

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

That Body Of Yours

By James W. Barton, M.D.

TREATMENT OF PLANTAR WARTS

When we see so many men and women limping along the street we may think the condition is caused by fallen arches. While fallen arches is the cause in a majority of cases those tiny warts, plantar warts, on the soles of the feet, cause a great many, despite wide shoes and skilled treatment by chiropodists and sometimes orthopedic surgeons.

Some months ago in writing of the excellent results of X-ray treatment, we described the plantar wart as a tiny growth which looks like a red spot after the hard tissue is moved. It is really a small nerve ending, and the pain is caused by pressure. Once the pressure from the hard callus covering of the wart is removed the patient can usually walk without pain for some time.

I have written before of the results reported by Drs. Samuel H. Fisher and W. Edward Chamberlain, Temple University, in "Pennsylvania Medical Journal." They presented a comparison of X-ray treatment with vitamin A treatment. The results showed that a single dose of X-rays was as effective as more elaborate methods.

Vitamin A given in 100,000 units daily was used in the treatment of 42 warts. Treatment by X-ray was used in 315 cases. Treatment by X-ray resulted in 89 per cent cured; treatment by vitamin A, 36 per cent.

In "Southern Medical Journal," Drs. J. L. Pipkin, C. F. Lehmann and A. Resmann report results of treatment of 1,000 patients with a total of 1,734 plantar warts, with a single treatment of superficial X-ray.

Shaving off the overlying callus is first necessary. The size of the X-ray dose depends on the size of the wart. Very small warts are better treated by burning with electricity, liquid oxygen, or some other destructive process. Also, if wart is very large, it should not be treated by X-ray. Total number treated by one dose of X-ray was 670 and 330 had two or more warts distributed over soles of one or both feet.

All patients were observed after treatment for periods of 4 months to 21 years. Of these, 910 (91 per cent) were cured, and there were 90 (9 per cent) failures. In the entire 1,000 cases there were no bad results from X-ray treatment.

How Can I!!!

By Anne Ashley

Q. How can I clean plaster casts?

A. Dip the plaster casts into cold liquid starch. When dry, the dirt will come off with the starch leaving the casts as clean and white as when new.

Q. How can I preserve brooms?

A. By dipping them occasionally in boiling soda, as this makes them both tough and pliable. The rugs will also wear longer if swept with a broom treated in this manner.

Q. How can I impart a beautiful gloss to the leaves of ivy?

A. Try rubbing the leaves with a cloth dampened in salad oil.

The Stars Say --

By Genevieve Kemble

For Saturday, December 24

ALTHOUGH there is excellent promise of a pleasant, progressive and productive culmination to important projects of scope and grandeur, yet there may be an inclination to resort to dubious tactics, in which it may be easy to blunder into difficult situations. With a tendency toward schemes underhand behavior, or other show of expediency rather than principle, the influence of prestige, influence may undermine encouraging charges. Gambling or hunches may be fatal.

For the Birthday

Those whose birthday it is are in line for really fruitful and productive activities, with enhanced scope, long-range security and increased possession or expansive openings in connection with important persons. However, any attempt to resort to collusion, treachery, schemes, could undermine all fair prospects. Keep in conservative lines, suppressing urges to overplay the hand, or otherwise lose sight of principle. A child born of this day while having talents and ambition for a notable career, with important influence, at the same time may be ready with dubious or crafty ways for getting ahead.

which unfortunately, sometimes causes complications. Don't suffer with plantar warts. See a graduate chiropodist.

ELLEN'S DIARY

By An Island Farmer's Wife

In a strange coincidence which happened at the very close of our turkey-farming for the season, we had tidings yesterday of the modest little hen missing since Spring. She had been the subject of much speculation, and indeed intensive search by the family since a substantial reward had been offered for her return. We had been only casual at first about her absence because it was not unusual to see her stroll, attended by her lord and master in the direction of thickly growing spruce woodlands, to his habits. He loves me and I am very fond of him in spite of his stinginess. I do not want a divorce and I do not know what I could do for a living at this late age in life. But I do not care to spend the balance of my life slaving just for my board and keep without some consideration. What shall I do?

