

That Body Of Yours

By James W. Barton, M.D.

PHYSICAL EXAMINATION OF THE AGING

At the beginning of this century mothers began to form the habit of having their infants and children examined regularly by the family physician. One of the first things the physician does is to weigh the youngster, as too much gain or too much loss in weight could mean some gland or other defect. Another important point is the percentage of hemoglobin (iron) in the blood. If below normal the cause is determined — not enough of the right kind of food or the presence of some low infection. In addition, the youngster is immunized against the various infectious diseases.

Because of these periodic physical examinations, the death rate in infants and children is lower than ever before.

Physicians are finding that just as infants and children now get off to a better start in life, so should our aging men and women receive regular examinations not only to preserve life but to make their remaining years more comfortable and free from pain.

In his book, "The Patient Past Fifty," Dr. Ernest P. Boas, Associate Physician, Mount Sinai Hospital, New York City, states, "There is no short cut to the maintenance of health and the prevention of disease in the aging." Disease in the aging comes often so quietly that it may become chronic before it is recognized. Discovering symptoms early makes it possible to stop or delay them.

It is pointed out that more than a routine examination should be given the aging man and woman. "It is necessary to include a survey of the daily life of the patient, his habits, his mental and psychological (emotional) make-up, and his relationship to his wife, his children, his business and his environment and surroundings."

The aging man and woman must,

The Stars Say --

By Genevieve Kemble

For Tomorrow

IT IS probable that there may be a great inner drive or incentive to launch out on some new horizon, with a keen spirit of enterprise and initiative urging on to do big things, possibly in a large and spectacular way. The lure for public support or recognition is insistent, with fresh talents, new ideas and aspirations clamoring for expression. These might be definitely encouraged, provided shrewd, cautious and honest tactics keep such endeavors on a straight and sound basis.

For the Birthday

Those whose birthday it is are encouraged to go ahead on their desired new plans and objectives, edged on by unusual ambition, confidence and sound purpose to forge ahead to advanced position, power or authority.

With such ideals firmly based on good sense and logic, they may bring excellent results, although there may be subtle undercurrents of treachery, fraud and duplicity to keep the weather eye open. Pitfalls and snares may arise from confused and disjointed plans or ideas. Analyze carefully all new deals.

A child born on this day, while talented, ambitious and responsible, might be enmeshed in tricky circumstances by careless or dubious mental or emotional slants.

If possible, be preserved as useful members of society mentally, emotionally and physically. Even when the individual is at the retirement stage, the physician must try to show him that, despite certain defects, he can still be of some use to the world.

Now that physicians have and are still doing a good work in pediatrics—children's ailments—they can and are now turning to geriatrics—ailments of the aging.

M. C. A. Pilots Return From Iceland



Shown above are the two Maritime Central Airways Pilots who returned last week from Iceland, where they purchased the Canso PBY 5A Amphibian shown in the picture. They are being greeted on their return by their wives. They are, left to right: Mrs. Henley, Captain J. M. F. Henley, holding his young daughter, Mrs. T. E. Edgett, and Flight Engineer T. E. Edgett. Not included in the picture is First Officer L. N. Gibson, who also made the long trip.

ELLEN'S DIARY

By An Island Farmer's Wife

What does this Island farmhouse do when a July day lifts the sun of summer above a hilltop and a breeze comes out of the west—a merry laughing fellow, tickling the leaves, stirring the grasses and setting satiny waves of light on the haylands?

Wash? Oh yes, remembering that cleanliness is a virtuous thing, enjoying much this part of the housework that gives a line of pieces to the sun and wind: lad's shirts, crumpled from being shed quickly and tossed aside in the heat of day, trousers with knees scuffed and worn from getting close to some interest of the moment. Wishing a bit as we set gears in motion we had presumed to catch some of yesterday's heavy afternoon shower to make of the washing as once—arms deep in a tub of delightful suds a more personal undertaking than now.

Early, indeed immediately after breakfast Jamie was off "With a hop, skip and jump" to join in the laying on of shingles on the barn-roof at Alderlea. Under his elders' supervision and evidently well, or else he would not have been dismissed from service, he kept at that work all day. Asphalt shingles are being used in autumn colorings to match those on the neighboring barn. "How do I do it?" Jamie pondered our query this evening. "Well, unless you were with me on the roof, I'd find it hard to explain."

Thoughts of the farmers engaged on this farm at the weeding obviously strayed from the work at hand to the haying. In an interval away from their labors a mower was brought from storage at the other farm; and also in token of the season, wire guards for the horses' muzzles and a brand new whet-stone to give keen blades to the mowing. And James found a second blossom on the timothy this morning, but as he said with a long sigh, "What's the use of starting the hay, before we've finished the hoeing?"

