 35-inch. Transfer for smocking is included in the pattern.

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MYSTERIOUS FIRE

BUENOS AIRES, Jan. 16 — (AP) — A mysterious fire during the night destroyed part of the huge meat packing plant in heavy West owned by Swift and Company of Chicago. Saboteurs were suspected with the arrest of a number of persons for police questioning.

3503 SIZES 1, 2, 3, YLS. TRANSFER FOR SMOCKING INCLUDED

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