

That Body Of Yours

By James W. Barton, M.D.

BLOOD — THE RIVER OF LIFE

"Blood is the magic gift of life. There is no substitute for it. It can come only from human donors. It is our best wonder medicine, as whole blood, as plasma (the liquid part), as any of half a dozen parts or fractions that scientists now can draw from it."

I am quoting from the Public Affairs Pamphlet, "Blood—Your Gift of Life," which includes an illustration showing the various substances contained in this magic gift—red cells, white cells, oxygen, carbon dioxide, minerals, proteins and others. It is written by Alton L. Blakeslee, the noted health writer. There is about a gallon and a half of blood (12 to 13 pints) in the normal sized person. It is mostly water and salt and "billions of tiny ships or cells, red and white." It flows through 60,000 miles of arteries, capillaries and veins to bathe all the tissues of your body to take them life-giving and life-sustaining oxygen to carry back carbon dioxide and other wastes. And it is just as important to have these wastes removed by the skin, lungs, kidneys and large intestine as it is to receive oxygen. A stove or boiler cannot burn properly if ashes are not removed.

Blood contains everything necessary for life and health. It carries hormones, the powerful chemical regulators of life; it carries vitamins and enzymes (ferments which help substances to "get together" and produce other valuable substances).

The red cells are the food and oxygen carriers and the white cells fight off harmful organisms. For many years the liquid part of the blood, the plasma, was thought of as just a liquid to carry the cells. But now it is known that it is as necessary to life and health as the cells themselves. Plasma can be dried to a powder and stored in bottles for five years. It needs only to be mixed with sterile water for injection into human veins.

Plasma has come into great use during wartime as it prevents death from shock. Shock has been a major cause of death in war and civilian disasters because of the great loss of fluid from the blood. Plasma is rich in protein, now considered our chief food, which not only maintains body structure but repairs worn parts as well.

Some of the uses of the parts of the blood are (a) to fight shock, (b) to carry antibodies which fight disease, (c) to prevent anemia (thin blood), (d) to clot blood, preventing death from bleeding.

Good top-soll may contain as much as four tons of Bacterial substances in every acre

Modern Etiquette

By Roberta Lee

Q. What is the most popular informal way of serving coffee?

A. Place a good-sized tray on a coffee table or stand, on the tray a percolator or other coffee-making machine. The hostess sits near this tray, turning on the switch, prepares the coffee, and pours it, adding as much sugar and cream as each guest directs—and handling it exactly as at an afternoon tea.

Q. If a person has left a telephone number for you to call, without leaving his name, what should you say when calling that number?

A. Merely say, "This is George Gordon. Did someone at this number call me?"

Q. At a wedding reception, whose place is it to propose the toast to the newly-married couple?

A. The best man.

Household Scrapbook

By Roberta Lee

Something In The Eye

Do not rub the eye when you feel something has lodged in it. Close the eye and gently pull the eyelid free of the ball. Frequently the tears will wash out the speck. If this does not work, look in the mirror and see if you can detect the speck with the other eye; if so, remove it with the corner of a clean handkerchief. If none of these remedies work, apply a cloth wet with boric acid solution and go to a doctor at once.

Pie Crust

Too much water makes a pie crust tough and also makes it hard to roll out. Add about a teaspoonful of water at a time, and use as little flour as possible on the rolling pin and board.

Aids Bleaching

Add a teaspoon of turpentine to the water when washing white clothes. It aids materially the bleaching process.

Morning Smile

Handicap

A tramp called at a wayside cottage and asked for a little food to help him on his way.

"But you're a big, strong, healthy-looking man," said the cottager. "Why don't you do some work?"

"Well, madam," said the tramp, with shrug of his shoulders. "I'll tell you my trouble. I'm what they call an unhappy medium."

"Unhappy medium?" echoed the other. "What do you mean by that?"

"I'm too light for heavy work and too heavy for light work."

Dollar Scents

"My dear, he positively reeks of money," "Ah, my favorite perfume."

Still Hungry

A city gentleman attended a dinner given by a hostess whose hospitality was notoriously inadequate. Her dinners were frequently referred to as "samples" and invitations to them were not accepted with alacrity the second time. Her wealth was great, however, and her social persistence was untiring, so there were usually some guests at the table.

The dinner was of the usual inadequate kind.

The hostess said to him amiably: "Now, do tell me when we may expect the pleasure of having you to dine with us again."

