

That Body Of Yours

By James W. Barton, M.D.

SUPERVISED HEART PATIENTS COMPARED WITH THOSE WITH NORMAL HEARTS

Notwithstanding the fact that heart disease is the greatest single cause of death, a larger percentage of men and women with heart disease are able to live normal lives today than at any other time in history.

An experiment that should raise the morale of all heart patients was carried out by Dr. Joseph G. Benton, New York, N. Y., and reported to the Scientific Sessions of the American Heart Association.

What did Dr. Benton and associates learn from this experiment of 26 normal individuals and 20 patients with heart disease, doing the same amount of work?

Morning Smile

A Big Question

"What," someone asked a parliamentary candidate, "will you do if you're elected?"

Honor for Honor

A little girl playing in the sand quickly yielded to a man's charm and slipping her hand in his strolled with him along the beach.

Modern Etiquette

By Roberta Lee

Q. On what occasions does a man wear full dress, with white tie?

A. At the opera; at an evening wedding; at a dinner to which the invitations are worded in the third person; at a ball or formal evening entertainment; at certain state functions in Europe in broad daylight—but never in daylight in the United States.

Q. When a bride has received duplicate wedding gifts, does she inform the donors of her intentions to have them exchanged?

A. Yes, this is the gracious thing to do, and no thoughtful donor will resent the idea.

Q. Is it all right to eat soft fruits with the spoon?

A. The fork should be used for soft fruits, vegetables, salads, meats, cakes and pies. The knife and spoon are used as little as possible.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A SUDDEN and quite unlooked-for event may prove startling and breathtaking with the nerves, feelings and emotions keyed to high pitch of excitement.

For the Birthday

Those whose birthday it is may look for an exciting year, with thrill, surprise and drama in its unforeseen and electrifying suddenness.

Better English

By W. C. Williams

- 1. What is wrong with this sentence? "Let us refer back to the preceding paragraph."
2. What is the correct pronunciation of "precoity"?
3. Which one of these words is misspelled. Chiffonier, chaperon, chargeable, charade.
4. What does the word "retrospect" (noun) mean?
5. What is a word beginning with er that means "having no certain course"?

ANSWERS

- 1. Omit back. 2. Pronounce the o as in cost, accent second syllable 3. Chargeable. 4. A looking back; review of the past. "She viewed her life in retrospect." 5. Erratic.

ELLEN'S DIARY

By an Island Farmers Wife

Someone who loved its spell once said: "It's a pity that folks must go to bed on moonlit nights—wasting the magic hours in sleep!" This is a sentiment with which we often agree, when at lights out we come to linger a while at a window to turn away from it regretfully to our rest.

Beautiful the out of doors is 'at the moment when the calm and grace and majesty of winter lying white and still along our countryside and revealed by a frosty moon of the month. The moonlight blesses with a mellow fairy-like touch the resting fields; it caresses the silent guardian trees on the hillsides about and those that like a velvet scarf, soft and dark guide the course of the stream in its windings to the river below. But 'tis time, Ellen, 'dacent people were in bed and rogues on the road."

It would be useless to share with him our secret yearning, for although he sometimes admits to the spell of the night, dim and mysterious or moonlight-spread and ever friendly to him, he works with more practical undertakings—items that have form and substance . . . flesh and bone and sinew; of proven gains and losses and the ways of making a living, wresting it mostly in almost unpredictable ways from this farm of ours.

No. James would make light of our yearning, laugh merrily at the very notion of it at present, and be ready to bid farewell to the day. But perhaps some night we shall tell him of it, and out of the kindness of his heart he will humour us and we shall go araving in the moonlight, wrapped against the cold of the season, at an hour like this so late it should certainly bring "dacent people to their beds."

We shall not go far. Perhaps only to the top of a near hill to look back upon the scene that is Alderlea, set in the lee of the rise . . . snowy roofed, silent, tranquil and not lone. Or climbing higher and beyond we shall look out upon the moonlight magic of our world about.

Of course James would come mostly for company to guard us against the sad sorcery of one of Pat's banishes, for even if he were for the moment taken up with the magic of the hour, he would soon break from its spell. And surveying our holdings, he would be sure to comment: "We've certainly made a gap in that woods, in my time, Ellen! But" with a shrug, "there'll be plenty there for the rest of them in their lifetime—yes and for their children's children!"

It is bedtime — we go to it with the same measure of regret as always when Madam Moon sets her enchantment along the length and breadth of the farmlands. Until tomorrow — Diary — Good-night. . . .

Household Scrapbook

By Roberta Lee

Scratched Wall Paper

For wall paper that has been scratched, moisten a scrap of the paper which has been saved and carefully scrape off the coloring with a thin knife-blade. Apply this to the scratch and when dry, the mark will not be noticeable.

Scalp Ventilation

See that the hair is ventilated occasionally to keep the scalp healthy. A sun-bath is important, and this should be done at least once or twice a week to keep the hair in good condition.

