

Woman's Realm Social and Personal Fashions Literature

That Body Of Yours

By James W. Barton, M. D.

LOSS OF WATER AND SALT FROM THE BODY

In discussing weight loss with a former heavyweight wrestling champion, I asked him how much weight he lost in a bout lasting 40 or more minutes.

"I usually lose about 10 pounds, but I have the 10 pounds back within 24 hours because I drink plenty of water. When I wrestle every night I cannot afford to become dehydrated, because if I don't have enough water bathing all my tissues and supplying the needs of the various digestive and other juices, I become stale and sluggish in my wrestling."

What many of us forget is that all life takes place in water and water is necessary for life. Our anatomists and physiologists point out that every cell in the body is like a tiny fish that must have water around it in order to live. So important to life is water that when fluids—blood, excessive perspiration—are lost from the body, fluids such as plain water, water containing salt and blood plasma are given by mouth or by injection to save life. In cases of starvation, liquids, not foods, are given first.

The early symptoms caused by the lack of water in the body are tiredness, weakness, dry mouth, pinched face, with mental confusion and even hallucinations such as seeing an oasis in the desert. The

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treatment, as stated above is giving water by mouth or injection into a vein.

Where a great amount of water is lost by perspiration as in wrestling and other sports or hard work, a large amount of salt also is lost, and as every cell in the body needs salt, as well as water, symptoms of tiredness, weakness, headache, dizziness occur together with loss of appetite, nausea and vomiting, cramps and delusions. Stupor or sleepiness is present instead of hallucinations, as with loss of water only.

While the treatment of excessive loss of water is giving an extra supply of water daily by mouth, and, if necessary, by injection into the veins, treatment for excessive loss of salt from the tissues should be the injection of salt solution into the veins.

As excessive loss of water and salt can be caused by so many different conditions, the effects upon the body may be serious enough to demand the advice of the family physician.

Ellen's Diary

By an Island Farmer's Wife

We tried to listen in this afternoon to a broadcast of the Musical Festival being held these days in the city but our effort was in vain. Not that it was not coming in to us clearly, and in a way which made us loath to leave the vicinity of the Radio but we had scarcely come there in our brief spell of leisure, with our mending, when grand-daughter came to the door to say with obvious excitement: "You should come to see the lovely things that are out here in the yard! You'd better come—if you're not too busy!" It proved to be a common sight to me down the years, though often fearful considering our gardening, and yet somewhat heartening to a farmer's wife:

A sow, light-footed creature and willful had broken from pasture, or what at present may be only the run of the outdoor pen. She was accompanied by her litter, earthy-nosed, bright-eyed, smart individuals, and apparently she was bent on showing them the premises strictly out of bounds to the like. "Aren't they cute?" grand-daughter breathed with delight, "and aren't you glad I found them?" when I came, armed with a versatile broom.

We succeeded in easing her and her family back to her quarters, and propped the confining picket-fence to keep her there. Now a prop anywhere about a farm is not

Modern Etiquette

By Roberta Lee

Q. What should be written on the inner envelope of the wedding invitation?

A. Nothing is written on this envelope. The name and address of the person to whom the invitation is sent is written only on the outer envelope.

Q. Under what circumstances is a girl obligated to thank her escort upon leaving him at her door?

A. Only when her escort has been inconvenienced in some way; never otherwise.

Q. Is it correct to put a pile of plates on the table for tea or buffet service where the plates and napkins alternate in one pile?

A. No; keep them separate.

An indication of good craftsmanship, though with us on similar harassing occasions it is often the tangible part of a wishful thought. There was a chance it might keep her secure until the farmers returned from their fencing along the fields. Then, we were able to come back to our interests, grand-daughter to her hand-pile and I to the Radio—and James' socks.

Since for us "Music hath" always a delightful charm, whether we find it in voice or instrument, or in the sound of the wind as it passes gently—or in a crescendo about the eaves, or in the exquisite bird notes that now are flung joyously to the May air, we enjoyed (Continued on page 12)

DOROTHY DIX SAYS—

The Bachelor

Single Man Is Deserving Citizen, Too Often Unappreciated

DEAR MISS DIX: Please say a few good words for bachelors, something along the line of the tribute you paid not long ago to old maids. Do you feel that we are a form of animal life whose only utility is being the major source of husbands?

J. E. P.

ANSWER: I assure you, J. E. P., that it gives me a great pleasure to lay my heartfelt tribute of gratitude at the feet of the men who are the most envied and the most pitied, the most coddled and the most criticized, the most imposed upon and the least thanked of all the human race.

