

Different Beauty Values Held In Other Parts Of The World

NEW YORK, (NANA)—Cheer up girls! If you're not the type who'll ever win a beauty contest, just remember that "Beauty is in the eyes of the beholder", and what wins the diamond crown and cup at Atlantic City, might not get a second look in Bangkok.

Some islands in the South Seas, for instance, are the perfect home for calorie counting cuties. There, a girl is loved per pound... the heavier the girl, the greater her beauty value.

In certain parts of China, the fashionable gamsels wouldn't be caught dead with a mouthful of pearly white teeth. In that land, the blacker the choppers, the better the men like it, and so you'll see the lovelies chewing heche nuts for that "charcoal smile".

However, for those of us who intend to stay right here, Grace Downs, head of one of New York's modelling schools, has a few more practical suggestions for achieving beauty.

Miss Downs, whose advice is the guiding light for air line hostesses, declares that the "natural look" keynotes what is most desirable, right here at home, and, happily, it's the most easily achieved.

"A hairstyle fashioned by a stylist with a really artistic eye will adhere to the contours of your face," says Miss Downs. "As for the hair fashion of the day, let's just forget about it if it's not for you. After all, even Dietrich might have looked absurd in a pony tail."

Miss Downs goes on to say that "Make-up, of course, is dependent upon your own natural coloring and should depend upon your natural colour type. Nearly every department store has a reliable make-up consultant behind the cosmetic counter, and an hour or so with her is truly well spent."

"Today's fashion designers have shown every conceivable bit of imagination in designing clothing for any and every type of figure. Shop for the figure you own, not the figure you hope for. You'll be much more satisfied with the results. It's wonderful to know that today every woman can dress in high fashion on even a very limited budget."

"Excessive dieting is the hobgoblin of good health and beauty and has been long outmoded. A moderate diet is easier to follow, consequently it's much more effective in the long run, and your good health, the first and most important essential of beauty—does not suffer."

DOROTHY DIX'S COLUMN—

A Diffident Beau

Man, Bold In Business, Is Reticent About Making A Marriage Decision

DEAR MISS DIX: Two years ago I met Ernie who was 28. I was 25 at the time. I'm certain he never had a steady girl friend. He was a college graduate with a fine position, but, though he was self-confident in business, he was extremely reticent in matters romantic. Through a mutual friend, I learned that he was interested in me, but I never received any encouragement from him. Then, after a year of dating Ernie, I was introduced to Chris, who had an entirely different personality. We became engaged recently. However, when it came time to announce the engagement, I was re-

(Continued on page 11)

Alice Brooks Designs



TWO-WAY APRON!
Look! The bib BUTTONS ON—just a twist of the wrist changes it from whole to half-apron! Have you ever seen such a clever idea! And there are pockets in the bib—for hanky, potholder.
Pattern 7357: pattern pieces, transfer for two-way apron.
Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

HELPING HAND
WELLAND, Ont., (CP)—School-boy Blanchette accidentally dropped his books into the Welland canal while crossing a bridge here. Two firemen took a lifeboat to recover the books.

EVERYBODY loves Barbour's JELLY DESSERTS

Christmas Gift Guide

Now is the time to choose that gift for her, a gift of Lingerie Lovelies from the wonderful assortment at SUNTER'S LADIES' WEAR.

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That Body Of Yours

By James W. Barton, M.D.

TRYING TO PREVENT POLIO EPIDEMICS

Now that the infantile paralysis (poliomyelitis) season is past, and it was a severe one, our patient research workers are studying this disease to try to learn ways of preventing these epidemics.

I have written before about the removal of tonsils within a few weeks before an epidemic occurs being considered inadvisable because all statistics prove that removal of tonsils at this time renders the person more likely to be attacked by the paralytic (bulbar) type of poliomyelitis—in fact, statistics prove that not only tonsils, but surgical treatment of teeth and gums just prior to an epidemic will also predispose to poliomyelitis.

While the virus causing polio has been isolated and a form of treatment—gamma globulin—established by governments, there are predisposing factors that are now being investigated carefully by research workers and general physicians and, as this knowledge is gained, it is being given to the general public.

In the New England Journal of Medicine, Drs. T. H. Ingalls and W. Aycock add upper respiratory infections—nose, throat, bronchial tubes, lungs—to the already known predisposing factors to poliomyelitis.

