

That Body Of Yours

By James W. Barton, M.D.

HEALTH AND FINANCIAL VALUE OF PRESERVING THE TEETH

When the dental profession began advising the public to consult or see their dentist every six months, it was thought by some that this was selfish advice in that dentists were wanting more patients. As a matter of fact, even in those days most dentists had all the patients they had time to treat. Their whole object was that, knowing the value of normal teeth to the health of the individual, aside from any suffering caused by infected teeth, including crippling arthritis, they tried to save teeth.

In the Journal of the American Dental Association is recorded an experiment in dental disease control designed as a 100-year project, which has resulted in a striking improvement in dental health among children after only three years. "The small farming village of Askov, Minn. in the east central part of the state is the site of the community dental health program sponsored by the Minnesota State Dental Association, the Minnesota Department of Health, the U. S. Children's Bureau and Askov.

"Before the program started in January, 1945, the community had no dentist and had an unusually high rate of dental disease attributed in part to a diet rich in pastries. The village is made up mostly of persons of Danish descent."

Dr. William A. Jordan of Minneapolis, director of Minnesota Department of Health division of dental health, reported that the program has resulted in reductions of tooth decay, ranging from 41.6 per cent in the three-to-five age group to 84 per cent in the 13- to 17 age group, as compared with children in the nearby community of Hinckley, Minn., chosen as a "control."

What is the program that has brought about the above gratifying results? The program, covering 350 children, includes intensive instruction in tooth brushing and diet, complete dental examinations, dental corrections and applications of sodium fluoride.

Dr. Jordan reported the cost of the program had dropped from \$15,586, in 1949, to \$6,927, in 1951, after most of the dental corrections were completed during the first two years of the program.

When we remember that infected teeth can cause prolonged pain and illness (rheumatism and arthritis) and also heart disease, it pays any community financially to follow out a program such as the above aside from the suffering endured by their citizens.

Advertisement for Whisper Nylons, featuring an image of a woman's legs and the text "for lovelier legs."

Alice Brooks Designs

Advertisement for Alice Brooks Designs, featuring images of furniture and the text "NEWEST SLIP COVERS" and "NOW—She Laughs at age".

Modern Etiquette

By Roberts Lee

Q. What do a man and woman do with their wraps when entering a fashionable restaurant?

A. A man leaves his hat and coat in the coat room or checks them at the entrance of the restaurant. A woman leaves her wrap in the dressing room—or, if she prefers, she sits at her table as she is and throws the shoulders of her wrap back of her, over the chair.

Q. Is it proper for a man to continue adding "Jr." to his name after the death of his senior?

A. No. In the same way, it is improper to continue calling a boy John Smith III, if either John Smith or John Smith, Jr. has died.

Q. Should the wedding rehearsal be held several days prior to the wedding?

A. No. It should be held the day or evening before the wedding.

Better English

By G. C. Williams

1. What is wrong with this sentence: "If anyone wishes to leave, they should leave now."

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

3. Which one of these words is misspelled? Leisure, length, leige, lentil.

4. What does the word "calumny" mean?

5. What is a word beginning with "h" that means "to accustom; familiarize"?

ANSWERS

1. Say, "If anyone wishes to leave, he should leave now." 2. Pronounce dom-i-sil, o as in on, both 's as in it, accent first syllable.

3. Leige. 4. False and malicious accusation; slander. "She was too sensitive to abuse and calumny." 5. Habituate.

Morning Smile

Simplified

Notes that milkmen find left in bottles are sometimes vague and sometimes humorous. One milkman found this one:

"Dear Milkman, we don't want milk every day. We want milk like this! Today we want milk. Tomorrow we don't. And the next day will be just like the day before and the day after tomorrow."

Cook's Corner

BANANA FRITTERS

Fritter Batter: One cup sifted flour, 2 teaspoons baking powder, 1/4 teaspoon salt, 1/4 cup sugar, 1 well-beaten egg, 1/2 cup milk, 2 teaspoons melted shortening. Sift together flour, baking powder, salt and sugar into bowl. Beat egg and add milk and shortening to it. Add to dry ingredients and beat until batter is smooth. This batter is stiff. It makes crisp fritters which stay crisp, so do not attempt to thin it.

Cut 3 large bananas into four crosswise after peeling. Roll in flour then dip in batter and completely cover and drain. Deep-fry or shallow-fry in hot fat for about six minutes, turning them three times. Fat should be heated to 375 degrees F. This will brown a cube of bread in about 40 seconds. Drain on crumpled paper towel. Serve banana fritters as an accompaniment to Baked Ham or Baked Ham Slice. Or if serving them for dessert, make:

Lemon Sauce: Make a syrup by boiling together 3/4 cup sugar, 1/4 cup water and grated rind of 1 lemon, for 5 minutes. Remove from heat and add 2 teaspoons butter and 1 tablespoon lemon juice.

