



The wise old shopper suggests you give...

Orient
Beauty-Skin

nylons

... the gift she would choose for herself

- Exquisitely sheer
- Slenderizing dark seams
- Alluring leg-flattering shades.

Priced from \$1.25 - \$1.95

At fine stores everywhere

To compliment beautiful legs



*Trade Mark O.H.S. Ltd. (c) O.H.S. Ltd.

The world's most beautiful stockings

Women's realm

PAGE TWO THE GUARDIAN DECEMBER 18, 1952

Household Scrapbook

By Roberta Lee

When You Sneeze

Show proper consideration of the welfare of others by covering your mouth and nostrils with a handkerchief when you sneeze. Health authorities state that germs can jump eight or ten feet if the sneeze is allowed to go out into the room. Be sure to protect others and cover your sneezes.

Rubber Articles

Soft rubber articles can be preserved if they are suspended several inches above a dish in which a small quantity of kerosene is placed. The vapor arising will prevent cracking without harming the rubber.

Sparrows

To drive away sparrows* from underneath the cornices of the house, make a few cheesecloth bags and fill with mothballs. Hang them near the haunts.

How Can I!!!

By Anne Ashley

Q. How should chamois gloves be washed?

A. Make a strong suds of white castile soap. Dissolve 1 teaspoonful of borax in 1/2-pint hot water and add this to 1 quart of the suds. When cold, put gloves on hands and wash gently in the same manner as washing the hands. Rinse in the same way. When dry, rub between the hands to soften.

Q. How can I treat sore lips?

A. Mix one ounce of glycerin, one dram of borax, and one pint of water. Apply this to the lips and it will afford relief.

Q. How can I keep olive oil fresh?

A. A small amount of sugar added to olive oil will prevent it from becoming rancid.

Modern Etiquette

By Roberta Lee

Q. Is it all right for one to give a birthday party for oneself?

A. While it is proper for one member of a family to give a birthday party for another, it certainly is not proper for a person to give his own birthday party. At least, he should not announce it as such ahead of time—otherwise, it would give the impression that he is seeking gifts.

Q. Should a girl ever send a gift to a man whom she has been "dating" and whom she especially likes?

A. Not unless she is engaged to the man, and even then the only gifts necessary are at Christmas and on his birthday.

Q. What jewels, if any, should the bride wear for her wedding ceremony?

A. Only the gift from her bridegroom.

Cook's Corner

MERINGUES

Sift sugar and measure 1 1/2 cups. Place on a platter 7 egg whites which have been warmed to room temperature and add 1/8 teaspoon salt. Beat them with flat wire beater until they are very stiff. Add the sifted sugar very slowly 1 tea-

That Body Of Yours

By James W. Barton, M.D.

CHEST DEFORMITIES HAVE A HARMFUL EFFECT ON THE HEART AND LUNGS

I write often about the value of play, especially group games in which the boy or girl is one of a group or team doing their best to give their team a victory. I have pointed out the mental and emotional development obtained from teamplay—unselfishness, self control, "stick-to-it-iveness," learning to take victory or defeat in stride. Physically, nothing develops heart and lungs as does play, aside from co-ordination, grace and muscular development.

Play is helpful in cases where there are deformities of the chest and spine which interfere with proper beating of the heart as it drives blood throughout the entire body.

In the Scandinavian Medical Journal, Dr. S. Samuelson states that severe and possibly also moderate chest deformities have a harmful effect on the organs of the chest—heart, lungs, bronchia, tubes, pleurae.

Deformities such as curvature of the spine, round shoulders may affect the lungs causing poor expansion of the lungs, emphysema (air escaping from lungs proper into tissues and not breathed out by the lungs) and frequent attacks of bronchitis. The heart is often displaced upwards to the side opposite the curvature of the spine and this displacement of the heart may cause bending and twisting of the large vessels leading to and away from the heart.

Of the 41 living patients with chest deformities examined at the Invalids Court, Stockholm, 20 had the breathing difficulty known as cor pulmonale, a heart condition due to insufficient air supply.

"Dyspnoea (difficulty in breathing) is usually the first or earliest symptom; it may be present for years without interfering with working capacity, but when this breathing difficulty is increased by light exertion, heart failure is impending." In 15 of 20 cases with cor pulmonale, the patients were not able to breathe properly except in the upright position (orthopnea).

Study of the death certificates and enquiry from attending physicians showed that 39 of the deceased patients had had signs of cor pulmonale; of these, 37 died in heart failure.

Fortunately, despite deformities of the chest and spine, this disease and its symptoms do not occur often; only 62 cases in 10 years in Denmark.

Parents should first consult their physician if their child has a deformed chest; he may be referred to an orthopedic physician or physical director or playground supervisor, as play widens the chest and gives more room for the heart.

spoon at a time, beating constantly. Continue to beat for 2 minutes after last sugar is added. Add 1 teaspoon vanilla. Fold in another 3/4 cup sugar with a folding motion.

To keep them of uniform size shape through pastry bag or tube or drop from teaspoon. Cover baking sheet with moist sheet heavy brown paper and shape meringues directly onto it.

Bake at 225 degrees F.—a very slow oven, from 45 to 60 minutes, then turn off heat and permit meringues to dry in the oven with oven door partly open for 10 minutes.

If meringues are to be filled with whipped cream or ice cream or frozen fruit make them 3 inches in diameter, and crush tops with ball of thumb while they are warm. If to be put together with filling, crush bottoms with thumb while warm, and put filling in and press bottoms together.

