

Woman's Realm / Social and Personal / Fashions / Literature

That Body Of Yours

By James W. Barton, M. D.

WHAT CAUSES GAS

I have written before about an outstanding professional hockey player, who, as a student, suffered severe attacks of gas pressure in the stomach before each intercollegiate game. I told him his pain from gas pressure was due to his nervousness which caused him to swallow air and that once he started the game he would be all right. I gave him a couple of charcoal tablets to absorb the gas in the meantime. I believe he overcame the habit of swallowing air when he became a professional.

What causes gas? In "Iowa State Medical Journal," Des Moines, Dr. Walter C. Alvarez, Mayo Clinic, answers this question as he has studied the question of what causes flatulence (wind or gas) for 35 years. There is some interference with the normal absorption of gas from the bowel. Much gas appears to come out suddenly from the blood. Some is formed during digestion.

In the healthy person gas formed in the bowel is rapidly picked up by the blood, carried to the lungs and thrown out in the breath.

Gas or swallowed air goes through the bowel rapidly and without pain unless spasm is present. Spasm is present most often where the individual is allergic to certain foods.

Belching, often repeated, is due to swallowed air caused by nervousness or emotional disturbances, especially in those who worry about this gas and about digestion generally.

True bloating of abdomen can be due to eating, to being hurt physically, to taking a nap, to constipation. An excess of gas may be due to swallowing air, to indigestion, to constipation or to eating more food than the bowel can handle, or to eating certain gas forming foods—cabbage, cauliflower, onions, lettuce. Gas can be produced by any disease that interferes with the circulation or the various jobs done by the liver. A smooth diet with no foods eaten to which one is allergic will prevent many gas attacks. Some persons are relieved if they keep the colon (large bowel) clean with enemas. Occasional enemas are helpful; too many enemas lower the tone of muscles throwing out wastes from bowel.

Breathing into a paper bag is one way of finding if gas is from swallowed air or caused by digestive disturbance. Swallowed air has no odor.

ROUGH GAME

LONDON — (Reuters) — Monty Neale, ex-policeman, ex-behavior weight fighter, ex-football player, who tips the scales at 250 and stands six feet seven inches, went bowling recently. He tripped, broke an ankle and severely sprained his back, sparking time in his life he had suffered any injury.

ELLEN'S DIARY

By An Island Farmer's Wife

Granddaughter came in from the magic of the twilight, a time she especially enjoys out of doors, to the lamp-light of the house across the lane to which we too had just come, to say in pleased surprise: "Where were you all day? I looked - and couldn't find you anywhere!" And James hearing a babel of tongues there, looked in on his way from driving the cows to their night-pasture nearby, a light of welcome in his eyes that was good to see—and we were home again. We had been away since early morning, a long time it seemed, an interval crowded for us with many a changing scene.

At breakfast when James, falling in with our plans for an outing, with some reservations, ate his meal with more haste than was healthful, he grumbled a bit. He could never understand, so he said, "why in time folks who had plenty to do at home should have any desire to rove—and in the harvest of all times!" Indeed there was a period in his day when "the women-kind" couldn't be coaxed away from the place in a busy season unless something insistent took them—like a birth in the family or a funeral or maybe a wedding. Once," he reminded us, "it was the women's chore to bind and stook after the reapers, but now," he sighed, they hardly know which field you're cutting. And if they have a man anyways easy-going, they just pick up and go visiting or to a show right in the middle of it!"

But in spite of his words James was hurrying his breakfast, and on our behalf, keeping an eye on the clock. And as we continued our eating, from our place at table we could catch a tantalizing glimpse of the thin line of red road which was a callin' us to follow it up and over the hilltop. Sunny pleasant skies would be our canopy and the same breath of a breeze that ruffled the poplar by the gateway would be our companion should we choose to wander where harvest fields rich with stooks lay on either side, though some were already bare, with only the breeze then to wander lonely over the golden stubbles.

"This is the last of it!" we overheard one passenger say to another in this evening's bus. "Yes," the other chuckled, and there was regret in the sound, "this puts an end to the Summer." But all blue Ellen, don't expect it to wait for you! Never mind washing the dishes. I'll be away all day—and they'll be here when you come home.

There, I believe I hear it blowing at—now, sounds much like it to me!" But we have a liking to leave the place in good order. We smiled as we returned clean dishes to the cupboard, recalling the words of an elderly friend of the long ago, who confided to us as she bustled about preparing for a trip to market by horse and wagon, "I like to leave things tidy."

Household Scrapbook

By Roberta Lee

Red Ants
If bothered with red ants pour liquid corrosive sublimate on pieces of cotton and lay the cotton where the ants are likely to travel. Another good remedy is to dissolve alum in boiling water and apply with a brush.

Indelible Pencil Stains
Indelible pencil stains can often be removed from a garment by rubbing with denatured alcohol and soaking for about five minutes. Then rinse in mild soapuds, again in clear water.

Lettuce
Always try to eat the lettuce that is with the salad. It is excellent for you and is a fine nerve tonic.

