

Woman's Realm Social and Personal Fashions Literature

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AYLMER'S CHICKEN SOUP

YOUR FAMILY DESERVES AYLMEER QUALITY

That Body Of Yours

By James W. Barton, M.D.

EXCELLENT RESULTS IN TREATMENT OF VETERANS BY SHOCK

One of the findings in World War I which was of great help in World War II was in the treatment of what was called shell shock and nervous cases. In World War I, when it was found that a man was emotionally so upset that he was unfit for service, he was sent to base hospital and then home. It was thought that getting completely away from the war zone would bring about recovery in less time. This was not what happened. Once the men got home most of them did not regain their grip on themselves for months, and this meant in many cases that the war was ended before they fully recovered.

In World War II, instead of being given a long lay-off from duty, the emotionally upset servicemen were transferred to the nearest base hospital and given a good rest, but always with the idea that he would soon return to duty.

What happened was that while he was resting, he saw other men who had suffered with the same nervous symptoms as himself, who were gradually recovering and had been thought in mind—not to only one but to go back to combat duty and help out their comrades still fighting his battle and that of their whole country.

Fortunately also, since World War I, the shock method of treatment of mental and emotional cases has been tried in thousands of cases with excellent results.

In "The American Journal of Psychiatry," Drs. S. Paster and S. C. Holtman report their results in the treatment of 1,000 veterans suffering from mental symptoms, by use of insulin and electric shock. All these cases had been given the usual routine treatment without success. They state that the large percentage of social recoveries return to work and family activities as to efficacy or effectiveness of shock treatment. Insulin was found to be the most effective treatment when used alone or following unsuccessful treatment with electric shock. Also the results last longer.

In cases who were not overly nervous or emotional before joining the armed forces, shock treatment was strikingly effective even where the symptoms were brought on under great emotional distress.

Shock treatment is the greatest step forward in the treatment of mental conditions in recent years and fortunately came at a time when mental hospitals were generally overcrowded.

Cook's Corner

APPLE CUPS

3 small apples
1 cup sifted all-purpose flour
Or 1 cup plus 2 tablespoons sifted pastry flour
2 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
1 egg
1/2 cup milk
2 tablespoons melted shortening
Fare, halves and core apples. Mix and sift flour, baking powder, sugar and salt. Beat egg and milk in a mixing bowl. Add dry ingredients all at once, stirring only enough to moisten. Do not over-stir. Add melted shortening. Place batter in six large, greased muffin tins. Place an apple core side up on top of batter. Fill centre of each apple with brown sugar, sprinkle lightly with mixed spices and dot with butter. Bake in a moderately hot oven, 375 degrees F., until apples are tender and cakes baked, about 20 to 40 minutes. Serve with cream or pudding sauce. Yield: Six servings.

The Morning Is Near Us

By Susan Giasspell

Diego, Koula, Pancho and Hans were celebrating their first Fourth of July. Pancho with nothing but distaste. Ears and hoofs proclaimed that on this day he was definitely not an American. Hans was under the bed. But Koula and Diego were loving their country without stint. Lydia assisted and watched and prayed.

"No, no, Koula—you can't hold on to it! When Diego lights it for you, throw it as far as you can. Not at anybody!"

"Oh, dear! Goodness! Had Father and Mother worried this way about her—when she was hurling firecrackers all over the place?"

"She heard a car, and with a word of caution to Diego about Koula—you could trust Diego—went round the house.

An elderly gentleman was getting out of his car. He stood looking at her as she came up to him. He held out his hand and said: "You're little Lydia."

"And you're—"

"No, you don't know. You haven't changed as much as I have."

"You're Judge Kircher?"

"Now how did you know that?"

"Partly remembering. And because I've been thinking about you."

"Henry said you asked about me. I was much pleased. I've been meaning to come and see you. Fourth of July is an odd time to choose, but I had to leave home. I live next the Stephens. They have five boys. Five. And each boy has many friends. I didn't know boys had that many friends."

"So you jumped out of the frying pan—Addie's boy Roy was letting go with something that tore the air 'onto the barricades."