"The onset of paralysis is believed to be influenced or determined by certain predisposing factors just before the attack occurs. These include overexertion and fatigue, chilling or overheating, injury, pregnancy, menstruation, removal of tonsils, preventive inoculations, and other injections."

In a school, 41 per cent of boys who later developed poliomyelitis had upper respiratory infections while only 19 per cent of others in the school had such illness. The interval between onset of two illnesses averaged 9½ days in 10 boys and 5 of the 10 were of the bulbar (paralytic) type.

Dr. F. H. Top, in the Journal of the American Medical Association reports that 51.9 per cent of 1947 patients with poliomyelitis had had their tonsils removed at some time. Of these, 85.1 per cent had the bulbar type.

What about the control or prevention of poliomyelitis? In the Journal of the American Medical Association, Drs. W. McD. Hammond, L. L. Coriell and others report a series of extensive controlled investigations into the value of American Red Cross gamma globulin in the prophylactic (preventive) mass inoculation of children who might have been exposed to the infection in areas where the disease is epidemic. Among 54,772 children inoculated in alternate cases with gamma globulin and gelatin respectively, 90 cases of paralytic poliomyelitis occurred, and of these 26 received gamma globulin and 64 gelatin. This proves that gamma globulin has protective value against paralytic disease in man. Protection appeared to last five weeks. When the gamma globulin was given within a week of the onset, the disease, though not prevented, was in mild form.

ELLEN'S DIARY

By An Island Farmer's Wife

But will not the spring return her safely to the farm of which she is still the mistress—to look out again on the familiar scenes of Home! To sigh, it is true, over departed days, for loved ones taken or separated by distance, for old friends gone and all the sad changes the years in passing have wrought. But one Sunday morning, when the fields are greening and the birds are carolling their new songs and the old maple in the Church-yard is again freshly decked in young leaves, forgetful of those glories of prairie and river, of mountain and sea she has been abroad, will she not love to walk once more the long mile of the Spruce Grove Road to service of worship in the old Kirk at the corner, she knows so well? "A fine child," the Doctor smiled, "yes, a lovely little girl!"

Given adult ways, womanly and capable even in her childhood years, this babe born on that white winter morning in the House on the Hill was destined to bring cheer and inspiration to all whose lives touched hers. She chose a business training and since graduation has occupied an honoured position in the city. She looks ahead also to a life of happiness in a new home with the man of her choice.

We met when she was about to leave her place of employment for her lunch-hour. Out of doors the rain seemed, dancing on the fall streets, washing them cleanly. Around a corner, the truck awaited our coming.

Are you walking? we asked. She returned a smile, sweet and happy and good to see—a bride's smile, if ever.

"No," she replied moving off to keep now her tryst. "He's coming by in the car for me." Bless these brides of fall who so happily, and unafraid of the future, set forth to new adventures!

"A foggy Friday, Ellen!" a helper of Rob's greeted us blithely through the quiet gray of this morning. "Guess we're goin' to get rain out of this—not that we need it; the springs and wells must be full by this! I know the mill-stream's running pretty strong from the rains of late... Oh well," he chuckled, "we won't be complaining about the damp shortly we'll have our caps pulled down, our collars turned up, leaving only slits to see through. Cold! Br—! That's how it will be!"

And we laughed at his half-nonsense and heard James chuckle as the two turned then to sharpening axes in preparation for a spell at the lumbering. The supply provided for the barn lacked those requirements of planks and boards needed to build the stalls in the new stables. So presently taking with them the tools of the endeavour, the farmers were off in an old trek along the fields to some chosen spot of woodland. Not on foot as we had so often seen them, but riding the tractor which in this hand-to-mouth operation was to convey at once to the mill the results of their labor.

A bluejay's call, and a raven's croak—and the lowering clouds, brought afternoon rain to suspend the lumbering. But now, and good to see, stars pierce the night-sky, lighting old lamps and friendly, above the reaches of valley.

Until tomorrow ——— Diary
— Good-night ———

A gardener was proud of his big red currants. Several of his friends advised him to send an exhibit to the horticultural show. He sent a fine plate of the currants, but was disappointed when his entry received only third prize. He found out afterwards that a mistake had been made. They had been placed in the tomato class.

