

That Body Of Yours

By James W. Barton, M.D.

SEVERAL CAUSES OF SCIATICA

Some years ago a noted arthritis specialist compared the pain of arthritic rheumatism with the pain of sciatica. He stated that the pain from arthritis is like the pain from a vise which has been turned as tight as possible, but the pain from sciatica is like that of the same vise but given one extra turn. In other words, sciatica (inflammation of the largest nerve in the body) is more severe than arthritis (inflammation of the joint and muscles and ligaments adjoining a joint).

There was a time when sciatica was considered a disease in itself, but in later years physicians have learned that sciatica is a symptom, not a disease. In "Medical Clinics" of North America, Dr. Bernard J. Alpers, Professor of Neurology, Jefferson Medical College, Philadelphia, states: "Experience has established conclusively that sciatica results from many causes, but it is difficult at times to locate the cause or causes."

A number of years ago, cases of sciatica not caused by infection (teeth, gums, tonsils) were considered to be due to sacroiliac sprain and most of these cases were helped by strapping with adhesive tape one to two weeks and then the wearing of a belt or support for months and sometimes years.

During the past few years it has been found that a ruptured disc (little cushion between bones of lower spine) pressed on the roots of the sciatic nerve and caused sciatica. So many of these cases are now being reported that Dr. Alpers states that while the ruptured disc is perhaps the commonest cause, physicians are apt to blame all cases of sciatica on the ruptured (herniated) disc and ignore or forget the various other causes. Thus he shows in table form that of 354 cases of sciatica, 203 (57 per cent) were due to ruptured disc, usually between the fourth and fifth bones of the spine in lower back (lumbar region).

Other neurologists report as high as 90 per cent of ruptured discs as the cause of their sciatica cases and others that the ruptured discs cause as low as 20 per cent. This may be explained by the fact that where the pain was very severe and disabling, the disc was the cause and where the pain was less severe, in only 20 per cent was the disc the cause. "The diagnosis is usually made with a history of pain in back of thigh, usually (but not always) with pain in lower back associated in about half the cases with a history of exertion or injury characterized often by onset of the pain in the back with bending or lifting. The leg pain may extend to the knee, or into the calf to ankle and foot. Pain is aggravated by coughing and sneezing and is usually relieved by lying down."

Treatment of sciatica caused by pressure on spinal roots is best rest with bed boards, heat in various forms, drugs such as salicylates and codeine and operation if this treatment fails to give relief.

How Can I!!!

By Anne Ashley

Q. How can I remove iodine stains from fabrics?

A. If the cloth is washable, soak the spot in ammonia or alcohol, then launder it. On non-washables, apply a thick paste of laundry starch. Let dry thoroughly before brushing the paste off. A few repeats may be necessary before the stain is gone.

Q. What is the best way to wash a clothesline that's dirty?

A. Coil it around a washboard or a piece of wood about that size. Stand it in a tub of hot soapy water and scrub thoroughly with a brush. To avoid twisting or tangling, let it dry right on the board, and put it up again when it's completely dry.

Q. How can I tie a tight package for mailing?

A. Before using the string, moisten it. When it dries, it will shrink and tighten up the knots.

Better English

By D. C. Williams

1. What is wrong with this sentence? "What he said was derogatory of his associates."

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

3. Which one of these words is misspelled? Margarine, marashino, marmalade, marketeer.

4. What does the word "abysmal" mean?

5. What is a word beginning with abn that means "to deny and reject"?

ANSWERS

1. Say, "derogatory to his associates." 2. Pronounce hay-nus, accent first syllable. 3. Maraschino. 4. Bottomless; unathomable. "He had sunk to the abyssal depths of despair." 5. Abnegate.

Household Scrapbook

By Roberta Lee

Candy Stains

Candy stains, except chocolate, will usually yield to hot water. Cleaning fluid is a better bet on chocolate. Or, peroxide, if the fabric is white.

Oil on Concrete

Oil spots on concrete can often be removed with cleaning fluid. If the spots are old, though, mix up a paste of cleaning fluid and fuller's earth. Spread this on the spots and wait until it's completely dry before sweeping off with a broom.

Dustcloths

The best dustcloths are of cheesecloth, but even cheesecloth will shed sometimes unless you do something about it. Run a hem all the way around the cloth with embroidery thread.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a married woman to send a gift in her name only to a bride-elect?

A. No; she should always include her husband's name.

Q. In a restaurant, when your napkins falls from your lap to the floor, do you pick it up and use it again?

A. No; the waiter should pick up the fallen napkin, and give you a fresh one.

Q. Is it considered all right to use the abbreviation "c/o" when writing to someone in care of someone else?

A. It is better to write the words out, "care of."

A Country Garden

By Mrs. Gordon MacMillan

And because the breath of flowers is far sweeter in the air (where it comes and goes, like the warbling of music) than in the hand, therefore nothing is more fit for that delight than to know what be the flowers and plants that do best perfume the air. — Sir Francis Bacon.