And a workman moved in with us, to "sand" and further decorate the floor of a room . . . a smallish man, who having travelled and absently, west, north, south and abroad avowedly never saw more entrancing spots than that of The Island which called him to return. He never married because "How could you expect a woman to come with you, hither and yon?" forgetting perhaps that it is a woman's lot to follow without complaint, and eagerly, her husband's lead.

What wonderings we have had with James though we scarcely ever went a distance from the farm! Travelling, often breathlessly, up hill and down dale of our living . . . past the concerns of the farming; through the "toils and tribulations" of our days—heat and cold, Island-drought and frost, gleaming every best memory en route to keep in our heart. Now on a fair stretch but again not knowing the outcome, nor questioning whether the trail should lead "his hand to the man" who puts his hand to the plough" a housewife chuckled to us not long ago, "Oh no—it's the woman! And once she does" she nodded, "she needn't ever try to look back!"

An interesting man this—strange before today to us, who hums as he works: bits of old tunes . . . songs . . . hymns, to inspire James and spark dreams. "Ellen! James calls from the room across the hall, 'aren't you in bed yet?' What a funny question!"

Until tomorrow . . . Diary . . . Good-night . . .

BABY'S RASH improves in 2 treatments
Mother Uses CUTICURA
Writes a mother: "I used Cuticura Soap and Ointment just twice — and saw great improvement." Try! See why Cuticura is so effective.

Morning Smile

Modern Gadget
A salesman was trying to sell the young wife an egg timer. "Your husband's eggs will be just right if you use this," he assured her.

"But I don't need it," she answered brightly. "Jack likes his eggs the way I do them. I just look through the window at the traffic lights and give them three reds and two greens."

The Meaning
He had arrived home late, and was being told all about it by his wife. At last he lost his temper, too, and said a few things back the way I do them. I just look through the window at the traffic lights and give them three reds and two greens."

Jam Makers!

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for sure results

Married In Ontario



A quiet wedding was solemnized on Friday, June 20th, in London, Ont., when Maisie Olive Jewell, daughter of Mr. and Mrs. William Jewell, North River, and Angus MacKay, son of Mr. and Mrs. W. J. MacKay, High Bank, were united in marriage. Mr. and Mrs. MacKay, shown above, will reside in London, Ont.

Anne Adams Patterns

A "GO-EVERYWHERE"

Exciting scoop — here's the neckline that helps you tan quickly, keeps you cool, cool, cool! When you're off to town, toss on the brief bolero — and you look so smart! No sewing complications.

Pattern R4561: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 dress and facing for bolero, 4 1/2 yards of 35-inch fabric, bolero 1 3/4 yards contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35¢) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.



Better English

By G. C. Williams

1. What is wrong with this sentence? "We only asked her, once, but she wouldn't sing any."
2. What is the correct pronunciation of "successes"?
3. Which one of these words is misspelled? Proselyte, protein, professor, prognosis.
4. What does the word "impetuosity" mean?
5. What is a word beginning with om that means "infinite knowledge; hence, God"?

ANSWERS

1. Say, "We asked her only once, but she wouldn't do any singing."
2. Pronounce sur-sees, u as in fur, e as in see, accent second syllable.
3. Prognosis. 4. Violent state; rash energy. "Don't be too hasty; impetuosity manages all things badly." 5. Omniscience.

Modern Etiquette

By Roberta Lee

Q. When is it proper to begin calling new acquaintances by their given names?
A. The formality of calling persons by their surnames is becoming

increasingly obsolete. People call each other by their given names much earlier in acquaintanceship than formerly. One must, however, sense the proper moment to drop formalities. If everyone else in the circle in which you move uses first names, you are at liberty to follow the custom.
Q. What is the proper way to eat spaghetti at the table?
A. With the fork. Twist the spaghetti against the plate to wind it about the fork. If you cannot manage this gracefully — and man; cannot — cut it with the fork.
Q. What is the correct tip to the airline stewardess?
A. Please do not offer any tip to the stewardess, the airlines having rules against this.

Alice Brooks Designs



by Alice Brooks

FASHION NEWS

Dramatic day or evening skirts with this halter! Fits divinely, wraps around back, ties at front. Embroider in color, gold or silver thread. Make it now!

Important news! Easy-to-make halter. Pattern 7229; transfer, sizes 32, 34, 36, 38 included.

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How Can I . . .

By Anne Ashley

Q. How can I clean a griddle that has become crusted?

A. Place it over a very hot fire and cover thickly with salt. After the salt has turned brown, the crust and salt will brush off together, leaving the griddle like new. After washing, grease well and heat before putting away.

Q. What are a few of the standard kitchen measures?

A. One salt spoon equals three-quarters of a teaspoon; three teaspoons equal one tablespoon; sixteen tablespoons equal one cup; three cups equal one pint.

