

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

That Body of Yours

By James W. Barton M. D.

THE MEDICAL TREATMENT OF SEVERE GOITRE

In our examination of recruits for overseas service, we found that among the younger men there were many with a rapid heart beat. Most of those cases of rapid heart beat were caused by nervousness as, after a few minutes of resting and reading, the heart beat was normal. What we were trying to detect was whether there was any tendency to goiter as this could wear out the heart, particularly under the hardships of war.

Once goiter, the severe form called exophthalmic goiter, is well established the heart rate is "always" fast and, like any other overworked tissue, the muscle tissue, of which the heart is entirely made, gradually weakens. It is then to save the heart from becoming too weak to do its work that in extreme cases surgical operation—removal of the thyroid gland wholly or in part—is performed, the heart slowing down immediately after operation.

In other cases, where the thyroid gland must be removed but not in such a hurry, the X-ray brings about a cure in a matter of months. However, as physicians today are on the alert and detect exophthalmic goiter in its early stages, rest and medical treatment are curing many cases.

In the "Medical Record," Dr. Israel Bram, Philadelphia, the noted authority on the medical treatment of exophthalmic goiter, reports the results obtained in a series of 50 cases by use of the drug prosthigmin. The ages of the patients ranged from 12 to 64 years; 35 were females and 15 males. The heart (normal 72 to 78) varied in different patients from 80 to 180 a minute, the average being 124.

ACCORDING to the lunar transit in aspect with several angles of major significance, it is urged that a pause be made for analysis and evaluating all possible factors before any definite course of action be inaugurated. Statistics, figures, systems and techniques, should be calmly and objectively appraised before deciding on any adventure or procedure where there are hundreds of loss and frustration. Funds, assets, prestige, position and the physical energies and forces as well, are in the balance. It might be wiser to take a vacation rather than make a false start.

For the Birthday

Those whose birthday it is may be advised that the year is filled with astrological oppositions, which means just that—little encouragement from events, circumstances, situations or personages. And while strength and capacity for overcoming obstacles and battering down obstructions. Health, possessions, position and peace of mind are at stake so if the outlook seems too formidable it might be "waited around" by a vacation or rest.

A child born on this day may meet obstacles and have a fight to win against odds and barriers, through strong personality buildup.

Andrew-Sinclair Nuptials



Photographed leaving Trinity United Church following their marriage on Aug. 23rd. Mr. Frank Andrew and bride, the former Miss Isabel Sinclair. In the background the groomsmen Mr. Alan Andrew and bridesmaid, Miss Caroline Sinclair.

Ellen's Diary

By an Island Farmer's Wife

The small pigs of the first of the fall litter, for whose coming every preparation had been made, arrived during last night, the exact time being somewhat obscure. This morn, perhaps saving consciousness over sleeping too late to be present at the happening, guessed "It must have been towards morning." In any event, all had been as usual in the piggery when they retired last night and this morning—strange thing that it was!—when I chanced to be the first one abroad, only enjoying the beauty and tranquillity of the sunrise I heard the unmistakable sounds of new-comers there. Outside the door, which on such occasions is barred to all except the regular attendants there, I could catch the faint cries of the newly born, the strange murmuring that indicate creatures new come to the world. On farms one finds the wonder of birth in a lamb's first bleat; in a calf's earliest plaint; in a kitten's piteous mewling or in small pigs about their dam.

The men were soon at the scene, amid a silence about the yard, actually desecrated by the rooster's lusty crow. If I, inclined to be anxious when the fortunes of the place are in the making—or wanting-chance to linger without sight, presently as this morning James will come to the piggery door, and though wordless in the interest of the silence which must be maintained, for the small ones immediate welfare, it is no trouble at all, now, for me to read the news I wish to know.

