

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

That Body Of Yours

By James W. Baries, M. D.

SIGHING AND DEEP BREATHING IN GMAJ CAUSE DISTRESSING SYMPTOMS

A middle-aged woman consulted her physician about symptoms that seemed to be present only when she was tired or upset. She complained of a feeling of light-headedness, of finding it hard to get her breath, that she just could not seem to get enough air into her lungs. At times also, she had a numbness and tingling in her fingers and toes.

Her physician knew that she had just buried a loved one and was emotionally upset. He was able to show her that she was in the habit of sighing a great deal of the time, and thus breathing in more air than she needed. The condition was called hyperventilation or overventilation of the lungs. This caused too much oxygen to be present in the lungs and in the blood, and not enough carbon dioxide. This condition is called respiratory alkalosis.

In "Medical Clinics of North America," Haddon M. Carryer, Mayo Clinic, states that as the symptoms naturally alarm the patient because he feels he is smothering, the patient and others about him should know what is causing the symptoms and how these symptoms should be controlled.

An early symptom is that of light-headedness and unsteadiness. Then follows a feeling of emptiness of the chest, and the patient keeps breathing deeply to get more air than he naturally feels that he needs. Patients may fan themselves and glance around for the nearest exit. Often they will go out of doors or open a window in order to secure more adequate respiration.

There is a dull pressure in the chest and the patient, like most other individuals who think he has something wrong with his heart, because of too much oxygen in the lungs and blood not enough carbon dioxide pressure and the condition of alkalosis. There is a sense of numbness and tingling in the hands and feet and around the lips. A few deep breaths usually will bring on the symptoms. If the physician is not sure of the diagnosis.

Treatment consists in holding the breath a few minutes or rebreathing into a paper bag. This gets less oxygen and more carbon dioxide into the lungs, from more oxygen into the red blood cells, and the symptoms disappear.

Morning Smile

FASTED TIME

A guest conductor was driven crazy at rehearsal because at least one member of the orchestra was always missing. After the last rehearsal he tapped for attention and said: "I want to thank the first violinist publicly for being the only man in the orchestra who had the decency to attend every rehearsal."

The first violinist hung his head. "It seemed the least I could do," he said in a deprecating tone. "You see, I don't expect to show up for the concert tonight!"

NOT GOOD GRAMMAR

The pretty girl sat in the corner of the compartment next to her young man, her little niece on her knee. The train dashed into a tunnel, and suddenly the other passengers heard the little girl exclaim: "Kiss me, too, Auntie Violet."

"Mavis," said Aunt Violet, quickly, "you should say kiss me twice. Kiss me two' is not good grammar."

Dorothy Dix Says—

Over-Worked Woman

Matron Advised To Take Rest From Large Family Chores

DEAR DOROTHY DIX: We have two children of our own and have taken two other small children to board. My husband and I love each other dearly and have been very happy together, but lately I have gotten very nervous. I have never been able to take a little kidding. I get mad over the least little thing and find myself crying and quarreling. Everything seems bad and wrong and miserable to me. I don't like to make the excuse that it is the extra two children, one of whom is two and a half years old and a baby three months, but at times I feel like I am going crazy. I am a highly strung person, to begin with, but now I seem to have lost all the sense I ever had and I imagine that my husband is getting disatisfied with me and tired of me. I know he really isn't, but I let the thought make me mad. Can you help me?

WIFE AND MOTHER
ANSWER: What you need, lady, is to meet your problem with a little common sense and apply a good old-fashioned, home-made remedy that never fails to work. What you should have is rest and relaxation and a little change.

OVER-WORKED

You have gotten into this morbid condition by overdoing. Doing your own cooking and housework and taking care of four small children one of whom is a baby and the other a toddler, would shatter any woman's nerves and run her crazy, unless she was made of chilled steel or some other unbreakable material.

So get rid of your boarders at once. Farm your own two small kids out to someone you can trust and go off somewhere, anywhere, and you will come back soothed and comforted and full of pep. And I hope you will have profited enough by your lesson not to make an orphan asylum of yourself again.

Take this tip, also, lady: Just remember that when you get so that your husband's jokes get on your nerves and you can't take a little kidding and you fly off the handle and get mad when no offense is intended, you need a little separation from your husband. You will come back all in love with him again and thinking he is a Fairy Prince. There wouldn't be so many broken-up homes and half-orphaned children if more wives would take a trip, instead of rushing to the divorce court.

DEAR DOROTHY DIX: I intend to give my sweetheart an engagement ring within the next few weeks. Should I ask her parents' permission to do so? She is a 21-year-old high school student who will graduate in June. I am 22 and have steady employment after serving three years in the Seabees, and I have known her since she was 15 years old. We intend to wait two years until she is 19 before we marry. In the meantime we both work and put aside for the future.

Are our plans sensible?
ANSWER: Eminent sense as plans, and I only hope that you will have the courage to put them into execution. Instead of rushing into a boy and girl marriage. The two years between 17 and 19 will be the guarantee of a happy and successful marriage if you spend them in getting really acquainted with each other and finding out if what you feel for each other is mature love or just a childish fancy. If more young people would make their engagement a preview, as it were, of marriage, it would save a lot of bitter regrets.

