

Six Rules To Help Eat Way To Long Life

By Alton L. Blakeslee
NEW YORK, Nov. 7 — (AP) — Science offers six general rules to help you eat your way to healthy long life.

1. Plenty of high-quality protein, such as lean meat and egg white. Proteins supply the building blocks of nerves, muscles and other tissues, all containing protein. Proteins also help maintain the normal metabolic rate.

2. Plentiful supply of vitamins, especially A, B, C, and you get them from meat, milk, eggs, vegetables and fruits. They also come in vitamin pills.

3. Get your essential minerals, including iron, calcium, phosphorus, manganese and copper. You find them in a variety of the basic foods.

4. Cut down on carbohydrates, the starches and sugars that mainly supply calories, the units of heat and energy. Since your metabolism is slowing down, you need fewer calories than in youth.

5. Guard against obesity, for it shortens life. Probably says Dr. Dutches, you should try to keep the ideal weight for your height recommended for you at age 25 or 30 on modern health charts.

6. There's evidence that substances found in certain foods can help prevent hardening of the arteries by keeping down the amount of cholesterol appearing in the blood, Dr. Dutches said. They include three B-complex vitamins, choline, inositol and pyridoxine, and a protein building block, methionine. They are supplied naturally in wheat germ, yeast, lean meat, eggs and milk. They also are produced synthetically and supplied in tablet form.

NO SLEEP SLUGGISH? Here's SURE RELIEF
Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.

Scarcity Makes Nylons Precious To British Girl

The writer of the following was one of a party of Canadian newspaper women who toured British industrial areas as guests of Britain's dollar exports board and Canada's dollar-sterling trade board.

Whether she likes it or not, nylons are necessary to Britain's export drive. At the moment nylon stocking production here is running at the rate of 50,000,000 pairs annually, but only 24,000,000 pairs are for the home market.

As Harold Wilson, president of the Board of Trade, coyly remarked in a recent interview "it means only one pair a year for every lady of nylonable age."

Of the 26,000,000 pairs of stockings Britain exports annually most of them go to Australia and South Africa. Only a few have been sold in Canada, these sales arising chiefly as a result of the international trade fair at Toronto.

The British nylon manufacturers say they aren't trying to break into the Canadian market because Canadian factories can cope easily with the domestic need. Besides Canada is buying an increasing amount of nylon fabrics and the British-made stockings represent only 50 per cent of the total production of British nylon.

Meanwhile the British girl—whether lady of leisure or ticket-collector on a bus—must satisfy herself with less popular makings such as rayon stocking selling for a round \$1.75.

Or she may be the type who takes her nylons where she finds them. Then she joins one of the little knots of women sometimes seen crowding around a street-vender with his wares—nylons—displayed in an open suitcase.

How he comes by the stockings is anybody's guess in a country where there are nylons, nylons all around and not a pair for sale. But if the gal buys her nylons from this source she probably will pay more than they're worth—perhaps \$3, which in anybody's money is a lot of cash for a pair of stockings.

Modern Etiquette
By Roberta Lee
Q. When passing a salt or pepper shaker at the table, should one place it on the table or hand it directly to the person who asked for it?

A. It is less awkward to put it down on the table and let the person pick it up, than to try to hand it directly to him.

Q. Is it necessary for a woman who is traveling alone to prefix "Mrs." or "Miss" to her name when signing a hotel register?

A. Yes, this is necessary so that the hotel attendants may know how to address her.

Strange But True
By F. H. MacArthur

The largest artificial eye in the world is the 200-inch telescope on Palomar Mountain, California. This gigantic eye gathers 1,000,000 times more light than a single human eye.

How old do elephants, tortoises, parrots live?—Well, a few giant tortoises have been known to live over a century. Parrots do not live nearly so long and no elephant is known to have exceeded 80 years despite the general belief that they live tremendously long lives.

Most of the larger animals, like the elephant, meet danger and opposition by force; others, such as the rabbit, by flight and concealment. About three per cent of the peoples of the earth are color-blind. It is more common among men than women and there are varying degrees of color blindness.

Sign in an old restaurant: We go to work to earn the dough to buy the bread to get the strength to go to work. Darwin took a million years to make a man out of a monkey, but a woman can make a monkey out of a man in a few minutes.

When Mark Twain was editor of a small Missouri newspaper a superstitious subscriber wrote him, saying that he had found a spider in the paper, and wanted to know whether it was good or bad luck. Twain replied: "Dear subscriber: The spider you found in your paper was neither good nor bad luck for you. The spider was just looking over our paper to see which merchant is not advertising, so that it can go to that store, spin its web across the door, and live the rest of its life in peace."