A patient expression, skin almost to sadness indicates that our luck has been only fair; a complete ignoring of ones proximity—when I suppose bewitching castles are being built—show excellent fortune, while drawn brows and a digested air means what James expresses in words later in the kitchen: "I always said we shouldn't have kept that one matter how promising she always appeared. She's no good, and neither was her mother before her. She never had a good litter and I always fancied her pigs were ill-doing." He is interested in following traits in animals and humans, the good and the not-so commendable, especially in the female line. "I saw her mother" at once decided the fate of the animal about to be purchased, and not very long ago overheard James say to a lad who had a-courting been: "Have you met her mother yet? Well, if she's like her mother, and smart and good natured, the daughter'll be a fortune to you on her bare feet." This latter an old meaningful expression with respect to the almsness of a dowry.

Though these are James' words I always fancied he favored the old custom, the fact of an animal, quoted, nor made too light of even in this day and age, where the farmer bestows a substantial wedding gift on a daughter when she sets out to her new home: a cow, a promising heifer; a few sheep; a sow or even a pair of weanlings of select lineage, any of which are always most acceptable to the fortunes of the recently wed. And this morning, I recall "fair" in James' face for when news were counted, without the one which came dead and the one which perished after birth, ten remain. "They're all there yet," he reports, at the latest accounting.

This has been a perfect harvest day for those engaged at that work. Sunlit and cool with a brisk breeze. I could fancy the delightful rustling of the grain in the stacked field of Mr. S's over on the slope—the resulting that is part of the song of the harvest. Crickets would chant a nice melody there and the fragrance of aster and goldenrod and sand from the banks of the stream-below. In the sunshine abounding, scarlet runner beans set innocent and gay blossoms aflame on a trellis on the house across the lane. An orange cosmos lit a signal flame, and small tagetes were colorful in a dark corner of a border.

When Jamie came briefly with Rob, we found a rose, yellow brushed with orange in the flower bed, and he wanted to know: "How is it there's always only one on your flowers?" I suspect it is as an incentive to better gardening in the year to come. And a night like this when the fire crackles comfortably, reminds me, how close we are at Alderlea to the end of such blossoming. We have just returned from a trip which took us a distance with Rob's to fetch home something adorable and wonderful in the truck. We set it down carefully in the yard. Something unnamed as yet, and of which James unlacing his boots, preparing to retire remarks: "It's very nice, Ellen, and well made, but in view of the many accidents that have been in connection with these this Summer, we would have been just as well without the like at Alderlea."

Until tomorrow — Diary — Goodnight..... Iron on the wrong side without dampening the goods. Q. How can I prevent pickles and olives from spoiling? A. Keep pickles in vinegar and olives in brine. If the liquid is poured off they will spoil within a short time.

Advertisement for BUTTERNUT BREAD. Features an image of a loaf of bread in a decorative paper bag. Text includes: 'YOUR CONFIDENCE is our most valued ASSET', 'In a pack!', 'Rest assured — Quality will be maintained and such new price will be FAIR.', 'Specify and ENJOY', 'Eastern Bakeries' BUTTERNUT BREAD'.

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The Stars Say -

By GENEVIEVE KEMBLE

For Saturday, August 30

ACCORDING to the lunar transit in aspect with several angles of major significance, it is urged that a pause be made for analysis and evaluating all possible factors before any definite course of action be inaugurated. Statistics, figures, systems and techniques, should be calmly and objectively appraised before deciding on any adventure or procedure where there are hundreds of loss and frustration. Funds, assets, prestige, position and the physical energies and forces as well, are in the balance. It might be wiser to take a vacation rather than make a false start.

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DOROTHY DIX SAYS—

Women In Love

Girls Should Be Permitted To Pop Question To Men

DEAR MISS DIX: I have a friend who is beautiful and attractive and very domestic and has every quality that a man could ask for in a wife. She is in love with a boy who never dates her and apparently takes no interest in her. Why doesn't he get some brains and ask her to marry him?

She says that if she can't have him, she never wants anyone else, but she can't tell him in words and actions how she really feels towards him. Why can't boys see that girls' hearts aren't made of stone, but are filled with love and feeling for just one man?

ANSWER: I knew a homely old woman who used to say: "You can't tell where your love will fall, and that is the truth. Doubtless the reason the boy doesn't date your friend, who would make him such an admirable wife, is that for some reason that no one can explain she just doesn't happen to hit his fancy, or possibly it might be shyness, though I have never observed that men resisted to ask for anything they really wanted."