I don't think it is the fashion nowadays for young men to ask their fiancées' father for permission to give their sweethearts engagement rings. But I think it is a very lovely custom and it is a pity it has been abolished. It is a gesture of respect to the girl's father that he is sure to appreciate.

DEAR MISS DIX: I am a married woman, mother of two lovely girls—one, 11, and one, 18 years of age. I also have a good husband. But I am in love with a married man, who is a neighbor, who is the father of two boys and who has fallen very much in love with me. He doesn't want to divorce his wife because he doesn't want his children to have an unhappy childhood, as he had.

What shall we do? I have never done anything underhanded before and this bothers me considerably.
R. K.
ANSWER: Well, I hope it will continue to bother you so much that it will drive you into behaving yourself. If your conscience is any good at all it will give you many a dig when you think about breaking up two homes and half-orphaning four children.

Cook's Corner

OLD-FASHIONED FRUIT CAKE

- 1 cup butter
- 1 cup brown sugar
- 2 cups flour
- 3 eggs
- 1 lb. raisins
- 1 lb. currants
- 1/2 teaspoon soda
- 1/2 teaspoon cream of tartar
- 1/4 lb. mixed peel
- 1 tablespoon cinnamon

1. If she would have her holiday food list complete it's time now, too, for the housewife to make up a supply of mince pies.

FRUIT MINCE PIE

- 2 lbs. suet (finely ground)
- 8 lbs. apples
- 2 lbs. brown sugar
- 4 lbs. raisins (or 2 lbs. raisins and 2 lbs. currants)
- 1 1/2 lbs. mixed peel

Grated rind and juice of 3 oranges and 3 lemons.

Mince pie is good for the pie but home economists of the consumer section, Dominion department of agriculture, also suggest it makes delicious cookies.

The Stars Say--

By Genevieve Kemble

For Tuesday, December 16

A SUDDEN and thrilling turn-about in lagging or threatened conditions gives keen impetus to the energies and faculties, inspiring to an abandonment of old ideas, ways and means, and a decisive attack upon restrictions and obstacles with every prospect of renewed values.

Fresh techniques for reaching a happy culmination of cherished objectives thrive, possibly with spectacular denouement. Creative vision is stimulated by emotional responses, assuring dramatic or romantic adventures in fresh fields of ex-

Ellen's Diary

By an Island Farmer's Wife

Snow is falling now, though only lightly. I saw it fall at the light of a lantern about the yard, where the men are at the late churning. Perhaps this will bring winter in truth, though for reasons both on James' account and my own, I wish it would stay its hand at least for a day or two. A load of seed potatoes remains to be sent to market from the other farm and besides James and I still have the trust to keep in some woody glade — there to gather branches to cover our shivering perennials, Jamie and I did put some of the more tender to bed one day beneath a counterpane of straw, securing a meagre supply only because of a purposeful treach and to the tune of some complaining. "Taking straw, is it you are, Ellen?" James came to an end to grumble "to cover some blasted flowers — and perhaps we'll be needing it for feed for the stock before spring." And I smiled to James who looked barely a wisp in the face of the storm he had planned while with a high resolve, I claimed as my due the one generous helping. For it seems to me that flowers go with our farming. As I look back through the years I find it contained forays into baskets overflowing with piglets, broad-faced pansies and downy ducklings or chicks, yellow daffodils and lambskins or calves, sun-kissed roses and foals, all intermingled in the warp and woof of it.

In yesterday's Sabbath James and I came to the other church to pay last respects to an old neighbor, who recently had gone to that "house not made with hands." News of his death, returned many memories to us, pleasant ones of younger days at Alderlea. A near neighbor of many years, this man had been, his home being next to the area of woodland across the road from ours. Here it was that I and his good wife had reared their large family of girls and boys, showing them an example of thrift and industry and nice living that few parents island over could surpass. "And there were no children's allowances then," James remarked as we talked of it. No, and livings were hardly won then, by long and tiring days of work and the many demands for food and clothing for their brood must have been met by an extremely difficult problem to these two who faced life so gallantly together. And the happiness that was in that home! I can still recall the gay songs and laughing voices of the children at play on a Summer evening. They knew nothing at all of the loneliness of one child, for since there were all of a dozen of themselves, there was no lack of numbers for the play. James wished for no better rearing for mine than that given to those. What better was there? I remember now the small ones as still as mice and so respectful to their parents such times as we came to a visit.

James recalled other things. "He was a great stock-man — and how he loved fussing over his cattle and horses! We spoke too of his days with us at seasonal work or perhaps at the stumping which came between times. We remembered the wife. She was fair and slight, yet a tower of strength to so small a woman could wash and iron and clean and mend and sew and bake and cook for that family in a never-ending round of work. They were pretty well grown up before she, rather weary I suspect, left them but not desolate for they still had the memory of a good and faithful mother to bless them. We mentioned too how quickly the family had scattered, as children will and I recall being lonely when at last the house was vacant and no happy voices of children at play reached me as I weeded my garden or gathered the cows to the milking."