To Frost Glass

One method for frosting glass is to apply a solution of six ounces of magnesium sulphate, two ounces of dextrin, in twenty ounces of water.

STOPS HEADACHE FAST ASPIRIN

Macdonald-Christian Wedding



Pictured above are Mr. and Mrs. Kent Macdonald with their attendants, following their wedding at St. Dunstan's Basilica on December 26th. The bride, the former Mary Christian, was attended by Miss Florence MacAulay (right). The groomsmen were Mr. Clare Macdonald.

DOROTHY DIX SAYS—

Successful Mother-In-Law

This Reader's Life An Example To All Women

DEAR MISS DIX: To those who believe that all mothers-in-law are either overbearingly possessive, or miserably downtrodden, may I offer my experience?

My in-law is a middle-sized family, grown now and married. As each new member was chosen and added, he or she was assured of a welcome. They knew I was proud and happy to have them for my children and that they would be loved like the others. I have been very sure they never had cause to doubt it.

Somehow I have had the impulse to interfere. The personal lives of my children are their own affairs. The children love to come to Grandma for a day or two but they're not allowed to wear out their welcome. I love to sew for the youngsters. I show no partiality. I'm accepted as mother to all my brood, am always welcome at their homes and, to us, holidays are wonderful events.

ANSWER: Volumes could be written about the mother-in-law problem—and how to solve it—but what can they offer to supplement the gracious charm of this mother and mother-in-law?

PREJUDICES AT FAULT

The in-law problem becomes an issue only because the protagonists don't want to solve it. Mother is determined to dislike any girl her son marries; daughter-in-law is sure her husband's mother is going to be a horrid, bossy creature and makes no attempt to meet the older woman half-way.

Nancy has the answer. The heartwarming family picture she shows us is the goal for which every woman should strive. Surely it takes no more effort to achieve than the unhappy in-law situation which is the cause of so much complaint! Of course it takes two to create; but if a boy's mother and fiancée both approach the new relationship with the idea that they are going to share—not absorb—the husband and son, happiness for the whole family is assured.

DEAR MISS DIX: My husband and I are happily married, but there are a few things he does that I would like to correct. First, whenever he does something wrong, he refuses to say he's sorry. He claims that the apology would be an admission that I'm right. Also, he's not very affectionate, especially in public. We've just been married two years and I feel he should be more demonstrative.

ANSWER: If these are the only matters that stand between you and a happy married life, they should be easily solved. Your husband is wrong in one point, you are wrong in the other. Now, if you are each willing to give in—presto. All difficulties solved.

A positive sign of immaturity and weak character is the unwillingness—all too frequently met—to admit wrong; to apologize; to say "I'm sorry!" Many people seem to feel that such an admission is humiliating. Actually, nothing so proclaims manliness as this simple gesture. A man of courage and dignity is as quick to acknowledge a mistake as he is firm in his purpose to defend himself when he is right.

It is not necessary, as you suppose, for two people, no matter how much in love they are, to make public manifestation of their affection. Their feelings will be made apparent through their congeniality; mutual courtesy and consideration; it isn't necessary to make an exhibition of your feelings.

How Can I!!!

By Anne Ashley

Q. How can I remove burnt food from a pan?

A. Shake a generous amount of soda into the pan, fill it with cold water, and let it stand on the back of the range for a while. It can then be cleaned very easily.

Q. How can I clean paint brushes that have dried paint in them?

A. Soak the brushes in turpentine, gasoline, or hot vinegar for about an hour. Then wash thoroughly in strong soapuds.

Q. How can I keep parsley fresh?

A. Put the parsley into a mason jar. Put the lid on securely and keep in a cool place.

Alice Brooks Designs

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FIFE, Scotland — (CP)—James Russell, 65, who spent the greater part of his life prospecting in Africa, says he intends to search the Scottish Highlands for traces of uranium. He claims some Scottish geology is similar to Borneo which has large uranium deposits.

KING COLE TEA

A Country Garden

By

Quotations when engraved upon the memory give you good thoughts. They also make you anxious to read the authors and to look for more.—Winston Churchill. This is the time to read good books on gardening and there are hundreds of them in our Island libraries on every garden subject; if you wish for a garden next Summer, now is the time to plan and read about it.

Scrapbooks made of beautiful illustrations in garden magazines are a wonderful help to everyone interested in making a better garden next year, and it is so much easier to find these pictures and descriptions in a scrapbook than in a large number of magazines to be looked over and over.

