

How Can I!!!

By Anne Ashley

Q. How can I prevent having a double chin?

A. For women who are developing the suggestion of a double chin, it is a good idea to wear a chin strap during the day while alone. Even one hour a day in the chin strap will often work wonders in reducing a double chin.

Q. How can I prevent curdling when combining tomatoes and hot milk?

A. Add a pinch of soda to the tomatoes and pour them into the milk. The curdling, which would take place if the order of pouring were reversed, is thus avoided.

Q. How can I remove the odor of onions from the breath?

A. A cup of strong coffee will prove very effective.

The Stars Say --

By Genevieve Kemble

For Tomorrow

THE indications are that a static, delaying, disappointing or some form of afflicting situation may hold up current events or projects, while unforeseen development matures. This involves a sudden change of plans as well as an abrupt "pulling up stakes" for fresh pastures and new fields of operation. While seemingly a disheartening blow at the time, shrewdly managed affairs may bring about thrilling adventures, new opportunities, possibly an exciting and surprising romantic experience.

For the Birthday

Those whose birthday it is, while settling out on a program or experience distressing, hopeless and staggering, could be quite as surprisingly turned to high adventure, thrilling and breathtaking denouement, perhaps owing to the shrewd, strategic and solid manner in which seeming calamity or blow is manipulated. The culmination may bring radical change, even a swift and thrilling romantic episode.

A child born on this day may find its life one of setback and frustration climaxed by spectacular experience, pleasure and drama.

That Body Of Yours

By James W. Barton, M.D.

RAPID HEART BEAT OFTEN DUE TO NERVOUSNESS

A patient undergoing a heart test was very nervous, as he suspected that he had heart disease. As he was about to undergo examination for a life insurance policy to protect his family, he was more than usually nervous. In addition to rapid heart beat, there was slight trembling of his hands, and he was underweight. His physician had him undergo a metabolism test which showed 110 instead of the normal 100. The rapid heart beat, the trembling, and the plus metabolism all pointed to goiter but his physician, knowing the patient, suspected that his nervousness was to blame.

As the man's wife was a trained nurse, the physician asked the wife to take her husband's pulse occasionally in a casual way any morning, afternoon or evening, and also at any time when he was pulse rate before breakfast, to be 72, at 4:00 P. M. it was 70, and in the evening 90. Resting at 4:00 resting or asleep. She found his P. M. it was 76, and when asleep, 70. She telephoned these figures to the physician. The physician then explained to the patient that it was his nervous make-up which caused the symptoms pointing to goiter and that if he would get his metabolism test early in the morning, resting for fifteen minutes after reaching the insurance examiner's office, he would be accepted as far as his heart was concerned, as his pulse rate was not always fast. Whether he was asleep or awake, with goiter present the heart rate would vary but it would always be faster than normal.

In the proceedings, Royal Society of Medicine, England, Dr. William Everest states: "The serious form of goiter (thyrotoxicosis) should not be diagnosed unless rapid heart beat, auricular fibrillation (irregular or worm-like action of a portion of the heart) or other fault of the pulse or heart is found. Thus one will avert the tragedy of removing the thyroid gland in a neurotic or nervous patient." The heart rate during sleep is often slower than the usual or habitual rate but the difference between the heart rate sleeping and the heart rate waking is greater in the neurotic or nervous individual. It is known that quieting drugs

ELLEN'S DIARY

By An Island Farmer's Wife

The weather is so important to farm-folks that no matter how busy we are, or how well taken up with the work of the day, it signs continue to thrust themselves within our ken. Does the door of a barn a-swing suddenly become restless, tossed uneasily by a certain new wind, James knows at once "There's falling weather not too far away!" Do we lift a pan from the coals to notice a run of fire, like clusters of tiny stars, along the sides or bottom, "Ah, he!" we remind the family "you needn't expect this fair spell to continue. No sk, we're in for a thaw!" "There's a heavy white frost tonight, Ellen" James comments into our silence as he removes his boots, and stands them in readiness for a new day beside the old armchair "given three nights of this... we usually get a change. After the cold snap-well, it is likely to be milder."

