

Woman's Realm Social and Personal Fashions Literature

That Body Of Yours

By James W. Barton, M. D.

THE GALL BLADDER AND GALLSTONES

Our physiologists state that the liver manufactures more than a quart of bile a day. When digestion is going on, the bile flows directly to the small intestine where it breaks fat for digestion, kills off harmful organisms and helps to move digesting food along the small intestine, and digested food with its wastes, along the large intestine and out of the body.

When digestion is not going on, the bile flows into the gall bladder where it is concentrated as much as 15 times by having the water in it absorbed; there is a change in acidity and some mucous is added to it. Bile in the gall bladder is, therefore, much thicker than when it is first manufactured by the liver.

Nature placed the gall bladder adjoining the liver so as to protect against sudden changes in pressure, to act as a storage warehouse for bile, and to concentrate bile between periods of digestion.

When food leaves the stomach and enters the first part of the small intestine (the duodenum), the lower end of the gall bladder opens and empties the thick gall bladder bile into the duodenum. If it is a "fatty" meal, the gall bladder opens more rapidly.

In "Medical Clinics of North America," Drs. E. J. Malby and Trevor Owen, University of Toronto, state that the great majority of disorders of the gall bladder and the tubes or ducts carrying bile from liver and gall bladder are caused by the presence of stones in the gall bladder and complications arising from the stones.

"Gallstones are very common, may occur in childhood, increase rapidly in middle life, and at the age of 70 may be present in 70 per cent of men and women." However, if gallstones are not causing symptoms, nothing need be done about them.

The outstanding symptom of stone in the gall bladder is biliary colic. The distress starts as a bloated feeling and increases to the point of steady pain in the upper right side of the abdomen, sometimes extending to the upper back. The treatment of a

FRANKFURTERS Better with French's

PREPARED MUSTARD



How Can I!!!

By Anne Ashley

Q. How can I renovate a hat band?

A. By brushing with a sponge, or small brush, with a solution made by dissolving 1 1/2 ounces each of sulphuric ether and water of ammonia. Rinse in clear rain water.

Q. How can I remove dust from a black straw hat?

A. When cleaning a black straw hat, rub with black velvet instead of brushing. The dust will be completely removed.

Q. How can I avoid difficulty in raising and lowering a stubborn window?

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Household Scrapbook

By Roberts Lee

Removing A Splinter

A splinter may be removed from the flesh as follows: Take a wide-mouthed bottle, fill with hot water, and press the open neck against the splinter. The suction will draw the flesh down and the steam will cause the splinter to come out unless it is very deep. This will also draw out much of the soreness.

Leather Bags

After the leather bag has become worn, try giving it an ordinary "shoe polish shine." Then wipe it thoroughly with a dry cloth. It will renovate the bag wonderfully.

Laundering Sweaters

Before laundering sweaters, sew the buttonholes together to prevent them from stretching and becoming unshapely.

The Stars Say--

By Genevieve Kemble

For Friday, July 30

IT is probable that very stubborn or crystallized situations, with limitations, frustrations and restrictions causing a perplexing and dubious state of affairs, may be conquered by steadfast and diligent adherence to sound routine. Such obstructions or stagnations may be definitely set aside by good work, born of ingenuity, brilliant ideas, faithfully put into execution and winning rewards.

Those whose birthday it is may plan for a period of industry, well-studied preparation, concerted attack of difficulties, delays, obstacles and congestions. The mentality may be adaptable and astute enough to tackle new techniques, ways and means for removing impediments, possibly with practical application of shrewd and novel ideas flashing into a fortuitous impulse. Keen vision, quick action and a flexible state of mind, may overcome and swerve matters to a place of free manipulation.

A child born on this day may be versatile, adaptable and shrewd.

DOROTHY DIX SAYS—

By Dorothy Dix

Marriage Vows Stressed

Movement Seeks To Stabilize Matrimony Protect Wives Against Deadbeats

Apparently marriage is going to be a much more serious adventure in the future than it has been in the past. Heretofore with thousands of men and women it was one of the things they did on the spur of the moment, if they happened to feel romantically inclined, but that they didn't have to worry about because it was always one of the things that they could take, or leave, as the spirit moved them.

Girls didn't give as much consideration to selecting a husband as they did to picking out a new model, and when a man lost his taste for his old hat, and she swapped her hair for a new model, and that was that. Of course, it wasn't according to Hoyle, but then marriage has always been one of the games in which there have always been a thousand exceptions to every rule.

So we have had the bobby-sox marriages, and the marriages of boys who had never earned a nickel in their lives and who brought their wives home for their families to support, and the repeater marriages of men and women who had acquired the chronic divorce habit. And it has all made a pretty sordid mess.

