

Women's realm

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Morning Smile

A ferry-boat captain shouted to the crew's quarters below decks, "Is there a mackintosh down there big enough to keep two young ladies warm?"

"No," came the booming answer, "but there's a MacPherson here who's willin' to try!"

Modern Etiquette

By Roberta Lee

Q. When accompanying a woman to the dinner table, should the man sit down exactly at the same time she does?

A. No. He should draw out her chair first, and not sit down until immediately after she is seated.

Q. Isn't it all right to mail out the wedding announcements a day or so before the wedding?

A. Never; they should be mailed out immediately after the ceremony.

Q. Is it necessary for a woman who is travelling alone to prefix "Mrs." or "Miss" to her name when signing a hotel register?

A. Yes, this is necessary so that the hotel attendants may know how to address her.

How Can I!!!

By Anne Ashley

Q. How can I keep my dishcloths sweet-smelling and clean-looking?

A. By putting them in a wide-mouthed jar filled with half water and half laundry bleach, whenever the cloths aren't in use.

Q. How can I prevent the glaze on my chinaware from cracking?

A. Don't pile freshly-washed cups on top of each other. Spread them out and give them plenty of time to cool before putting them away.

Q. How can I prevent scales from forming on the inside of a tea kettle?

A. One good way is to keep an oyster shell in it. After the shell has accumulated all the scale it can hold, substitute a new one.

Cook's Corner



COCONUT SQUARES

Cream together 2 tablespoons butter and 1/2 cup white sugar, add 1 egg well beaten, 1/2 cup milk, 1 cup flour, 1/2 teaspoon salt, 2 teaspoons baking powder.

Mix and place in a pan 8" x 8" square and cook for 20 minutes.

Take from oven and place on top: 1 cup coconut, 3 tablespoons butter, 1/2 cup brown sugar plus 2 tablespoons.

Cream mixed together, return to oven until browned.

—Mrs. Earle Chappell, Sherbrooke W. I.

That Body Of Yours

By James W. Barton, M.D.

TREATMENT OF A COMMON FORM OF ARTHRITIS

Because all persons over 55 have osteoarthritis (inflammation of a joint with formation of excess bone tissue), it doesn't mean that everyone past 55 must suffer from the various arthritis symptoms — pain, stiffness, loss of motion.

In The Journal of the American Medical Association, Dr. John G. Kuhns states that only one in ten will have pain and disability severe enough to require medical care. Distress arises chiefly from sprain of the ligaments surrounding the joint, pressure of tissue within or about the joint, or irritation of nerve roots as they emerge from spinal column through the holes of the bones forming the spine.

"Symptoms, usually confined to a joint or two, range from morning stiffness and pain after prolonged activity to constant pain and inability to walk when the large weight bearing joints (hip and knee) are seriously affected."

The diagnosis of osteoarthritis is made from a long history of joint and muscle symptoms which gradually increase in severity. Painless enlargement about the joints of fingers is often noted. The X-ray shows outgrowths of bone about the margins of the joints.

To give comfort and relief from the pain is the chief object in the treatment but Dr. Kuhns states that the function or use of the joint can also be improved by lessening obesity (overweight), correcting posture, and avoiding hard work and rapid movements. Support to the joint by brace, jacket, elastic bandage or cast is almost always needed.

Injections into the joint of hyaluronidase relieve pain and stiffness in about 2 of every 3 patients but quieting drugs are sometimes needed especially after overuse of the joint. Acetylsalicylic acid (aspirin) or sodium salicylate several times a day will usually relieve the pain. The addition of succinic acid and other drugs make it possible to give larger doses of acetylsalicylic acid and sodium salicylate.

Diet is important in all forms of arthritis; the cutting down on starch foods as suggested by Dr. A. Fletcher, Toronto, and Ralph Pemberton, Philadelphia, has been very successful.

The diet should be high in proteins — meat, eggs, fish; moderate in fat, and low in starches (as above mentioned).