More Protein For Overweights Says Dietician

People who suffer from obesity tend to be more secretive about their eating habits than people of normal weight.

This is the opinion of Dr. Rachel Beaudoin, director of the Institute of Dietetics and Nutrition of the University of Montreal and a member of the Canadian Dietetic Association. Dr. Beaudoin has been doing research work on obesity and she has found one popularly-held belief has no basis in fact.

"It's not true that overweight people crave carbohydrates such as starches, sugars, candies and sweet desserts," she says. "They eat more calories a day than people of normal weight but the proportion of their calories from carbohydrates or fat is the same as for people with normal weight."

One of the interesting findings is that a carbohydrate disturbance is found in obese patients who are still gaining weight. The blood sugar of these patients is very unstable and returns to the premeal level much faster than in people with normal weight.

Says Dr. Beaudoin, "This might account for the compulsory urge to overeat which is characteristic of weight-gaining individuals."

Dr. Beaudoin emphasizes the importance of a high-protein diet well distributed into three meals with breakfast as important as the other two meals.

"This can help the patient on a reducing diet," she says, "as it will help curb his appetite by keeping his blood glucose more stable."

Modern Etiquette

By Roberta Lee

Q. I have received an invitation to the wedding of a very dear male friend. However, I do not know the girl he is marrying. Would it be all right for me to send my wedding gift to him?

A. Never. Wedding gifts must always be sent to the home of the bride-elect, and addressed to her.

Q. Is it necessary to repeat the name of a person to whom you have just been introduced, as, "How do you do, Mr. Johnson?"

A. Yes, this is always good form. It indicates that one has paid strict heed to the introduction and is more sincerely pleased at the meeting.

Q. Is it ever permissible to use the spoon for eating a pie, especially when it is very juicy?

A. No matter how liquid the juice of a pie may be, it is eaten with the fork. Never finish the juice with a spoon.

Household Scrapbook

By Roberta Lee

The Alarm Clock
The alarm clock is a great help if it is set for the time that bread or cake is to be taken from the oven, vegetables to be put on the range, and similar things so easily forgotten.

Headache
A home remedy that often relieves the headache is to place a pinch of salt on the tongue and allow it to dissolve. In about ten minutes, take a drink of cold water.

The Bird Perch
If the bird perch is scraped with sandpaper or a knife instead of washing it, the pet will not contract rheumatism.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ACTION and initiative could bring good results this day, but take care, when putting over your ideas, not to be too opinionated lest you antagonize those who could be helpful to you. Maintain a realistic attitude in dealing with others, and do not take anything for granted.

Today's lunar vibrations augur well for insurance matters, investments, savings and budgetary adjustments of every sort, so it is an excellent period in which to plan for the future—especially where financial security is concerned. The evening hours favor cultural and creative interests.

For the Birthday

If tomorrow is your birthday, the year ahead augurs well for plans involving both your financial security and professional advancement. It would be advisable to defer making important decisions concerning money or property, however, until early 1954. In the meantime, clear up unfinished tasks and settle all outstanding matters so that you will be able to concentrate fully on the new opportunities—and responsibilities—which will be offered within the next three months.

At the moment, you may be experiencing a sense of confinement after months of unremitting toil. If so, try to take a short trip or, in some other way, seek surroundings where you feel you can enjoy more freedom of expression. Domestic and social matters are in excellent aspect now and should continue until well into 1954. Romance will be of secondary importance in your life for several months to come. A child born on this day will be ambitious, diligent and conscientious by nature.

Better English

By D. G. Williams

1. What is wrong with this sentence? "He said that he would stay outside of the house, but he went back on his promise."

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

3. Which one of these words is misspelled? Forthright, forestall, forfeiture, frugality.

4. What does the word "concourse" mean?

5. What is a word beginning with inf that means "unfalling"?

ANSWERS

1. Omit "of" and say, "he failed to keep his promise." 2. Pronounce di-ag-nose, i as in die, a as in bag, o as in most, principal accent on last syllable. 3. Forfeiture. 4. An assembly; crowd; throng. "An immense concourse of spectators was present to greet the great man." 5. Infallible.

How Can I!!!

