

That Body Of Yours

By James W. Barton, M.D.

ANXIETY THE CAUSE OF NEUROCIRCULATORY ASTHENIA

During and after World War I, many soldiers reported to their medical officers with what became known as "soldier's heart," effort syndrome or DaCosta's syndrome. This condition is now called neurocirculatory asthenia and means weakness or tiredness of nerves, heart and blood vessels.

A group of reserve corps medical officers was sent to England to study this condition with Sir Thomas Lewis, the noted heart specialist. These officers felt that the symptoms comprising "Effort syndrome" in normal persons were not the same as those observed in neurocirculatory asthenia.

The symptoms are not due to exertion in most cases. They may occur at any time during the day or night and they are invariably caused by emotion.

A history of nervousness and emotional disturbances, based on a family history of nervousness, it appears, is the underlying cause.

An editorial in The Journal of the American Medical Association states that the symptoms are shortness of breath, tiring easily, palpitation, heart consciousness, fainting, giddiness, headache, sweating, blueness or mottled coloring of the hands.

The method of treatment of this syndrome or combination of symptoms is to induce the patient to recognize that he is suffering from the effects of emotional disturbance and not from organic disease.

Psychotherapy (treating the mind) must be directed toward recognition and removal of fears and anxiety. In some cases the patient's environment or surroundings must be changed.

Occasionally, quieting drugs are used but the editorial points out that, while useful at times, they are not a cure.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a young woman to keep a young man waiting several minutes when keeping an engagement?

A. An old idea of women was to "keep him waiting." But make no mistake about it—the men hate it! If, therefore, you are a young woman who has a luncheon date at one o'clock with a man, approach the meeting point right on the stroke of one.

Q. What is the proper thing to say when you know positively that the number you have called on the telephone is the wrong one?

A. Never ask, "What number is this?" The number certainly doesn't interest you, if it is the wrong one. It is much better to say, "Is this Main 3456?"

Q. What is the proper reply when a person, to whom one has just been introduced, says, "I am very glad to have met you?"

A. "Thank you" is sufficient.

The Experts Say

By Kay Rex

Think cooking is easy? Then try translating a German recipe some time. First of all the German to the English, and then the quantities which are in grams (that's the way housewives measure in Germany) to cups—Canada's popular kitchen measurement.

And don't forget to add a little more salt than is called for. German butter isn't salted like ours. This particular kochbuch—that's German for cook-book—contains all kinds of mouth-watering pictures of cakes with filled icings and fudge fillings in between each of the three or four layers. Not quite proper reading material for the little woman of 150 pounds or so.

The kochbuch's owner was puzzled when informed that housewives in this country these days just aren't in the habit of using five or six eggs in a cake. At holiday time, she says, German housewives do a lot of baking. Five or six or seven eggs? Well, these may be expensive but so is a movie.

Yes, but the trouble is when a movie is over there isn't any more. With a six-egg cake the weight scales can be depended on to record the "more" inside of a couple of days.

By Guess And By Gosh

Anyway here are a couple of recipes from the kochbuch, ones which didn't seem to go beyond the pale of the average Canadian housewife's pocketbook.

They have been completely translated—even to quantity. Incidentally both have been tried in a Canadian kitchen and the results weren't left around long enough to begin getting stale.

"Dumplings" seems the best translation for what the Germans call "klosse." They're served in consommé as we serve croutons. Ingredients: Two large tablespoons butter or margarine; one-quarter cup flour; one egg (beaten); salt; nutmeg (Germans use nutmeg frequently in their cooking instead of pepper); tinned consommé.

Cream butter then alternately add beaten eggs and flour mixed with seasoning. Let stand in cool place for one hour. Now drop coffee by spoonful into scalding consommé. They will pop up to the top of the consommé one by one. Should be allowed to cook about five minutes.

Persons tasting them for the first time say they "taste like porridge." Should be served in the consommé. This quantity is enough for four persons.

Schwabian cookies (or schwabenbrotchen). Ingredients: One cup sifted flour; one-half cup sugar; three heaping tablespoons butter or margarine; shelled ground almonds, one egg; grated lemon; one good tablespoon cinnamon. (According to taste).

