

That Body Of Yours

By James W. Barton, M.D.

OVEROPTIMISM AND OVERPESIMISM

Most of us would sooner be considered optimists than pessimists, and although we dislike the idea of being called "Pollyanna," nevertheless it is the Pollyanna type, the overoptimist, who can best survive extremely trying situations.

"People who exhibit constant overoptimism or overpessimism are considered borderline cases between normalcy and pathological (diseased) conditions. They are grouped under the hypomanic-slight mania or madness—or the chronic depressive." The hypomanic is usually the "life of the party," he constantly busies himself with making social arrangements, writes to newspapers and to congressmen, sells tickets to all kinds of enterprises, always feels on top of the world. He usually is a considerable strain on his environment but he has many friends.

I am quoting Dr. Alexandra Adler, psychiatrist and Assistant Clinical Professor at New York University, in an address before the Cooper Union, New York City. As a matter of fact, we are all optimists or pessimists at times. Thus, as Chesterton said, "an attack of indigestion, a sleepless night and a rainy morning can make a coward out of one who would otherwise have been a hero."

Many otherwise well-adjusted people may say, before they have had their first cup of coffee in the morning, that they do not care whether they live or die. Also there may be a great deal of monotony in one's daily tasks about which one cannot be expected to be always cheerful.

Parents who become discouraged with the behaviour of their child at times should remember the other times when they are gladdened in spirit by the thoughtfulness and unselfishness of this same child. Just as adults have their moods, so do children; teachers know this and parents should know it also.

In speaking of the overoptimist, Dr. Adler states that "in extremely trying situations, on which the human being, with all his limitations is unable to predict the out-

TAKES A CHANCE WINS BACK HEALTH

Mrs. C. Wallace, Mrs. C. Wallace, Iethbridge, Alta., says: "I took a chance and tried another remedy for relief of stomach upsets and sore back. This time I took Sarnak. After Mrs. WALLACE only two bottles, my backache was relieved and I no longer am troubled with stomach upsets."

If you suffer from rheumatic, neuritic, or arthritic pain, sciatica or backache or from some stomach, kidney or liver disorders, nutritional anemia and nervousness, try Sarnak for one week, prove that Sarnak can help you. \$1.35 at all drug stores.

Cook's Corner

JAM JAMS

Two eggs, 1 1/2 cups brown sugar, 1 1/2 cups shortening, 1 heaping teaspoon cream tartar, 1 level teaspoon soda mixed with 1 cup molasses, flour enough to mix stiff. Roll thin and cut with cookie cutter. When baked spread one side with jam filling and lay two cookies together, making one. Bake in slow oven.

How Can I!!!

By Anne Ashby

Q. How can I take care of ivory knife handles?

A. Do not put the ivory knife handles into hot water, as this turns them yellow. Wash with warm, soapy water, and wipe quickly. Once a month rub them with flannel moistened with denatured alcohol and dipped in powdered whiting that has been sifted through cheesecloth.

Q. How can I make a novelty candlestick salad?

A. Use a thick slice of pineapple for the base, place half a banana upright for the candle, and top this with a maraschino cherry. Serve with French dressing.

Q. How can I treat enlarged pores around the chin and nose?

A. One remedy that is said to be good is bathing with a little lukewarm water and borax.

Morning Smile

The Remedy

"Oh, doctor," cried the wild-eyed man, "I'm dreadfully afflicted. The ghosts of my departed relatives come and perch on the tops of the fence-posts all round my garden when dusk is falling. I can look out into the gloaming any evening and see a couple of dozen spooks sitting on top of the posts, waiting, waiting, waiting! What can I do?"

"Sharpen the tops of the posts," advised the doctor. "Oh, doctor," cried the wild-eyed man, "I'm dreadfully afflicted. The ghosts of my departed relatives come and perch on the tops of the fence-posts all round my garden when dusk is falling. I can look out into the gloaming any evening and see a couple of dozen spooks sitting on top of the posts, waiting, waiting, waiting! What can I do?"

come, overoptimism is the most suitable reaction to survival." This was true in the horrible experiences at concentration camps. Only those prisoners survived who all through the years were convinced that the day of liberation would come some time.

However, while the above is true, the brain and emotions control our actions, there are times when the body—sluggish liver and gall bladder, constipation, overeating, lack of exercise—controls the brain and emotions, making us "quitters" for the time being.

Better English

By D. G. Williams

1. What is wrong with this sentence? "He sure feels badly about the matter."

2. What is the correct pronunciation of "chartreuse"?

3. Which one of these words is misspelled? Abominate, abdominal, abstemious, abstruseness.

4. What does the word "forti-

CRESCENT CARNIVAL

FRANCES PARKISON KEYES

(Continued)

The delay put him back further than he expected. It was still light enough when he reached the entrance gates of Splendida, for him to catch sight of something which made his hands turn cold. There was a row of little stakes driven into the ground, and at either end of them a pile of underbrush that had been cut away.

