

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

That Body Of Yours

By James W. Barton, M. D.

OPERATIONS — PAST AND PRESENT

When we read that a patient drives to the hospital Monday afternoon, undergoes an operation Tuesday morning, is allowed to get up a short time Tuesday afternoon and drives his car home on Thursday afternoon, we wonder what has made the operation for hernia so simple. Then when we learn that the operation for appendicitis and other operations means a stay in the hospital of only a week or 10 days, we wonder why in former days not less than two weeks and usually three weeks was the time spent in the hospital before the patient was allowed to go home after an operation.

While there have been some advances in training and surgical skill, the reason that operations are now safer and the patient up and around sooner is the improved method of treating the patient before, during and after an operation.

Formerly, a patient — unless it was an emergency — entered the hospital 24 to 48 hours before an operation, was given a purge and an enema, and a starvation diet so that he would not expend his strength digesting his food and his stomach and intestines would be clean. He thus was really in a weak, instead of a strong condition to undergo an operation.

Today, the patient is "built up" for the operation by nourishing foods rich in vitamins, minerals and proteins (the body builders). Also, during the operation the anesthetics now in use are safer than before. There is not as much nausea and vomiting, and less disturbance of the action of the lungs and heart.

One of the greatest complications and dangers from operations in the past was peritonitis. Today, with the discovery of the sulfa drugs and penicillin, peritonitis seldom occurs.

Patients now are allowed to get out of bed the first day of the operation, as it helps their morale, prevents adhesions and prevents or lessens the gas pains which occur so often after operation. The fact that the patient is allowed to get up to use the toilet instead of the bed pan, helps digestion and prevents constipation.

There may be factors entering into some cases where a longer stay in the hospital is necessary, but usually 5 to 10 days is considered sufficient.

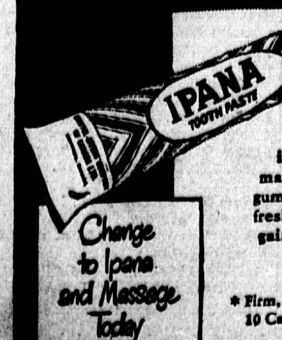


HOT FLASHES?
Are you going thru the functional "middle-age" period peculiar to women (38-52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, irritable? Then try Lydia E. Pinkham's Vegetable Compound for relief of such symptoms! Pinkham's Compound also has what Doctors call a stomachic tonic effect!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

BE IPANA BRIGHT!

Make Gums Healthier... Teeth Brighter... with Ipana and Massage



Firm, healthy gums are important to sound teeth and sparkling smiles. So switch to Ipana—for Ipana is specially made not just to keep teeth clean, but to stimulate gum circulation. Try it. Brush your teeth with Ipana. Gently massage a little extra Ipana onto your gums. Your mouth tingles with new freshness... gums wake up... your smile gains new charm. Be bright about your teeth and gums—Ipana bright.

* Firm, healthy gums are so important that 7 out of 10 Canadian dentists recommend gum massage.

Product of Bristol-Myers—Made in Canada

DON'T FOOL WITH SUNBURN!



GET QUICK, COOL RELIEF WITH NOXZEMA!

When your skin is afire, get heavenly relief in seconds with cool, soothing, snow-white Noxzema. Used and recommended by life-guards at so many popular beaches! Greaseless—doesn't stain. At all drug and cosmetic counters (19¢, 45¢, 65¢, \$1.29).



Morning Smile

HELP WHERE IT'S NEEDED

A visitor at Parliament was accompanied by his small son. The little boy watched from the gallery when the House came to order.

"Why did the minister pray for all those men, Pop?"

"He didn't. He looked them over and prayed for the country."

MOSTLY BULL

"So you like my pooch," beamed the sportily attired gent. "I'm glad it cost a thousand dollars. Very rare breed. Part schnauzer. Part bull."

"Amazing," chuckled the lady he had just met. "Which part is bull?"

The gent broke down. "The part about the thousand dollars," he confided.

Better English

D. G. Williams

1. What is wrong with this sentence? "She arrived around ten o'clock."
2. What is the correct pronunciation of "righteous"?
3. Which one of these words is misspelled? Annuity, annoyance, annoint.
4. What does the word "inadequacy" mean?
5. What is a word beginning with dis that means "prudence"?

ANSWERS

1. Say, "She arrived about ten o'clock." 2. Pronounce ri-chu-s, 1 as in lie, and not ri-yus. 3. Annoint. 4. The state of being deficient, or unequal to a requirement. "The army failed on the offensive, owing to the inadequacy of its commander." 5. Discretion.

PYRAMIDS PLUNDERED
Not one of the famous pyramids of Egypt, tombs of Pharaohs, escaped plundering by ancient tomb robbers.