"Immediately, Madam," was the unexpected and decided reply.

Royal Fashions Eye - Catching

By KAY REX

Canadian Press Staff Writer

TORONTO, Nov. 15.—(CP)—Evening gowns turned the hair-presumptive to the British Throne into a fairy Princess during the month-long tour which ended this week.

Magical creations were the wand which, for thousands, sped Princess Elizabeth into the never-never-land of Kings and Queens and palaces.

Canadians—the lucky ones who glimpsed a smile from a passing car—wanted it that way. They were like the small boy in Quebec who saw a pretty brown-haired girl, then asked when the Princess would be coming. Their imagination demanded an ethereal creature, all sparkle, not quite real.

Princess Elizabeth did credit to the role given her. By day she was a smartly tailored young English woman, evenings she became the Princess of a thousand dreams. When the tour began Oct. 9, she greeted Quebec officialdom in a gossamer gown of grey silver lace and tulle at a state dinner. An ermine cape about her shoulders, diamond tiara sparkling beneath the street-lights, she fed the fancy of the crowds who saw her enter.

Canadian Wedding Gifts

The cape was frequently noticed during the trip, together with a full-length coat of wild mink. Both were made in this country. The latter was one of Canada's wedding gifts to the Princess. The former also was a wedding present, given by the Imperial Order Daughters of the Empire.

Norman Hartnell, the British designer famed for his embroidered ball gowns, is believed to have created most of the Princess' formal attire.

A favorite dress was the turquoise and cream brocade she wore in Washington Nov. 11 and for the state dinner Oct. 13 in Toronto. The dress had a wide soft-flowing skirt and a large bow on the left side. Both collar and bow were trimmed with turquoise velvet.

While the Royal wardrobe was said to contain 18 complete outfits, the Princess wore most of them twice and several more frequently.

Favorite Outfits

A favorite was a dress of "robin red" crepe with full flaring skirt in which she appeared at Ottawa's civic luncheon Oct. 11. A matching tailored wool coat with black velvet insets on the sleeve and collar and close-fitting hat, completed the ensemble. Winnipeg, Vancouver and Halifax residents saw her in the same dress.

An outfit described at different times as olive green, moss green, forest green—or just plain light green—caught the attention of Victoria women during the visit there Oct. 22. It included a velvet coat with shaped skirt and crepe tuck dress, the same worn in Montreal a week later.

Brown was another shade which met with Royal favor. For the trip from Ottawa to Toronto, the Princess wore a full-skirted velvet coat in chocolate brown with matching head-hugging feather hat and shoes.

But while other outfits in slate blue and mustard yellow caught speculative glances of feminine admirers, the evening-gowns still held the dream appeal.

There was a pale yellow picture dress with diamonds chosen for the state dinner at Winnipeg Oct. 16, and the gown of gold and white lace at Ottawa.

Some of Her Royal Highness appeared on formal occasions with a diamond necklace, diamond drop ear-rings or bracelets. Always she had on the blue ribbon of the 600-year-old Order of the Garter. And—just like a real Princess—she always wore a diamond tiara.

How Can I ...

By Anne Ashley

Q. How can I clean parchment lamp shades?

A. Dip a woolen cloth into cold water and wring fairly dry. Then moisten with linseed oil and rub over the shade, repeating until all the dust has been removed. Dry with a woolen cloth. If the shades are shabby, give them a coat of white shellac.

Q. How can I prepare a simple furniture polish?

A. A furniture polish that can be used on the finest woods can be made of one part vinegar, with equal parts of linseed oil and turpentine.

Q. How can I treat a head cold?

A. Try snuffing powdered borax up into the nose; it will aid considerably in drying out a cold.

PERFECT ENGINE

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WINTER'S COMING — No need to tell these youngsters that Ol' Man Winter is coming. Here, they admire the huge snowman built by 18-year-old Daniel Chudy of Buffalo, N. Y., after almost 8 inches of snow blanketed the area in eastern cold wave.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

AN exceptionally progressive and prosperous condition obtains, judging by the excellent aspects between major planets, under excellent stimuli for initiative, practical skills and ingenuity in developing operations of scope and magnitude. Tested abilities applied with vigor and aggressiveness are bound to enlist tangible support from powerful places. Seek promotion, approach influential sources in putting over well-laid plans. Due rewards and honors are in sight for the taking.

