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

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That Body of Yours

By James W. Barton M. D.

STRICT BED REST AND EARLY TUBERCULOSIS OF LUNGS

Some years ago, while I was visiting a tuberculosis sanatarium a new patient was being admitted whom I recognized as a former amateur heavyweight boxer. He told me that they had discovered early tuberculosis and he expected to remain two years in bed to get a "cure". This was before the day of resting the lung by pneumonthorax and surgery

There is no question but that resting the affected lung by bed rest or by artificial means is good treatment for tuberculosis, because this former leader of the diseases causing death now stands well down on the list. However, there are other parts of the body to be considered in a patient with tuberculosis, so that we read in the "American Review of Tuberculosis" an article on bed rest by Dr. Harry A. Bray.

"Rest in bed, essential in treatment of pulmonary tuberculosis when manifest symptoms are present, is a questionable measure when the patient is in good nutrition and practically free of symptoms Strict bed rest for such a patient may increase hazards."

Why is bed rest not good treatment when the patient is well-nourished and practically free of symptoms?

It is because all other parts and processes of the body require activity to keep in a healthy condition and strict bed rest interferes with these activities, causing loss of muscle tone and other disturbances. Also, when a patient is really well enough to be up and around, just above the danger line as it were, he is less apt to be afraid of the outcome if he is on his feet instead of lying in bed worring.

In sanatorium treatment for early tuberculosis, (disease present, no active symptoms), Dr. Bray, New York State Hospital for Incipient Tuberculosis, states that bed rest is enforced for the first two weeks of observation (also for patients in whom symptoms develop), then the patient is allowed bathroom privileges and meals in the dining room, then to rest on an open porch, then graded exercise outdoors, then light tasks and, finally, vocational training. About nine months is the average time required in these early lung cases to bring about a cure.

THE COMMON COLD

Never neglect the common cold as it may often be the forerunner of other more dangerous conditions. Send 10 cents and a 3 cent stamp to cover the cost of handling and mailing, to the Bell Syndicate, Box 99, Station G. New York 18, N Y. in care of this newspaper and ask for your copy of the Barton booklet entitled, "The Common Cold."

Ellen's Diary

By an Island Farmer's Wife

It cost me more than a sigh to give June away. I like the long days, the freshness of the scented mornings, the tranquility of the pleasant evenings. So many nice things one has to remember of June. To teachers and taught, if there is the "toil and fret" of the end-of-year examinations, it brings also the happy release from confining class rooms. Jeanie herself remarked not so long since when we discussed it "You know in the years that I was teaching, June was so busy a month for me, I never found time really to enjoy it—not like I can now." Not that Jeanie has any more leisure now, when added to her housework, there are spells of gardening, poultry-raising, potato seed cutting, planting and the care of the small, but very lively daughter thrown in for full measure. Yet intermingling with the cares of the day, farm wives can jot down in memory much that is likeable and exquisite of the month. Trees adorning themselves with blossoms that offer their fragrance to every breeze that wanders by; fog lifting from the streams at morning, the grey veil of it rose tinted by the rising sun, which goes on to gild the fresh emerald green of the new meadows and the many beautiful shades of the woodlands. For then if ever the countryside is a picture, that can not be caught on a canvas.

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I like the month on account of the merry bird song and some of it is pointed with pleading and some with the sadness of regret. And I fancied a worriesome note in the chatting of the pair of swallows who live quite happily together in their adobe dwelling above a stable door, but there were soft endearments spoken the morning, a milk pail in hand, I stopped there to listen. "Now don't you fret, dear" he said, and I loved him for it, for I knew her troubles would be more easily borne, and indeed might cease entirely at his comforting words "don't you worry a mite. They're going to hatch beautifully and will be great strong fellows—boys I think, and so handsome, for they'll favor you." You could hear her reply —if you catch her words, very low. The heifers were coming from the field now to the milking. James was fetching the tins of grain ours bestow on them "to get them in to the stalls easier." She said plaintively: "I know and yet the waiting is so long and if anything should happen to our babies" she paused and I could scarcely hear the end of it "I just couldn't stand it at all." "Tut, tut!" and it is amazing the depth of feeling the sterner half put in the tones "there's not a thing to worry about when I'm here—Everything will come off just as we planned —don't you remember and before we know it the whole family of us will be off to the South. Won't we be proud of them?" "But what are you waiting for, Ellen?" James called the cows are done of their grain now" and I entered with a wistfulness in my heart over June's and every Summer day's swift passing.

