

That Body Of Yours

By James W. Barton, M.D.

EXCESS FAT IN CERTAIN REGIONS OF THE BODY

Nine out of every 10 overweight people become overweight by eating more food than their bodies need...

Where excess fat is distributed over the entire body, the thyroid gland in the neck is underactive, not producing enough thyroid extract...

However, there is a type of excess fat in which the fat is on one of three regions or parts of the body—upper (chest and abdomen), the middle (the breeches type), or the lower (legs and thighs)...

In the middle or breeches type, the excess fat deposits are seen in the middle section of the body between lower back and knees; especially buttocks and lower abdomen.

In the lower body type, excess fat is in buttocks and also in thighs and lower legs.

Most of us can recall seeing examples of these three types of overweight. We have also seen cases where upper and middle and middle and lower seemed to merge...

Physicians who specialize in weight reduction can help some of these cases or regional overweight by the use of special exercises, application of heat to the part, and the use of gland extracts.

Hot BISCUITS Pancakes! Doughnuts! Gingerbread! They'll melt in your mouth! FREE booklet gives new recipes. Write Church & Dwight Ltd., Sun Life Building, Montreal.

COW BRAND BAKING SODA PURE BICARBONATE OF SODA

ELLEN'S DIARY

By An Island Farmer's Wife

We recall how soon the sands of summer ran out there. One was made aware of its waning by the odd yellowed leaf drifting down silently when the Summer had scarcely begun...

"When I build a house of my own", a minister of ours once remarked, stopping on the verandah a moment to look out over mill and pond and stretch of valley before us...

A gate in the centre leads one from the roadway, along a gravelled walk to the front door. At intervals rounded stones mark this path, not of the native sandstone but grey or mottled white, likely brought in some time in ballast from other shores by a dark-hulled white-sailed ship seeking Fall produce in the neighboring harbor...

The house itself is . . . but perhaps she will not relish our description. Or it may serve to point out to her her blessings, so often do humans fail to recognize their gifts while they sigh for more glamorous and less satisfying dwellings...

Q. How can I avoid wringing clothes used for hot applications? A. When hot cloths are needed for application to relieve pain, put them in the upper part of a steamer with the water boiling underneath. This method will eliminate wringing out the cloths.

Q. How can I clean paper-mache trays? A. Wash them with a soft cloth wrung out of tepid water. Dry with another soft cloth and polish with a little dry flour applied with a chamois skin.

Q. How can I cause croquettes to keep their shape better? A. Form the croquettes about two or three hours ahead of time, and thoroughly chill them before cooking.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "John's stubbornness aggravates his mother." 2. What is the correct pronunciation of "infamous"? 3. Which one of these words is misspelled? Insensible, inseparable, inscrutable, insouciance. 4. What does the word "forbearance" mean? 5. What is a word beginning with mu that means "very liberal in giving"?

ANSWERS

- 1. Say, "provokes his mother." 2. Pronounce in-fa-mus, as in ask untrussed, accent first syllable. 3. Inseparable. 4. Patience. "There is a time when forbearance ceases to be a virtue." 5. Munificent.

The Stars Say --

By Genevieve Kemble

For Tomorrow

UNFORESEEN developments, of a most challenging nature, may come up for regulation and consideration on this day. An eccentric or singular development may stimulate the ambitions to over-expensive and extravagant ideas, which could prove hazardous. The temptation to utilize the personality, social status, could miscarry, and interfere with what could be practical and lucrative results.

If It Is Your Birthday

Those whose birthday it is, face an eventful era. The denouement of which may depend upon wise mental insight, clever manipulation of the purely personal equation or social status. The strange course of events is likely to incite to extravagant, prodigal and unwarranted "delusions of grandeur" whereas practical and shrewd manipulation of alluring opportunities could yield rich harvest in a personal as well as tangible climax.

A child born on this day, romantic, talented, gracious, cultured, might spoil his chances for full and significant life adventure by an urge to extravagance, over-acting, show, prodigality. Judicious early training could yield richly.

How Can I!!!

By Anne Ashley

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ALL THE NICE GIRLS LOVE AN AIRMAN — and he's F.O. John Craig of Rockcliffe Air Station, Ottawa, son of Mr. and Mrs. Wil-

Morning Smile

Paassing The Buck

The vicar was addressing the Sunday school children. After several minutes he asked: "And now is there any boy or girl who would like to ask me a question?"

