

That Body Of Yours

By James W. Barton, M.D.

FATIGUE MAY BE CAUSED BY UNDERACTIVE THYROID

As we think of the human body, most of us naturally have in mind the underlying bones which form the framework, the hundreds of muscles over the framework, then the various organs which handle our digestion, our breathing and circulation of the blood, and, finally, the brain and nerves.

What many of us forget as we think of the body are the various glands which regulate the processes of the body: the thyroid gland in the neck speeding up the various processes and the adrenal glands in the small of the back, one above each kidney, which slow down and steady the rate at which the body processes work.

While we know about the over-activity of the thyroid gland (goiter) and how it makes the various organs and processes work faster, many of us do not know as much about the underactivity of this gland, which slows up all mental and physical activity.

In severe cases, the condition is called myxedema and the individual is called a cretin.

As one of the outstanding symptoms of underactivity of the thyroid gland is fatigue or tiredness, Dr. H. E. Christian, in Ohio State Medical Journal, states that of the many patients who consult their physicians with a complaint of fatigue, only a small number have heart and blood vessel disease, anemia, diabetes or tuberculosis.

"Life situations are a little too difficult for some and in others the fatigue can be accounted for by poor living habits." Therefore, Dr. Christian believes that mild hyperthyroidism (underactivity of the thyroid gland) is present in many patients who complain of fatigue. There were 138 patients with this condition among 1,000 consecutive cases of unselected patients seen in his office within a period of four years. The most frequent sign seen in these patients was a below normal rate (metabolism rate) at which the body processes were working.

Fatigue was a symptom in all the patients with hyperthyroidism. Dry skin and hair, brittle nails, poor tolerance to cold, dyspepsia, swelling of hands and feet, low blood pressure and constipation were other signs of hyperthyroidism.

Fortunately, all these cases suffering with lack of thyroid extract are helped immediately by use of thyroid extract daily.

A Problem A man was approached by an insurance canvasser and asked if he was insured against fire.

"Yes," said the other. "Burglary?" "Well, yes."

"Are you insured against floods?" "Floods," said the other, showing interest at last. "How do you start floods?"

Modern Etiquette

By Roberta Lee

Q. Is it all right for the mother of a bride-to-be or her fiancé's mother to give a shower for her?

A. Neither one of these persons should give a shower, as this would be in the nature of inviting gift donations. Properly, only close friends of the bride-to-be should give showers for her.

Q. Is it necessary to mail out engraved invitations to an open house one is holding in one's new home?

A. No; this is an informal type of entertainment, and you may extend your invitations either personally or over the telephone.

Q. Is it correct to fold napkins in a cone shape, so that they will stand upright?

A. No; this custom is obsolete.

The Stars Say --

By Genevieve Kemble

For Tomorrow

DESPITE delays, stubborn obstacles and lack of co-operation from important places, old institutions or elderly persons, which may be encountered, there is this dication of breaking down this lack of interest or active opposition by a less obvious approach, with clever stratagems designed to break down resistance. It might be that an intuitive flash, a lunch, or perhaps an emotional appeal might work where direct action fails.

If It Is Your Birthday

Those whose birthday it is, may be subject to delays, postponements, seemingly difficult and hopeless. While studious, serious and ambitious at the start, there may be reversals and rebuffs in putting over cherished plans. However, a gesture of hidden forces and faculties, shrewdness and keen insight into underlying factors for defeat, might inspire some strategic moves, breaking down opposition or want of collaboration, vital to constructive programs. An emotional approach, tactful, subtle and sound, could enlist support.

A child born on this day while finding stubborn obstacles in life, may eventually transmute disaster into discipline.

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Believe it or not—now you can choose from 1,322 colors in FLO-GLAZE Colorizer paints and enamels!

There are delicate pastels, vivid tones and deep shades—all styled by color authorities. They make it easy to find just the color you need to match your drapes, floor coverings, wallpaper or woodwork.

You need only pick your color from the hundreds of real-paint samples in your FLO-GLAZE dealer's Colorizer Album. There's no delay, no fuss, no disappointing trial-and-error mixing.

FLO-GLAZE Colorizer paints and enamels are famous for quality, too. Available in all interior and exterior finishes.

Visit your FLO-GLAZE dealer and ask to see the Colorizer Album!

ELLEN'S DIARY

By An Island Farmer's Wife

Faithless Man

Woman Well Rid Of Inincere Suitor

A day of cherry blossoms this, and rain. No gentle shower of it but continuous and developing by spells into a downpour, one felt would not be helpful to the germination and growth of the new-sown grain.

At the moment that "it would have been much better for us to have left it to lie in the granary" while the younger farmers, perhaps over-blessed with the faith of their mother, adopt a wait-and-see attitude. Not that James is at all lacking in this sense, but not always like us is he content to leave his earthy concerns so easily to Providence.

"Given a few days of sun and heat, today's weather will soon be forgotten!" we offered that evening. "Ay!" James nodded "but supposing this When unfavorable skies suspended the field-work, they seized the opportunity to indulge in excursions abroad—ours to pick up at some distance "that thar timothy-seed" for the present "seedling-down" and Rob to fetch a load of imported feed from the city for his hogs.