DOROTHY DIX SAYS—

Second Marriages

Jealousy Of First Wife Often Mars Marriage To Dutiful Widower

One of the wisest and wittiest men who ever lived said that a second marriage was the final triumph of hope over experience. Be that as it may, it is undeniably true that whether a marriage is successful or not there is something about it that seems to unfit men and women for single life.

This is particularly the case with men, for while the average husband does not go about boasting of his conjugal felicity and telling how he adores his dear Marie, if he loses her, he is a lost soul. Even if a man's marriage has been unromantic, if his wife dies he has a sort of post-mortem romance in which he glorifies her and looks forward to remarriage as to Paradise regained.

So it is no wonder that the bereaved widower is confused and bewildered and lonesome and doesn't know what to do with himself. Hence he remarries and generally he has sense enough to marry in his own age class some woman with whom he is well acquainted and who is a good cook. This makes a second marriage a preferred risk, for even the dumbest of us learn by experience, and the man who has dealt with a first wife's peculiarities knows how to walk high, wide and handsome around Number Two's little ways. Likewise the woman who has dealt with a grouchy husband has the technique of how to butter up his successor and make him eat out of her hand.

HUSBAND OFTEN TACTLESS
Although second husbands are apt to be improvements on first ones, there is one place in which some lamentably fall down. Even the most intelligent men often do not sense how wife Number 2 feels about her predecessor.

Even a congenial idiot, one would think, would have enough brains to realize that a second wife always feels that she is sitting at the second table and eating the scraps, and that he would not always be throwing his former wife in the present one's teeth. But men do it. It is a common thing for a remarried man to make his first wife his theme song and to spend his time holding up Number 1's charms as a model for Number 2 to go by.

Plenty of men, who must have hides as thick as rhinoceroses, make their second wives live in the houses that were built for Number 1, and use Number 1's silver and linen and furniture, and look up on the walls that are covered with pictures of Number 1. And the men who commit these crimes don't even know that they are torturing their wives by keeping them boiling over with jealousy of a first wife and that there isn't a woman who wouldn't rather live in a shack and eat off of a plank than in a palace that was the first wife's leavings.

To this column come innumerable tear-soaked letters from second wives whose husbands idealize their first wives and are never weary of singing their praises, but who treat the second wives as if they were mere household conveniences. They are not even commonly polite to them. One of these letters says: "Two years ago I married a widower, as I thought, but I found my marriage empty, because my husband's heart is still with his departed wife. I always contented myself with the fact that I would have no competition from a woman no longer living, but I find out that I am worse off than if she were."

All of which I commend to the prayerful consideration of men and women who have made second marriages.

Household Scrapbook

By Roberta Lee

Hydrangeas

Hydrangeas can be given a blue color by applying to the soil for iron sulphate to 200 parts soil. If a pink color is desired, apply hydrated lime in the same proportion.

Canning Corn

Use a small hand brush to remove the silk when preparing corn for canning or for the table. It performs the work much quicker than the fingers.

Mosquitoes

If mosquitoes have invaded the room, burn a piece of camphor gum and see how quickly they will vanish.

The Stars Say--

By Genevieve Kemble

For Wednesday, August 4

THE message is for a very active change, travel, fresh efforts and an lively state of affairs, with plans of most lively and probably pleasant relations. However, there is a sign that indicates rather curious or strange developments, involving definite and aggressive attack, doubtful, crafty or tricky situations of an occult or subtle base, in which it is required that direct and forthright handling are imperative. Sign contracts and make verbal agreements with precision.

For the Birthday

Those whose birthday it is, may encounter a year in which irregular, unique or intriguing adventures may point up very lively and surprising situations. Change, travel new plans and curious contracts should prove exciting and eventful, with romance and strange personalities in the foreground. Letters, writings, publicity and all youthful interests should thrive as well as intrigue, in which there may be public interest. Read all commitments with an eye to hidden factors or queer strategies.

A child born on this day will possess much versatility, talent, and adaptability, with force and special insight into the unusual, unique and curious. His career may have strange lures and enjoyments.

FIRST "OSCAR"

The first movie "Oscars" for acting, presented by the Academy of Motion Picture Arts and Sciences, went to Janet Gaynor and Emil Janning in 1928.

Tea in a Jiffy!



KING COLE

ORANGE PEKOE TEA BAGS

Beat the egg slightly and stir in the tomato juice; add to meat mixture and combine lightly. Form meat mixture into a loaf shape and place in a greased shallow pan; dot top with dripping. Bake in a moderate oven, 350 degrees, basting occasionally for 1 hour.