Mix butter, sugar, flour, white of eggs and spices. Put in a cool place for an hour and then roll out. Cut in different shapes and return to refrigerator. Leave overnight. Then spread each cookie with yolk of egg (use a brush if one available for this). Sprinkle with chopped almonds and bake in moderate oven. Makes more than two dozen cookies.

Get Quick Relief From CHRONIC BRONCHITIS

"Ever since birth, I was subject to attacks of chronic bronchitis," writes Mr. Roy Jarvis, 1026 Dovercourt Rd., Toronto. "I coughed violently and wheezed a great deal. Then I learned about RAZ-MAH—and now I'm happy to say I've found relief."

You, too, can get quick relief from that dry, hacking or phlegmy bronchial cough. Take Templeton's RAZ-MAH—the remedy specially made to relieve Chronic Bronchitis, Asthma and Hay Fever. Enjoy your work, enjoy your rest—start taking RAZ-MAH today. 65c, \$1.35—at druggists.

Anne Adams Patterns

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by Anne Adams

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Also for relief of teething troubles, stomach upsets and other minor ailments of babies. Get a package today at drug stores, 50c.



BABY'S OWN TABLETS

ELLEN'S DIARY

By an Island Farmer's Wife

Burns' Night this. Once more Scottish folk in many a country place, town, and city will gather to honor the memory of the Farmer-Poet—he that humbly born and reared, yet touched by genius, did so much to preserve the customs and traditions of his race and bring honor to his beloved land.

Biographers have done much with his story. They have pointed out the heights and depths of his character, his emotions and sentiments, yet none we are sure has done better than himself and certainly not with the lilting rhythm and expressive words, with which in his verse he invariably reveals his own. How human he was, how sensitive, humorous, reverent, sympathetic! And blessed with a gift which would not be denied but which found natural expression in the wealth of poems and songs he gave to his country—and the world.

"That Robbie Burns" a Scottish maiden "Auntie" remarked with a ghost of a chuckle, in our childhood, "what a way he had w' the lassies! Och my, my!" she shook her head.

"I'm not for saying he was a good Kirk man—or indeed! But we all have our faults—and the flesh is weak. But he must have had vera endearing ways! Yes" she smiled engagingly, and watching it break we remembered hearing the old Minister tell how the sun broke over the face of a ben at home, softening the stern contours of granite, moulding them in a line of beauty, "it often comes to mind when I hear the lines of one of his songs or verses, that if I had been born back in the auld land in his day. I too would have craved his smiles. There's no question about it" she admitted to "mother-of-ours" he must have had vera bewitching ways!"

Some will have it that his best love song is "Ae Fond Kiss." Both Lord Byron and Sir Walter Scott agreed "It contains the essence of a thousand love tales."

"Had we never loved sae kindly. Had we never loved sae blindly, Never met, or never parted, We had n'er been broken-hearted."

It sustains our faith in human nature, vacillating or storm-tost as it can be that in spite of numerous romances, and the grief occasioned by the untimely death of his Highland Mary Campbell, the Poet composed these lines out of compliment to his wife during his honeymoon:

"Of a' the airts the wind can blaw I dearly like the West, For there the bonny lassie lives, The lassie I loe best. There wild woods grow and river flow

And morn' a hill between; But day and night my fancy lies flight, Is ever w' my Jean."

Tonight is Burns' Night. In celebrating his Anniversary his countrymen acknowledge their debt to him for all he did for them and theirs, and being joined by others they are without doubt bringing nearer that ideal he expressed back through the years: "That man to man the world o'er, shall brothers be for a' that." Until tomorrow — Diary — Good-night . . . . .

How Can I!!!

By Anne Ashley

Q. How can I clear the atmosphere of a room that seems very stuffy and reeks of tobacco smoke? A. Place a bowl of cold water in a secluded spot somewhere in the room. It will soon help to clear the atmosphere.

Q. How can I clean ivory, and restore its whiteness? A. Take half a lemon, dip it in salt, and rub over the discolored ivory. Wipe off immediately with a soft cloth.