GLAD TIDINGS

Therefore, it is glad tidings of great joy to learn that a movement is on foot to take marriage out of the gambling class and make it the most responsible act of an individual's life. Curiously enough, the reformation has started with an effort to be made to protect wives against deadbeat husbands. It used to be that only rich women were the victims of trifling men who married to get wives to support them, but nowadays when so many competent business women command good salaries they are the prey of the Weary Willies who never do another lick of work after they get married.

No sight is more common or more pathetic than that of the working wife who has toiled all day at her task, and then has to stop, as she comes home, and buy the food and cook the meals and clean the house and wash the clothes of her parasitic husband. Apparently, however, the days of the human sponge are numbered, as many of the big business firms are refusing to employ married women. And while this may lessen the number of marriages, it will give the women who do get married husbands who will cherish and protect them, instead of being slave-drivers.

Also, and this is another modern improvement, many judges are overhauling the divorce racket and trying to make it less of a graft. This goes for both sexes, for neither one often shows any heart or conscience in dealing with a situation that is filled with tragedy for all right-thinking people. Men callously leave their wives and children to starve, while they spend their money on having affairs with girls young enough to be their daughters. And there are thousands of women who live luxuriously on the alimony squeezed out of their ex-husbands against whom they have brought fake charges.

It is a matter of common knowledge that there is no debt that is so hard to collect as that which men owe their families. Furthermore, in trying to force divorced men to pay their alimony it has put a crimp in marriage, for not many husbands can afford to support two wives and the kids. So maybe we will get back to the one wife standard, after all.

Better English

D. C. Williams

1. What is wrong with this sentence? "I was ravenously hungry."
2. What is the correct pronunciation of "campanile"?
3. Which one of these words is misspelled? Pharaoh, emporer, dauphin.
4. What does the word "acumen" mean?
5. What is a word beginning with mu that means "having the same relation to each other"?

ANSWERS

1. Say, "I was ravenous," as ravenous means eager for food. 2. Pronounce kam-pa-ne-le, first a as in add, second a as in ask un-

SIMPLE CROCHET TRICK

Q. What are some of the so-called "finger-foods"?

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A. Neither. She should sign her name "(Miss) Mary Jones," enclosing the "Miss" in parentheses.

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Ellen's Diary

By an Island Farmer's Wife

Last night's brief electrical storm

which had been threatening about Alderley at the time Jamie retired spent itself presently far beyond while he slept blissfully unaware of it in the wide old bed and James and I chatted fitfully in the kitchen below. When the rain tumbled from an eaves' spout noisily to the barrel beneath, Jamie's thoughts were on the mowed hay, then lying in swath. "It will be ruined entirely!" he commented. "We'll have more than we need anyway!" I comforted him watching the fascinating play of lightning above a hill. And knew at once how simple to his mind were my words. For always from my abundance, James is one to gather and save for the lean years so certain to come to farm folks. I overheard him speak of this very matter to Mr. C. from the house on the hill, who had come on a recent evening to find out if James had enjoyed his trip off The Island. Mr. C. himself knows Canada very well, having made several trips across it and besides as he says "in my day" he also has visited the eastern U. S.

"And what do you think of cutting the lightest of the hay—though there's none of it too tight this year, and letting it lie? Jus' save the best fields to the barns," he asked James. "I don't like that idea at all!" James replied. "I like to gather it all—seems as though that's what we're given it for. Yes, save every bit of it. There'll likely come a year when every last forkful of it will be used. Sometime within seven years, the old people used to say and I've often seen it like come true. We don't have to look back too far neither to know the truth of it. Wouldn't an extra stack or two have come in mighty handy on a good many farms last winter? That's one of the things that's wrong with the times we live in now," he continued looking at me, knowing my inclinations are akin to those of the proverbial cricket "too many people never plan ahead for the rainy day to come!"

In the welcome coolness of the rain-washed morning, Jamie, elder grandson of ours who comes and goes at his own fancy, helped carry the cream down to the spring, oelow the mill. I tried to dissuade him. "It will be a wet path!" I told him. "But I shan't mind that!" he said "you know, I've never yet seen that spring." And we quite forgot the dampness of our trail, being taken up with our chatting of many interests along the way. Wild vetch in a luxuriant tangle of blue purple grows in picturesque profusion along the milldam and Queen Anne's Lace, creamy gossamer stuff out of dreams, is there neighbouring it. Stray morning glories as well, their pink cups still holding the dewy wet of last night's rain.

