

That Body Of Yours

By James W. Barton, M.D.

MANY OF US MAY NEED EXTRA IRON

Most of us know that we should eat some of the various foodstuffs every day: proteins (fish, eggs, meats, cereals); starches (bread, sugar, potatoes); fats (butter, cream, fat meats); vitamins and minerals which are found in the above three classes of foods and also in fruits and vegetables. We know that proteins are body builders, building up new and worn tissues; that starches give energy and heat; that fats give energy, heat and lubrication; that minerals are needed in maintaining structure of body cells and vitamins act as sort of joiners of food cells to make each cell do its utmost in work. Liquids are needed by every cell in the body.

Practically everybody knows that the blood must be rich in hemoglobin (iron) if we are to keep well and strong and, added to iron, there must be a sufficient amount of calcium (lime). Foods rich in iron are meat (especially liver), egg yolk, whole grains and leafy vegetables. Foods rich in calcium are milk, cheese, leafy vegetables and egg yolk. The ordinary normal or healthy individual can get enough iron and calcium for his daily needs by eating one or two servings of these foods.

There are many apparently normal individuals whose skin is pale, lining of mouth pale and also lining of eyelids, and there is often a fast heart. In The Journal of the American Medical Association, Dr. John E. Youmans, Medical Department, Vanderbilt University, Nashville, states that while foods rich in iron are sufficient to keep the blood rich enough in normal individuals, those with thin blood, a general feeling of weakness, and a rapid heart need more than foods rich in iron. These anemic individuals should see their physician and have iron prescribed direct, not just in foods if they are to regain strength within a reasonable time. For adults with thin blood, sometimes intensive treatment with iron (injections and by mouth) brings sufficient improvement in a week or ten days.

The childbearing mother also must receive extra iron to give her child the proper start in life. Infants and children often need extra iron.

Modern Etiquette

By Roberta Lee

Q. Is it proper to thank a hostess for a meal?
A. No, the only one who gives thanks for a meal is a beggar. Do not say, "Thank you for the delicious dinner," but instead, "I've had a wonderful time," or "It has been nice being with you." It is more proper to indicate your enjoyment of the visit, than of the fact that you've been fed.

Q. When leaving a person to whom one has just been introduced, is it proper to say, "Good-by, Mr. Carter. I am very glad to have met you?"
A. Yes, this is all right. Or, "Good-by, Mr. Carter; I hope I shall see you again sometime."

Q. Is it all right to use the fingers when eating French fried potatoes at the dinner table?
A. Never; only the fork should be used.

Household Scrapbook

By Roberta Lee

Eyeglasses

The annoyance of moisture forming on eyeglasses when going from a cold into a warm atmosphere can be prevented by moistening the tips of the fingers and rubbing them over a cake of soap. Then rub them over the lens, and polish as usual. Only one application every day or two is necessary.

The Rubber Plant

Sprinkle a little sweet oil around the roots of the rubber plant every few weeks, and it will make the leaves green and glossy.

Knife Sharpener

To sharpen a knife, fold a piece of emery paper in the center and draw the knife rapidly back and forth several times.

Better English

By B. C. Williams

- 1. What is wrong with this sentence: "The noted authoress said she was ravenously hungry."
2. What is the correct pronunciation of "campanile"?
3. Which one of these words is misspelled? Pharaoh, emporer, dauphin, regent.
4. What does the word "acumen" mean?
5. What is a word beginning with mu that means "having the same relation to each other"?

ANSWERS

- 1. Say, "The noted author (feminine, as well as masculine) said she was ravenous." Ravenous means eager for food.
2. Pronounce kam-pa-ne-lee, first as in campanella, an untrussed, both c's as in camper, accent third syllable.
3. Emporer.
4. Acuteness of mind. (Accent second syllable). "Robert showed unusual acumen for a person of his age."
5. Mutual.

How Can I!!!

By Anne Ashley

Q. How can I avoid dirty and sandy floors caused by the children's overshoes?
A. A good way to keep children's overshoes and galoshes is to buy some heavy paper shopping bags, writing the name of each child on a bag. These can be hung on the closet hooks. It will also keep much sand and mud off the floor. Of course the shoes should be dry before placing in the bags.
Q. How can I keep a partially used can of paint for an indefinite time?
A. The partly used can of paint can be kept indefinitely if it is covered with melted paraffin.