When I go away, Ellen," she said, "you never know what might happen in the meantime. Life is very uncertain. It wouldn't be very good to come back perhaps in a box to it—and the place all upset now would it? It would be a terrible feeling I've often thought—and besides just think of what the neighbors would be saying!"

And soon the family machine, which up to this has carried many and varied burdens in connection with our farming, commencing its service with bearing the Spring fencing materials to the fields, set us down at the corner-store on the highway in time to buckle our shoes, collect our scattered thoughts, and enjoy for a few minutes the rare delight of the fresh new day at hand, before the bus appeared at a hilltop. Wisps of a mist that had moved along the valleys were lifted now, though the exquisite handicraft of the dewspinnings still sparkled in the sunlight of a roadside meadow, and the serenity of these early hours still enveloped the countryside.

Smokes from the chimneys spiralled into the soft blue; a dog barked; calves lowed plaintively; traffic thickened and we were off to spend the holiday with relatives at a distance. Along roads where harvest fields rich with stooks lay on either side, though some were already bare, with only the breeze then to wander lonely over the golden stubbles.

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Until tomorrow --- Diary --- Good-night, ---

OLD-FASHIONED TOUCH

Mrs. G. G. M. My lady's bathing suit has gone a long way from the cover-up beach styles of 20 years ago but Pierre Amyot, Quebec manufacturer, says there's still an old-fashioned touch. He wonders why rubber bathing caps still feature the swirls and kinks curls of the flapper era.

DOROTHY DIX SAYS—

Suspicious Wife

Disillusioned Office Worker Mistrusts All Men

DEAR DOROTHY DIX: I was married at the age of 33. For fourteen years previous I worked in an office, where I came in close contact with men. Day after day I heard these men devise stories to hand their wives to cover up improper association with women. This experience has been the cause of a complex, which is becoming most serious. For I am now married and miserable because I cannot trust my husband. Every time he leaves the house I work myself into a state because I mistrust him every minute. When we were first married I trusted him implicitly, until one night he deceived me about where he had been. Since then I have been so unhappy over my suspicions that it is seriously affecting my health. There must be a same way of thinking about a subject of this kind. Will you be kind enough to give me a start on the right track? X

ANSWER: Perhaps the wife who is wise to the ways of men can never recapture the faith that she has lost, but she can look two facts in the eye. One is that the reason most husbands lie to their wives is that their wives drive them to it. When a husband knows that if he tells his wife the truth about where he is going or what he is going to do, or even about some innocent thing that her jealousy will distort into a crime, he is going to save himself by telling a falsehood.

Never shall I forget one young man who, in recounting to me the virtues of a girl he had married, wound up his peroration by exclaiming: "And just think, Miss Dix, I can tell her the truth!" Isn't she grand? I thought a man always had to lie to his wife.

The other fact is that it is futile to watch a man. Somewhere the espionage system always breaks down. No woman is clever enough to keep tab on her husband's every movement and prevent his deceiving her if he wants to.

So in the end you have to trust your husband all in all, or not at all. If he loves you well enough to be faithful to you, he will be, and if he doesn't, he won't, and there is nothing in the world you can do about it. If he isn't trustworthy, he is simply not worth losing sleep about.

To think that every time your husband leaves you he is going on some orgy; to suspect that he is having a liaison with every woman he speaks to; to believe that he has nothing of honor in him, is to de-grade your own mind as much as it is to insult him.

Snap out of this morbid state of mind. The fact that you have known a few philandering husbands doesn't argue that all are.

DEAR DOROTHY DIX: I am a man of 32 and have always told every girl I went out with that I loved her. Now, a girl that I told that to believed me and wants me to settle down and marry her, which I don't want to do. I feel sorry for her and I haven't got the nerve to tell her that I don't care for her. What must I do? ROSE PETAL PETE

ANSWER: I should think that a man who signs himself "Rose Petal Pete" would have imagination enough to cope with any situation, so I feel that any advice of mine is superfluous. However, as you ask my opinion, I urge you to undeceive the girl at once as to your sentiments. Probably it won't astonish her or break her heart, but it will save her from a false hope. If you really love a girl whom you don't love just because you haven't the courage to let her know you were kidding her. She would find it out soon enough after you were married and that would mean misery both for her and for you.

DEAR DOROTHY DIX: We have four children, the youngest a baby 4 months old. My husband says three children are all we can take care of and wants to give the baby to a nice couple whom we know who have no children and want to adopt him. They are well-to-do and could do for the child more than we can. My husband is crazy about the three other children, but doesn't seem to care for this baby. I don't mind giving the baby to a nice couple, but it will break up our family and we have always been so happy and congenial. What should I do? MRS. G. G. M.

ANSWER: I think that when it came to really giving up the child that your husband would find that he couldn't do it. His love for the little creature would be too much. So why don't you get the couple who want the child to keep it for a few months and see if the arrangement works out.

Of course, if you are not able to feed the child and give it the proper care, it will be better for it to be in a home where it can be given the things it needs, but many of the greatest men and women in the world have come from homes as poor as yours.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Morning Smile

First Artist — "Well, old man, how's business?"

Second Artist — "Oh, splendid! Got a commission this time from a millionaire. Wants his little children painted very badly."