Q. How can I make the clothespins last much longer? A. Boil the clothespins while new for about fifteen minutes, and they will last much longer.

Household Scrapbook

By Roberta Lee

Deviled Eggs To make deviled eggs use 1 tablespoon of mustard, 1-teaspoon salt, 1/2-tablespoon butter, 6 eggs hard-cooked. Cut the eggs in halves, mash the yolks, season with salt, mustard, and add 1/2-tablespoon melted butter. Fill the egg whites.

The Recipe Book A square of clear glass placed on the open page of the recipe book keeps the pages free of spatulas and flour, and still enables one to read without difficulty.

Fish Bone A fish bone, accidentally swallowed, may be carried safely down the throat by taking the raw white of an egg as quickly as possible.



KING COLE TEA The Popular Choice



PRETTY BIG THREE—Prime Minister Winston Churchill is the beaming central figure, posing proudly with his daughter, Sarah Churchill, left, and Margaret Truman. The trio was attending a Washington dinner given by Secretary of State Dean Acheson.

DOROTHY DIX'S COLUMN—

Midnight Movies

This Entertainment Out Of Question For 13-Year-Old

DEAR DOROTHY DIX: I would like to know as to whether or not you think the midnight shows are all right for 13-year-olds to attend. My 13-year-old daughter has friends her age constantly calling and wanting her to go to the midnight show. She thinks we are old-fashioned because we do not approve of girls this age being up at that time of night, especially at a show. Early shows, ice-skating and a party now and then are all right, as we realize children of this age are restless, but the midnight show problem we are against.

MRS. R. M.



Muriel Nissen

ANSWER: You have my whole-hearted concurrence with your attitude. Thirteen-year-olds are much too young to be permitted such late hours as are involved in attendance at a midnight show. Your fairness in allowing your daughter the privileges she does enjoy should convince her that you aren't just trying to deprive her of pleasure. The trouble, of course, stems from the friends whose parents are so indifferent to their youngsters' welfare that they exercise no control whatever over late dates, or too frequent outings.

As a consequence, the parent who does show concern over a child's recreation is branded with the epithet of "old fashioned," than which there seems to be no worse accusation, in modern terms.

Stick to your guns, Mrs. R. M. You're doing a fine job striking a balance between overstrictness and laxity. Try to get more parents on your side.

TAKE IT AS A JOKE!

DEAR MISS DIX: My daughter and her father took a cab downtown to business this morning. My husband gets out first as his place of business is nearer our home. When he came home he said, "I went downtown with Mabel this morning and she paid the fare." To which my daughter replied, "I wouldn't be so proud of that, it makes you a gigolo."

Now, she earns almost as much as her father and could pay a cab fare without any comment. After all, for 22 years before she earned her own salary, her father supported her.

SARAH L.

ANSWER: Have you considered the possibility that your daughter's remark may have been spoken in jest? It doesn't sound serious—intended to me. Of course she should be willing—in fact eager—to spend this small amount of money on her father, and I hope you are judging her generosity by assuming that she isn't. Most wage-earning youngsters take considerable pride in being able to do something for mom and dad; I'm sure your daughter is no exception.

DEAR MISS DIX: If a woman marries after she's 30, what do you think of her raising a family that late in life?

ROSETTA

ANSWER: Thirty really isn't as late in life as you intimate. Many, many women begin and raise very successful and happy families in their thirties. While it is nice to have an earlier start, largely for psychological reasons, to be past 30 should not be considered an insuperable barrier to family life. A physician can give sound advice on a woman's physical fitness for the undertaking, and she should then surrender all qualms.

DEAR MISS DIX: When you love someone dearly yet do not like things about him, do you think that could cause mental confusion? ANSWER: It could, especially if one confuses easily. Ordinarily we don't seek absolute perfection in loved ones, but can accept minor faults and frailties with an indulgent mind. If such faults exist in you beloved, and you find yourself resenting them too deeply, you have cause for concern.

DEAR MISS DIX: I am a good singer and love to sing with our church choir. When I mention this to my husband he seems to get angry with me. He says he likes to hear me sing but doesn't approve of my helping out in the choir. Is this jealousy or is he plain stubborn?