Modern Etiquette

By Roberta Lee

Q. What are the duties of the bridesmaids other than those during the wedding ceremony?
A. It is customary for the bridesmaids to act as hostesses at the wedding breakfast or reception.
Q. Wouldn't it be time enough for a bride to wait until she returns from her honeymoon trip before acknowledging wedding gifts?
A. No; the gifts should be acknowledged before she goes away.
Q. Is it necessary that a man hold his hat in his hand when in a shop with a woman?
A. No, he need not remove his hat.

How Can I!!!

By Anne Ashley

Q. How can I stop shoes from squeaking?
A. Bore a small hole in the sole, up under the arch, and pour a little oil into it. Let the shoes stand upside down as long as possible after filling the holes, to allow the oil to get into the space between the soles.
Q. How can I rid the house of fleas?
A. Use spirits of turpentine in the water when rooms are scoured. Or, salt plentifully sprinkled about will also kill fleas.

SIFT FLOUR ANYWAY
If the recipe you are using doesn't mention sifting the flour, sift anyway. Sift once before measuring, then again with the other dry ingredients. Sifting will give you a more accurate measure because flour packs down in the box or bin while it is standing.



SMALL FRY... by Steig
We're both crazy about him! What a triangle! He's handsome, rich, and he's got Kellogg's Corn Flakes!

Again in 1948, 4 out of 5 vote Kellogg's FIRST FOR FLAVOUR!

Your taste tells you what independent research workers found out again this year... Kellogg's Corn Flakes is the flavor favorite! Yes, again, 4 out of 5 Canadian housewives chose Kellogg's Corn Flakes first for flavour.

If your last package has been opened, it's time to order more Kellogg's Corn Flakes! Made by Kellogg's in London, Canada.

Ellen's Diary

By an Island Farmer's Wife

The new-bought heifer, marked prettily in red and white was mirrored prettily this evening in the quiet stream, where beyond the "gang-way" bridge, when the mill wheels are idle, the pond backs broadly. Here she was pictured as still as though painted and the horses too, the team of them just then let to that field across the creek. Drinking thirstily they too set lovely reflections there on its calm bosom. They had been used at the haying this close afternoon and now had come to the freedom and coolness of their night pasture. It was very still there. No wild loitered gossiping in the neighbouring alders; not even a small waivering breath of one disturbed the surface of the water, though as I paused at lane's end to watch James walk briskly in the road a shout in search of flies broke it to ripple and in a silvery flash sank as quickly from sight. Very lovely is this evening a fitting end to a satisfying day.

Our farmers spent a good day at the haying, combining the making of it and hauling, with a spell of weeding and cultivating. Indeed now that the twilight is beginning to dim the hill, our young farmer is continuing to cultivate in the turnip patch while James picked up his hoe after milking and as I have said made his way in the road to Rob's to help at the last of the weeding there. Went smartly, as though it were only the beginning of his day. Our haying began in earnest after dinner when Rob's family, and the black Mut-dog arrived in the truck amid the usual bedlam of barking. Karolyn too spent a busy but pleasant afternoon with the small ones. Grand-daughter joined them after her nap and the three played together. Not however without a few differences for Karolyn to smooth away. I overheard them at play in the sand-pile. "My oasis—my own oasis!" grand-daughter asserted stoutly, defending them against siege, though she is usually very fair in sharing her playthings.

Your palisade, Jamie repeated, wanting to gain one for the small fellow "and I suppose this sand right here by my grand-mother's door belongs to you too?" And then there were smiles, hers displaying a flash of white and Jamie's two missing teeth, and a compromise effected which set them to playing happily again. I suspect it will take time for them to learn the give and take of living. Or again how can one expect small ones to be without fault when "there is none perfect"?

In honor of our company we dined on mackerel, a precious pair of them received this afternoon fresh and firm-fleshed off the ice in the fisherman's truck. "Frer?" of course they're fresh Ma'am! I answered my question. Started with a savory dressing and baked, with drippings off the home-cured bacon, both Karolyn and James agreed they had never tasted a more appetizing dish and those not fond of fish were tempted to eat some of it with relish. When the workers came in hungry from the fields, I blessed the thought that had reminded me on a rainy day to make plenty of bread for just such a fair day as this. We had pieces of a cake freshly baked, baked so recently taken from the oven that Jamie fancied it was still warm and "too new altogether," though in good time he asked for a second serving. With unceasing helpings of strawberry jam some that had been left over from Saturday's filling of jars, and the smaller fellow had bright eyes of it about his mouth and on a cheek where the dimple appears at the least hint of a smile. All in all, we had a pleasant meal to make us who are older tuck away in memory this good day at the haying.