First Artist (pleasantly) — "Well, my boy, you are the very man for the job."

"Johnny, how did you get that terrible lump on your head?" Have you been fighting again?"

"No, Mamma, I haven't been fighting. It was an accident."

"An accident?"

"Yes, I was sitting on Jimmy Jordan, and I forgot to hold his feet."

How Can I!!!

By Anne Ashley

Q. How can I remove slight scratches from plate glass?

A. Clean first by rubbing with a pad of cotton wool. Then cover the pad with a layer of cotton velvet well charged with fine rouge, and this when rubbed over the surface will not only remove the scratches, but will also add a new luster to the glass.

Q. How can I make a plant fertilizer?

A. Little ammonia added to the water affords a rich fertilizer for the plants, and also aids in preventing bugs.

Q. How can I keep boiled potatoes from breaking?

A. When potatoes are boiled too rapidly it makes them soft and broken on the outside, while the centers will be hard and uncooked.

POTENT FARE

BRISBANE, Australia — (Reuters) — Rum, with a dash of strychnine, was decreed by experts as the best bait in a rabbit poisoning campaign after experiments with apples, carrots, vanilla and jam as a lure. Rum disguised the taste of the poison, they said.

The Stars Say--

By Genevieve Kemble

For Tuesday, September 13

TUESDAY'S astrological forecast is most encouraging for those who have practical and realistic outlook on life, with the aspirations as well as ambitions based upon a rock foundation of faith, good will, worthiness with preparation to attain their highest objectives. While opportunity may present itself from high sources yet the degree of acumen, sound abilities, perseverance and diligence may prove potent factors in carving its own career.

For the Birthday

Those whose birthday it is, are urged to marshal their most dependable and promising skills, ambitions, qualities and equipment for long-range results, in which splendid openings for the attainment of advanced goals, security and firm foundations may be in sight. Work for basic results by practical grasp of underlying principles and conditions, and supplement this by patience, persistent efforts, capable development of talents, to a degree to assure desired assistance and recognition from influential sources. Character, dependability, solid aspirations and reward, with outer good will and inner gratification. A child born on this day is en-

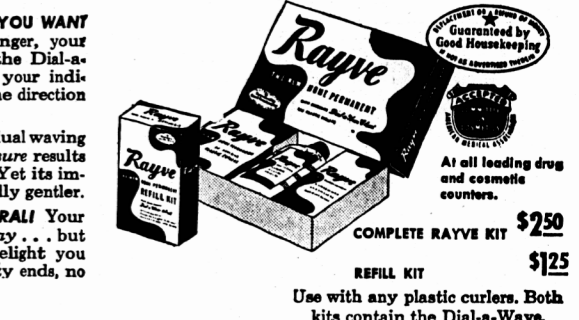
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FROM THE FAMOUS PEPSODENT LABORATORIES

Modern Etiquette

By Roberta Lee

Q. How should one point the prongs of the fork when cutting and placing food in the mouth?

A. The prongs should point downward while cutting the food, but should point upward as the food is lifted to the mouth.

Q. When a man is standing at a cocktail bar for a drink, is it necessary that he tip the bar man?

A. No.

Q. Is it all right for the bridegroom to hand the clergyman his fee?

A. No; the best man hands the fee to the clergyman, although it comes from the bridegroom.

Better English

By D. C. Williams

1. What is wrong with this sentence? "We expect to be finished with the work inside of a week."

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

3. Which one of these words is misspelled? Notary, sanctuary, gallery, culinary.

4. When does the word "pertinent" mean?

5. What is a word beginning with pro that means "serving to produce abundantly"?

ANSWERS

1. Say, "We expect to finish the work within a week."

2. Pronounce with accent on either first or second syllable.

3. Gallery or related to the subject or matter in hand. "It is a most pertinent question."

4. Pertinent.

5. Proliferate.

riched with sound and dependable qualities of mind, character and aspiration to attain a responsible and secure place in life by its own merit and potencies.

Cook's Corner

PEACH CUSTARD

2 cups peach pulp
2 teaspoons vinegar
¼ cup sugar
1 tablespoon cornstarch
Dash of salt
2 eggs yolks
¼ teaspoon almond flavouring

Meringue
2 egg whites
Dash of salt
¼ cup sugar

Prepare peach pulp by forcing fresh, ripe peaches through a sieve.

Add vinegar to pulp. Mix sugar, cornstarch and salt and add to peach pulp, blending thoroughly.

Bring to the boil and cook, stirring constantly, until slightly thickened. Place over hot water and continue cooking for 10 minutes.

Add a little of the hot mixture to the beaten egg whites then stir this into the remaining hot mixture and cook, stirring constantly, for 3 minutes. Remove from heat and add almond flavouring. Pour into six individual serving dishes. Chill and serve, topped with a cooked meringue. Yield: six servings.

To make meringue: Beat egg whites and salt until stiff. Gradually add the sugar, beating until mixture stands in stiff peaks. Pour boiling water, 3 to 4 inches deep into a large, deep pan or bowl. Drop meringue by spoonfuls into the water, making 6 meringues. Let stand 20 minutes.

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