When gathering the rose petals on the lawn of the rose garden these days I keep thinking of the lovely perfume and wishing for a jar to be saved for the winter months. The rose is not merely the most exquisitely scented and compact of flowers but in its climbing form it has a grace that would make it independent of flower, and a plant for poets to sing of if it never had a bud. But in this form it becomes the most generous of all, and gives forth its blossoms by thousands. The rose, not only in its beauty but in its death, is the theme of sentiment. When in its splendour it suddenly falls, it dies the most gorgeous death, and its petals do not cease to be cherished, nor do its sweets become extinguished.

First a cloud of fragrance. Then one sees Coronets of ivory, coral, and gold.

Full of luscious treasure for the bees. This is the Honeysuckle vine with the pale pink climbing rose and flowers will be found all season on this old-fashioned vine. The garden has been filled with fragrances of the many shrubs and plants and now the Phlox is beginning and the lovely perfume will fill the air for the summer.

Seedlings of Delphinium were weeded last week, and it was a task, as they had been neglected and weeds were high. There are a few beautiful specimen Delphinium blooming in the garden and the work was lightened by the thought of dozens more being added to the garden next year.

Hollyhicks are blooming! Tall perennials are needed especially in a large country garden and these flowers lift column-like, a stem bright with rosette blossoms in many colors. Sometimes they seed in out of the way places and they are left there in this garden and quite often are very attractive.

The tuberous Begonias have become covered with bloom in the little garden room but the garden planted have only begun and visitors who saw them in other summers are asking for them. The season has been delaying for them but they will soon be lovely. It is flattering to have someone ask for a particular flower they have seen on past visits to the garden, but it is embarrassing to say that they are not so good this year, or that they have disappeared from the garden. Sometimes of course, they ask for some flower that has passed its blooming for this season, or perhaps has not bloomed at all. Every plant has a definite season of blooming and sometimes they vary with the weather but it is not for long.

A garden diary has been kept for 20 years and it is interesting to know that there is very little change in the garden blooming of the different plants all of this time. The Sedums have been lovely this year in the rock garden. Their habit of growth is pleasing as they creep among the rocks and are covered with rosy red blooms. They also come in creamy white and a visitor liked them so much that roots were dug up and will grow even when covered with bloom. They are very hardy and have lived in this garden for years.

Photographs of the garden in natural color are a real joy because they can be taken when the flower is at its best (a short period of time we all know). Today some colored photographs of the crimson Poppy which were taken close-up were received. It is difficult to believe that they were so beautiful so short a time ago. Now the foliage is becoming yellow with age and there is no beauty in it. Close by, a beautiful blue Lupine was blooming and they made a good combination but it is a mistake to have two early blooming perennials near as they make quite a space to be filled in with later blooming plants. Fall blooming Asters and mauve Phlox will carry on very soon but in a garden where there is supposed to be continuous bloom and color and no faded foliage thought must be given to varieties and their blooming periods.

Some early Glads are blooming and they are very welcome. Such a beautiful cut flower is a comfort to the gardener and blooms will appear for the remainder of the garden year.

Many years ago Alfred Austin wrote about gardens . . . "The moment I enter a garden I know at once whether it is the owner's garden or the gardener's garden. Nearly all large and costly gardens are the gardener's gardens and for my part I would not take them for a gift. I don't think I ever remember envying the gardens of the great; but I continually see cottage gardens, little village or secluded plots, cultivated and made beautiful by the pathetic expedients of the poor, which seem to have a charm mine cannot rival. Almost every garden, and certainly my own, sins against the law of economy. There are too many flowers; and effect, surprise, and suggestiveness are lost. I have seen one climbing rose, one lingering hollyhock, glorify a cottage home, arrest one's step, and prolong one's meditations, more than all the terraces of Chatsworth."

We were all much gratified on hearing from an amiable lady, that in our absence, she had asked a high dignitary of the Church who paid the garden . . . at we love the compliment of coming to see it what it was that made its charm, and that he replied: "Obviously"

DOROTHY DIX'S COLUMN-

She Doubts His Love

Fears Boy Only Likes Her Because She Resembles His Former Flame

DEAR MISS DIX: Four years ago, while taking part in a local minstrel show, I met Rob, at that time a junior in high school, and keeping steady company. After that he was always pleasant to me when we met, and I knew I liked him very much. I went with other boys, but not steady. Last fall Rob's girl entered a convent. Two months later he called me for a date, and since then we've been going dancing every Saturday night.