PROPOSAL BY GIRL

However, in a case where the girl is so enamored of the man, as yours is of this unresponsive lad, I should advise her to take a sporting chance and do the courting herself. I have long been an ardent advocate of women taking the initiative in love-making because, for one thing, I think they would be better pickers than men are and, for another reason, because a wife who has her heart's desire in a husband is not only happy herself, but she makes him happy because she breaks her neck to please him.

So tell your friend to pop the question. That will at least let her know where she stands and not keep her waiting, hoping against hope, that he will buck some day and say: "Will you be mine?"

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Needlecrafts FOR THE HOME

PRETTY PRACTICAL

Apron with good lines to make the most of a good figure while protecting a gown has a bow tied sash and important hip pockets. Raid the sewing basket... It requires only 1 yard.

No. 2299 is cut in one size and requires only 1 yard 35-inch with 3/4 yard edging.

Send 20c for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or zone number in your address.

Address: Pattern Department, The Charlotte-Town Guardian, Pattern No. 2299

Name _____

Address _____

City _____ Province _____

Iron dark-colored cottons, linens, and all rayons on the wrong side to cur tendency or fabric to shine. Let it dry thoroughly, and then

Better English

D. C. Williams

- 1. What is wrong with this sentence? "I shall write you next week." 2. What is the correct pronunciation of "grievous"? 3. Which one of these words is misspelled? Surveyor, surreptitious, surveillance. 4. What does the word "jeopardize" mean? 5. What is a word beginning with "s" that means "to smirch"?

ANSWERS: 1. This expression is colloquial. Say, "I shall write to you." 2. Pronounce greiv-u-s, as in me, and not greiv-u-s, often heard. 3. Surveillance. 4. To expose to loss or injury. (Pronounce first syllable jep, e as in bet). Surrender might mean the jeopardizing of their future." 5. Smirch.

How Can I!!!

By Anne Ashley

Q. How can I test the temperature of an oven without an oven thermometer? A. Lay a piece of white paper in the oven. If the oven is moderate the paper will turn a golden brown in five minutes. It will turn a dark brown in five minutes in a hot oven.

Q. How can I wash silk pongee successfully? A. Use warm suds made of white soap to wash silk pongee. Let it dry thoroughly, and then

Modern Etiquette

By Roberta Lee

Q. When an office employee is being constantly criticized and annoyed by another employee, should he protest to the head of the department?

A. If ignoring these annoyances seems to have no effect, calmly and privately talk things over with this person and try to reach an amicable understanding.

Q. What are the most appropriate gifts that a man could take to his hostess, when invited to a house party over a week-end?

A. Candy, flowers, something for the "what not" shelf, or a book.

Q. When a man takes his wife to a dance, shouldn't he see that she always has a partner?

A. Most certainly.

When you take your vacation, give your refrigerator a rest, too. Turn it off, remove all food, clean interior thoroughly. Leave the door open; if left closed a stale odor may develop in the cabinet.

Cook's Corner

DATE OR RAISIN SPICE CAKE

- 2 1/2 cups sifted all-purpose flour 1 teaspoon soda 1 teaspoon salt 1/2 teaspoon cloves 1/4 teaspoon cinnamon 1/2 cup lard 1/2 cup sugar 1/4 cup corn syrup (dark) 2 eggs, beaten 1 1/2 cup sour milk 1 cup chopped pitted dates or chopped raisins 1/2 cup chopped walnut meats

Sift together flour, soda, salt and spices 3 times. Cream lard until soft and light. Add sugar gradually and cream well. Add eggs, one at a time, very fluffy; stir in corn syrup. Add 2/3 cup of flour mixture and stir in thoroughly. Add beaten eggs and blend thoroughly. Add 1/4 cup flour mixture to nuts and fruit; add remaining flour alternately with milk, beginning and ending with flour. Mix well after each addition. Add dates and nuts and beat well. Prepare pans by greasing the bottoms of 2 8-inch layer pans and fitting them with rounds of waxed paper. Leaving the sides free from grease allows the batter to rise more readily, thereby producing a cake with greater volume. Waxed paper on the bottom of the pans makes removal of cake easier. Pour batter into the two pans and bake layers in a moderately hot oven (375 F.) about 30 to 35 minutes. Cool cakes in pans on wire rack for 10 minutes, then remove.