ELLEN'S DIARY

By An Island Farmer's Wife

Never was there more beautiful December day than that which broke rosy over the farmlands this morning. So lovely that one could easily fancy the year still loitered along autumn days, were it not for the leafless branches along farm-lane and hill. Without touch of frost, without sign of snow... mild and sunlit. Fowls ranged beyond the confines of barnyard; the sheep to a far meadow. Outdoors a pansy lifted a damp face to the sun's kiss; within, Karolyn's Christmas cactus, leaves richly crimson-tipped, opened a first, strange, flower.

"And here," Gage smiled a twisted smile, as he regarded a plant on a sill, "is another rose!" He was caught in the throes of the misery of mumps today, a young jaw swollen, eyes listless, cheeks a bit flushed; left behind by Jamie, lonely; miserable by spells but as James commented in pleased tones, "not at all heartsick—that is, not yet!" He was able to take with some enjoyment liquids and the ice-cream Jamie carried to him from the cornerstore they pass on the way to and from their classes.

He could find some enjoyment too, in playing with the toys about, neglected on schooldays; then tiring of these he would cuddle down on the couch, a kitten in his arms, to rest quietly there... to nap and find with a look of surprise that the day had slipped away; that presently "when the big hand should point to twelve" Jamie would come, and soon the truck bringing home the farmers from their work in the woodlands. And the hours would brighten, as evening hours will.

He touched the rose-petals. "Mother used to love them," he offered, his voice low... fond, reverent. "It made blossom after blossom this year, didn't it? I don't believe it ever bloomed so late as this before! It must be," he smiled a bit wanly, "a Christmas rose, like that picture in your scrapbook. I wish," he said wistfully, "you'd read about it to me."

So we brought the book, settled ourselves comfortably in the armchair, turned the pages to come to it, then commenced to read... But not before sending grateful thoughts along the intervening miles to the kindly woman who "once upon a year" had sent us this card on its two-fold mission. She, we remembered, had but recently suffered the loss of a brother, a man who in his round had chosen also to enjoy "the better part" of life, the niceties and beauty, which we are sure "shall not be taken from" him now.

"The Legend of the Christmas Rose" we began. He smuggled closer, for to-day he was a little lad again—a poor little fellow sick with the mumps. "When Jesus was born in the little town of Bethlehem, there came Wise Men from the East, bearing gifts of gold frankincense and myrrh. A little shepherdess, watching from afar, wept because she had no gift to offer the Christ-Child. "As her tears fell to the ground, flowers sprang up which the child gathered and hastened to bring to the infant. In adoration she knelt at the crib so Jesus could see the flowers, and when His blessed lit-son," He sighed as we closed the book, "It's a pretty story," he said, "and some day soon will you read it again? Some day before Christmas?"

"And so a flower that never bloomed before came into existence—the Christmas rose.

Holidays call for Coke



Holidays are party days... and the handy six-bottle carton of Coca-Cola is part and parcel of the party.

6 Bottle Carton 36¢

Including Federal Taxes Plus deposit 2c per bottle

Authorized bottler of Coca-Cola under contract with Coca-Cola Ltd.

J. & T. Morris Ltd

Charlottetown P. E. I.

Phone 191

"Coke" is a registered trade-mark

Morning Smile

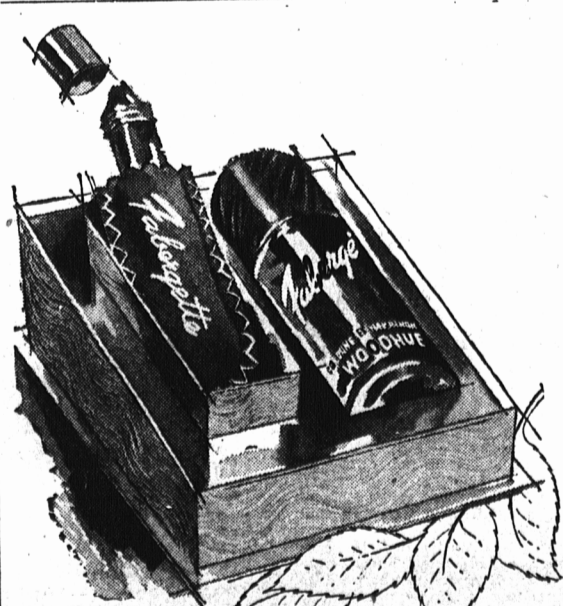
Cheap Year
"Daddy, remember you promised me five dollars if I passed?"
"Er-ah to be sure—did I?"
"Yes, and you'll be glad to know I saved you all that expense."

FURS FOR CHRISTMAS

Furs That She Will Love! Furs That She Will Cherish!

Buy Her A Neckpiece Of 2-3-4 Skins

- SQUIRREL (brown or grey) \$15.00 per skin
- CHINA MINK \$17.00 per skin
- KOLINSKY \$29.00 per skin
- RANCH MINK \$39.00 per skin
- WILD MINK \$49.00 per skin
- STONE MARTEN \$69.00 per skin



fresh as all outdoors... **Woodhue** for a lovely lift, an enchanting gift

Parfum 6.50 10. 15... in "Fabergette" 3.00

Cologne 3. 5. 8.

Ensemble of "Fabergette" purse applicator filled with perfume, gift boxed with matching cologne, 4.75 the set

MOORE & McLEOD Limited