When we count our blessings we are bound, in honesty, to realize that the bachelor is one of God's choicest gifts to us, yet not only do we fail to show a proper gratitude and appreciation of him, but we resent his very existence. We urge all single men to marry, yet we can't abide the bachelor playing golf on an afternoon at the club, while the married man trundles Junior around in his go-cart.

There are many theories concerning why bachelors stay bachelors, the most popular one being that they suffered broken hearts early in life. Another belief is that the lovelorn youth was too shy to pop the question. Still another explanation that is offered for a man staying on the safe side of the altar is that he is more in love with the lady on the dollar than he ever is with any woman.

VICTIMS OF FAMILIES

But the real truth of the matter is that, barring accident and lack of romantic instinct, the reason that most bachelors have never married is because they have been the victims of their families. A tyrannical old mother who would not cut her apron strings; a ne'er-do-well father; and children who needed an education have made many a man kiss love goodbye—and shut the door on his dream of having a wife and children and home of his own.

All that many an old bachelor lacks of being an angel is his wings and his transportation ticket to Heaven. God bless him.

DEAR DOROTHY DIX: Does a wife ask too much of her husband when she begs him to do the dishes once a day? I do office work all day long, come home at noon and get our dinner, go back to work, and at night the dishes are still dirty, because he does not have to go to work until 4 o'clock. Since I help him earn the money, should not he help me out a little with the housework?

A NEW BRIDE

ANSWER: I can't think of anything that would make a bride pack up her clothes and go back to Mother quicker than to find out that she had married a man who treated her like a galley slave instead of a Lady Love. Most young husbands' romance lasts long enough at least to get to the kitchen sink, and as the riots has fallen short of the dirty dishes it is time for you to read the Riot Act and call for fair play. No cooing, no washes, no eates. As long as a wife works outside of the home as well as in it, and brings home a pay envelope, she has a right to demand that her husband should do his share of the housework.

DEAR DOROTHY DIX: I am a girl, aged 12, and I am having trouble with my boy friend, Bobby. I feel as if he is getting further and further away from me. What is your advice?

LONELY GIRL

ANSWER: My earnest advice is that your mother turn you across her knee and with her good right arm give you a lesson on how a kindergarten should behave that you will never forget. Or, perhaps, it is your mother who needs the spanking, for surely no mother who is on her job will let her little 12-year-old child indulge in love affairs. Nothing is so sweet and beautiful as an innocent little girl, and nothing so repulsive as a sordid little creature who apes the vices of her elders and who is old and blasé in experience before she is of age.

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

Morning Smile

ECONOMICS

Teacher: "Come, now. Define capital for us."
Student, after thinking it over: "Well, capital's money the other fellow has."
Teacher: "Good! Now, what's labor?"
Student, brightly: "Trying to get any of it away from him."

The Stars Say--

By Genevieve Kemble

For Friday, May 13

WHILE the general tenor of events seems propitious, with most cherished desires, hopes and wishes coming to happy fulfillment, yet there are angles in which mistakes in judgment or conduct, feelings or emotions, could precipitate unexpected interference, withdrawn support, or interference from elders, or cooperative. A mood, illness, sullen others generally sympathetic and or stubborn conduct, might upset the happy course of events.

For the Birthday

Those whose birthday it is, may find that their own inclinations toward unruly, disagreeable or ill-considered behavior could react on fairly promising and pleasant relations. This is true in business, credit, employment and in social and domestic relations. Illness, overwork or brooding might or could instill such mood, in which unsympathetic responses may be generated.

A child born on this day, may require some definite discipline as to its emotional instincts, or supervision of its physical condition, lest a moody attitude undermine favorable prospects.

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CUTICURA LIQUID

Better English

D. C. Williams

1. What is wrong with this sentence? "They introduced a new innovation."
2. What is the correct pronunciation of "adulterate"?
3. Which one of these words is misspelled? Accommodate, accompaniment, acclimate.
4. What does the word "circumvention" mean?
5. What is a word beginning with ca that means "apt to catch at faults"?

ANSWERS

1. Omit new. 2. Accent second syllable, not the first. 3. Accommodate. 4. Act of surrounding, as by stratagem. "They soon discovered that circumvention was futile." 5. Captious.