In many cases, as the patient appears to become slow in action and mind, a metabolism test may show that the thyroid gland is underactive, in which case small or medium doses of thyroid extract should be given daily.

"Surgery is used only when conservative measures — heat, light massage, electricity, aspirin, thyroid extract — fail, and then only if the operation will be safe and increase the comfort and activities of the patient."

Sulphur matches began to replace flint and steel early in the 19th century.

SCALDS • BURNS

Dab on a paste of Baking Soda and water and cover with a damp cloth.

COW BRAND BAKING SODA

Better English

By D. G. Williams

1. What is wrong with this sentence? "We planned on taking a vacation, but found that we did not know sufficient about the various resorts."

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

3. Which one of these words is misspelled? Sacrilege, satellite, sagacity, sarsaparilla.

4. What does the word "sumptuously" mean?

5. What is a word beginning with ra that means "hoarse; harsh; rough"?

ANSWERS

1. Omit "on," and say, "did not know enough about, etc." 2. Pronounce se-reez, both e's as in see. 3. Sagacity. 4. Costly; luxuriously. "The halls were sumptuously decorated." 5. Raucous.

Household Scrapbook

By Roberta Lee

Paint on Glass

Hot, sharp vinegar will readily remove mortar and paint from window glass.

Setting Gingham

Before washing gingham, put one-half cup of vinegar and one-half cup of alum into a pail of lukewarm water. Soak the garment for one hour before washing, and be careful to leave in the sun only long enough to dry.

Ivory

When ivory ornaments become yellow, wash them well in soap and water, then place them while still wet in the sunshine. Wet them with soap water for two or three days several times a day, still keeping them in the sun. Wash again, and they should be perfectly white.

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ELLEN'S DIARY

By An Island Farmer's Wife

"I'm not much interested in that sort of story, Ellen — oh, it's too far-fetched to have any substance to it," James commented, putting down the periodical he had been reading to sit idly in the armchair in the kitchen. The children were in bed then, the house as quiet as used to be our rooms at Alderlea when our work of the day was over. . . .

"The returns? As James said, 'You can't tell much by one load!'"

"Back now we return our day — or is it not only the record of our stewardship we must report?"

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

"Along the fields to see how those helpers are doing since they were let to the aftermath?" we chuckled.

"Well, if he was a farmer," James was out of place now, "that wouldn't be of neither flesh nor fowl nor good red herring? . . . I like, in stories, nice little girls . . ."

"Blondes?" we were defensive.

"Oh, I'm not particular, just as long as they're modest and nice," he replied.

"And I always prefer a decisive male — not stern exactly, but meaningful and dependable. And I like to read that when he looked in her eyes . . ." he laughed shyly.

"His cause was won."

"Yes," he nodded. "And I like them to walk away, you know how it goes, Ellen! Hand in hand together . . ."

"I never see any of those," James said. "Seems as though that is the busiest season of all the year with us — with the choring, and wood to be got and usually some lumber. I'm afraid, Ellen," he smiled, "we'll have to pick some other time . . ."

"But seriously, in fiction, I like a sweet romance, set amid country scenes."

"In a field at 'the other farm,' and under conditions that Mr. A. declared 'would annoy a saint,' so battered by the September gale was the grain, the farmers today

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SUGAR, 10 lbs.	89c
MILK, any brand, 6 cans	87c
FAB, 2 lge. pkgs.	59c
DAINTY SODAS, pkg.	29c
MIXED BISCUITS, lb.	39c
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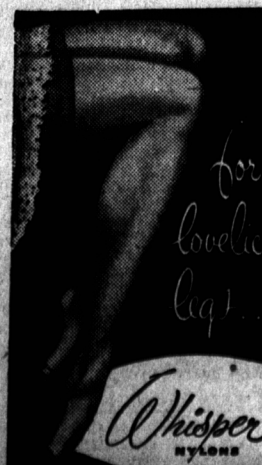
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