He was a smallish man, though shrewd, quiet and unassuming, nice-spoken, a graduate of a respectable university, and was the most industrious and God-fearing. As we sat with other old neighbors and friends and the mourning family in church, I wondered if this man who had borne a heavy burden in rearing his family had come at last to a fitting heavenly abode. Above many he had indeed "fought a good fight" and in faith had done his best with life, now without a doubt was the "crown in glory" which was his rightful due. And now though both parents have been gathered home and the girls and boys have scattered long since to homes of their own, there will come Summer evenings when I shall hear again in fancy the childish gale, and just at the edge of dusk and along with the peace of the woodlands I shall see a man with a basket on his arm, containing methinks eggs from his fowls, and a small, alert dog, following walk out the road on his way to the corner store.

Promptly Relieves BABY'S COUGH (From a cold) MUSTEROLE For average baby's skin

Fashion-Wise Women...

DEPEND ON SLEEK SHEER Phantom Nylons

Hemlines are down... styles are new and exciting... and now more than ever before... Fashion dictates Phantom "Pencil Seam" Nylons—misty, sheer and lovely. You are sure of more slenderized ankle beauty with Phantom "Pencil Seam" stockings.

- PHANTOM PROPORTIONED HOSE in three proportions—maxi, midi, mini
- PENCIL SEAM An exclusive Phantom feature
- NEW DARKER COLORS to fit in with today's fashions
- JACQUARD LACE TOPS extra touch of glamour
- PETITE For the very small woman

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Household Scrapbook

By Roberta Lee

Bronzing White Shoes

When white shoes begin to look gray and shabby, they can be made a good brown by applying saffron. Mix 10 drops of saffron with three teaspoons of olive oil. Clean the shoes well before applying mixture, as all dark spots will show. Apply with a piece of flannel, after two coats, the shoes will look like new.

Smoke Stains on Brick

A simple method recommended for removing smoke stains from bricks is to use wood ashes. Moisten them with water and rub the bricks with a rag dipped in the ashes.

Hot Grease

The splattering of hot grease can be avoided next time by placing a little salt in the frying pan.

Now that gentle flakes fall to the graves of those we knew, this is a night for recalling things from the past years.

Old Charlottetown

(And P. E. I.)

GRAY-ABBOTT NUPTIALS

St. James Presbyterian Church was, on Thursday afternoon, thronged with spectators and guests to witness the marriage of Miss Margaret Stukely Grey, youngest daughter of Hon. Col. Grey, C.M.G., of Inkerman House, Charlottetown, and Mr. William Abbott, son of Hon. J.C.C. Abbott, Mayor of Montreal, and President of the Senate of Canada.

INDIAN BEGGARS

Fakirs are religious mendicants common to all creeds of India.

Better English

D. C. Williams

1. What is wrong with this sentence? "I am going to consult the opinion of my doctor."
2. What is the correct pronunciation of "bade"?
3. Which one of these words is misspelled? Prescription, prescription, presentation.
4. What does the word "inevitable" mean?
5. What is a word beginning with "for" that means "happening by chance or accident"?

ANSWERS

1. Say, "I am going to consult my doctor," or, "secure the opinion of my doctor."
2. Pronounce the "a" as in bad, not as in aid.
3. Prescription.
4. Incapable of being avoided.
5. "There is no such thing as an inevitable war. If war comes, it will be from failure of human wisdom."—Bonar Law.

How Can I!!!

By Anne Ashley

- Q. How can I make baking powder?
- A. Mix 12 ounces of pure cream of tartar, 6 ounces of cornstarch, and 6 ounces of baking soda. Sift each ingredient about 12 times before mixing. Make it on a bright, dry day.

How Can I make a good hair

tonic?

A. Buy one ounce of the best castor oil, two ounces of French brandy, and two ounces of bay rum. Mix thoroughly and rub well into the scalp.

A CHINESE SECRET

The origin of silk fibres was kept secret by the Chinese until 419 A.D.

BABYLONIAN BEER

Beer made from barley was used in Babylon about 5,500 B.C.

Splendid Cough Syrup Easily Mixed at Home

To get quick relief from a distressing cough, mix this recipe in your own kitchen. Once tried, you'll say it's your favorite cough medicine, and it's so simple and easy.

Needlecrafts FOR THE HOME

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No Better Value at any price!

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- HEINZ Condensed BEEF SOUP
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NOTES FOR Night Coughing

WHEN A COLD stuffs up the nose, causes mouth breathing, throat tickle and night coughing, use this time-tested Vicks VapoRub treatment that goes to work instantly... 2 ways at once!

At bedtime rub good old Vicks VapoRub on throat, chest and back. Then wash the face with STIMULATING action bring relief from distress.

It penetrates to upper breathing passages with soothing medicinal vapors. It stimulates chest and back surfaces like a warming, comforting poultice... and it keeps on working for hours, even while you sleep—to ease coughing spasms, relieve muscular soreness and tightness—and bring grand comfort! Try it tonight... Vicks VapoRub.

Promptly Relieves BABY'S COUGH

For average baby's skin

MUSTEROLE

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