Weather records for 50 years indicate Alaska is slowly getting warmer.

Wardrobe Booster

Advertisement for Dr. Williams' Pink Pills, featuring an image of a woman and the text "Gay plaids gets a majority vote for its well-dressed look."

ELLEN'S DIARY

By An Island Farmer's Wife

It was an interesting bevy of pigtails that arrived today — and to a trap at Alderlea in assurance of the better survival of the housewife's poultry, a fox. A number of these on prowl from the tracts of woodlands about, has been taken thus in recent months. But not all. "Listen, Ellen!" James said stopping at the door before entering this evening when the stars were beginning to twinkle down on the valley. From beyond a hilltop came the sound of barking, lonely, and repeated in the clear frosty air. "It's as I thought," he offered, "a fox!"

And now in the turn of the months we have come to the farmwives' convenient season for handicraft — or do some neglect this as we did tonight the knitting of gloves for Jamie, in favor of a book? Choosing this time not to try to keep up with present day fiction but instead to reread a sweet and interesting yarn of the past: "Her Father's Daughter," by the author of "A Girl of the Limberlost."

But here a woman makes a rug, drawing up careful loops of material as she traces or fills some fancied design; and there another quilts, loath to leave it to give time to the cooking or attention to the other cares of her household. "I don't want to go to California for the winter or to Florida," a farmwife said with a chuckle the other day. "But I would like to have time to sit down and hook."

"Just," she sighed longingly, "time to stay by it without interruption for as long as I like. For if ever there was a truth written it's that one about 'serving two masters!' I can't hook and attend to the housework, because," she laughed, "I do cling to the one no matter how resolutely I plan to portion my time and sort of hate the other. There's a bewitchment about hooking — about watching the pattern grow under one's fingers!"

"And it grows on one — like some irresistible temptation. . . . a little here, a loop or two more; this corner, that square. And where do I find myself? With a meal late and frowns about the board! It's small wonder that our husbands don't like to see the mat-frames brought in. . . . You can't but for sheer enjoyment in winter, give me a piece of canvas, a mat-hook, a basket of rags and time on my hands! Then I'll not notice when winds blow and snows heap!"

"I've been so idle this winter," a brisk housewife wrote to us today. "Not that I meant to be, but the days sort of slipped away from me. Not a thing have I to show for them — that is not up to this. But now I've started to make a quilt. It's not at all grand, Ellen. The cover is only of cotton pieces that have accumulated from the sewing of years. And I put them together without pattern, after the manner of the crazy patchwork designs of grandmother's day. But it's remarkable how pretty it is — I'm going to be quite proud of it when it's done."

One similar we admired on an excursion of last autumn, when there were donning their gay party-gowns and the nights were turning a bit chill. It was then on an evening still and beguilingly moonlit that James proposed we come away in the truck. "Just for the ride," he had said. . . .

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

Worry of FALSE TEETH

Slipping or Irritating? Don't be embarrassed by loose false teeth slipping, drooping or wobbling when you eat, talk or laugh. Just sprinkle a little PASTEETH on your plates. This pleasant powder gives a remarkable sense of added comfort and security of holding plates more firmly. No gummy, gooey, pasty taste or feeling. It's alkaline (non-acid). Get PASTEETH at any drug store.

Muriel Nissen with housewifely qualities, or a lady seeks a dashing man-about-town who can turn effervescence into domesticity at just the proper moment.

A man who would answer your description, Bella, could quite possibly be a bit of a bore, too. And you probably wouldn't consent to be bored even for the privilege of having a man who is honest, good, kind and decent. Be honest, would you? Your gentlemanly possessor of the above-mentioned qualities could also be a hard worker; he also could prefer an evening at home with television to one at a night club. Could you honestly say that a solid diet of evenings at home would satisfy you? It might if you are sincere in your desire for a gentleman; it wouldn't if you are more interested in gaiety. I certainly don't intend to convey that all gentlemen are stodgy, but it is more than likely that most of them who reach forty and remain unattached are inclined that way. Gentle, but gay, young men of 25 are plentiful, but they're snapped up mighty fast; those who are bachelors at 40 either lack the joie de vivre that would have attracted younger women, or they're thoroughly set in their bachelorhood.

The best way for an unattached lady to meet a gentleman similarly situated, is through mutual friends. Your married friends should be a big help in this respect. Most men meet, through business or through masculine social activities, eligible men whom they could easily invite home for dinner. Naturally, a single lady would be needed to even the table settings, so if your married lady friends are aware of the fact that you're available for such occasions, you should at least have frequent opportunities for meeting gentlemen.