The house seemed to be deserted as he entered. When he reached the rear of the long hall, he heard a strange sound coming from Drew's bedroom. Breck opened the door abruptly and strode into the room.

Nana was on her knees in front of the dresser, emptying its contents into a large open suitcase. Drew was screaming at her and striking at her.

"I won't let you and Mother take me away. I'm going to stay here with Daddy!"

"What is the meaning of all this?" Breck asked sternly.

"Mother's upstairs, packing. She says I've got to go with her. And she told Rufus he had to go, so he's run away and hidden. You're not going to let Mother take me away, are you, Daddy?"

"Certainly not. Nana, stop packing those clothes—Be quiet, Drew. There's something I want you to do."

"Go straight over to Mr. Yates' house and stay there until I come for you. Tell Mr. Yates I said you weren't to leave there on any account, with anybody. You don't need to be frightened any more. Go along, Drew."

"I'm going, Daddy." When Breck reached the door of Anna's room, he did not neglect to knock on it. It was only when he received no answer, that he turned the handle and walked in, speaking to her maid before he spoke to her.

"You may leave the room, Meditabul," he said coldly. When she had gone he asked Anna the same question he had asked Drew.

"What is the meaning of all this?" "You know as well as I do that there isn't a woman in the world who would stay with her husband, if she had any pride, after he deceived her the way you've deceived me."

"I'm afraid I don't follow you, Anna."

"You don't follow me? You didn't see any stakes driven into the ground, in a long line, as you came in, I suppose. You know what those stakes and those blades mean, don't you?"

"I'm afraid they mean that my efforts to prevent the removal of the levee haven't been successful."

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lude" mean?

5. What is a word beginning with "e" that means "to rub out"?

ANSWERS

1. Say, "He certainly feels bad about the matter." 2. Pronounce shar-truz, a as in ah, u as in fur, accent second syllable. 3. Abdominal. 4. Patient and constant courage in meeting danger or adversity. "In adversity and difficulties, it is always well to arm yourself with firmness and fortitude." 5. Efface

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DOROTHY DIX SAYS—

Stepchildren

Women With Maternal Instincts Can Raise Them Successfully

DEAR MISS DIX: I am a widow, 34 years old, financially independent, with a good job and no children. I am settled in my ways, good-natured and very fond of children. An old friend of school days, a widower of 38, has asked me to marry him. He has a nice home and a good business in a small town, and two children, 7 and 6 years old. We are just as romantically in love with each other as if we were boy and girl, but if we marry do you think there will be any chance of happiness for us, or would his children forever stand in our way? I feel that I could very easily fit into their lives, but my friends tell me that I would be making the mistake of my life to give up a good job to be a stepmother. What do you say? HELEN.



ANSWER: I think, on the contrary, that you would be throwing away a great chance for happiness by refusing to marry this man and mother his children. Certainly it is a fine thing for a woman to have a job and be self-supporting as you are, but it is a better thing for her to have a home of her own and a man and children to love and care for and make comfortable, instead of just working for herself.

TEEN-AGERS DIFFICULT I grant you that the problem of being a stepmother is one to make even the boldest stop and think, and in a case where the children are in the early teens, when all youngsters are hard to manage, I should think that none but the foolhardy would tackle the undertaking. But your case is different. Here the children are young enough to be pliable, and helpless enough to want a mother to love them and pet them and guide them, and it will be easy for you to win their little hearts and take a real mother's place in their lives.

We hear a lot about cruel stepmothers, but where there is one mean stepmother there are thousands of good stepmothers, unselfish women who are real mothers to motherless little children, who work and sacrifice for them and whose stepchildren rise up and call them blessed.

As for these two children coming between you and your husband and making trouble, that is in your hands. If you are jealous of them and neglectful of them, and if you make their little lives unhappy, you will alienate your husband from you if he has any decency in him. But if you are good and kind to the children and are a real mother to them, you will draw him closer to you by every tie of appreciation and gratitude and admiration. The women who adopt children love them as their own. I have never been able to see why a stepmother should not be able to feel the same way about her stepchildren.

DEAR DOROTHY DIX: When I was 15 years old I used to go with some boys and girls. Like all the other youngsters, we did a little kissing and necking. Nothing more, and the kisses were really children's kisses that meant nothing. My husband knew all about this at the time of our marriage, but he seems to have gone crazy jealous over it. He keeps bringing it up; reproaching me with it and telling me that he can never be happy with me on account of it. I know he loves me and that is why he feels so badly about this.

BROKEN-HEARTED BRIDE.