He said there was more room here for escape. But instead of escape he wanted to go round the house and see the children.

They were at home with him almost at once. He shot a few crackers and told how he had once burned his hand—you had to be careful with the tricky things. Then he picked up a package he had with him. These were for after dark, he said. One of them would make American flags up in the air.

As they were leaving the children he pointed back to Diego. "I was about his age when I came to this country. I've never been sorry I came and I don't think he will be. Not with you. That was a fine thing you did, Lydia."

Like the children, she felt at home with him. He was so kindly and easy; you felt you could count on him.

They went through the kitchen into the dining room and he stood there looking around, for a moment saying nothing. He went in to other rooms, with little to say at first. Then he sat down as if suddenly tired, or as if dwelling with something of his own. She didn't speak as he sat there thinking. "And now you're here," he said heartily.

She nodded and smiled, and as looked at her his face changed. "I heard a perfectly damnable thing, I heard you came home believing your father had died."

"Yes," she said.

"And then you had to hear the whole thing?"

"I didn't hear very much," she said. "Even yet I don't know much."

He looked troubled.

"You come to know things in unexpected ways," she said, as if she would not exact anything of him. "The other day I came much closer to Mother."

He gave her such a swift startled look. "How was that?" he asked.

She told him about the old trunk—the keepsakes, and even spoke of the letters.

He seemed about to say something, but instead murmured so compassionately: "Poor Lydia. And under his breath, "It fell on you."

She wished he would tell her what it was fell on her. He could—she felt sure of that. Yet perhaps he couldn't. Some confidence—something he held inviolate—a loyalty to the past.

To be continued

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DOROTHY DIX SAYS -

Fiancee Worries

Should She Marry Man Who Must Live With Mother?

DEAR MISS DIX: I have been engaged to a boy for three years and we are no closer to marriage than when we started. He is the sole support of his mother, who is a woman 53 years old, and he does not make enough money to support two homes. We could not get married if I would consent to live with his mother, although she is nice. He is a sound investment for a happy marriage, but I don't think that this is a sacrifice for him, but I say that it is because I love him that I am afraid to risk breaking up our marriage.

What should I do?

NINETEEN

ANSWER: You will find the answer to your problem in your own heart. Look carefully into that and try to find out whether you love your fiance so much that the very thought of life without him will be cinders, ashes and dust, then go ahead and marry him, notwithstanding the handicap of a mother-in-law. But play fair. Don't take your happiness at the expense of that of the man and his mother.

BETTER OFF ALONE

Of course, a marriage has a better chance of success if a young couple can go off by themselves and set up their home alone. But there are many cases, like yours, in which a man cannot support two establishments and where it is necessary for his mother to live with them.

Whether this is a curse or a blessing depends, as a general thing, upon the spirit in which the young bride meets her mother-in-law. The mean mother-in-law is the exception rather than the rule. It is perfectly possible for the young wife to make a friend of her mother-in-law and to really find in her another mother. Mothers-in-law can be an ever-present help in times of trouble, especially when the babies begin to come, and an overworked and overtired young mother is glad enough to have a little assistance.

It seems to me that a woman cares very little for a man if she lets a little thing like a bugaboo of a mother-in-law scare her off from marrying him. But you are right about one thing, and that is that if you are going to let the idea of living with a mother-in-law keep you from marrying this man you had better break the engagement off now. It is folly for you to tie yourself longer to a man whose conditions of marriage you cannot alter and will not accept.

The Stars Say - -

By Genevieve Kemble

For Friday, January 13

AN abrupt and entirely unforeseen intervention, a stroke of luck as it were, may save this day from a dire and drastic state of affairs, turning the tide when all seems forlorn and hopeless. Some unguarded situation, a blunder in judgment, or an unreasonable course of action, hasty and illogical, in which funds, prestige and prospects are jeopardized, could be dramatically swerved into constructive channels. Suspend judgment until this rescue.