James' boots have been extremely active today - about the choring at Alderlea and at the woods-work at the other farm. It is likely they led him most willingly to look in upon Rob's stock in passing, since the route to the woodlands now lies by way of that yard. Rob would receive, and appreciate some words of fatherly advice. It is interesting for us to notice the respect the sons give to his words, though they are all of an age. They laugh a bit and chaff in a congenial fellowship... and always agree. No issues appear, nor ever have they. But today, James looking into a stable would say: "Don't you think you're feeding too much grain? Oh, perhaps not - if you can make it last, but there's still a long feeding before they get out to the grass. Let me see - what date is this? There, you see, barely past mid-winter, you might say. Yes, a long spell of feeding yet, and I've found that the hay and grain never go faster than when you expect it to become scarce!"

James is sure to ask: "How are the turnips looking? And you ought to take time out to give those fattening ones a bit of a cleaning. We know because so often we have followed at his elbow. And have been amused to over-hear him inquire with some

have more effect on slowing the pulse in nervous individuals than with goiter patients. Don't worry if your heart beat is very rapid at times if it is at normal rate in the morning or after a good rest.

Better English

By B. C. Williams

1. What is wrong with this sentence? "While vacationing on a farm, a snake bit me on the leg."
2. What is the correct pronunciation of "obscenity"?
3. Which one of these words is misspelled? Picnicker, picturesque, piccilo, pleador.
4. What does the word "erudite" mean?
5. What is a word beginning with au that means "a omen"?

ANSWERS

1. This sentence sounds as though the snake were vacationing. Say, "While I was vacationing on a farm, a snake bit me on the leg." 2. Pronounce the e as in send, not as in seen. 3. Piccolo. 4. Learned; scholarly. (Pronounce er-oo-dit, e as in set, oo as in foot, l as in ice, accent first syllable). "Erudite people are not always interesting." 5. Augury.

In the face of the prevalence of 'Flu and other miseries in Island districts it is a grateful pen which tonight records that at Alderlea and hereabout "All's Well!" Even the pair of lambs born within the last hour are snug in warm quarters. With James we thought it a good omen for our fortunes in the Spring increase, that the Shep-herd look in with our younger farmer upon the small ones in our fold. The flock he shepherds is comprised of humans, young and older, and the boundaries of his pasture extend as once upon a time did another's "To all who hear My voice." In the morning we suppose granddaughter will be disappointed that at least one of the pair is not dark - a po' little black lamb, in many instances, the most precious of all... But... have no sitting around now Ellen. These 'those lambs - we should see that they nurse early in the morning - if we would save them!"

Until tomorrow - - Diary - Good-night..

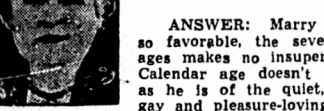
DOROTHY DIX SAYS--

By Dorothy Dix

Seven Years' Difference

Younger Man Will Make Good Husband If He Is Mature

DEAR MISS DIX: I am a widow 45 years of age. Time has been kind to me and people tell me I am most attractive. A bachelor, who is 38 years old and who is all that any woman could want in a husband, is in love with me, as I am with him, and wants to marry me. I have a son 18 years old and he and this man are the best of chums. In fact, the man already treats my boy as if he were his own son, and the boy is crazy for me to marry him. But my friends tell me that to marry him would be a mistake, that he is too young for me. His only fault is that he reads all the time and I am jealous of his books, magazines and newspapers. What is your advice?



ANSWER: Marry him. Everything else being so favorable, the seven years' difference in your ages makes no insuperable bar to your union. Calendar age doesn't always count and inasmuch as he is of the quiet, studious type and you are gay and pleasure-loving by nature, it may well be that you are really younger than he is, after all.

When a woman marries a man younger than she is, the thing that matters is not the disparity in their ages, but how old he is. If he is very young, a boy who has not come to himself, it is a hazardous thing for her to do, and the marriage nearly always results disastrously. For as the girl matures his taste changes and he is pretty sure to lose for his elderly wife. But if a man past his first youth, if he is fully grown up and settled in his tastes and habits, then he is a safe matrimonial bet for a woman even if she has had a few more birthdays than he has.