Q. How can I keep melted chocolate from sticking to the pan?
A. Chocolate will not stick to the pan when melting if for cake filling if the inside of the pan is rubbed with a little butter or olive oil.

ELLEN'S DIARY

By An Island Farmer's Wife

And now there are mysterious whispings at Alderlea, in which only selected members of the family are included. Parcels too, are brought in stealthily and stored away—"Could you put this out of sight for a few days?"—in the parlour it may be, or in the dark recess of a closet. And each day brings some pleasant surprise. We remember now in the stillness of night, bright with December stars, and keen with a touch of frost, that a light step at noon brought granddaughter, better now but wan yet from her recent illness. Anal not much interested in her usual pursuits. Remaining only briefly before picking up the mail and returning, without a glance at the idle swing beneath the birch, by the path to the house across the lane...

Cards were received from Judy, one-time helper of ours, and gifts, inexpensive but exceedingly precious to the recipients, who appreciated that they were given out of a generous heart. Her son is now nearing the two year mark, and is a bonnie lad and most interesting.

"How the time flies!" she wrote. "The other year, I was only a child and here, although I have to pinch myself to be sure it's true, I find myself a woman—and mother. Do you remember—the first morning I was at Alderlea? When I awoke, you were standing in the doorway... and I thought, perhaps, well, that I should have been up earlier. I would have, but the trip coming, and the excitement of it all had tired me. You laughed and said, 'I forget your exact words, but anyway, I knew everything was going to be, just as I had hoped it would. And James, and everyone about—the A's and Mr. C. from the house on the hill, and the children and young folks, were so good to me, a stranger.'"

Do you still keep cows and calves over there on the farm? We must tell Judy that added the buildings have been erected since her time, and one has only to open these doors to find the answer to that query! Even the latest completed, which might snugly have housed our choicest fowl, shelters three of the cow-kind to which at morning and evening, James carries pails—in either hand, and dangle from an arm. "Not bad, either, are they, Ellen?" he said today when we looked past him into these comfortable quarters. "They'll make 'fair-good' ones yet!"

"Do you remember what a time we used to have rounding up that baby-beef, when he escaped from the stable? How we ran to catch him—and tied him to the nearest post? And James would call out to you in fun: 'Now, be careful, Ellen that you don't over-do yourself!' to make us laugh more than ever. And we had our good times together! And how the face of the dear old Minister comes to mind... and the words of his sermons yet. That is what's written, my friends—and what do you make of it, yourselves? Is it Heaven you would seek, or would you go to per-ridition? How good he was—and how I liked to attend Church always!"

I liked to skate too, with the youngsters, and to visit, and go shopping to the corner-store. I enjoyed my work too, especially when it was praised—but then I guess most everyone is like that! Youth and old age both like to be appreciated. It's a heartening thing. Does James still lunch at bed-time? And does he like to yawn about the old days yet? That was a good year, as I remember it, but 'All the world was young' then, Mrs. Ellen, yes, 'All the world was young'! I am very happy here with husband and baby and home, however, and manage to keep quite busy. Wish Pat "A Merry Christmas" for me, will you? And the folks at the corner-store, and, but there are so many names in my mind!"

And a December sun came out of hiding to beam down upon our countryside today, scattering the dampness of recent gray days, and teasing the millpond, until it gave over its petulance and reset its laughing glints. And the air was clear and bracing, and life was good.
Until to-morrow -- Diary -- Good-night...

The Stars Say --

By Genevieve Kemble

For Tomorrow

IT is the order of the day to undertake some clever strategies in the effort to regain lost ground and to recoup the fortunes, probably lost by peculiar or curious moves or complications. A straight forward view of intriguing or baffling circumstances with sound and commonsense ideas or plans could turn affairs into profitable channels.

If It Is Your Birthday

Those whose birthday it is are advised to plan their affairs on a basis of logic, commonsense and sound reasoning, and not be governed in decisions on rather fanciful notions or a surge of the emotions. Curious factors are to be cautiously reckoned with.

A child born on this day, while pleased with a shrewd and complex character, could win the objectives by strategy, intuitions or other exceptional tactics. It might be psychic or urged by inner ideals or emotions.