By Anne Ashley

Q. How can I cream butter and sugar quickly when using for a cake or frosting?

A. Pour some boiling water into a mixing bowl, heat it thoroughly, pour out the water, dry the bowl quickly, put the butter and sugar into the bowl, and see how readily it will cream.

Q. How can I make it easier to iron puff sleeves on a child's dress?

A. Put in the elastic in the puff sleeves and fasten the ends with a very small safety pin. Remove the elastic when washing, and it will be much easier to iron the sleeves.

Q. How can I remove iron rust stains?

A. Rub lemon juice and a little salt on iron rust stains and bleach in the sun. If necessary, repeat this process, or add more lemon juice.

A MESSAGE FROM SANTA CLAUS



Begin your Christmas Shopping Today! There is less hustle and bustle and there is a wider selection from which to choose.

There are gifts of Beauty and Feminine Loveliness at the GLORIA which are sure to please "HER".

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Cook's Corner

SPICED GOOSEBERRY RELISH

5 lbs. gooseberries
1 quart vinegar
4 lbs. brown sugar
2 tablespoons each cinnamon and cloves
Place all ingredients in kettle. Boil slowly for two hours. Stir often to prevent scorching.

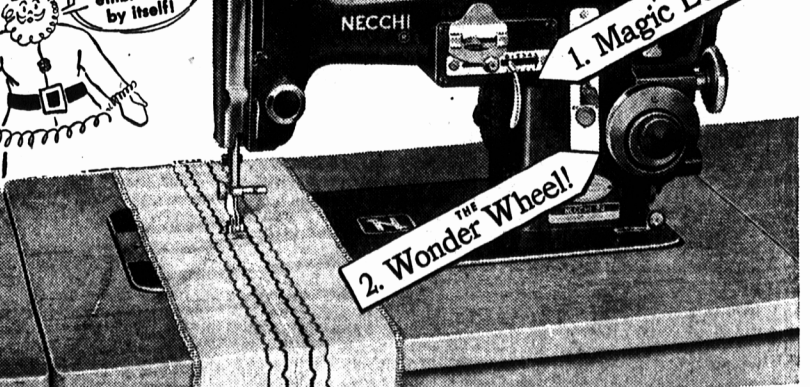
—Mrs. Elizabeth Penny, South Pinette W. I.

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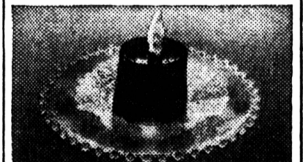
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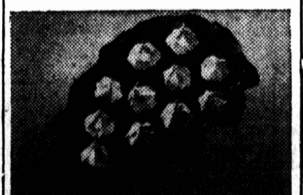
BAKING PRIZE WINNER AT MIRAMICHI FAIR

Folks who admired the home baking exhibit at the Miramichi Agricultural Fair at Chatham, N.B., last September were not a bit surprised when the judges pinned prize tags on the marvellous bread and rolls of Mrs. George W. Trevors. That baking was evidently the work of a practised hand, with a sure knowledge of ingredients. "Not only at fair time, but every time I bake, I see the fine results of Fleischmann's Yeast," says Mrs. Trevors. "It has such a uniform, vigorous rising action, and my bread and rolls taste so good." "There's the proof! Champion bakers all over the Maritimes rely on Fleischmann's Yeast for grand rising and perfect results."

Little folks love popcorn balls! Cook taffy syrup till it forms a very hard ball in cold water. Remove from heat and add a teaspoon of Shirriff's True Vanilla, Maple, or Butterscotch flavouring. Tint with a few drops of Shirriff's red or green food coloring. Decorate with fruit, cellophane straws, paper cup hats.



Surprise! It's a red-currant jelly candle to serve with the turkey. Shirriff's tangy True Fruit Jellies can be loosened with a knife and rolled right out of the jar. Cut in half to make a pair of candles. The wick is cream cheese on a toothpick. Another favourite with turkey is Shirriff's Old Time Cranberry Sauce!



Now's the time for candy-making. For melt-in-your-mouth divinity fudge, add a teaspoon of Shirriff's fragrant almond extract, and a few drops of Shirriff's red food colouring. Merry eating!

Make all the food you prepare for Christmas more wonderful with Shirriff's Flavouring Extracts, Pure Food Colouring, or Shirriff's glittering True Fruit Jellies.

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