KNOWS WHAT HE'S DOING

Whatever the reason, the man in his thirties who marries a woman older than himself knows what he is about and he seldom regrets his bargain. And let it be forgotten that in many cases a woman at 45 reaches the pinnacle of her attractions and is far more alluring than any bread-and-butter Miss.

The danger in your marriage is not the difference in ages, but the difference in taste. Because, if you are jealous of your fiancé's books, you are evidently not addicted to reading. And, believe me, sister, any woman who tries to come between the man who has the reading habit and the printed page is going to lose out, whether she is 17 or 70.

DEAR DOROTHY DIX: My son married ten years ago and has a boy of 8 and a girl of 5. I have been the best of friends with his wife and am very fond of my grandchildren and they of me. Have kept the boy since he was a baby off and on and other week-ends and when his parents wanted to go on trips. For no reason that I can explain my daughter-in-law has suddenly become insanely jealous of the children's affection for me and refuses to let them come to see me. What would you advise? Is this a common situation?

ANSWER: I should think that your best play would be to act indifferent. Don't make an issue with your daughter-in-law for that will bring about a breach between you that you can never bridge over. Keep away from the children for a while and after she gets over her brainstorm she will be glad enough to restore amicable relations and dump the children on you when she wants to play bridge, or go off on a vacation.

I think a great many women are jealous of their children loving anybody else except themselves. They are so determined to monopolize their children that they don't even want them to love their fathers or feel close to them. I once heard a mother say: "Talk about jealousy. The jealousy that a woman can feel about a man is nothing to the jealousy that tears a mother's heart to tatters when she sees her child caring more for somebody else than for her."

But what's the matter with your son that lets his wife put over her jealous spite on you? If he had as much backbone as a shoe-string, he would simply tell her where she got off and take the children to see you.

DEAR DOROTHY DIX: Should boys have more education than girls?

ANSWER: Perhaps they should, considering that they make the laws, run the business and the government. However, of late years boys do not seem as eager for education as girls as the girl students outnumber the boys in many of our schools and colleges.

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

Household Scrapbook

By Roberta Lee

Men's Clothes

To clean men's clothes use a soft cloth, dip in alcohol and press lightly over a cake of pure soap; then apply briskly to the article to be cleaned. After sponging carefully, press it. In cases of obstinate grease spots, rub well with a lather of pure white soap and lukewarm water; then sponge off with alcohol and proceed as above.

Tea Cups

The stains can be removed from the bottoms of tea cups or plates, by rubbing them with a little cooking soda on a damp cloth. All discolorations will disappear.

Shellac

Anything that bears a coating of shellac should be kept dry. The shellac will turn white if it absorbs water or moisture.

Cook's Corner

BAKED MOCHA CUSTARDS

If you want your coffee flavor to come through clearly, use the 4 tablespoons - if you want the chocolate to dominate, just use 3 tablespoons of coffee.

-Needlecraft-

FOR THE HOME

AMPLE APRON

An ample apron is always a welcome wardrobe addition! Especially when - witness this pocket edition - it's a charming combination of prettiness and practicality. (Note that it comes in an extra large size, too!)

No. 2298 is cut in sizes small, medium, large, extra large. Medium, 2 1/2 yards 35-inch, 3 1/2 yards ric rac.

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 Charlotte-Town Guardian, Pattern No. 2298

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Morning Smile

Elastic _____

Teacher: "What is it that binds us together, sustains us, and makes us even better than nature intended?"
Tommy: "Girdles."

His Name

The parents of a solemn little boy were perturbed at his morbid outlook on life. They were sending him off by train to relatives, and told him to write his name and address on a card and put it in his pocket. The boy did so, beginning: "In case of accident, this was Johnny Smith."

exciting new recipe for Creamed Salmon



So Quick and Easy to Fix

- 1 tablespoon butter
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1/2 cup Carnation Evaporated Milk
- 1/2 cup water
- 1 hot can (half-pound size) canned salmon

Melt butter in saucepan over medium heat. Stir in flour and salt; cook 1 minute; remove from heat and add 1/2 cup milk; blend carefully until all lumps are gone. Add remaining milk and return to heat, stirring constantly until sauce thickens and boils. Add salmon and serve immediately over freshly made toast. Makes 4 to 6 servings.