BLANCHE

ANSWER: Surely there can be no greater show of appreciation for a fine voice than to raise it in the honor and glory of God! Since you are in His house! It is only fitting that it should be used occasionally in His praise. Your husband is most unreasonable in not accepting this premise.

Perhaps he is jealous of your fellow choristers, particularly if they are men. Perhaps he is a possessive person who doesn't like to share his belongings. Most men would be proud of a wife who could sing, and who shared her talent with others.

Your minister might be able to persuade him to change his mind.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Alice Brooks Designs

ONE FLAT PIECE

THRIFTY! These darling bunny slippers are adjustable. So one pair will last a long time. Snuggly soft and warm, crocheted in afghan stitch in one flat piece. Pattern 7370: crochet directions included for three child's sizes—adjustable from size 4 to 12. Send Twenty-five cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.



7370

by Alice Brooks

Life is never such FUN before!

Now she's sought after, invited everywhere, enriched with the glow of health that excites admiration. What a difference from the pale, listless, anemic, lonely girl. You too can be happy, peppy, popular. If you always feel tired, run-down—do what happy thousands now do, take Dr. Williams' Pink Pills. See if within 30 days, a richer, ruddier blood doesn't make you a new person, with more bounding energy, better color, new radiance. Start today! Get back "in the pink" with DR. WILLIAMS' PINK PILLS



Week To Honour Work Of Victorian Order

OTTAWA, Jan. 23 — (CP) — Canada will tip its hat next month to Victorian Order nurses, the more than 500 girls in blue who help guard the nation's health in towns and cities from coast to coast.

The week of Feb. 24 has been set aside in their honor. "Its purpose," V. O. N. president, Mr. Justice C. H. Locke, said in a statement, is to bring about a better public understanding of the work of the V. O. N. He explained that many persons are not fully aware of the services which the order offers citizens in all walks of life.

"We hope that through the information provided during V. O. N. week everyone will come to realize what an asset this nursing service is in the community and how we all can use it."

Organized more than half a century ago, the V. O. N. was established for the chief purpose of providing nursing care with health teaching on a visit basis to patients in their own homes.

The service is for everyone regardless of race, religion or the ability to pay. Each nurse is a graduate registered nurse with additional training or experience in public health nursing.

Well-Rounded Service

A V. O. N. nurse gives needed care and treatment in the homes. She teaches young homemakers how to buy and use nutritious foods. She counsels all members of the family pertaining to health and is a sympathetic friend.

Patients who are able will pay a moderate fee to cover cost. Some pay part of the cost and care is never refused because of a patient's inability to pay.

In a year the V. O. N. nurses serves something like 140,000 patients and makes 1,000,000 visits. In 10 years the Order's patients have increased by more than 50 percent.

"The history of the V. O. N. is a dramatic story of Canadian development," said Mr. Justice Locke. "and the services it is rendering today are of enormous value to the whole country."

Christine Livingston, V. O. N. superintendent, said in one of her recent annual reports: "New discoveries in medical science, changes in medical techniques and the increased use of hospitals have created a necessity for new methods and patterns in nursing services."

"The need for visiting nursing service in Canada is steadily increasing."

Mr. Justice Locke emphasized that V. O. N. week is not a money-raising project. "It is simply a week during which we would like Canadians to take a look at the V. O. N. and what it is doing."

Thaarup Showing New Hats "Down Under"

LONDON, Jan. 24 — (CP) — From last-minute fittines and final touches to the hats Princess Elizabeth will wear during the royal tour of Australia and New Zealand, Aage Thaarup, the royal milliner, turns to complete details of his own trip to the two dominions.

Thaarup has February shows scheduled in both countries. There will be many new styles, including model hats costing at least 10 to 15 guineas, and some are priced to fit the working girl's purse.

Although no definite are available on the royal princess's final outfit, she is expected to wear the latest evening gowns. The Princess might, for instance, choose the best style with ruffled hem and beaded-trimmed top, reminiscent of a Victorian toque which is one of Thaarup's new ideas.