For the Birthday

Those whose birthday it is are encouraged to anticipate an unforeseen intervention in which bad bargains, false moves, or commitments, mistakes or errors, may find an open door from calamity, through an abrupt turn of events. This might be a brilliant coup, a creative idea, an innovation. Some sudden quirk of fate may prove dramatic; a saving grace when disaster and loss loom large. A child born on this day may

Morning Smile

LIKE MOTHER

Aunt Mary: "And what did Daddy say when you told him you had won first prize for diction?"

Bobby: "He said, 'Well, well, you're getting more like your mother every day!'"

Do Your Nostrils Fill Up at Night?

Does your nose clog up and prevent sound sleep at night? Have you a sinus pain over the eyes? Is your breathing difficult? You can assist in clearing away these troubles in a simple way. Sprinkle a few drops of Catarrh-o-ome on your handkerchief and breathe in the soothing vapor.

Sneezing and Catarrh commence to disappear after Catarrh-o-ome is used. Pain over the eyes fades. A weak throat is soothed, sinus pains get relief, spitting and nasal discharge are checked. Get Catarrh-o-ome today. Sold in 35c and 75c sizes at all drug stores.

ELLEN'S DIARY

By An Island Farmer's Wife

Availing themselves of a new and intriguing method of transportation for it this morning, our farmers busied themselves in cleaning away to a far field, accumulations of barnyard manure. We overheard the prospect of this when plans were made to "clean out those mob-stalls today" in addition to the daily haulings which are borne away from stables and sties. "Pretty slippery for a horse" they agreed, thus living up to our feminine conception of them, which considers that they incline to over-emphasize the truth that "A merciful man is merciful to his beast is kind." And so it was by way of the sizable new truck owned by him whom we know as "the young lad" from the house on the hill that these ferrerings were done, clearing away in short order that otherwise would have been a lengthy endeavour. Granddaughter Hilda caught rides the distance which lay along and beyond the rise in the stump-field, to enjoy not only the trip but the miracle of the dumping of the heap, when at the touch of a lever, the great load slid away to the heap. "It was... just wonderful!" she came in to report, eyes shining with the delight of the outing.

Fertile and productive soil is, after all, the farmers' capital. This he must maintain if he would gain a decent living from his farm and pay the debt he owes to his succeeding generation. If it so happens that Nature, has been presumed upon or over-drawn without thought of return, what eventually is the outcome? Likely impoverished and deserted farms, buildings that had been fashioned, once upon a time as a labor of love, abandoned and decaying, spruces taking possession of a far field, and winds blowing lonely over the desolation of it all. At Alderlea, the farmers look well to the returning at least as much to the soil as has been taken, and we believe from the repeated haulings to the farm in the way of feeds and bedding, considerably more than has been removed in the cropping.

And if as has been said "we eat according to our soil fertility" then, if this may be reckoned by the quantities of barnyard manure returned to our acres, the family at Alderlea should enjoy a fairly good food. No scrap of hay, or straw, no measure of grain, and ordinarily no turnips, are sold off the place, but it has been the policy always to feed these products and return the residue of these to the soil. Not that our farmers' methods of farming are worthy of being followed, nor have we always enjoyed a surplus, but if there was likely to be, animals were raised or bought expressly to use up the same. Nor do we regard our acres as above others, or as we are well aware even equal to those on many an Island farm in point of production, but odds the years and against the odds which are peculiar to farm-land, which beds a mill-stream—and not forgetting the ideal pasturage that affords — we can be certain that the fertility of the soil has not been unduly robbed by the crops taken, but on the contrary, by the generous applications of humus, been well maintained.

It is a belief no idle fancy of ours that in more than one case, Island farming in recent years has become so mechanized that too much emphasis has been placed on quick cash crops — potatoes, turnips, hay, straw, grain, which practice stands to give little in the way of return to the soil, instead of stressing dairying, beef-raising, hog production, and poultry farming, upon which, it is a fact, the vitality of a farm and the welfare of its people depend. What will be the sequel to these present-day trends? Will there eventually be a trek back to the safer ways of former years? If as some will have it "impoverished land breeds an impoverished people, mentally, physically and spiritually" what will be the inheritance of succeeding generations of the land? These are amongst the questions that are discussed, when the shades of evening bring Mr. C. from his house on the hill to visit with James.