ANSWER: Your husband must be the great original trouble-hunter if he can get all hot and bothered and pea-green with jealousy over your having kissed a boy when you were 15. It sounds as if he were very young and very silly and had no knowledge of modern society. But you are dealing with the problem from the wrong angle. You are taking your husband seriously and believing all he says. Laugh at him. Ridicule him. Make him see what a fool he is making of himself by making a mountain out of a molehill. And dig up his past and find some girl that he has kissed and throw her in his face.

DEAR DOROTHY DIX: I have been married twenty-five years and have worked the entire time. My husband has never had a regular income. He has been one of those who is always about to make a million and never makes the rent money. Now I have reached the point where I am tired and discouraged and hopeless. I have kept up the spirit of the family until I am now too weary to care much, but my husband insists that I do not give him enough encouragement. Don't you think I have done my share? And what can be done with a man like him? WEARY.

ANSWER: It seems to me that a woman who has supported her husband for twenty-five years has about done her part and should not be expected to keep his ego inflated in addition. A common alibi for failure among husbands is that their wives do not believe in them, but it takes more optimism than most women possess to have faith in a man who never makes good in anything.

Modern Etiquette

By Roberta Lee

Q. When a hostess sends a man and his wife an invitation to dinner, and the invitation is not acknowledged, what should she do?

A. It might be best for her to telephone this couple and ask if the invitation was received, as it is possible that the invitation may have gone astray. If, however, it was received, the hostess is privileged never to repeat any such invitation to these ill-mannered people.

Q. Is it proper to use the comma following the salutation in an informal letter?

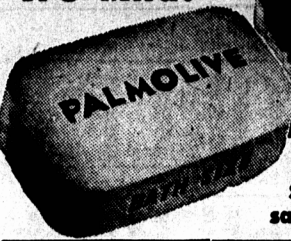
A. No; the comma is out of use now. The proper punctuation following the salutation in all letters is the colon, as, "Dear John:"

Q. How many ushers should one have at a church wedding?

A. There is no set and definite number. It is up to you, the number of guests expected, and the size of the church.

For Smooth Youthful Skin

NEW PALMOLIVE It's Mild!



Smart Young Women say PALMOLIVE—It's Mild!

Household Scrapbook

By Roberta Lee

A Tight Ring

To remove a tight ring, take a yard of cotton cord, soak in soap-suds, glycerine, or oil, and wind snugly around the finger from near the fingertip to the knuckle. Then pass the end of the cord string under the ring, and pulling tightly around string will lessen the blood pressure near the ring, and little by little the string presses the flesh and pulls off the ring.

Whiter Clothes

Try slicing a lemon with the rind into the boiler of clothes. It will make the clothes beautifully white and remove stains from pocket handkerchiefs, underwear and table linens.

Market Floor

The dark spots on floors caused by moving beds and heavy furniture about the room can be removed with a soapy cloth dipped in kerosene.

very evident that old fallacies take a long time to die! But there James is "dead tired" and the thrashing due in the morning! — Until tomorrow — — Diary — Good-night.

The Stars Say --

By Genevieve Kumble

For Tomorrow

THE cereal operations are strong and stimulating to the energies and drive to initiative and aggressive attack on unusually promising plans, projects and objectives at the same time an unfamiliar development or situation may challenge to a rather erratic "jumping at conclusions" or efforts to make unusual explorations, in which originality or inventive genius could prove disastrous. This urge to put over eccentric or revolutionary ideas should be curbed.

If It Is Your Birthday

Those whose birthday it is, may find themselves strongly launched in a lively, constructive and ambitious program, strenuous and progressive. Under a well organized plan, strenuously and astutely put over and developed, much is to be gained by sound, enthusiastic and workable tactics and techniques. However, such prospects may be entirely blighted and nullified by some wild, erratic and impulsive acts or untenable ideas. Cleave to prudent, rational and practical action and programs. A child born on this day, brilliantly endowed with abilities, qualities and talents for a progressive career, yet may ruin its prospects by erratic or impulsive emotions or notions beyond rea-

Advertisement for Aylmer Baby Foods featuring photos of babies Jennifer, Joyce, Joan, and Janice, and a can of Aylmer Baby Food Peaches. Text: "all the Hargreaves quads are thriving on Aylmer Baby Foods".



Advertisement for Holman's clothing. Text: "HOLMAN'S Oh it's Spring and Holman's brings you the flower-bright, the boxed, the belted, the beautiful Fashion-glorious TOPPERS, SHORTIES everyone wants 25.00 you who adore Spring and long for Summer will revel in this presentation. For here are the Toppers and Shorties the Fashion Magazines are discussing. And now Holman's has styles preferred in oyster white, navy of course, copper, and magnificent red. All are fully lined. Misses' sizes 12 to 20; women's sizes 38 to 42."

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