Myths and Legends of Flowers. Trees, Fruits, and Plants written by C. M. Skinner is an interesting look to read in the winter months; it can be procured from our library and the first chapter is named Pant Lore . . . When legends and fables of simpler times pertain to trees and flowers, they are especially luminative of the mental processes of unschooled men; for the vegetable world has changed little in three thousand years and the marks and colors that explain some beliefs are still impressed on the leaves and petals. The symbolism adopted therefrom is wide in meaning, and to this day is in common use. It is poetic and is appealing to everyone; for while we effect to prize poetry for its beauty, to the savage it was native speech. Inasmuch as his vocabulary was alleoric—a humanization of the skies, the sunsets, the storms, the flowers. We sometimes hear that ours is a material, dull age yet we perpetuate terms and usances, which ally us to the childhood of the race, and which stand for imagination and sheer loveliness. We still speak of laurel wreaths, palms of victory, the rose of beauty, the lily of purity, the oak of strength, willow grace, fig-trees of shelter, and corn of abundance; we extend the olive branch of peace, we indicate poison by nightshade and toadstools, and health by flowers and fruits. Moreover, states and nations choose their flowers, and certain Scottish Highlanders still wear them as badges of their clans. The liking for these things, their service to the eye, antedates history and although Shakespeare lived when there was no botany, and only an enjoyment of nature in place of the study of it, his chance mention of one hundred and fifty trees and plants hints at the regard such matters enjoyed in those days. The estimate of plants is denoted not merely in their common use as food and ornament but in the

Cook's Corner

This recipe is to be used with the recipe for gingerbread mix which was given in the Guardian yesterday.

GINGERBREAD

For one cake to make in a pan 8 by 10 by 2 inches, ingredients are: 3 cups of gingerbread mix; 3/4 cup molasses; 1 egg, well beaten; cup boiling water.

- To make: 1. Put mix in a bowl. 2. Add molasses to the egg. Beat with rotary beater until well mixed. Add the boiling water. 3. Pour the egg mixture into the

Rumors Of Romance Fly Again



London's society gossips have turned again to their favorite game of marrying off the pert Princess Margaret. Favorite companion of the little princess during her recent week-long holiday in Scotland was handsome red-headed Earl of Dalkeith, 28-year-old heir to one of Britain's largest fortunes. The six-foot earl saw Margaret daily during a week of hunts and parties.

In Roman courts and in public bodies where questions were put to vote, the ancient ballot was a bean, a white one representing innocence; a black one, guilt. Such

Continued on page 3

Anne Adams Patterns

THREE ONE-YARDERS!

THREE BLOUSES in one pattern! And each blouse takes only one yard of 39-inch fabric! Here's real economy. Just think — your suit-blouse and two dressy blouses to wear with your new bell-skirts. Think of linen-like rayon for the tailored blouse, spring-like sheers, or crisp faille for the other two. Pattern R4597 comes in Misses' sizes 10, 12, 14, 16, 18.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS c/o of The Guardian, 60 Front St. West, Toronto, Ontario.



EACH ONE YARD 39"

R 4597 10-18

by Anne Adams

bowl containing the dry mix and beat well. 4. Pour the batter into a greased pan. 5. Bake in a moderate oven (350 degrees F.) for 45 minutes.

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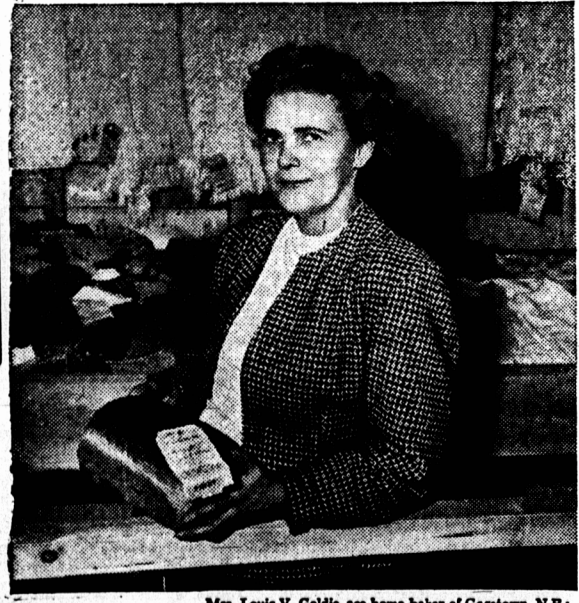
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THESE ARE DISCONTINUED LINES

S. A. McDONALD



Mrs. Louis V. Goldie, see home baker of Gagetown, N.B.; is an enthusiastic user of Fleischmann's Yeast.

Scores with Home Baking at 1951 Queen's County Fair

Queen's County, N.B., boasts some of the top Maritime home bakers, and competition at the Gagetown fair is mighty keen. So when Mrs. Louis Goldie's bread scores a first prize for the second year running, it's evident she's well up on the finer points of bread-making. Speaking of her success, Mrs. Goldie emphasizes that your first step is to choose the right ingredients—particularly yeast. "Your yeast must have plenty of pep—and that's why I recommend Fleischmann's Yeast," says Mrs. Goldie. "With Fleischmann's my doughs always rise light and my finished baking is tender and digestible." Yes, it's results that have made Fleischmann's Yeast the choice of prize-winning cooks—and the favorite of 3 out of 4 Canadian women.