There is a slight rustle in the leaves on the poplar by the gate and evening shadow, light and dark are set on the pond. In the silence I hear an endearing though faint chirp that sounds like a croon in the robin's nest in the old birch, and from the house across the lane, Jeanie sings softly to her small one—a lullaby it is, and I fancy grand-daughter is being rocked a bit in her arms before being taken to her own small cot upstairs. It is, I think an enchanting tune and the never-to-be-forgotten rite all else and survived many a year... So at Alderlea, and of day comes—and the night advancing brings our farmers home from their fields to the peace and content of the farmstead.

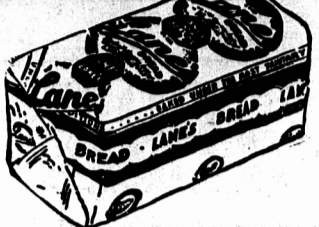
Until tomorrow — Diary — Good-Night.

12R

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with non-digesting laxatives. Give Children's Own Tablets. This new corrective medicine is specially formulated to stimulate the bowels so as to prevent the child from getting so constipated and so nervous. It is a pleasant-tasting medicine that even the fussiest child won't object to. It is the only medicine that is safe for the child and is the only one that is safe for the mother. Give Children's Own Tablets today at your drugstore.

A Treat For The Family The Loaf



That Pleases

When Ordering— DON'T SAY BREAD — SAY

LANE'S BREAD, PLEASE

LANE'S BAKERIES LIMITED
Charlottetown and District Representative
ROY (Buck) WHITLOCK—PHONE 1781-L

Living & Leisure THE WOMAN'S REALM

GOOD COMPANION
From the Chicago Tribune
A dog can speak in but one tongue. A language we all sense. As being full of friendliness and earnest eloquence. And I have known my troubles melt.

Like snow beneath warm sun. When down the path that dog of mine Comes swiftly on the run. The wagging tail, the cheerful bark. Make lonely hours a lot less dark. —Albert Ralph Korn.

SET UP SOCIAL CENTRE
The first of a number of social centres to be established in remote villages in Mauritius was opened recently. The centre supplies milk to expectant mothers and babies, teaches handicraft, and later will supply clothes to children.

DENTAL DEFICIENCIES
Faulty nutrition and dental diseases are linked up in a vicious circle, each augmenting the other. An insufficient supply during childhood of the various food elements required to build up sound teeth and a healthy body will result in poorly-formed supporting bone—a condition leading to gum disease in later life. Flaws in the enamel of badly-formed teeth are susceptible to decay and when painful dental conditions result from these flaws, the chewing of many nutritious, healthful foods becomes an ordeal or even an impossibility.

FOOT INFECTIONS
A serious problem in many sports and industries is fungus infection of the feet, popularly known as athlete's foot. It thrives in showers and locker rooms where warmth and moisture encourages propagation of the fungi. Troublesome symptoms of the disease include an intolerable itching, swelling, redness, cracks in the skin and small blisters. The skin between the toe is moist and runs off easily. Regular disinfection of floors, provision of special footwear such as wooden clogs for use in

shower rooms, and foot bath disinfectants are suggested to meet the problem.

DARK SHEERS ARE SUMMER TRADITION
NEW YORK — Dark sheers have become a mid-summer tradition in America. Women depend on them from dawn till dusk, and wear them far into the night. Because they're cool, resistant to crushing, do not show soil, and usually are made in styles that are practical as well as pretty. They have climbed to the top ranks as midsummer favorites, yet are hard to find, shoppers relate.

A dark sheer wears well in the office or for shopping. Choose a good basic dress in black, navy, gray or any dark color that fits into your accessory scheme. It can be varied with accessory changes or by adding white touches at the neckline or sleeves.

CLEANSING RINGS
Almost all rings are best cleaned by rubbing with a toothbrush. Soap and water are usually effective, unless the ring is badly tarnished. Then try using some bicarbonate of soda. Just dip the damp brush into the soda and scrub the ring; then rinse out with clear water.

A Holiday Hazard

Don't take a chance on summer complaint spoiling your vacation, take along a supply of DOCTOR FOWLER'S EXTRACT OF WILD STRAWBERRY. At the first symptom of diarrhoea, intestinal pains or summer complaint, take the prescribed amount of this pleasant and effective remedy. DOCTOR FOWLER'S EXTRACT OF WILD STRAWBERRY is an old family medicine, widely used for nearly a century.

Needlecraft FOR THE HOME

THE SUMMER SUIT
Wonderful for both town and country wear is a smart suit-dress like this featuring a fitted jacket with the new hipline flare. Finish it with either a sweetheart neck or neat convertible collar, whichever you prefer.

No. 2162 is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 requires 3 1/2 yards 39-inch.

Send 30c for each PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

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CHILEAN EXPORT
Iodine is one of the important exports of Chile.