"For a moment there was silence and then a shrill voice piped out: "Please, sir, why did the angels walk up and down Jacob's ladder when they had wings?"

"Ah, I see," said the vicar. "Now would anyone like to answer that question?"

gently in the afterglow, and we were helping the maid with the supper-dishes "Wouldn't you think they'd have better furniture?" she whispered "that old junk in the parlor gives me the creeps. I'd throw it to heck out if I were in her boots! It's like going to a funeral to dust it! It must have come out the ark!" So, choice old pieces . . . But James has come in from a last round at the barns with "a crick in my back, Ellen" wonder "would heat — or a brisk rubbing do it good?"

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

Nova Scotia Woman Dares to Tell Her Story

Mrs. M. H. Bell, Liverpool, N.S., dared by friends to tell her story, said: "I suffered with arthritic pain in my shoulder, arms and ankles for three years, but it wasn't until I took Sarnak that I got relief."

If you suffer from rheumatic, neuritic, or arthritic pain, sciatica or backache or from some stomach, kidney or liver disorders, nutritional anemia and nervousness, try Sarnak for one week, prove that Sarnak can help you. \$1.35 at all drug stores.

DOROTHY DIX SAYS—

Old Age

Children Should Contribute To Independent Home For Mother

DEAR MISS DIX: There is no loneliness like that of old age. The feeling of not being wanted or needed any more hurts. Nowadays children take the attitude that they owe nothing to their parents. Maybe that is true. When children are grown and living their own lives, in their own way, and Father is gone, what can Mother do? She has given all to her children and there is nothing for her to do but wait for death. It is no more for her happiness to live with her children than it is theirs for her to live with them. She would love her own little place, with her books and a cat and an old friend, but she has given everything to her children and has nothing left, so what?

OLD MOTHER

ANSWER: I think you are wrong in saying that the young people of today do not feel that they have any obligation toward their parents. Look about you and see in how many homes there is an old mother or an old father being tenderly cared for by a son or daughter.

SOME SACRIFICE FOR PARENTS

Look at the young girls who work all day in offices and stores and almost all of whose earnings go to the support of their parents. I get thousands of letters every year from young people who are in love and who want to marry, but who are putting off their wedding day because they have an old mother or father to care for. It is the exception and not the rule when children turn their backs upon their parents.

But you are right in saying that children do not want their parents to live with them. The reason for this is perfectly obvious. No old person, especially a mother, can keep her fingers out of her children's pies if she lives with them. She is simply bound to interfere in everything that goes on, from raising the children to the strength of the breakfast coffee. That doesn't make for peace and harmony.

I often think if people saved more of their money for their old age instead of spending it on their children as they went along it would be best both for themselves and the children in the long run. Barring this, one way in which a family can meet this problem is for all of them to chip in and give mother an independent home of her own, no matter how humble.

DEAR MISS DIX: Would you advise a girl to marry a man while being in love with another man? Could she find happiness in such a union? The first man has better qualities than the second, but the girl is content only with the second man.

MARCIA

ANSWER: Certainly not. Such a marriage could bring a girl nothing but misery and disaster of an uncongenial marriage because the secret of happiness in marriage consists in having got your heart's desire and being satisfied with your husband or wife.

A great many people seem to think that marriage is an automatic cure for an old love; that there is some magic in the marriage ceremony that changes a person's tastes and affections and inspires them with love for the one they marry. Nothing could be farther from the truth. If a man or woman are not in love before marriage, there is small chance of their falling in love with their husband or wife after marriage.

Nor will marriage blot out all consciousness for the old lover. On the contrary, the very knowledge that she has burnt her bridges behind her and that she has no right to think of him will make her regret her decision and throw a glamor about him that will fan her passion for him. It isn't fair to herself, and especially it isn't fair to the man, for a girl to marry one man when loving another.

DEAR MISS DIX: What can a woman do who has a husband who lolls around the house all day long playing solitaire from sun to sunset; who seems only to care to eat, sleep, read; who is always going to do things but never does, when there is a young son to be educated, when the home is in debt, when the wife has done everything she possibly can to support the family? That is my fix and I don't know the answer.