If you have money to burn, you'll always find people willing to lend you a match. Mozart as Continued on page 9

How Can I!!!
By Anne Ashley
Q. How can I treat new kid gloves?

A. The new gloves should be warmed before putting them on for the first time. This makes the leather more pliable. A little talcum sprinkled on the inside of the gloves will also make them easier to put on and take off.

Q. How can I add a different flavor to apple sauce?

A. Fold stiffly-beaten egg whites into the sauce. Chill, and before serving, garnish with chopped crystallized fruit.

Q. How can I remedy a loose belt on the sewing machine?

A. Rub a few drops of castor oil into the belt, run the machine for a few minutes, and the belt will tighten.

Q. When should the bridegroom give his gifts to his best man and ushers?

DOROTHY DIX SAYS—
Coward's Weapon
Girl Threatens Suicide If Man Breaks Off Engagement

DEAR MISS DIX: About two years ago I met a young girl about my age and became very much infatuated with her. After knowing her only two weeks I asked her to marry me. She accepted. We could not afford to marry immediately and in six months I was tired of her and told her I did not want to keep company with her any more.

That frightened me, so it broke down my resistance and I kept on going to see her. A number of times since then I have tried to break off with her and when I do she always makes scenes and says she will take her life if I give her up. Shall I marry this girl and sacrifice my life in order to secure her happiness?

ANSWER: If you knew anything about women, you would know that there are a million chances to one that her threat of killing herself is nothing but bluff, and that she has no idea whatever of even injuring a hair of her head.

Tears and threats of suicide are the cowards' weapons that women have used on men since time immemorial, and before which men have surrendered even to this day. Millions of men have been floated to the altar on the tears of women they did not want to marry.

DEAR MISS DIX: I am 22 years old and have been married five months. Before I married, I joined a woman's club, attended several meetings and card parties, all of which I enjoyed very much. Now my husband refuses to let me go to meetings or attend any social activities. I have no outside interests and I feel as if I should have something to do to occupy a little of my time after my husband is done.

ANSWER: I certainly do not, and I think that your husband does not understand how cruelly tyrannical he is or else he would not withhold this bit of personal liberty from you. Just ask him how he would like it if the tables were turned and you refused to let him belong to any club or to spend an hour or two every week or so with a group of men.

Morning Smile
Unpopular
In a certain village, the town's most detested citizen, an overbearing, contentious, loud-mouthed character, suddenly became a genial, back-slapping purveyor of sweetness and light—he had decided to run for sheriff!

One day a respectful, mild-mannered young man knocked at the candidate's door and confined to that worthy's wife that he was collecting old clothes, and would particularly appreciate one of her husband's old suits. Eager to butter up the public for the candidate's sake, she produced a handsome, almost new suit.

"I hope," she observed brightly, "that this does someone good."

"I think," rejoined the collector of old clothes, "that it will do a lot of people good."

"I don't think I quite understand," said the lady.

"Well," explained the mild-mannered gentleman, "we are going to burn your husband in effigy in the town square tonight, and we want to look as much like him as possible."

That family physician can point out, say Drs. Frank and Kolb, is that it is really only in cases where all the usual treatment for these symptoms have failed that prefrontal lobotomy is prescribed.

ELLEN'S DIARY
By An Island Farmer's Wife

This morning with granddaughter's willing assistance we harvested our modest store of bulbs—the few dahlias that beside the front verandah neighbored colorfully with us through summer and autumn and the "glads" which did very well this year in spite of our hapazard care.

It is when November winds moon, dry leaves rustle and bare vines pat desolately against a pane we shall recall with pleasure those outings about the lawn and yards. Without her—or Jamie, it is unlikely that we would have noticed the first budding tulip of spring or a spray of white lilac opening miniature scented flowers.

Like velvet, isn't it? Just like soft velvet!" she would exclaim, adding if we chanced to turn our eyes towards the house, "Let's not go in yet—it will be quite some time before granddaddy comes to his dinner. Let's just sit down here and have a chat! Let's talk about when you were a little girl—and there were eight of you!"

Spurred to a day when she is gone out from Alderlea to an interest of her own, we shall always keep this picture with us—a small fair-haired barefoot maid of Summer curled beside us on the old stone doorstep, or a grassy spot by lawn or laneway or orchard, eyes Continued on page 9

That Body Of Yours
By James W. Barton, M.D.
PREFRONTAL LOBOTOMY—CUTTING NERVES SUPPLYING FRONT LOBE OF BRAIN

I write frequently about prefrontal lobotomy, the operation in which the nerves supplying the front lobes of the brain are cut. This operation is performed in cases of pain that cannot be relieved by the most powerful drugs and where there is deep grief. At first it was expected that this operation would do any more than relieve severe pain and deep depression, the patient becoming almost a child in his behavior, but suffering no grief or pain.