For Plain or "Fancy" Cooking - Use the Milk that Whips!

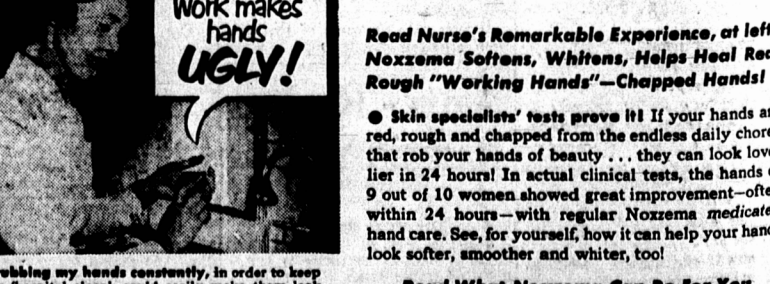
CARNATION MILK is thick, rich milk - concentrated to the consistency of cream. So it's perfect for your fanciest "company" desserts, as well as all regular milk purposes!

IF YOUR RECIPE SAYS "MILK" use Carnation diluted with an equal amount of water. This way you have homogenized, heat-refined milk with all of good milk's food values, and extra creamy-smoothness.

USE IT LIKE CREAM... for whipped toppings, on fruits, cereals, puddings... in most recipes calling for costly cream. Millions prefer undiluted Carnation to cream for their coffee, too.

Lovelier Hands in 24 Hours

...or your money back!



Work makes hands UGLY!

Read Nurse's Remarkable Experience, at left! Noxzema Softens, Whitens, Helps Heal Red, Rough "Working Hands" - Chapped Hands!

● Skin specialists' tests prove it! If your hands are red, rough and chapped from the endless daily chores that rob your hands of beauty... they can look lovelier in 24 hours! In actual clinical tests, the hands of 9 out of 10 women showed great improvement - often within 24 hours - with regular Noxzema medicated hand care. See, for yourself, how it can help your hands look softer, smoother and whiter, too!

Read What Noxzema Can Do For You

1. Soften and whiten red, rough "Working Hands"
2. Bring soothing relief to raw, chapped skin!
3. Help heal those tiny surface cuts and cracks!
4. Important! Supply a soothing, protective film of oil-and-moisture to the outer surface of the skin!
5. And - it's a snow-white, dainty, greaseless cream!

Money-Back Offer! Try soothing, medicated Noxzema hand care tonight. If you don't see definite improvement - in 24 hours - return your Noxzema, Toronto - your money back. SPECIAL - today, get the 10-oz. jar of Noxzema for \$1.00 (twice as much for your money) - at any drug or cosmetic counter. Limited Time Only

IT'S HERE! IT'S NEW! IT'S WONDERFUL!

NEW DOUBLE-QUICK RINSO WITH SOLIUM

1. GOES INTO ACTION FASTER!

2. GETS CLOTHES WHITER FASTER!

New, "Double-Quick" Rinsó dissolves faster... goes to work twice as fast as other leading washday products.

Tests prove several washings in other soaps can't get clothes as white as one washing in new, "Double-Quick" Rinsó.

SWITCH TO RINSO SAVE UP TO HALF YOUR WASHING TIME!

Now you don't have to run your washer for long periods. With new "Double-Quick" Rinsó you can cut your washing time as much as half yet get the world's whitest wash. Only Rinsó contains Solium, the scientific Sunshine ingredient that makes washes whiter, brighter than new - even when dried indoors. Your grocer has the new "Double-Quick" Rinsó now.

WHY IS YOUR BLOUSE SO MUCH WHITER THAN MINE?

MINE IS RINSO WHITE!

Rinsó

NEW DOUBLE-QUICK RINSO GIVES YOU THE WORLD'S WHITEST WASH