Strange But True

By F. H. MacArthur

An old Irish remedy for a chest cold was to place a piece of the sufferer's toenail in a tree stump during the full moon... A pioneer Island remedy for nasal colds, was to bend over and untie your shoes—then lace 'em up again—all the while holding your breath... The Gobi Desert of Mongolia is as hot and dry as the famous Sahara during the summer months, but in winter it is swept by icy winds. A... In Formosa the traveler may occasionally come upon bridges spanning deep gorges, that are made of creepers. Only the natives are bold enough to cross such narrow, swaying footpaths where a slip means certain death in the gorge below.

The savage customs of the Mongols are often remarkable. Instead of burying the dead in the usual way, the body is placed on a knoll and left to the dogs and birds of prey. Should they remain not be eaten in a few days the deceased is considered to have been a wicked person. The sequel to this discovery is the punishment of the dead man's family with the idea of saving them from a similar fate. 40 per cent of the male Mongols are either priests or physicians. The medico must live in the patient's tent until the sick person dies or is cured. Payment of the fee incurred is a question of results. Not a bad idea, that.

For stealing ten pence Black Jack was whipped from the jail in Charlottetown to the stocks, then whipped back to jail where he received 60 lashes... A curious custom of carrying about Advent images—two dolls dressed up to represent the Savior and the Virgin Mary—was observed by poor women in England each week before Christmas. When they visited a home the head of the household was supposed to pay a halfpenny just to see the dolls. Bad luck followed if you did not pay... Another custom still survives at Biddenham, England, namely: On St. Agatha's Day a group of village folk carry through the streets a white rabbit decorated with scarlet ribbons. The custom dates from the year of the first Crusade... For the thirsty: An ale of high alcoholic strength is brewed at Oxford, England, called Chancellor's Ale. The brew: 16 bushels of malt to a barrel. Two winglassfuls are usually enough to start the drinker talking in circles. The stuff is kept in oak barrels, and is never tapped until it is two years old. This ale is only used on very special occasions.

In 1815, Sancho Byers and Peter Byers were indicted for burglary and larceny, were found guilty and condemned to death without benefit of clergy. They were hung on "Gallows Hill" Charlottetown... Strange but true, during a period of 189 years, or from 1564 to 1763, only four vicars occupied the diocese of Lichfield and Coventry. That's a record for clerical longevity... Ever hear of the plate tax? An order was made in the House of Lords in May, 1776, to the effect that all persons having plate in their possession must pay a tax on same. In consequence of this order, the accountant-general for

DOROTHY DIX SAYS—

Difficult Job

Spoiled Girl Can Reform—But It Takes Real Determination

DEAR MISS DIX: Being the only child, I have been terribly spoiled by my parents. They never controlled me nor made me do anything I did not want to do. I am accustomed to having my way about everything and I cannot stand being denied anything or thwarted. I have been embarrassed many times by not having had my faults corrected while I was younger. My overbearing ways make me unpopular with boys and girls of my age and I am beginning to realize how ugly being spoiled is. Can you tell me how to correct some of my faults at home, in company, at school, at a party, or on a date? L.C.M.



ANSWER: I doubt if there is any crime that a human being can commit that is greater than spoiling a child. It is the spoiled children whose foolishly fond fathers and mothers never controlled them, never taught them any respect for the rights of others, never denied them anything they wanted; who never knew any law except their own wills, who fill our prisons and keep our divorce courts busy and who form the derelicts and failures of society.

CASE NOT HOPELESS

The girl who realizes that she has been spoiled and who wishes to unspoil herself has a difficult job before her and one that requires a lot of courage and determination. Still it can be done. Good habits can be substituted for bad ones, faults corrected, selfishness made to give way to consideration of others. If your parents can afford it, it would be well for you to go off to school so that you can get away from their perpetual babying and pampering. It would do you a lot of good to be put in an atmosphere of criticism rather than adulation, where you would receive no consideration above the other girls and where you would have to make good on your own merits.

But wherever you are, you can take stock of your own faults. You can learn how to eat properly if your parents couldn't bear to cramp your style as a child and let you grow up with the table manners of a pig. You can learn to put others before yourself and consider their pleasure before your own. You can play other peoples' games instead of insisting on their playing yours. You can cultivate sweetness and amiability and make yourself what you should be instead of what your mother made you. And, believe me, it will pay you, my dear. Everybody hates a spoiled child and avoids one as they would any other pest.