When the family physician and consulting psychiatrist and neurologist and brain surgeon are agreed that this operation should be performed, Dr. Ludwig M. Frank and Lawrence C. Kolb, Mayo Clinic, state, in Medical Clinics of North America, the family of the patient should be consulted to find their reaction to the operation, because the best results are obtained when the family must not only be willing to have the patient return home but be willing also to try their best to help him reestablish himself at home and in the community.

Since more than 10,000 prefrontal lobotomies have been performed in the United States since 1936, there is, of course, enough information available so that the family physician can give the family sufficient facts to enable them to make up their minds when they allow the operation to be performed.

What the family physician can point out, say Drs. Frank and Kolb, is that it is really only in cases where all the usual treatment for these symptoms have failed that prefrontal lobotomy is prescribed. (Not, however, that any lengthy trial of previous methods should be made; the sooner operation is performed the better.)

Prefrontal lobotomy is thus a last resort in treatment of mental cases.

Quick-to-Crochet Chair Set
For those who favor chair sets with the sturdy masculine look, here's a set of simple design worked in heavy cotton. The cobblestone effect is made with treble clusters. If you would like directions for making this set, send a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for COBBLE-STONES CHAIR SET, Leaflet No. C-105.

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Three different shampoos for three different hair conditions—dry, normal or oily. These fine preparations by Breck make your hair naturally lustrous and lovely—your scalp tingles with health and vitality. Breck's mild action is safe and beneficial.

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4 oz. .75
12 oz. 1.50
Special shampoos for dry, oily or normal hair.

Better English
By D. C. Williams
Household Scrapbook
By Roberta Lee

1. What is wrong with this sentence? "The two last people arrived at the party."
2. What is the correct pronunciation of "vaprid"?
3. Which one of these words is misspelled? Chronological, chrysantheum, chloroform, chastisement.

1. Say, "The last two persons arrived at the party." 2. Pronounce the a as in lap, accent first syllable. 3. Chrysantheum. 4. Actuated by a regard for the welfare of others. "The missionary was an altruistic man." 5. Comprehend.

Cook's Corner
BUTTER TARTS
Yield—14 medium sized tarts — or many more, if you make tiny ones to use perhaps with an assortment of small cakes.

4 tablespoons butter or margarine
1/2 cup lightly packed brown sugar
1/2 cup corn syrup
1 egg, unbeaten
1/2 teaspoon salt
1/2 teaspoon vanilla
1/4 cup seedless raisins, washed and drained
1/4 cup chopped nuts

Line about 14 medium-sized tart pans with rolled-out pie paste; chill while making the filling. Cream the butter or margarine until very soft; gradually blend in the brown sugar and corn syrup and cream well. Add the unbeaten egg and beat with mixing spoon until thoroughly combined.

Stir in the salt, vanilla, raisins and nuts.
Spoon filling into the raw tart shells.
Bake in a hot oven, 450 degrees, for 8 minutes; lower heat to moderately hot, 375 degrees, and bake until filling is slightly set and pastry cooked—about 15 minutes longer.

-Needlecraft-
FOR THE HOME-
SIDE DRAPED DRESS
This is basically the new silhouette — but one that is becoming to the figure because it has the soft touch of a side drape, shirring. See this Fall in very fine fall, crepe.

2202
SIZES 12-14
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 Charlotte-Town Guardian, Pattern No. 2202

SCALDS • BURNS
Dab on a paste of Baking Soda and water and cover with a damp cloth.
COW BRAND BAKING SODA

Lux Toilet Soap advertisement featuring Betty Grable. Text includes: "You're enchanting!", "I'm a Lux Girl", "5045 BETTY GRABLE", "BETTY GRABLE as she plays opposite DAN DALEY in the 20th Century-Fox Production 'MY BLUE HEAVEN' COLOR BY TECHNICOLOR", "BETTY GRABLE is more sparkling, more irresistible than ever in her latest singing and dancing role. You'll thrill to the beauty of her Lux Complexion in the close-ups. 'I've been a Lux Girl for years,' says lovely Betty. 'I never skip my active-lather facials a single day.' Try this gentle care Betty Grable uses for her million-dollar complexion. See what fresh new loveliness it gives your skin!", "9 out of 10 Screen Stars use Lux Toilet Soap"