DOROTHY DIX SAYS -

Chronically Stingy

Impossible To Loosen Husband's Tight Fist

DEAR MISS DIX: I am a middle-aged woman, married to a man 18 years my senior. He is well off, and wants me to be happy. But the problem is he is chronically stingy. He hands me every cent with a speech reminding me that I have spent a lot. When I charge any absolutely necessary item, he goes over every detail with the most galling reproaches. I do all of the housework, am very economical, and he seems proud of me. In addition, he is very slovenly in his habits. He loves me and I am very fond of him in spite of his stinginess. I do not want a divorce and I do not know what I could do for a living at this late age in life. But I do not care to spend the balance of my life slaving just for my board and keep without some consideration. What shall I do?



G. G.

ANSWER: There are only two courses open to you and in either one the choice is between the devil and the deep blue sea. You can leave your husband and battle again with the wolf at the door or else you can just make up your mind to face the situation philosophically and bear your husband's miserliness with what fortitude you have.

SELF-SUPPORT DIFFICULT

You are wise in recognizing that it is difficult for a middle-aged woman to go out and support herself. Especially if she has never worked outside of the home and has no business training. Just a good and hard quality of her wife until he has lived with her for some years, and the same thing applies to the wife as regards her husband, and when they find their mistake and that they have ceased to care for each other, do you think they should go on living through life trying to force themselves to love each other?

A FRIEND

ANSWER: As for telling husbands and wives how they can stay in love and keep from firing of each other, that cannot be done. The one thing we cannot control is our impulses. Probably no man or woman ever deliberately put out the fire on the domestic altar.

So when a couple falls out of love it is not of their volition. We can't force ourselves to love an individual, nor can the individual keep us in love with him or her. We cannot make our own magic.

As to whether a husband and wife who have fallen out of love with each other should continue to live together—that, I think, depends upon circumstances. If they have no children and they are unhappy together, I see no reason for them not to part. And even if they have children, if they are so antagonistic that they are continually quarreling and making life a torment for each other, I think it is better for them to separate. Better for them and better for the children to be brought up in a divided household than in one which is a palace of strife.

DEAR MISS DIX: What is a duty of a father toward two daughters, who have married men who seemingly do not want to support them? My daughters seem to think it my duty virtually to clothe the grandchildren. This I cannot do without cutting in on my wife's small luxuries, as my income is limited.

A PERPLEXED FATHER

ANSWER: I think that after children are grown and married and have gone off on their own they should stand on their own feet and support themselves. They have no right to expect their parents to deny themselves in order to give to them, and you will be perfectly right if you refuse to let them hold you up. Perhaps if your sons-in-law realize that they will have to clothe their own children they will go to work and do it.

It does young people good to be thrown on their own responsibility. When the youngsters know that they must either sink or swim, they strike out and swim.

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

BEST WISHES

FOR A

FIRE-SAFE HOLIDAY SEASON

The following suggestions, offered by CHAPPELL & COMPANY, may assist you in making your Christmas safe and happy:—

1. Select your electrical appliance gifts with fire-safety in mind. Choose those electrical toys and Christmas-tree and decorative-lighting sets which comply with the safety standards of the Canadian Standards Association and Underwriters' Laboratories Inc.
2. Purchase a freshly cut Christmas tree which has been stored out-of-doors and keep it out-of-doors until needed. To prepare the tree for indoor use, saw off the butt end at an angle and one inch above the original cut; also cut vertical grooves into the cambium of the tree trunk. Keep the tree standing in water while it is in the home, adding water as necessary to keep its level above the cuts. The tree will absorb water and retain its color and needles, thus reducing the flammability of the tree. A safer method would be to obtain a living tree which can be planted out-of-doors after the holiday season.
3. Frayed strings of Christmas-tree lights and worn wiring are dangerous. Electrical circuits should not be overloaded. Tree sets and decorative pieces designed for indoor use should not be used out-of-doors. The maximum number of Christmas-tree lighting units that should be connected together are: ten eight-lamp, miniature-base, series-connected units; candleabra-base, multiple-connected units (based on a consumption of 7.5 watts per lamp), which will involve a total of not more than 50 lampholders; or intermediate-base, multiple-connected units (based on a consumption of 10 watts per lamp), which will involve a total of not more than 60 lampholders.
4. Use electric lights, and not candles, for illuminating your window decorations. Be sure that all lamp bulbs are several inches from the nearest flammable material. In decorating the home for Christmas, don't place cotton and other flammable material around the tree. It is safe practice to keep electric toys and other electric toys away from the Christmas tree. Don't leave the tree lights burning when you go out. Remember, it takes less than half a minute for the average Christmas tree to burn to charred wood. For safety sake, choose a small tree and lessen the hazard.