Always bear in mind, however, that by the 40's, statistics are against your meeting any nice, unattached man. Women outnumber men at any age, but by the time middle age approaches, the statistical

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HER BEAU IDEAL

ANSWER: Laments constantly reach my desk from men who bemoan the fact that they can't find an old-fashioned girl, or from females who are convinced gentlemen are extinct! Both notions are, of course, completely false, but in order to establish the possible fruitlessness of a search, one must be firmly convinced that a lady or a gentleman is really the object of the search.

Too often, what a man wants is a glamor girl with housewifely qualities, or a lady seeks a dashing man-about-town who can turn effervescence into domesticity at just the proper moment.

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YOUR FIRST BRUSHING WITH COLGATE CHLOROPHYLL TOOTH PASTE DESTROYS BAD BREATH

Originating in the Mouth

FIGHTS TOOTH DECAY... acts against destructive mouth acids, when used right after eating.

CHECKS COMMON GUM DISORDERS... by promoting the growth of firm, healthy gum tissue.

Now! Clean Breath—Fresh Mouth—Morning, Noon, Night

Wedding At Cornwall



Above, standing, from left to right are Mr. Frizzell, his brother, Mr. Irving Frizzell, who was groomsmen, and the bridesmaid, Miss Vivian MacFadyen. Seated is the bride, the former Eva May MacPhail.

A very pretty wedding took place at Cornwall United Church Marston on December 31st, when Eva May MacPhail, daughter of Mr. and Mrs. John M. MacPhail, exchanged marriage vows with Ralph Stillman, son of Mr. and Mrs. A. Stillman Frizzell, West Royalty. Rev. A. S. Weir officiated.

The bride was attired in a navy blue wool gabardine suit with navy and white accessories and wore a corsage of pink roses.

The bride was attended by Miss Vivian MacFadyen, who was attired in a green gabardine suit with black and white accessories and wore a corsage of yellow roses.

The groom was attended by his brother, Mr. Irving Frizzell. Afterwards a reception was held at the Queen Hotel, Charlottetown, for fifty guests. The bride's table was centered with a beautiful three tier wedding cake topped with a miniature bride and groom, made by the bride's aunt, Mrs. Stirling MacLeod.

During the wedding reception a telegram of congratulations was received from the groom's sister and brother-in-law, Mr. and Mrs. Henry Radmore, Ottawa.

Following the reception the young couple left on a short honeymoon after which they took up residence in West Royalty.

The bride is a former teacher of Cornwall School, and the groom is engaged in farming.

DOROTHY DIX'S COLUMN— Gentleman Sought

Reader Bemoans Manners And Moods Of Eligible Males She Meets

DEAR MISS DIX: Where are all the gentlemen in the world? I am 40 years of age, good looking, don't smoke or drink, go to church, and am looking for a man who doesn't drink, is good, kind, honest and decent. Is that too much to want? If not, then where can I find such a one? The men I do meet are more interested in what I have to offer in the way of petting, or how I stack up as a drinking companion, or how much money I can contribute towards an evening's entertainment, than they are in my company as a lady.

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Household Scrapbook

Gold Frames

Before refinishing a gold frame, it should first be sanded with a very fine paper and a high-grade gold size applied. When the size has partially dried, and is still tacky, apply the best quality of gold bronze by dusting. After this has been allowed to dry for several days, finish with a thin coat of pure white shellac, greatly reduced with denatured alcohol. This should prevent the bronze from tarnishing for many years.

Rust Stains

Iron rust stains can be removed from linen by putting one tablespoonful of cream of tartar into a gallon of water and boiling the linen in this solution.

Gray Hair

Use a soap that is pure white for shampooing gray hair. Many of the colored soaps will leave the hair yellow.

SWALLOW A VOIDS

STOP! ALL ODOR

BAD BREATH UNDERARM ODOR

ODORS from excess glandular activity

PERSPARATION ODORS

FOOT ODORS

NOT A CANDY MINT! NOT A CHEWING GUM!

MONTH SUPPLY \$1.25 also 25¢ and \$2.75

LASTS 18 HOURS OR MORE

Now! Clean Breath—Fresh Mouth—Morning, Noon, Night

A Good Breakfast

Division of Nutrition Department of Health and Welfare

This is National Health Week. Now is the time to check on your food habits. Today you can ask yourself "What did I have for breakfast?"

Three Good Meals

The most recent scientific experiments have shown that we can be better fed if we eat three good meals rather than one good and two skimpy ones. The reason for this is that carbohydrates, proteins, minerals and vitamins are working together all the time to build and keep our body in good shape. If we eat a meal of starchy foods and no protein and few minerals and vitamins some vital part of the process of looking after our body is slowed down. Every meal should contain a variety of foods as recommended in Canada's Food Rules. See the outline of a good breakfast in yesterday's issue of this paper.

