

Happenings of The Week

The memory of an old school friend, killed during the Second World War, took the Duke of Edinburgh on a sentimental journey last Saturday to the little Church of Jude-on-the-Hill in Hampstead, quiet garden suburb in North London.

Lucy Landon Carter Mackenzie, daughter of Mr. and Mrs. Hugh A. Mackenzie of London, will be married in London, Ont., Dec. 26 to Arthur Holland Pearson, son of Hon. L. B. Pearson, Minister of External Affairs, and Mrs. Pearson.

Mrs. Gordon B. Rayner entertained at a bridge party on Wednesday evening.

Mrs. Carl Burke, accompanied by her children, her mother, Mrs. Gedde MacLeod, and her sister-in-law, Miss Lois Burke, left last week for Hollywood Beach, Miami, Florida, to spend the winter there.

Mrs. George R. Allen of Lansdowne, Pa., is a guest at "The Charlottetown".

The executive of the Ladies Branch—Mrs. J. S. MacDonald, Mrs. William MacNeill, Mrs. C. M. Melish, Mrs. Arnet Howatt, Mrs. J. P. Campbell, Mrs. William Johnston, Misses Lillian Duchemin, Bessie Frowse and Mary MacLennan—will entertain the members of the Curling Club after the mixed curling tonight.

Friends here will be glad to learn that Mr. H. A. C. Scarth of Victoria, B. C., has recovered from his recent indisposition, and interested to learn of the birth of a daughter to Mr. and Mrs. Tom Judah (nee Virginia Scarth) in Montreal.

Dr. and Mrs. Marc Arsenaull of the Magdalen Islands are vacationing here, guests at "The Charlottetown".

Mrs. Clifford MacDonald and Mrs. Jack MacEachern entertained at a luncheon bridge at Mrs. MacEachern's home on Kent St. on Thursday.

Miss Anna Mair and Mrs. Lois MacDonald entertained a group of friends at the Cuddall Home on Thursday afternoon. Mrs. Wendell Tidmarsh and Mrs. Nell MacLean presided over the tea table. Miss Norma Shaw, Mrs. Leonard Vatcher, Mrs. Norman MacRae, Mrs. Phillip Matheson, Mrs. Elmer MacRae and Mrs. Brenton Coles served and replenished, while Mrs. Pearl Van Buskirk ushered the guests to the dining room.

Mrs. E. S. Giddings entertained the cast and crew of the Little Theatre who participated in Thursday night's productions at her home after the performance. Serving were the members of the Little Theatre executive.

Mr. Louis Levesque and Mr. J. Paul Gutte are staying at "The Charlottetown".

DOROTHY DIX SAYS—

Lonely Mother

Woman Must Fill Gap Left By Marriage Of Her Only Child

DEAR MISS DIX: Would you please try to set me straight and tell me what's wrong with me, because I really need help. My daughter was married recently; she is an only child. She has a wonderful husband, beautiful home, is happy and I'm happy for her, and that's what I always prayed for.

But now what I can't understand is why I'm so down in the dumps. I do nothing but cry and miss her so badly that it is affecting my health. I want her here all the time; she comes when she can but doesn't stay too long as she has her own work to do. I always have the feeling that she just doesn't want to stay. I have a wonderful husband who loves me dearly, and for his sake I want to snap out of this mood. Do you think I can get over it?

ANSWER: I can assure you this mood will pass, but you must help yourself a little. Missing your daughter is a perfectly natural reaction, shared by almost every mother with a married child, especially if the child is the only one. With the incentive of a wonderful husband to care for, you'll come out of your melancholy soon.

DEAR MISS DIX: I am a young girl of 16, a sophomore in high school. I am about average in looks and have a good personality. My problem is that every time a boy asks me for a date he tries to paw me. I don't know what to do. Should I quit dating boys or keep dating them and try to keep them in their place?

ANSWER: Keep dating, but let the boys know there are certain things you won't tolerate. The word will get around fast enough that you're particular about your date's behavior. From then on the boys will date you with due realization of what is expected of them.

DEAR MISS DIX: I am just past 20, and am engaged to be married shortly. I have known my fiance several years. I love him but at the same time am thrilled by attentions from other boys. I still would like to go out with other boys. This attitude scares me. My fiance has hurt me many times in the past; could this have anything to do with my attitude?

ANSWER: Your fiance's past thoughtlessness and your reluctance to settle down to one man certainly should be conclusive evidence to you that you aren't ready for marriage. You had better call off, or at least postpone, the wedding until you are more sure of yourself and your future husband.

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

ELLEN'S DIARY

By an Island Farmers Wife

"That, Ellen" our hostess smiled in reply to our query, wistful expression in her eyes, "was but there now, I mustn't be telling you how foolish I was. I would be setting you a silly example perhaps—and you only a child, and not thinking of the like! . . . But that is a rose I wore in my hair to my first dance. It was an exciting evening, I can tell you, with no scarcity of partners and myself walking home with me afterwards.

The petals were faded. So too, time had touched the dark hair with odd strands of silver. But there they were between pages of the book she had brought from the room for our enjoyment while she went out of doors to attend to some end of choring before the dusk should fall.