Looking now toward the more cheerful aspect of the holiday season, the staff of CHAPPELL & COMPANY wishes you a Merry Christmas and a Prosperous New Year.

CHAPPELL & COMPANY

161 QUEEN ST. PHONE 1440

Cook's Corner

BUTTERSCOTCH CHEWS PECAN

- 2 cups sifted pastry flour
- 1 teaspoon baking powder
- 1-3 teaspoon salt
- 4 tablespoons butter
- 4 tablespoons shortening
- 1/2 cup granulated sugar
- 1/4 cup corn or golden syrup
- 2 egg yolks, well beaten
- 1 teaspoon vanilla.

TOPPING

- 2 egg whites, beaten stiff
- Pinch salt
- 1/2 cup brown sugar
- 1/4 cup corn or golden syrup
- 1 cup coarsely chopped pecans.

Cream butter, shortening and sugar well; add syrup and beat thoroughly. Add well beaten egg yolks and flavoring. Gradually add dry ingredients, mix thoroughly and knead well.

Press mixture into well greased 8 x 8-inch pan and bake 10 minutes in moderate oven (350 F.). Beat egg whites with pinch of salt until stiff, gradually add brown sugar, beating until thick. Then add syrup slowly and blend thoroughly. Spread this topping over partially baked crust, sprinkle with pecans and return to oven until topping is set, about 25 to 30 minutes.

Cool in pan and cut into finger-lengths. Broken walnut meats may be substituted for pecans.

Household Scrapbook

By Roberta Lee

Oil Paintings

Oil paintings may be cleaned by washing a small portion at a time in lukewarm mild suds, drying immediately. When the entire surface has been cleaned, follow by going over lightly with a flannel moistened with the best grade of linseed oil.

Electric Refrigerator

To keep the electric refrigerator running efficiently the dust or lint should be kept off the condenser coils in back of it.

Chopped Nuts

Instead of chopping nuts for cakes or cookies try placing them in a cloth and running the rolling pin over them.

Nutritious BUTTER-NUT SLICED

EVEN SLICES SAVES MONEY SAVES WORK SAVES TIME

Always Fresh AT YOUR GROCER'S

NO MORE CUT FINGERS

Eastern Bakeries' BUTTER-NUT BREAD

Morning Smile

STILL HUNGRY

A city gentleman attended a dinner given by a hostess whose hospitality was notoriously inadequate. Her dinners were frequently referred to as "samples," and invitations to them were not accepted with alacrity the second time. Her wealth was great, however, and her social persistence was untiring, so there were usually some guests at the table.

"This dinner was of the usual inadequate kind."

The hostess said to him amiably: "Now, do tell me when we may expect the pleasure of having you to dine with us again."

"Immediately, Madam," was the unexpected and decided reply.

Better English

By D. C. Williams

1. What is wrong with this sentence? "Since when have you been aware of that?"
2. What is the correct pronunciation of "tithes"?
3. Which one of these words is misspelled? Professional, prognosticate, promissory, pronome.
4. What does the word "inordinately" mean?
5. What is a word beginning with ha that means "dwelling"?

ANSWERS

1. Say, "How long have you been aware of that?" 2. Pronounce the 1 as in tie, the 2 as in smooth, not as in both. 3. Professional. 4. Excessively; intemperately. "She was inordinately proud of her beautiful complexion." 5. Habitation.

EXTRA! Last-Minute Baking Turns "Leftover" Lunch into Triumph! Thanks to FAST-ACTING FLEISCHMANN'S YEAST!



A spur-of-the-moment baking idea—and soon piping-hot Parker House luncheon rolls are out of the oven calling for butter or jam! You can turn the trick often—with luscious dessert breads, spicy hot buns—when you use dependable fast-acting Fleischmann's Yeast. If you bake at home, insist on Fleischmann's Yeast for best results every time.

Choose either form

FRESH or DRY

FLEISCHMANN'S ROYAL FAST-RISING DRY YEAST

NEW! Needs NO Softening

Modern Etiquette

By Roberta Lee

Q. After a young man has taken a girl out for an evening of entertainment, would it be all right for her to ask him to call on her sometime?

A. Yes. This is her privilege, and probably the best way to ask him to dinner at her home.

Q. Should a girl take hold of a man's arm when walking across the dance floor?

A. No; only during a grand march, or when going in to sup-