For the Birthday

Those whose birthday it is may anticipate a prosperous, happy and progressive year. There is promise of rich fulfillment and gratification, with all cherished hopes and wishes attaining the goal of heart's desire. Skill, initiative, and practical efforts should attain a fruitful climax, with honors and distinction.

A child born on this day should be rich in ability, initiative, genuineness and endeavor, receiving bounteous recognition and reward.

The Experts Say

By KAY REX

HUBBY MAY BE ABLE TO COOK

Ever try letting Hubby loose in the kitchen? There's no telling the surprise he may dream up—dishes you didn't think he even knew existed.

Men have gained the reputation for being able to make coffee and cook steaks—just let it kiss the frying-pan that's all.

But who ever thought they could bake a cake or whip up a fancy dessert? And a friend of mine claims her father is a whizz at making porridge.

Here's proof that the head of the family can turn out as cute an array of bridge-club delights as mother would wish to set before her friends.

It's a bread-and-mushroom-soup special.

Slice a fresh loaf of bread lengthwise. Roll it up "like a jelly-roll" and fasten down with toothpicks. Toast to a golden brown in the oven (about 300 to 350 degrees).

—The New Look—

This male has picked up at last one of the cooking whimsies of the French. He likes to use a wooden spoon.

Break eggs into a bowl. Add salt, pepper and stir lightly with a wooden spoon.

Melt pat of butter in frying-pan. Pour in eggs and stir with wooden spoon—"it must be wooden," says our male friend—until almost cooked. Remove pan from heat, add a pat of butter and let it melt in. Serve.

Just in case you think men regard salads as panty-waist food, here's a favorite of one masculine connoisseur who tips the scales at the 200-pound mark.

One pound head cabbage; one medium-sized carrot; one medium-sized onion; four stalks celery (large); one large apple.

Put the vegetables through a shredder or use an ordinary grater.

Dressing: juice of one lemon; add to this two tablespoons of sugar, one third cup of boiled salad dressing. Salt to taste. Toss all this together. Garnish with slices of tomato and hard-boiled eggs.

However, left to his own devices—when the wife is downtown shopping—hubby most frequently will seek food from a can. One chap goes after any tinned salmon that may be around the house. This he puts in a casserole and spreads leftover potatoes on the top. First, however, he beats up "an egg or two"—men are so casual about the high cost of living—and mixes this with the potatoes. The dish is seasoned with salt and pepper and popped into a moderate oven for 30 minutes or so.

"Excellent" says our friend, "with milk or lager."

Better English

By G. C. Williams

1. What is wrong with this sentence: "The reason for his present state of poverty is because he squandered the better part of his fortune?"

2. What is the correct pronunciation of "aspirant"?

3. Which one of these words is misspelled? Veneer, ad'vicer, pioneer, career.

4. What does the word "pomposity" mean?

5. What is a word beginning with "s" that means "promoting health; wholesome"?

ANSWERS

1. Say, "The reason for his present state of poverty is that he squandered most of his fortune."

2. Pronounce as-pir-ant, as in I, as in pie, accent second syllable, not the first. 3. Adhere. 4. Characterized by excessive self-importance; pretentious. The pomposity of the man was evident. 5. Salutary.

Directions Given For Bridal Garter

In a leaflet "Costumes Makers In Crochet," No. FV-404, recently distributed through the needlework department of The Guardian, the directions for making the gladiola which forms part of the trimming on the Bridal Garter was omitted. For those who obtained this leaflet and want the directions, here they are:

Starting at center ch. 10. Join with st to form a ring.

FIRST PETAL: 1st rnd; ch 10, so in 2nd ch from hook, so in next ch, half dc in next ch, dc in next 4ch, half dc in next 2 ch, so in ring. Make 5 more petals in same manner. Break off.

Second round: Attach thread to last so and work around petal as follows: *Holding band on hook the last loop of each dc, make a dc in next 3 sts, thread over and draw through all loops on hook (2 dc decreased), dc in next 2 sts, half dc in next 2 sts, so in next 2 sts, at tip make sc, ch 3 and so; so in next 2 sts, half dc in next 2 sts, dc in next 2 sts, dc in next 2 sts between petals. Repeat from * around remaining petals. Join and break off.

Line a 9-inch pie plate with pastry; chill. Combine rinds and juice. Grate apples, using medium grater; add quickly to rind mixture. Stir in combined sugar and flour. Top with pastry strips, lattice fashion. Brush with top milk, and bake in hot oven of 450 degrees F. for 16 minutes; reduce heat to 350 degrees F.; continue baking 30 minutes longer. Serve with whipped cream.