In the comfort of his old arm-chair James looks up now from his reading then settles back obviously well satisfied with his day. "If Winter comes now, Ellen," he observes "well, everything is in fairly good order!"

Until tomorrow — Diary — Good-night...

BETTER ENGLISH

By D. C. Williams

1. What is wrong with this sentence? "He not only visited Los Angeles, but also San Francisco."
2. What is the correct pronunciation of "bi-noculars"?
3. Which one of these words is misspelled? Binocular, biennial, bisarre bituminous.
4. What does the word "vicissitude" mean?
5. What is a word beginning with an m that means "mutual good will"?

ANSWERS

1. Say, "He visited not only Los Angeles, but also San Francisco."
2. Pronounce ba-re-leaf, a as in ah, both e's as in me, accent last syllable. 3. Binocular. 4. Change of fortune, condition, etc. (Pronounced all i's as in it, accent second syllable.) "A man used to vicissitudes is not easily dejected." — Samuel Johnson. 5. Amity.

have poor mental slants on practical matters, with danger of loss and extravagance, but may find eleventh-hour friends in critical situations.

DEAR MISS DIX:

I am in love with a school teacher, who is four years older than I am, and who is a college graduate. I am 19. I took three subjects from her in my last year at school. Should I tell her of my love, or just keep on being friends with her?

BILL

ANSWER: Just keep on being friends with her. Nearly all school-boys fall in love with their teachers if the teachers are young and pretty, but they get over it and are, oh, so glad that they didn't marry teacher when they get grown up and fall in love with some girl of their own age.

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

How Can I!!!

By Anne Ashley

Q. How can I avoid burning custard while boiling?

A. Add a half-teaspoonful of cornstarch to the custard. Another good thing to remember is that a little salt added to the custard will prevent drying and caking in the pot, and will also improve the flavor.

Q. How can I remove the odors from the inside of the refrigerator, pantry, or cupboard?

A. By placing in any of these places a dish of boiling water with a piece of charcoal in it.

Q. How can I repair a tear in an otherwise good raincoat?

A. Paste a piece of adhesive

MOLLY THE MILKMAID SEZ:

If you don't want to be a 'cold catcher' be a milk drinker. That's the best way to give winter colds the run-around.

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Household Scrapbook

By Roberta Lee

Too Much Salt

To remedy too much salt in soup add a few slices of potato to it and allow to boil for a few minutes. If still too salty remove the potatoes and add fresh slices until all the salt has been absorbed. The potatoes may be used for some other dish later on.

Castor Oil Massage

A little castor oil massaged well into the scalp once a week is very beneficial to the hair, and is claimed by some to arrest grayness.

Blue Fabrics

Blue fabrics will hold their color much longer if they are soaked in a solution of one tablespoon of salt to one quart of water.

Modern Etiquette

By Roberta Lee

Q. Where should a couple stop dancing when they wish to leave the floor during a dance?

A. They should dance to the edge of the circle of dancers. They should not stop in the middle of the floor and try to walk between the dancers, where they are almost certain to be in the way.

Q. When should a woman remove her wraps when dining in the restaurant of a hotel?

A. She waits until she is seated before removing her wraps, the waiter or one of the men in the party assisting her.

Q. How soon after leaving should a week-end guest write his "bread and butter" letter?

A. It must be mailed, if possible, within a day or two after his departure.

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-laxating laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your drugstore. 25c.

CHRISTIANS HELD JOBS

The governor, the sheriff and the mayor of Bombay in 1949 were all Indian Christians.

HUSKY BABY?

Help Keep Young Bodies Strong and Well

Mothers—to help your baby to have sound teeth, strong bones and a more husky body, give him pleasant-tasting, easy to digest Scott's Emulsion. Scott's Emulsion contains the Natural Vitamins A and D with other essential elements that babies and children need for proper growth. That's why it's many recommend Scott's. Buy the largest economy size to-day!

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