DEAR MISS DIX: If a young couple builds a house with money which they have borrowed from a loan association, does the wife help pay for it by doing all of the housework and caring for her four children? My husband thinks not. What is your opinion? Also, what do you think of a parent who constantly reminds children in their teens that they are an expense to him? What will be the effect on the children? X

ANSWER: Marriage is a partnership into which a husband and wife put all that they are and have. They pool their hopes, their aspirations, their labor, their sacrifices, and, if the marriage is a success, the wife has done just as much to make it so as the husband.

Every woman who with her own hands makes a comfortable home for her husband and children works harder than her husband does. She works longer hours and she has no holidays, not even Sundays off. If they have a home, she has paid more than half of the price.

I think nothing in the world could show a meaner, more penurious spirit than for a father to reproach his children with the expense that they are to him. He should be bound by every law of decency to feed into the world and that he is remember by every law of decency he can into cloth and care for them and give them the best chance he can in life.

Its effect on the children can only be to make them have a contempt for him as a poor sport and to kill every particle of affection they might have for him, and make them resolve to get away from him as soon as possible.

DEAR MISS DIX: What do you think of girls who give fellows gifts for no reason at all? There is a girl who is always making me presents that I don't want and she tells people that we are going "steady," which isn't true. How can I get rid of this girl without hurting her feelings? JACK

ANSWER: She is trying to get you by putting you under obligation to her. If you don't want to get caught, send her presents back to her. You will have to be firm with that kind of girl and not consider her feelings.

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

I shall buy no more while so many around me want bread. I am sir, etc. — John Wesley.
I have two silver tea-spoons in London, and two at Bristol. This is all the plate which I have at present; and

All across England, Good Friday Continued on page 11

Advertisement for BUTTER-NUT MILK, Eastern Bakeries. Includes image of a milk can and text: "The moisture in BUTTER-NUT is good wholesome MILK. Assured Nutrition for all the Family."

Cook's Corner

RAISIN-FILBERT BROWNIES

One of our very best interpretations of this kind of little cake... Raisin-Filbert Brownies. Ingredients: 1/2 cup seedless raisins, Boiling water, 3/4 cup once-sifted flour, 1/4 teaspoon salt, 3 ounces unsweetened chocolate, 1-3 cup butter or margarine, 1-3 cup shortening, 1 1/2 cups granulated sugar, 3/4 cup chopped filberts, 3 eggs, 1 1/2 teaspoons vanilla. Wash the raisins; cover with boiling water and let stand 3 or 4 minutes; drain well. Measure and sift together twice the flour and salt. Cut up the chocolate and place in upper pan of double boiler; add the 1/2 cup butter or margarine; heat over hot water until chocolate is melted. Remove chocolate mixture from heat, add the 1-3 cup butter or margarine and the shortening and stir until fats are melted; stir in the granulated sugar. Add the unbeaten eggs, one at a time, beating well after each addition. Stir in prepared raisins, filberts and vanilla; mix in flour mixture, about half at a time. Turn into a greased 9-inch square cake pan and spread evenly. Bake in a moderate oven 350 degrees, about 40 minutes—top will feel soft and moist, do not over-bake. Leave in the pan until cold. Cut into fingers or squares for serving and lift carefully from the pan.

Morning Smile

In a night club, a dizzy blonde snuggled up to her escort. "How about giving me a diamond bracelet," she murmured, holding out her arm to envisage the effect. "My dear," replied her friend, "extenuating circumstances performance to preclude you from such a bauble of extravagance." "I don't get it," said the girl in bewilderment. "That's just what I said!" came the grim reply.

Happy Christmas to All

As Christmas rolls around each year, its glories seem to magnify. From rising to the setting sun, the rush is on, the day is night; it lifts the soul and heart of man to heights unknown in other days. Blest with surprises of all kinds it finds its own in many ways.

The homes are dashing, happy spots Laden with crimson, gold and green. The tables beam, while guests rejoice To study out the latest scheme; No pall hangs o'er the Christmas-tide. It has no watery tears to shed. The lowly manger found a glow When heavenly light broke over-head.

Christ came the light of lights to all Which has not dimmed throughout the years. Its growing power will ever lead Mankind to overcome their fears; Peace, hope and joy are hidden there, A promise from the angels sung. By trodden paths, and ways unknown He'll guide us through the countless throng.

—D. A. Louise Birch, Boston, Mass.

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-Needlecraft-

FOR THE HOME



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