We cannot recall now the subject of the reading since it did not altogether absorb our interest. We remember better the clean, tidy kitchen, carpeted with rugs to the walls. These were decorated with wallpaper of a design which let yellow blossoms run prettily over a white ground.

The table by the wall was covered with a white oil-cloth and in the very centre, was a bowl of flowers, from the garden. The stove was of an ancient mould, with a high square oven and a hearth that could be opened to allow a nice sight of the fire within. But now it was fireless and polished to a glow that matched the heavy iron tea-kettle, which was silent thereon.

Just inside the door to the pantry and on a wooden bench sat

The Stars Say - -

By Genevieve Kemble

For Tomorrow THERE is prospect of an urge to undertake ambitious plans or engagements, to make contacts with important offers to set forth in a bold, experimental way. It is probable that here may be underlying factors of a peculiar or irregular phase, likely to be vague, misleading, even treacherous or sinister. Sidelstep such dangers.

That Body Of Yours By James W. Barton, M.D.

TOO MUCH VITAMIN A MAY CAUSE SERIOUS SYMPTOMS

The greatest addition to our knowledge of nutrition in recent years has been the discovery of the vitamins and their action on food and tissues. It is only natural, therefore, that many normal individuals have the idea that if a certain amount of a certain vitamin helps a certain condition or ailment, twice that amount will bring results in half the time.

In the Journal of the American Medical Association, Dr. George Bair, New York, N. Y., states, "Observers have noted the following characteristics of chronic vitamin A poisoning: external thickening of the covering of the affected bones, pain and swelling over long bones, irritability and fretfulness and increased concentration of vitamin A in the blood. The bones affected in this one case were those of the lower leg and foot. The outer parts of the bones were thickened and there was soft swelling of the flesh about these bones."

That excess vitamin A was the cause of the symptoms was shown by the fact that when all vitamins were reduced to the normal dose and foods rich in vitamin A were gradually disappeared. Within three days, the first case, a 28-month-old child, was able to walk. By mistake, its grandmother had given it a daily overdose of penicillin liver oil for a period of three months. Prolonged continuous use of excessive dosage of vitamin A seems to be necessary before symptoms appear in children. For this reason, Dr. Bair suggests that long periods of use of vitamin A in chronic skin ailments might well be dangerous.

In some cases the thickening of the bones remains long after the disappearance of the other symptoms—irritability, fretfulness, pain and swelling. Fortunately the outlook (prognosis) in recognized over-dosage of vitamin A is excellent after the stoppage of excess vitamin A.

Ten thousand dawns shall come again to me To loose me from the fear of shrouding night; Old-fashioned gardens limned by memory Shall haunt my noontide with their pure delight.

Soft through the windows, tender words shall come, Voices I knew when life was April-sweet; Then I shall sing, no more shall I be dumb, Youth shall return, to make my joy complete.

When I am old, and quieted all strife, My heart shall say, How good, how kind was life! Until Monday — — Diary — — Good-night

Modern Etiquette

By Roberta Lee

Q. Does a woman who is attending a tea remove her hat? A. Not as a rule. If the hostess, however, should suggest that her guests remove their hats, it is quite all right to do so.

Q. What is the proper way to announce a birth? A. By telephone, telegram, letter, or stationer's card.

propositions, with preference, dignities and other tokens of public honors and gratifying emoluments. However, there are seductive offers, cloaking sinister and dubious honors, proposals or commitments of deep and hidden as well as pernicious undercurrents. Avoid even the semblance of collusion.

A child born on this day, while ambitious, competent and worthy of honors and distinction, may have certain proclivities to yield to dubious appeal.

How Can I!!!

By Anne Ashley

Q. How can I make a whipped cream substitute? A. Grate one apple, add two or three tablespoons of sugar and one egg white, then beat until light. This makes an excellent substitute for whipped cream.

Q. How can I put the cover on my ironing board more smoothly? A. Before putting on the cover, dampen it. Then when the cover dries it shrinks a little and will consequently fit smoothly.

Q. How can I remove tea and coffee stains most easily from china cups? A. Dip a damp cloth into baking soda and rub the stains.

The Hong Kong cricket club, oldest in Asia, celebrated its 100th anniversary in 1951.

MORSE'S TEA advertisement with image of tea box.

Stewart Bakeries Ltd. advertisement for Holiday Fruit Cakes and Plum Puddings, including images of cakes and puddings.

The Gloria advertisement for Christmas lingerie gifts, featuring images of women in lingerie.

Alice Brooks Designs

QUICK! SEND NOW! Put these foot-flatterers at the head of your Christmas list! TWO pattern parts use ready-quilted fabric or quilt your own fabric.

Gay ballet slippers for gifts! Pattern 7268 includes directions and pattern for sizes: small, medium, large and extra large.

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.

Morning Smile Potent advertisement with image of a woman's face.

Phillips Milk of Magnesia Tablets advertisement with image of the product box.

P.E. Shortcake with Fruit desserts advertisement with image of a dessert.

Coca-Cola advertisement with image of a glass of soda.