MARGARET

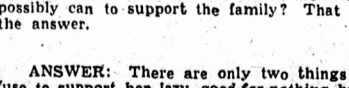
ANSWER: There are only two things she can do. One is to refuse to support her lazy, good-for-nothing husband any longer and turn him out of the house. The other is just to accept the situation and quit worrying over it and regard him as a piece of household bric-a-brac.

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

The Master touch means so much!

ENJOY M'Cormick's BISCUITS

LOTS OF VARIETY!



Walking along Kingston Rd. Toronto, on way to graveside service for a friend killed by a truck last week, Anne Marie Kowal, eight, was struck down by a gravel truck and died shortly after. She was accompanied by two young friends and the three were singing a hymn. Driver of truck, Basil Byrnes, has been charged with motor manslaughter.

-Needlecraft-

FOR THE HOME

THE WRAPPED SILHOUETTE

Two big fashion features of the season are brought together in this dress! The oblique back-wrap silhouette which gives the effect of slimmest but in a wearable way. And the asymmetrical draped pocket which echoes the soft neckline treatment.

No. 2375 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16, 4 1/4 yards 39-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, Pattern No. 2375

Name

Address

City Province

Household Scrapbook

By Roberta Lee

The Hair

If one experiences considerable difficulty in ridding the hair entirely of soap after a shampoo, try squeezing the juice of a lemon into the final rinse water. It will free the hair of soap and leave it soft and glossy.

Plaster of Paris

If vinegar or glycerine is used instead of water when mixing plaster of Paris, it will not set for twenty or thirty minutes; use more or less according to the time required.

Candied Apples

To prepare candied apples, make a syrup by cooking one cup of water and one cup of sugar together. Select small apples and let them cook slowly in the syrup until soft. Drain, sprinkle with sugar, and leave to dry.

Modern Etiquette

By Roberta Lee

Q. Is it considered good form for the "dummy" in a bridge game to leave his seat and take up a station behind his partner so that he may view the playing of the hand?

A. No; his view of the play should be from his seat. It is distracting and rude to the other players to have one of the players wandering about the room during the progress of the game.

Q. When passing the plate for a second helping, should one hold the knife and fork in the hand or place them on the table?

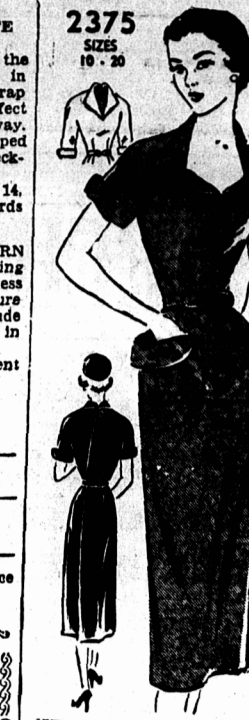
A. Neither. The knife and fork should be left on the plate.

Q. Who is supposed to furnish the flowers for the maid-of-honor and bridesmaids at a wedding?

A. The bride's parents.

DEFINED BOUNDARY

The final water boundary between Canada and the United States in the Bay of Fundy was not determined until 1908.

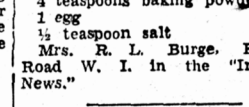


Cook's Corner

SCONES WITH DARK FLOUR

- 2 cups white flour 1 cup shorts 1 cup bran 1/2 cup white sugar 1/2 cup shortening 1/2 cup milk 4 teaspoons baking powder 1 egg 1/2 teaspoon salt

Mrs. R. L. Burge, Fortune Road, W. I. in the "Institute News."



Miss Edith L. Elliot, outstanding Canadian Home Economist, whose appointment as chief of the Home Economics Section of the Federal Department of Fisheries has been announced by Fisheries Minister R. W. Mayhew. She will be responsible for the co-ordination of the work of the Department's home economists, and also for the extension of the efforts being directed through the Department's test kitchen to inform Canadian housewives of the proper methods of buying, preparing and serving fish, shellfish and other fish products.

Lux Toilet Soap advertisement featuring a woman's face and the text "Easy to be Lux Lovely" and "Kathryn Grayson".

M'Cormick's BISCUITS advertisement with the text "The Master touch means so much!" and "ENJOY M'Cormick's BISCUITS".

Advertisement for a woman's dress, featuring a fashion illustration and text about the dress's features.