And the Princess, with her love of green and yellow, might well approve many of the buttercup and cowslip yellows, shamrock and billiard greens that Thaarup will show to Australian and New Zealand women. The designer says greens are more popular "down under." English women tend to be superstitious about this color.

A lovely choice for sunny days would be a shepherdess hat in "Kookaburra pink" satin. Its crown mended in matching roses, a flimsy veil hiding the eyes and rising to a frothy bow at back of the tiny brim.

Other Styles

A choice for wear with tailored slanting and Tussor silk dresses would be a light-weight beret of soft grey feathers with ocell and pom-pom spear pointing over one eye.

A Gothic pill-box with heart-shaped line is one of the newest sophisticated styles. Shaped exactly like two page-boy pill-boxes sloping upwards from either side to a high ridged crown, this number comes in navy, white-spotted crossgrain with two tufted, white kid angel's wings rising either side of the central ridge.

Forward-titled sailor hats are back in fashion and a day-intervening hat, inspired by the pirate captain Long John Silver wears in illustrations of "Treasure Island," is styled in brilliant satin-striped organza with detachable pill-box crown in black felt. These turquoise hats have unlimited variations.

New materials include towline straw, coarse and squawhy like straw rope, and horse-hair frilled to look like Valenciennes lace. This year's blues range from Oxford to Cambridge boat race colors and mauves come as deep as wild violet or as pale as Victorian rose. Trimmings are exciting—edgeways, striped camellias, plump blown white roses and velvety ruffled to form a pie-crust trim.

NUN SLAIN



Sister Anthony, 52-year-old American nun, was shot through the heart as she stood on the steps of a convent in Ismailia, Egypt. She was born Bridget Ann Timbers at Groton-on-Hudson, N.Y. The slaying was blamed on Egyptian terrorists.

Morning Smile

Out of Luck

"Would you advise me to marry a beautiful girl or a sensible girl?"

"I'm afraid you'll never be able to marry either, old man."

"Why not?"

"Well, a beautiful girl could do better and a sensible girl would know better."

Strong Man

A circus lion escaped from its cage into the surrounding York-shire countryside, and circus men began to scour the district.

Two days later a hefty Yorkshireman appeared at the circus leading on a string an undamaged but obviously subdued king of beasts.

"I've browt thy dog back, maister," he said, simply.

The Stars Say --

By Genevieve Kemble

For Tomorrow

ALTHOUGH important matters come up for sound study, with an urge to come to quick decisions or smart answers, at the same time rushing into predicaments may prove foolhardy. There are many dubious angles to take into consideration, and snap judgment is hazardous. In view of strange, entangling alliances, high tension or emotional drives may complicate the judgment. Reorganization of plans in a calm mood pays in better dividends safer ventures.

For the Birthday

Those whose birthday it is seem to stand at an uncertain or vulnerable crossroad, where quick decisions seem vital, but also have elements of risk, poor judgment, perhaps tricky circumstances. It is possible that delay while sounder proposition develop may be advisable. Fresh angles may arise to help more mature conclusions with less hazard.

A child born on this day may possess conflicting traits of character: mentally alert, but emotionally quizzical or involved. Stress and tension rather than prudence may complicate its life.

Statistics in the United States show that most divorces occur in the middle of the fourth year of marriage.

The first cotton-thread spinning mill in the United States was established in 1790 on Rhode Island.



Mrs. Whiddon Shaw of Windsor, N.S., and her youngest daughter get prizes at the historic Hants County Fair.

WINS HOME BAKING PRIZES AT HANTS COUNTY FAIR

Winning prizes at the fair runs in the family of Mrs. Whiddon Shaw, of Windsor, N.S. Mother, of course, gets her ribbons for home baking! And when daughter switches from carriage parades and school work to rolls and bread, she'll have a success tip to follow! "When I took my first lessons in baking from my mother, she taught me to use Fleischmann's Yeast," says Mrs. Shaw. "I've been using Fleischmann's steadily ever since. It's so dependable for quick rising and light dough—the kind that gives you tender, delicious rolls and bread every time."

It's a tradition! Successful Maritime cooks depend for finest results on dependable Fleischmann's Yeast.