FLUFFY FROSTING

- 1/4 teaspoon salt 1/2 cup granulated sugar 1/4 cup corn syrup 1 1/2 teaspoon vanilla 2 egg whites

Combine all ingredients except vanilla in top of double boiler. Place over boiling water and beat with rotary beater until mixture holds its shape. Remove from boiling water, add vanilla and beat well. Spread frosting between layers of cake and over top and sides. Do not frost the cake until it is thoroughly cool. Long frosting causes the layers to dry out. Frost the bottom layer, put on second layer, then from the sides of the cake, then the top, drawing the spatula around in a spiral to make a smooth surface in the center.

Household Scrapbook

By Roberta Lee

Silverware

If one has no time for cleaning the silverware, place it in a dishpan of hot water and add a handful of borax and a little soap. Let stand in this solution for a few hours. Rinse in clean water, dry with a soft cloth, and the task is done.

Uniform Starching

To get uniform results in starching shirts, gather all the parts to be starched together and dip them into the starch at the same time. Be careful not to use too much starch as it will crack the fiber threads and cause the shirt to wear out much faster.

Fresh Bread

The work of cutting fresh bread for the table will be much easier if the knife is dipped in hot water occasionally.

BABY'S UPSET STOMACH QUICKLY CORRECTED

Dr. J. B. Sharp says: "I nursed my baby shortly after being alarmed over a motor accident and her stomach became quite upset. I gave her Baby's Own Tablets and she soon stopped crying—and quieted down."

Equally effective for teething troubles, constipation, simple fever, sweet-tasting, easily crushed to a powder, if desired—prompt in action. No "sleepy" stupor—no dulling effect. Buy a box today for sickness so often strikes in the night 25 cents.

Living & Leisure THE WOMAN'S REALM

FULL-LENGTH SKIRT BRINGS SHARPER FOCUS TO SHAPE OF ANKLE

The new longer skirts, slit-to-the-knee evening gowns and ankle strap shoes are rapidly making the spotlight from milady's knee to her ankle. The changing mode in clothes points out Janet Blair, full fashion hostess, calls for slimmer more attractive ankles. What to do if you have not got them? "First choose your shoes with care; avoid the high heel that hugs the ankle. Don't wear flat-heeled shoes; they automatically add inches to ankle girth. And do make sure your stockings fit neatly. Full-fashioned hose give that slim clinging fit. Get seams absolutely straight, ankle-wide and you will find that the seam itself will make ankles appear more slender."

COATS TEND TO ROUND SHOULDER

NEW YORK — Like dresses, coats of cloth or fur tend to round the shoulders in a more natural curve, getting away from the square or lifted look. This makes them seem a bit narrower, but they are not narrow in the sense of looking pinched.

HOUSEHOLD HINTS

Do as much advance meal preparation as possible in the cool of the morning—jellied salads, dessert, casserole dishes, cream, meat, omelets, salad dressing, cream sauce, pie shells, and so on. Get the full benefit of the sun and fresh air by doing as many household tasks as possible out of doors, shelling peas, mending and by serving picnic meals. Prepare in quantity—sandwich fillings (use no toasted sandwiches with salad) white sauce—it will keep a week in a refrigerator—and corned beef, tongue, ham or meat loaf—serve hot the first night, later cold or in a scalloped dish or sandwiches.

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Advertisement for HEINZ CREAM OF TOMATO SOUP. Features an image of a soup can. Text includes: 'Now! FRESH PACK', 'HEINZ CREAM OF TOMATO SOUP', 'Delicious! as a soup Superb! as a sauce', 'Stock up with a case now!', 'HEINZ Condensed Cream of Tomato Soup', '57 Varieties', '57'.