When we came to the spring, Jamie dipped a curious hand into the clear cold water to compare its coldness then with that which flows from "the tanks" when the mill-wheels are idle and through which we must wade to reach the spring. He must hear how the box-like structure about it, now moss grown, came to be built in the long ago and how the rustic bridge of slabs set in place to carry me over the stream dry-shod had disappeared in one or another of the freshets the years turnings had brought.

And thus it was pleasantly this morning, to the tune of summer bird song that Jamie's wish was gratified. May others besides him—those bound by taut strings to their daily duties be able to find

Dependable Always!

KING COLE TEA

Morning Smile

By Genevieve Kemble

Old Angus MacNab had been a hard, cruel man, and among his relatives the news of his suicide had been received with more rejoicing than sorrow. But his son, Sandy, whose home the old man had met his quietus, persisted in moping over the affair.

"Sandy," admonished a brutally frank acquaintance, "why do you carry on so? The old man was a regular torment to everybody, and you know, down deep in your heart, you're glad he's gone."

"That I am," admitted Sandy. "It's cruel to admit it, but true. You're not thinking he suffered, when he took off, are you? He just turned on the gas and went to sleep. So what's eating on you?"

"Mon, oh, mon," groaned Sandy. "Just look at this terrible gas bill the old cool left me!"

time and a way to leave them to have as he did, some wish come true—to see at last what delights lie beyond that hill, or around that bend or perhaps over that horizon now that the enchantment of July days are at hand. "Perhaps next summer" we have said hopefully of some anticipated short or longer-outing, to find that it has come and slipped away if we allow it. "Next summer" is colorfully, fragrantly, and bewitchingly at hand.

Without the cares of haying today, our farmers were busy. There were lots to be set in place in readiness for the return of saving weather; there was a cleaning of sites and a bedding and towards evening some weeding of turnips was done. Visitors touring The Island to find it "very lovely" called to talk shop with James and me, and if the haying is inclined to be catchy so far, this has been an altogether pleasant day.

Until tomorrow — Diary — Good-night.

Cook's Corner

By Genevieve Kemble

PINEAPPLE JUICE PIE

4 tablespoons flour
3 tablespoons cornstarch
1/4 teaspoon salt
1/2 cup sugar
2 cups pineapple juice
2 egg yolks, beaten
1 tablespoon butter
1 tablespoon lemon juice
2 egg whites
4 tablespoons sugar

METHOD: Sift the flour, the measure and combine with the cornstarch, salt and the 1/2-cup sugar, mixing well. Add about one-third cup of the pineapple juice gradually, stirring until the mixture forms a smooth paste. Now add the remainder of the pineapple juice.

Cook this in the top part of a double boiler, over boiling water until thickened, stirring constantly. Beat the egg yolks and add a little of the cooked mixture to them mix well, and return to the rest of the mixture in the double boiler. Cook for about 2 minutes longer then remove from the heat and stir in the butter and lemon juice. Cool the mixture slightly.

Then pour the filling into a baked pie shell. Cover with a meringue. Make this by first beating the egg whites until frothy and gradually beating in the 4 tablespoons sugar. Beat until the meringue will stand up in firm peaks. Brown the meringue in a moderately slow oven (325 deg. F.) for about 15 minutes.

FREDERICTON, July 27 — (CP) — Miss Pearl Merrill, Fredericton, was crowned centennial queen tonight at one of the ceremonies marking this week's celebration of the city's 100th birthday. She won a \$200 scholarship and a trip to Hamilton, Ont., for participation in the Miss Canada contest Aug. 19.

Miss Betty Wolfe was awarded second place.

PEG, WHY IS IT? MY DRESS IS BRAND NEW— YET YOURS IS WHITER?

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True!

NEW Rinso with SOLIUM GIVES THE WHITEST WASH

It's thrilling to see! Rainy days or sunny days... whether you hang clothes indoors or out of doors... new Rinso with Solium gives your wash a new brilliance never experienced before. Results are amazing! You'll see white clothes come whiter than brand new... washable colors get brighter than brand new! And the oftener you wash clothes with new Rinso THE WHITER AND BRIGHTER THEY GET! You'll see these astounding results even with the hardest water. For the whitest wash every time, get new Rinso containing Solium today!

—yes, even Whiter than Brand New!

*No other soap in the world can give these results... no other soap contains Solium!

SO SAFE FOR CLOTHES... SO KIND TO HANDS

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It is made from the juice of whole Annapolis apples using the most scientific methods of maturing in wood full table strength in handsome 12 and 24 oz bottles and extra pickling strength in gallon and half-gallon "demijohn" bottles and bulk. Ask for them.

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KENT FOODS LTD., CANNING, N. S.

Needlecraft FOR THE HOME

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2653
SIZES 10 - 40

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