Overweight

We all need calories for the energy required for work and exercise. If we eat more than we need we will put on weight. If we eat one huge meal we may not need all those calories for the work we do immediately afterward. Consequently we add weight. For those who are overweight it is important to know that three good meals are better than one large and two skimpy ones.

Breakfast

The meal that is most likely to be skimpy is breakfast. Do you make sure that you and your family are out of bed in time to really have an adequate breakfast? Breakfast is important not only for the calories that it gives you for the morning's work but for the protein and vitamins that you might miss if you failed to eat it. Be wise—eat three good meals every day. Above all eat a good breakfast.

The Stars Say

By Genevieve Kemble

For Tomorrow

A RATHER confused and muddled state of mind exists, but there is much to challenge and stimulate excellent prospects that could be lucrative and rewarding. Under a tricky and illusive lure to strained performance, the urge to inflationary and overexpansive ideas or emotional stresses could be disastrous to certain fruitful programs. Keep poised, balanced and level-headed when prospects seem most captivating. Postpone major decisions.

For the Birthday

Those whose birthday it is may find themselves in a rather dubious position, since major plans or operations coming up for shrewd manipulation could be bungled on by complicated by haste, rash, or overambitious performance. The judgment is not clear and there is but very scant co-operation from superiors or those whose financial contribution is important. Tricky circumstances, connivance, corruption, could interfere with sound and profitable prospects for growth and expansion. Beware seductive gambles or "plunges" and refrain from hasty emotional judgment. A child born on this day may have a scattered or diffusive mentality, its urges may lure to losses and frustrations of its ambitions unless properly guided.

How Can I

By Anne Ashley

Q. How can I clean and soften an alligator skin bag or shoes?

A. First brush, off thoroughly with a soft brush or cloth; then rub well with one teaspoon of petroleum jelly mixed with six drops of glycerin. After it has set for half an hour, wipe off any surplus grease and polish with soft dry cloth. This prevents the leather from splitting.

Q. How can I keep the iron from rusting?

A. Give the iron a coating of linseed oil and whitening mixed together in the form of paste. It is easily removed and will preserve the iron from rusting for years.

Q. How can I repair broken celluloid spectacle frames?

A. By applying a drop of glacial acetic acid to the broken ends, then in a few minutes pressing them firmly together, and allowing to dry.

SCALDS • BURNS

Dab on a paste of Baking Soda and water and cover with damp cloth.

COW BRAND BAKING SODA



CANADIAN CHAMPION—Dorcas MacLeod of Edmonton retained her Canadian senior women's title at the Dominion speed-skating championships held in Edmonton for the first time. She collected 140 points with four firsts and a second. Senior men's title event ended in a draw between Frank Stack, 47-year-old Winnipegger and Johnny Sands, 19, of Saskatoon with 110 points each.

Anne Adams' Patterns

HALF-SIZE CHARMER

It's the side-swept buttoning, the graceful lines of this dress that make you look so much slimmer! Proportioned for the shorter, fuller figure—give thanks! No alteration problems! Sew this in fluid fabric, collar and cuffs in contrast fabric, if you wish.

Pattern 4639: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 4 1/4 yards 39-inch fabric. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35¢) in coins (stamps cannot be accepted) for this pattern. Print plainly size, Name, Address, Style Number.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

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COW BRAND BAKING SODA

Headquarters for FOOD BARGAINS

Wetley's STRAWBERRY JAM, 24 oz. 45c

Wetley's RASPBERRY JAM, 24 oz. 43c

Wetley's MARMALADE, 24 oz. 32c

SUGAR, 10 lbs. 95c

Keta SALMON, 1/2 lb. tin, 2 for 39c

Fancy Pink SALMON, 1/2 lb. tin, 2 for 45c

FRASER CHICKEN, tin 45c

Aylmer Choice CREAM STYLE CORN, 20 oz., 2 for . . . 32c

QUAKER OATS, 5 lbs. 47c

CARNATION MILK, 6 for 89c

Campbell's TOMATO SOUP, 2 for 23c

Clark's PORK & BEANS, 20 oz., 2 for 37c

Dole FRUIT COCKTAIL, per tin 32c

Dole PINEAPPLE JUICE, 20 oz., 2 for 37c

MATCHES, 3 for 29c

WHITE BEANS, 5 lbs. 59c

YELLOW EYED BEANS, 5 lbs. 59c

CORNED BEEF, per lb. 49c

RIX GROCETERIA

PHONE 1601-1602 FREE DELIVERY