I still dated with other boys occasionally, though I don't any longer. Now for what bothers me: someone mentioned recently that I bore a striking resemblance to his former girl friend, and I realize that it's true.

Rob has now gone into service, and asked me to wait until he comes back. I know I love him, but I doubt that he loves me as much as I would like him to. I am afraid that what attracted him to me was only my resemblance to the other girl. I am 17, incidentally.

LAURA C.

SHE CAN HOLD HER OWN

Mariel Nissen ANSWER: Don't let the matter of resemblance worry you. It's possible that your likeness to Rob's former sweetheart was the initial attraction, but probably he isn't even aware of it.

Whatever brought you together in the first place, whether a superficial resemblance or a mutual discovery of similar interests, it is the relationship resulting from the first date that is now the important factor. You have unusual intelligence and common sense for a 17-year-old, and I'm quite sure, a personality to match. There seems no reason to doubt that you can hold Rob with your own appeal, and are not dependent on the fact that you may bring back memories of someone else.

There is, however, one point on which you should be warned. It's possible that Rob's former steady may decide after due deliberation that her vocation doesn't lie in religious life. Of course, if this possibility should occur, and you have won Rob's heart by then, you have nothing to worry about, but it's a good idea to be prepared for the eventuality of his return to her.

DEAR MISS DIX: I would like to take a trip to Europe this fall, and since I live in a small Midwestern town, I have no idea how to go about making plans. I would greatly appreciate any help you could give me on making reservations, and what sort of accommodations I would have on the ship.

MRS. E. W.

ANSWER: Put all your problems in the hands of a reliable travel agency, and your troubles are over. If you don't know of an agency, have your local bank recommend one. Your reservations will be made for the entire trip, your itinerary planned, in accordance with your desires, and you will be saved much time and money and annoyance.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

PLACE particular emphasis on courtesy and tact this day, since friction among associates is possible. A sense of humor will go a long way toward keeping relationships amicable as well as seeing you through a day of comparative-ly monotonous chores. The sidereal aspects become more favorable for initiative and enterprise in a couple of days, so relax in the meantime and stick to scheduled routines.

Even though events are moving slowly, you will make greater headway if you work alone, for cooperation is particularly nil during this period. Where household matters are concerned, this is an excellent time to plan for renovations and improvements if they are not on the extravagant side.

For the Birthday

If tomorrow is your birthday, you should find the minor difficulties with which you have recently been confronted gradually beginning to clear up, so that by mid-August you should be ready to begin that new venture you've planned or take on new responsibilities. It would be well, however, for you to seek competent advice before actually starting.

During early fall you may find that you will have to make some alterations in your original plans but, since the changes are for the better, your projects should culminate most successfully by year's end. Romance and domestic matters should prosper throughout the year, and new opportunities offered during December promise a bright business outlook for 1954.

A child born on this day will be ambitious, self-reliant and magnanimous in his attitude toward others.

Mind, I think he might have added "heart." I understand him to have meant that somebody's thoughts, somebody's root-prints in Art and taste in colour, had co-operated in its creation, and still presided over its existence. But without the adjunct of Heart or Love, all the mind in the world is powerless to produce the result that attracts and enthralls. Not only must one take pains with a thing, one must take pleasure in it as well. Bad gardens are either mindless, or heartless, or both. I am not talking of flowers, even the

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ELLEN'S DIARY

By An Island Farmer's Wife

Into the homestead July now moves, checking off with finality the hours and days of the children's holidays . . . Granddaughter is absent from home at present enjoying a vacation within a vacation; and Jamie, to be near the scene of the haying, has taken up temporary residence at Alderlea. There he is right-hand man to the younger farmer, not a wearisome position it is true, combining as it does the work with many an outing in connection with the haying — to be on a matter of buying or marketing; feed, or on the other hand those disposals which belong to the season, all interesting excursions and we believe, educational to lads who may one day settle on farms of their own.

"And why didn't you follow on in your father's footsteps?" we queried of a man who had a bent for that occupation, but had chosen another.

"Well for one thing," he replied, "I had little experience in that line — that is in the business end of it; he always did the buying and selling and so . . ."

And we remembered that since small fellows our sons had dogged their father's paths, learning early thus the ways of the fields, how to care for livestock as well as to be co-partners with him in many a business venture . . . Being companions when buying livestock, to learn to estimate weights and conditions and values; to linger about at disposals to master at first hand the ways of attending to the financial end of our occupation; to be "bit" at least once in their career the better to be "twice shy" in subsequent dealings! So it is good for Jamie now to have a like part in the farming.