FALSE TEETH

That Loosen Need Not Embarrass

Many wearers of false teeth have suffered real embarrassment because their plate dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little FASTEETH, the artificial (non-acid) powder, on your plates. Holds false teeth more firmly, so they feel more comfortable. Does not sour. Checks "plate odor" (denture breath.) Get FASTEETH at any drug store.

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Daisies DO tell— IT'S DAISY-FRESH!

Kellogg's CORN FLAKES

Mother Knows A Best!

How Can I!!!

By Anne Ashley

Q. How can I make a "rose jar"?

A. Gather the petals from several types of roses, selecting those with a heavy perfume. Then sprinkle the petals over a flat surface in the sun and leave until they have dried very crisp. Finally, put them into a jar and put on the cover. The fragrance will last for several months.

Q. How can I remove cod liver oil stains?

A. Use soapy water or carbon tetrachloride. If the stains are on a bib or wash dress rinse immediately in warm soap water. For woolen garments, use the carbon tetrachloride.

Q. How can I purify water for drinking purposes, while on a camping trip?

A. Add one tablespoon of powdered alum to four gallons of water. Stir quickly, then allow to stand, and all impurities will sink to the bottom.

Cook's Corner

BAKED DEVIL'S FLOAT

One and one-half cups hot water one and one-half cups sugar, one quarter teaspoon salt. Boil above about 10 minutes until it threads. Meantime cream three tablespoons shortening, three-

Household

Scrapbook

By Roberta Lee

Bolt

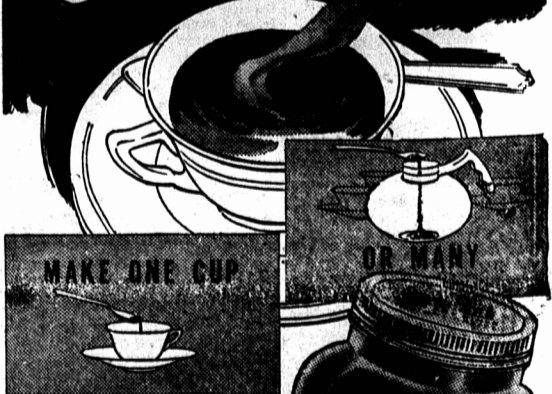
The skin of a hard-boiled egg will work wonders for treating a bolt. It will draw out the pus and relieve the soreness within a few hours. Peel the egg carefully, wet the skin, and apply to the affected part. If turpentine is applied to a bolt, when first discovered, it will kill it at once.

Threaded Needles It will be easier to insert the thread into the needle eye if it is clipped on the bias. Silk threads should be slipped through the needle eye twice to prevent their constantly slipping out.

Tightly Corked Be sure to keep the bottles containing flavorings and extracts tightly corked, or they will lose their strength and flavor.

quarters cup sugar and five tablespoons cocoa. Mix well. Add three-quarters cup milk, one teaspoon vanilla, one-half teaspoon almond, then slowly one and one-half cups of flour sifted with one and one-half teaspoons baking powder (add one-half cup nut meats if desired). Drop by heaping tablespoons to hot syrup. Lift from syrup after a moment and place each portion in pan use a round seven to eight inch deep aluminum pan. Bake 25 minutes in moderate oven (350 degrees F.) Serve warm with whipped cream.

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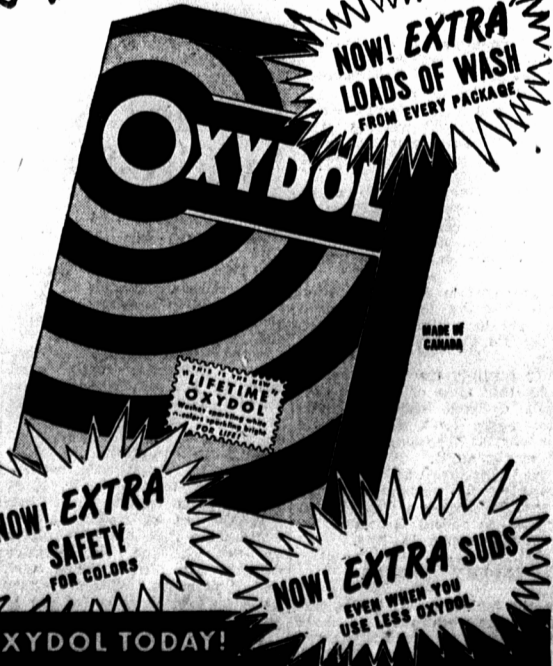


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