An item which proved to be a highlight of his outing was the cartoon of Karolyn and the boys, our guests, which was hailed with obvious delight by the three. Hybrids, these are, to supplement those hatched on the farm, and eventually to swell the ranks of the layers and provide tasteful roasts on occasion as well. Returning home, Jamie carried with him a sturdy muskrat trap in the hope of ridding the place of a rat that had so far evaded every effort of his to capture, and which if left to its fancy would prove a menace to the poultry-raising. . . . Granddaughter was taken along with her father to visit the babe-cousin—the happy winsome bit of femininity that is "Bill's Baby", who will know her father only as a grave in an Island churchyard, yet will never lack for care and affection from mother and kin.

"And what color is her hair?" Jeanie asked of her small maid on return. "I'm not quite certain" replied this precise granddaughter of ours "but I would say it's about the same shade as mine."

And all afternoon the rain descended, washing against the quiet panes, over-flowing the barrel at the house-corner and washing away in rippling red streams to the pond. The pond presently became so swollen . . . but we have just come from there with James and the younger farmer. Mr. C. left his house on the hill this morning to enjoy a well-earned holiday abroad, leaving his care to younger and very good hands, though inexperienced in the ways of freshets. Past dusk, James keeping a promise, reckoned "that water's too high," a circumstance which brought most of the family at once to the dam.

We were required to "hold light" while boards were being withdrawn from the gates. How strong were the waves that crashed against there tonight! How swiftly would one be carried through and down the river should one take a mis-step in the dimness of night, one could see only the circle of pond kept within the feeble glows of the lanterns

DOROTHY DIX SAYS—

By Helen M. Jack (Continued)

Better English

By B. C. Williams

1. What is wrong with this sentence? "At least fifty men were taken prisoners by the enemy."

2. What is the correct pronunciation of "renew"? 3. Which one of these words is misspelled? Apathetic, aperture, apparel, aptitude.

4. What does the word "pernicious" mean? 5. What is a word beginning with lo that means "garrulous"?

ANSWERS 1. Say, "were taken prisoner." 2. Pronounce the ew as in few, not re-noo. 3. Apparel. 4. Highly injurious or destructive in character. "These things can have a pernicious effect on society." 5. Loquacious.

How Can I!!! By Anne Ashley

Q. How can I prepare stuffed baked potatoes? A. Wash and bake the potatoes. Cut a piece off each, scoop inside, mash well, add two tablespoons of butter and two of hot milk, and salt and pepper to taste. Add the stiffly-beaten whites of two eggs. Fill the skins and place in the oven for five minutes.

Q. How can I render a distasteful medicine more palatable? A. Chew a piece of orange peel, or take a tiny bit of cayenne pepper, before taking the disagreeable medicine.

Q. How can I patch a broken spot in the plastered wall? A. Make and apply a thick paste of two parts of sand, two parts of sifted coal ashes, and one part of white flour with water.

DEAR MISS DIX: I would like to know how to take a man like this. We are an elderly couple, both of our mates are dead. My children are married; his are teen-agers. The first two months I knew him he was the most wonderful man. But he has changed. Although he comes in, eats the good dinner I have prepared for him, then listens to the radio, reads until it is time to go home. P. P. S.

ANSWER: The attitude of your swain is typically masculine. He has gotten past "the days of wine and roses", of romance and affection, and wants exactly what you are giving him—good food, comfort and attention. He'd probably be satisfied to settle in this routine for the rest of his life. If you want him to suggest marriage, he'll have to be jolted into it and if you can't think of anything to turn the trick, better make the proposal yourself.

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as tongs groped through the depths for a moment, gripped the wet slippery boards, and against weighty odds, brought them to the surface, releasing tons of water to pour in a loud angry torrent to the pool below. No gentle lullaby will soothe us to rest tonight, but "a rook of wine and roses" a sound not unfamiliar, will inter-mingle with our dreams. Cherry blossoms in the garden today—and a long rain, which continues, but more gently now, to fall on the roof.

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

Cook's Corner

MINCEMEAT CUSTARD PIE 2 eggs, 1/3 cup sugar, 1/4 teaspoon salt, 1 1/2 cups milk, 1 1/2 cups mincemeat, pastry for single crust. Beat eggs with sugar and salt. Add milk. Stir until thoroughly mixed. Line a 9-inch pie pan with bottom crust. Pour in the custard

pastry. Spread mincemeat over mixture. Sprinkle with nutmeg. Bake in hot oven 425 degrees F. for 15 minutes; reduce to moderate 350 degrees F. and bake 25-30 minutes or until silver knife inserted in centre comes out clean. Decorate with a wreath of cherries, and chopped nuts.

CRANBERRY SPARKLE SQUARES 1 package raspberry gelatin 1 pound can jellied cranberry sauce 1/2 cup chopped pecan meats 1 orange. Dissolve the gelatin as directed on the package, reducing boiling water to 1 1/2 cups. Chill until mixture begins to jell. Crush the cranberry sauce with a fork; grind orange, peel and all. Add cranberry sauce, ground orange and pecan meats to gelatin.