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"It won't be too long 'till the haying —now that we're into July" James said in my hearing to a visiting farmer this evening. "No" the other a fore-handed fellow agreed "we pulled out the mowers yesterday to look them over—there's always some repairing to be done on them, and a person doesn't want to leave them 'till the last minute. Might have a catchy haying this year on account of this long spell without rain." James always is inclined to expect —and be ready for the worst. "I guess it won't be too good" he said and added "well anyway, if it doesn't rain soon, it won't be too heavy an undertaking". A long sigh escaped me, as my glance fell on the new meadow which lay softly green and then in waves and shadows from the Westering sun, between the lane and mill pond and which James is certain will be "only half a crop." Odd daisies, the kind that acquaint lassies with their futures in the telling of each slim petal, dot it and there is an edging of Queen Anne's Lace to shoreward. I shall not like the bareness that will point at once to the death of the Summer when on a day not too far distant now, the mowers take over that field.

• • •

And now the moonlight has taken possession of the kitchen, and is flooding it richly, on a wall, on a floor, in spite of the lamp light. And a corner of the verandah overlooking the pond and the house on the hill and bits of the roadway, where James now smokes a leisurely pipe, is a quiet fairy spot, which calls to me to join him.

Until tomorrow — Diary —Goodnight.

DOROTHY DIX SAYS—

In-Laws and Happiness

Families Touchy Question And Cause Most of Domestic Strifes

A woman with a bitter sense of humor and a serpent's tongue said the other day: "Charlotte has made such a wonderful marriage. She has married a man who was a door-step baby who was reared in an orphan asylum and who hasn't a single known relative in the world."

The other women at the bridge table laughed, though a little self-consciously, but surely there was nothing to laugh over in the idea that for a man to have no family increases his eligibility. On the contrary, it would seem that no fate could be sadder than for a child never to have known the blessed security and peace of a home; never to have been cradled on a mother's breast; never to have felt the strong tie that binds brothers and sisters together.

Yet it is not to be denied that their respective families are the chief bone of contention in the great majority of homes, and that they do more to break up marriages than any other one thing. And this without any reference to the individual characters, religious and social standing and general desirability. There seems to be something occult about it that makes in-laws allergic to each other and incapable of keeping out of each other's hair.

FEUDAL FODDER

A boy and girl may have lived next door to each other all of their lives. Their parents may have been the closest and dearest of friends, so that everyone thought that when John and Mary got married how fine it was to unite two such devoted families. But not once in a blue moon does it turn out that way. Oftener than not, instead of marriage making a peace pact between in-laws, it starts a feud.

Back of this is, of course, personal and feudal jealousy. Many a wife is so green-eyed over her husband having known his mother before he did her, and his still being fond of her that she hates her at sight. The husband is so determined to show that he is the head of the house and that he is not going to be dominated by his in-laws that he takes offense where it is least intended.

And although neither the husband nor wife may have been particularly devoted to his or her family, both simply will not hear a word of criticism from their mates. The Smiths won't stand to be looked down on by the Joneses. Husbands have to be practically dragged by the napes of their necks to their wives' family parties, and when Wife goes to see her husband's people she assumes the air of an early Christian martyr who is doing her duty at God knows what sacrifice to her own feelings.

Of course, there are husbands and wives who really do like their in-laws and get along with them in peace and pleasure, and great is their reward. For when they do there is no other relationship that carries with it more real comfort and happiness than that which exists between married couples and their respective parents.

Thrice blessed are those fathers and mothers who in their children's marriages have gotten another son and daughter. And lucky, indeed, those youngsters who have acquired in marriage another beloved father and mother whom they can depend on always to hold out a helping hand to them in any time of need.