July brought a rainy day in her train today, to suspend current interests at barn and at haying but to bear needed refreshment to pasture and field — to set, now the farmlands in a misty dimness beneath a veiled but, we fancy a coy young moon. How laced with scent of blossoms is the little clearing-wood which now visits with us in

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Morning Smile

Co-Star

Serving at the Stage Door Canteen during the last World War, the distinguished stage star, Alfred Lunt, was a dishwasher with few equals. One night, a young soldier, learn-

ing of the actor's presence at the Canteen, sidled into the kitchen, diffidently announced to Lunt he had formerly been a stage performer, and remarked, "I admire your performances so much, Mr. Lunt, and have dreamed that some day I might work with you." "Well, young man, here's your chance," Lunt cheerily rejoined. "Just grab that towel there and help me dry these dishes!"

Hamburgers* WITH THAT GOLDEN FRENCH'S FLAVOUR!



*Here's the way . . . 1 1/2 lbs. ground chuck beef, 1 1/2 teasp. salt, 2 tbs. minced onion, 2 tbs. French's Mustard, 1 egg, 1/4 teasp. pepper. Knead ingredients together thoroughly, pat into cakes, pan fry. Serves 5.



GOLDEN APPEARANCE—GOLDEN FLAVOUR—GOLDEN QUALITY

Cook's Corner

FRENCH BREAD (WITH GLAZE)

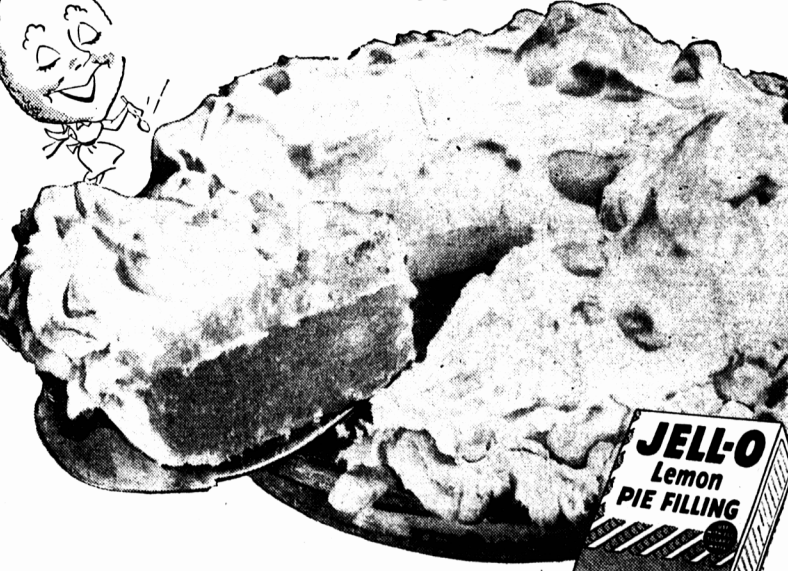
(1 Loaf)

Into a warm bowl put 1 cup lukewarm water and add 1 cake compressed yeast and let stand without stirring for 5 minutes, then add 1 tablespoon soft shortening and stir until shortening is dissolved. Add 1 1/2 teaspoons salt and from 3/4 to 3/8, sifted bread flour. First mix with spoon, then with hand in bowl.

When dough begins to leave sides of bowl it is ready to knead for 5 minutes. Put in greased bowl, cover and let rise until doubled. This is a firm dough and requires maximum rising. Punch down in bowl, thrusting fist into dough, pull edges into center and turn dough over in bowl. Let rise again until doubled. Roll into an oblong 15x10 inch. Roll up tightly toward you, beginning with wide side, seal edges by pinching. With one hand on each end roll gently back and forth to lengthen loaf and taper ends.

Place diagonally on lightly greased cornmeal - sprinkled baking sheet. Make 1/2-inch gashes at 2-inch intervals. Let stand uncovered about 1 1/2 hours in warm place. Brush top with cold water. Bake at 425 deg. Fahr. for 10 minutes. Brush with glaze: mix 1/4 teaspoon cornstarch with 2 teaspoons cold water, then add 1/2 cup boiling water. Cook over boiling water 5 minutes stirring twice. After bread has baked 10 minutes at 425 deg. brush with this cooked glaze, reduce heat to 375 deg. 30 minutes longer or until golden.

Tangy, Homemade Flavor! The flavor is entirely pure fruit from real lemons



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JELL-O BRAND Lemon Pie Filling

Made by the makers of the famous Jell-O Family of Desserts. Jell-O Lemon Pie Filling is not a lemon jelly but the really delicious old-fashioned kind of lemon filling. Enjoy favorite lemon pies more often the easy, thrifty way.

Keep Jell-O Lemon Pie Filling handy on the kitchen shelf. Your grocer has it. (Jell-O is a registered trade-mark, owned in Canada by General Foods Limited.)

DELIGHTFUL AS PUDDING ALSO, OR TO FILL CAKES, TARTS, JELLY ROLL, CREAM PUFFS

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