Chill until firm in a shallow pan and cut in squares to serve. Place on salad greens, and, if desired, garnish with cream cheese balls. Serve with mayonnaise. Serves 6.

DEAR MISS DIX: This cruel parent probably realizes that Daughter will not graduate unless she buckles down and works. And I think Daughter had better co-operate on the books and graduate with fairly good grades, or she might find herself spending another year in high school with even less dating time than she has now. I don't envy Mother her job of keeping our would-be social butterfly at home nights, but when diplomas are given out, there should be an honorary one for Mom. I think she's worked harder to get it than her daughter has. Cheer up, Doris! Graduation is just around the corner.

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astar in stripes Because of its squared yoke and big pockets, this breezy sleeve cotton is one of the best choices for sending out stripes in different directions! (For the same style in girl's sizes 6 to 14, order Pattern No. 2390).

No. 2391 is cut in sizes 12, 14, 16, 18, 20, 36, 38 and 40. Size 16, 3 1/2 yards 36-inch, 2 1/2 yards ric rac.

Send 35c 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. 2391.

Name Address City Province

2391 SIZES 12-40

DRINK Coca-Cola BE REFRESHED 7

Our Trip To Europe

By Helen M. Jack (Continued)

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2391 SIZES 12-40

DRINK Coca-Cola BE REFRESHED 7

Household Scrapbook

By Roberta Lee

The Tea Kettle

The tea kettle is often neglected, although it should receive as much care as any other utensil. Empty the leftover water after each meal. Then before refilling it, rinse it with clear, cold water. This will help but a few minutes and will help prevent sediment from forming.

Cookies The cookies will keep soft by placing them in a tightly covered jar with a slice of orange, lemon or apple. Replace the fruit as it dries to insure freshness and prevent mold.

Covered Buttons When covering button molds with silk or rayon material, cover them first with soft wool or flannel, then with the silk. It will improve their appearance.

Morning Smile

Pay Up

A man neglected his account with his laundress for months. Finally he found this note among his clean clothes:

"Dear Sir—You have owed me three dollars four months. If you do not pay the whole by next week, I will put too much starch in your collars.—Cordially, Mrs. Smith."

Wanted Both Visiting Paris, an American woman went to a bureau which provided American men as escorts. When informed that she could engage either a Northerner or a Southerner, she asked the difference, and was told that the Southerners were gallant, debonaire while the Northerners were smooth talkers and romantic.

"Well, then," she said, "I'll take a Southerner from as far north as possible."

From Childhood On...



Depend on the mild, beneficial action of fine BRECK preparations to guard the precious beauty and health of the hair. Remember, there are three different Breck Shampoos for the three hair conditions—dry, normal or oily!

BRECK SHAMPOOS 4 oz. — .85 8 oz. — 1.35 (with shaker top) 12 oz. — 1.95 (family size)

Beautiful Hair BRECK

HOLLYWOOD STARLETS LOVE

Rayve "End Curl" Kit!



Norma Eberhardt appearing in "Two Tickets to Broadway" an RKO Production

Hollywood Starlets say: "It's Rayve that gives the natural wave!"

For the new mid-length... soft, shining end curls! "Rayve's 'End Curl' is made to order for the girl who likes to wear her hair like mine—smooth and shining with gleaming natural-looking end curls" says Starlet Norma Eberhardt.

For short glamour curls! Rayve's "End Curl" turns short-cut ends into adorable little face framing curls you just brush into place! Gives you the softest, most... "naturally-curly" wave.

For little girls... sweet "natural" curls! Quick, easy curls for little girls—with Rayve's new little hair—permanent. And gentle Rayve makes soft curls—sweet for little girls!

Advertisement for Rayve "End Curl" Kit, showing the product box and a woman's hair. Text includes: "Wonderful little money-saver", "Now—have a 'naturally-curly' End Curl ten times for the cost of one average-priced salon wave!", "Rayve 'End Curl' Kit 98¢", "Use any plastic caplets."

For Smooth — Youthful Skin

NEW PALMOLIVE It's MILD!



Lovely Young Mother prefers Palmolive - It's MILD! She says: "I wouldn't use anything but Palmolive on my baby's tender skin. It's the mildest soap I know. As for me... Palmolive keeps my complexion so soft and smooth."

Smart Young Women say PALMOLIVE - It's MILD! For tub or shower get the big, thrifty Bath Size!

Needlecraft - FOR THE HOME

Advertisement for Needlecraft sewing patterns, featuring a woman in a dress and a box of patterns. Text includes: "2391 SIZES 12-40", "Send 35c for each PATTERN which includes complete sewing guide.", "Address: Pattern Department The Charlotte-Town Guardian, Pattern No. 2391.", "Name Address City Province", "City Province", "DRINK Coca-Cola BE REFRESHED 7"

Moore & McLeod Limited Jenkin's Pharmacy Hughes' Drug Company Limited AND AT ALL LEADING DRUG AND COSMETIC COUNTERS