Better English

D. C. Williams

1. What is wrong with this sentence? "She sank down out of sight behind the bush."
2. What is the correct pronunciation of "manor"?
3. Which one of these words is misspelled? Charitable, chandalier, chauffeur.
4. What does the word "ultimately" mean?
5. What is a word beginning with ha that means "to accustom; familiarize"?

ANSWERS

1. Omit down, as sink means to go down. 2. Pronounce maner, a as in man (not as in main). 3. Chandelier. 4. Finally. "From its very inaction, idleness ultimately becomes the most active cause of evil."—Colton. 5. Habituate.

Cook's Corner

CORNMEAL PARKERHOUSE ROLLS

1-3 cup cornmeal
1 tbsp. sugar
1-2 tsp. salt
1 1-2 cups hot milk
2 tbsps. shortening
1 cake compressed yeast
1-4 cup warm milk
1 egg, beaten
2 1-2 or more flour

Add first 3 ingredients to hot milk in top of double boiler stir smooth, add shortening, blend, cover and cook over hot water or 30 min. Cool to lukewarm. Soften yeast cake in warm milk, blend with cornmeal mixture; add beaten egg and beat well. Add flour to make a dough stiff encugh to knead until smooth and elastic, about 3 cups altogether.

Cover and let rise in warm place until double in bulk. Turn out on lightly floured board, roll to 1-3 in. thickness, then cut out with floured biscuit cutter, spread surface lightly with butter, fold over through middle and sprinkle with cornmeal, place 1 inch apart on greased baking sheet, let rise until double in bulk. Bake at 400 deg. F. for 15 to 20 min. Makes 36 rolls

Shells are less likely to break if eggs are at room temperature rather than cold when put to cook in hot water.

KELLOGG'S ASTHMA RELIEF FOR ASTHMA & HAY FEVER

Modern Etiquette

By Roberta Lee

Q. Does a woman have the privilege of refusing to be introduced to a man she doesn't care to meet?

A. Yes; should a friend suggest introducing her to Robert Blair, she may say, "Not today, thank you", or "Perhaps some other day." Under no circumstances, however, should she say, "I don't like Mr. Blair, and do not care to meet him."

Q. Is it necessary for the bride to cut the entire wedding cake?

A. No. If she wishes, she may cut only the first piece, then permitting one of her attendants to cut the remainder of the cake.

Q. Is it all right to send invitations two or three days in advance when giving a dinner party?

A. No; they should be sent one or two weeks in advance.

Morning Smile

Pat had bought a watch guaranteed for twelve months. At the end of nine months, however, he reappeared at the shop and complained that the watch had stopped six months earlier when it had fallen into the pigs' trough.

"But why didn't you bring it back at once?" inquired the jeweller.

"How could I?" replied Pat. "We only killed the pig yesterday."

The cook was having a day off and she came wearing a very stylish frock.

"Why Mary," said her employer, admiringly, "what a nice dress. It would be hard to distinguish the mistress from the cook."

"Don't you worry, mum," replied Mary. "The cooking would tell."

The Stars Say -

By Genevieve Kemble

For Friday, July 11

WHILE affairs seem to move along progressively and toward dramatic goals of accomplishment, according to major aspects, yet some strange break, error of judgment, irregular move in the wrong direction, might undermine or disastrously involve promising conditions. Misrepresentation, trickiness or an attempt to "put over" some sinister policy, might undermine good work and merit opposition from those in high places. Probity, integrity win out.

If It Is Your Birthday

Those whose birthday it is may look for a lively and exciting state of affairs, with much promise for a progressive and eventful year, in which matters out of the ordinary may transpire. However, a devastating and abrupt development may jeopardize this, particularly should trickiness, false moves or expediency call down the wrath of those whose support is imperative. Sound plans based upon principle and probity should avert disruption.

A child born on this day may have progressive ideas and hopes for a successful career, but this might be complicated by a tendency to false ideas or treacherous moves to win its points at any cost.