Cook's Corner

SPECIAL APPLE PIE

Flaky pastry — 1 tablespoon grated orange rind, 2 teaspoons grated lemon rind, ¼ cup orange juice, 1 tablespoon lemon juice, 4 cups grated raw apple, 1½ cups granulated sugar, 1½ cups flour, 2 eggs, well beaten, top milk, whipped cream.

Line a 9-inch pie plate with pastry; chill. Combine rinds and juice. Grate apples, using medium grater; add quickly to rind mixture. Stir in combined sugar and flour. Top with pastry strips, lattice fashion. Brush with top milk, and bake in hot oven of 450 degrees F. for 16 minutes; reduce heat to 350 degrees F.; continue baking 30 minutes longer. Serve with whipped cream.

CHECK YOUR CHILD'S COUGH

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Don't let a stubborn cough rack and reap your child's delicate throat. Let Sanguen bring quick relief. It's a safe, pleasant-tasting formula that has relieved children's coughs, chest colds and hoarseness for over 40 years. Acts at once. Effective for adults, too. And it won't upset even a delicate stomach.

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Available at Reddin Brothers; The Jenkins Pharmacy; Johnson & Johnson; Hughes Drug Co. Ltd., Charlottetown; Sample's Drug Store, Kensington; Larler's Pharmacy, Gauris; Jamieson's Drug Store, Montague, and other Druggists.

ELLEN'S DIARY

By an Island Farmer's Wife

A ragged dandelion, visitors two laid at farm-work, and the high adventure of a Monday — this has been our day... Granddaughter brought us the flower-of-the-field this November morning.

She had discovered it at lane-side when she and her grandfather were driving the cattle to pasture up the rise from the buildings; the cows and the calves of the short-horn line raised on the farm and importations of other breeds and crosses. We saw the company go and herding them, a man overalled and red-plaid shirted, and a brisk little maid in sober garb of blue, and ranging about, a shaggy black dog.

We were carrying breakfast to the poultry — the stable turkey destined for Jamie's birthday anniversary and the half dozen poultry James declares "will never weather the cold," now bigger than the partridges that sometimes fly away from some of our trails. An older one of indifferent appetite of late was back to the feeder. "I see ye've one allin'" a visitor remarked when on a recent day we looked in on these coops in the old orchard. "A nice bird too" said the other. "Ye've we offered 'but it doesn't seem to have done much good." "Sure an' ye'll have to get a cud for him," he smiled "when other remedies failed, I've seen that cure an' allin' cow!"

Visitors came to Alderlea yesterday, unexpected and from a distance; those we had heretofore known only by name and those whose names of late had been often in mind. Farm-dwellers as we, with like cares and pleasures, to talk of the season and wonder whether or not all the work planned will be completed in the interval before the freeze-up.

Comparing notes with us over the farming and the harvest gathered, talking too of another spring... Granddaughter found a sign of it in the blossom she gathered this morning at lane-side as did we when she gave it into our hands. The gold of warming sunlight was in its raggedly lion-toothed petals as was green meadows, halmy winds, laughing skies, dimpling pond, kit-cats in a loit, lambkins in a paddock, cowslips and violets, as well.

When others of his family were bound by chains of housewifery to their duties at home, James pressed two growing lads of a young generation of the line into his service this evening. They attended him not at all unwillingly but according to Karoly, "very miserly." Perhaps you saw them, the two: Jamie and Gage at lane's end as they awaited their grandfather's coming? Or met the three as they rode in the sturdy farm-cart behind "our own mare" in the direction of the other farm? Or were there as they filled sacks of grain in a grist to be taken to the mill? And listened in to the conversation? And noted the vast delight in James' eyes over the event... heard him ask: "And how is the new calf going? And what does your father intend to grow in that field he's plowing? And they tell me you bring the cows in, and help now with the choring... that's what I like to hear!" And heard the sound of their passing as they returned along this road of tinkling streams and bridges?

These items we recall of this day, these and the fresh expectancy and promise which is ever a part of a Monday.

Until tomorrow — Diary — Good-night

With Michael, you have had an opportunity to see how fast his personality wore off with one girl. Even though she may still care for him, she is sufficiently cognizant of his instability to keep from further entanglements.