Household Scrapbook

By Roberta Lee

Screens

Mend a small hole in a screen by first trimming the edges until it is roughly square. Cut a new piece of wire cloth about an inch larger each way than the hole. Put out several wires on each side of the patch and bend so that the wires stick out at right angles. Place over the hole and push the wires through the screen, bending back through the screening until the new piece is firmly in place.

Ink Stains

To remove ink stains from linen, silks, and cottons soak the stained part in canned tomato juice for about ten minutes, and then wash as usual.

When Ironing

Talcum powder dusted frequently over the hands while ironing prevents them from becoming moist, sore and tired.

Cook's Corner

CABBAGE BOWL SALAD

1 tablespoon vinegar, 2 tablespoons salad oil, 1/2 teaspoon salt, dash of pepper, 1/4 teaspoon paprika, 1 teaspoon sugar, 1/4 cup dill pickle, cut in strips, 1 teaspoon onion, scraped; 2 tablespoons pimiento, chopped, 1 1/2 cups cut, fresh-cooked or canned green beans, 1 medium head cabbage.

Combine vinegar, salad oil, salt, pepper, paprika and sugar and blend thoroughly. Add dill pickle, onion and pimiento. Pour over green beans and let stand for an hour or more in refrigerator. Cut a slice off top of cabbage head and cut out centre to make shell. With scissors cut edge into points about 1 1/2 inches apart and 1 1/4 inches deep. Using the cabbage that you have removed, shred 2 cups; add to the beans and toss lightly. Fill cabbage shell with salad. Makes 4 to 6 servings. Wash and save cabbage shell to cook for another meal.

DOROTHY DIX'S COLUMN

Home Within A Home

Reader Offers Her Solution To Omnipresent In-Law Problem

DEAR MISS DIX: Having read, as I so often do, of mother-in-law trouble, I wonder if the plan I have followed would help any one.

I live, and have for the past five years, with my married daughter. However, although I live in her house, I do not live with her; I have my own housekeeping room, with my own furniture and everything I need to make me comfortable. My daughter cooks my evening meal along with hers, and either sends or brings it up to me and I eat it in my room—a room in which I am the mistress, and that last statement covers a lot of ground.

How my daughter keeps her part of the house is her business, and hers alone. I don't have to live in it. I can truthfully say if you searched from one end of the country to another, you wouldn't find two people more unlike than my daughter and I. I happen to be the careful, tidy type. She is happy-go-lucky, willing to get up until tomorrow what she doesn't want to do today. So you see, living completely together would be miserable for both of us.

I have a small electric stove on which I make my breakfast, which my daughter frequently comes up to share. Then we chat for a while. On Sundays and holidays her husband comes up with her, or I take the coffee into their rooms, and we have it together. Frequently my daughter and I lunch together in my room. She does most of my shopping for me, along with her own, and I do some myself. I pay her a certain sum each month to cover food expenses, and she absolutely refuses to take anything for the room, in which her husband upholds her. I could fill many pages and still not cover the advantages this system has for both of us. It is, I am sure, the best prevention against in-law trouble I know of.

ANSWER: Here is a remarkably simple solution to a problem usually ranked as practically insoluble.

ONLY ONE FLAW

I can see but one flaw in it. Unless you have some outside activity, which you don't mention, being in one room all day might be quite monotonous. Whether it is or not, you are to be congratulated on making such a happy arrangement and avoiding all the complications of a two-woman household.

Certainly almost any family could adopt the same system. Since Grandma usually has a room allotted to her, it would be a simple matter to add small kitchen equipment and let her putter around to her heart's content, getting in no one's way and keeping everyone out of hers. If the young people live in a house, the arrangement could be expanded to give mother-in-law a tiny garden outside her room where she could grow a few of her own favorite blooms, again without supervision or criticism.

DEAR MISS DIX: My husband, who is 33, and I, who will be 21, have been married four years, during most of which we have both worked. He doesn't think I am old enough or settled enough to be tied down with children. My opinion is that he doesn't want the responsibility. The thing I most want in life is a home with children. I feel that waiting until I am "old enough" is wasting time.

ANSWER: A healthy young woman of 21 is certainly old enough, and should be settled enough, to have children. Your husband's antipathy to the idea springs mainly from two things. Being much older than you, he probably doesn't relish the idea of babies disturbing his peace and, furthermore, he has grown accustomed to your pay check and would like to have it keep coming in. It's up to you to persuade him that he's wrong on both counts.

DEAR MISS DIX: I go to school with a girl my own age (14) who lies, steals and cannot be trusted. She likes me and always wants me to go out with her. I am from a nice family and my parents don't like me going with this girl.

ANSWER: A girl who lies and steals is no fit companion for you and I strongly urge you to follow your parents' advice and refuse to go out with the girl. If she wants to have nice friends, she must change her ways, but while she persists in acting as she does, stay away from her.

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