BUYS AND WHYS BY Barbara Brent
15-D
A weekly advertising and information service for today's woman

IT CAN HAPPEN TO YOU! Nobody is immune from polio. Age is no barrier. Anybody can be a victim. Still haunted by epidemics of previous years, it is well to be prepared. Early recognition is imperative. It may save life. It may save permanent paralysis. How to recognise symptoms—what to do to avoid unnecessary exposure is told in "If Infantile Paralysis Strikes". This pamphlet issued by the Canada Life Assurance Company is yours for the asking. Better be safe than sorry. Write me for your free copy, Barbara Brent, 1411 Crescent Street, Montreal, Quebec.

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Cheerful as a lark!... that's *you*, even on the hottest of days! You know how to "Fresh Up" with 7-Up! In fact, you've made 7-Up a Family Affair! It's just the delicious drink for everyone from small Sister Sue to Brother Bill—an after-play snack—a suppertime treat. Smoothly delicious, with a delicate taste—7-Up is a thirst-quencher on even the hottest, thirstiest of days. Serve it with meals and between meals. Find it at any store displaying a 7-Up sign!

Every woman knows that the *right* recipe makes a wonderful world of difference to even the best of good cooking... that the wrong one is a time-wasting strain on even the best of good cooks! That's why the makers of delicious CROWN BRAND *Corn Syrup* take time and thought to *test* their recipes for your use! Need I say—results are excellent—and I heartily recommend that you send for CROWN BRAND *Recipe Sheet C.B.D. — Baked Stuffed Tomatoes—Fruit Chutney—Apple Crisp!* Simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q. — for your free copy!

Next pay-day your husband's pay cheque will be bigger because the reduction in his income tax will be effective. You'll not want that extra sum to melt away without a thing to show for it. You'll want to make that money a part of your design for living! The smart way to do just that is to open a special "*Tax Saving* Account" at the BANK OF MONTREAL. Why not talk it over with your husband—and point out the advantage of opening your special account with that first tax reduction. Remember "Money in the bank" makes dreams come true!

A Real Boy's Room!

Because Junior is a "real" boy—his room looks it ...it's had a hard winter! So now's the time, while Junior's away at camp, to freshen his room with DUROLAVE, the famous Oil Bound Washable Water Paint...with "real" boy's colours! For DUROLAVE, made by the Crown Diamond Paint Company, Limited, comes in a wonderful variety of colours keyed to your colour scheme. It's made to a new formula that makes it easier to mix—it's odourless when wet or dry and it dries in less than an hour, leaving no brush marks! Easy and inexpensive to apply—no wonder DUROLAVE is a best-selling paint the world over!

How Can I!!

By Anne Ashley

Q. How should eggs be packed?

A. Boil several gallons of water in a clean vessel; then allow it to cool. Buy about 2 quarts of waterglass from the druggist. Pack the eggs in a stone jar, as large as possible. Use 1 cupful of waterglass to 10 cupfuls of water, and pour over the eggs. Always obtain strictly fresh eggs.

Q. How can I improve the flavor of tea?

A. By thoroughly drying the peel from an orange or lemon, and placing this peel in the tea container.

Q. How can I brighten copper and brass vessels?

A. Try using vinegar and salt in the water when washing them.

Household Scrapbook

By Roberta Lee

MILK AND THUNDER

Thunder does not sour milk, a commonly believed. There are bacteria in milk which feed on sugar causing it to acidulate. Just before an electric storm the air usually becomes warmer causing these bacteria to multiply more rapidly.

GRANITE

To remove burnt spots from granite, cover the stain with a teaspoonful of soda and a little water and heat to the boiling point. Wash at once, but never scrape it with a knife.

MUSHROOMS

Fresh and tender mushrooms need not be peeled before cooking. Just wash them thoroughly in slightly salted water. Mushrooms cook quickly and a low heat is best.

Always use hot milk and melted butter to add to mashed potatoes to keep the vegetables from cooling.

"You'll enjoy your vacation more with this New FREE booklet!" says Elsie, the Borden Cow

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