If you do, in spite of all warnings, continue to see Michael, it's only fair to all concerned to tell him and his ex-fiancee that you know them both. It will also save future trouble and complications for you. Eventually it will come out, possibly under embarrassing circumstances. Furthermore, the news might give you additional insight into Michael's character. He might resent the fact that you know more about him than he is aware, to date, and his reactions are likely to be very revealing.

DEAR MISS DIX: I am a bride of five months, married to a truly wonderful man. Before I met him, I was engaged to another man. During the courtship, he gave me some beautiful pieces of jewelry, which he told me to keep after the engagement was broken. Now my husband insists that I shouldn't wear the jewelry. What can I do? The gifts have no sentimental value and I wear them as I would anything I had bought for myself.

ANSWER: Your husband's sensibilities in this matter are very understandable, and should be given consideration. Regardless of the value of the jewelry and how little sentiment you attach to it, he is going to have at least a slight pang of jealousy every time he sees you wear it. Why not pack it away, or give it to a friend? Don't stir up needless trouble by insisting on your own way.

DEAR MISS DIX: I have been going with a boy for the past four months, and my girl friend also has had a boy friend for long. We are now wondering if it would be appropriate, since their birthdays are both in December, if we should give them gifts, and also gifts on Christmas. My birthday is in December, too, and I do not want my boy friend to feel obligated to give me something if I give him a present first.

ANSWER: Attractive cards would be the best remembrance of the birthdays. If you have been going out with these boys very often, a small present at Christmas would be quite proper. Don't indulge in anything elaborate or expensive; if you knit, socks would be a splendid gift. Otherwise, a simple thing you are sure they will like (and note their conversation for a good idea) will be deeply appreciated. Cards for Christmas, too, of course.

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

Alice Brooks Designs

EMBROIDERY NEWS

NEW! These applique-and-embroidery designs are so different! Be first to have them—on kitchen towels or even curtains. They're so easy, make lovely gift ideas! A bit of easy applique plus new embroidery! Pattern 7299; transfer 6 motifs about 6 x 6 1/2 inches. Send Twenty-five cents in coins for this pattern; stamps cannot be accepted. ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

Nylons And Nylons Not A Pair To Sell

LONDON, Nov. 15.—(CP)—Although eager women form long queues every time someone whispers "nylons," British manufacturers are worried by \$12,000,000 worth they cannot sell.

One of the Labor Government's last acts, say manufacturers, was to cut home supplies of the best-quality nylons by one pair in 10. Yet, nylons are piling up by the hundreds in export warehouses, due to overseas sales resistance.

The head of one big firm in the north said: "We have 200,000 pairs of nylons we cannot sell abroad and cannot release for the home market."

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Available at Reddin Brothers; The Jenkins Pharmacy; Johnson & Johnson; Hughes Drug Co. Ltd., Charlottetown; Sample's Drug Store, Kensington; Larler's Pharmacy, Gauris; Jamieson's Drug Store, Montague, and other Druggists.

Advertisement for Palmolive soap. Text: "For Smooth, Youthful Skin NEW PALMOLIVE It's MILD! Smart Young Women say PALMOLIVE-It's MILD!"

DOROTHY DIX SAYS—

You Can't Eat Charm

If Personality Is His Only Asset, Then He's No Catch

DEAR MISS DIX: Here is my problem. Not long ago one of the girls in my office broke her engagement to Michael. She told us of his mean treatment of her because she didn't cater to him as she thought he should. Recently at a dance, I met Michael! He took a liking to me and we went out several times. Now I am in love with him! He doesn't know that his ex-fiancee is a friend of mine. He is all she said he was—indifferent towards peoples' impression of him, carefree, sarcastic. When I mention marriage in any connection, he turns the conversation with a brush-off. Yet he is scintillating and, above all, possesses such charm and wit that he is above anyone I know in this regard.

What shall I do? Do you think I should continue to see him and not tell him I know of his broken engagement? Should I tell his ex-fiancee I know him? I think she still cares for him.

ANSWER: Charm and wit are poor substitutes for real food in the cupboard, warm clothing and a roof over your head. They will not be very helpful when you are ill and need care; troubled and need sympathy; discouraged and need uplifting. When you are completely fed up with charm and wit, as he assured you will be, friend husband will be very quick to take these qualities outside the home and turn on the scintillation for some other girl.

People possessed of no other worthy attributes but a vibrant personality are seldom satisfied with a one-woman audience.

YOU'VE SEEN IT HAPPEN

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