

That Body Of Yours

By James W. Barton, M.D.

REDUCING HIGH BLOOD PRESSURE BEFORE OPERATION

While there is no known drug that will reduce high blood pressure permanently, there are drugs that reduce high blood pressure temporarily. Also, operations on nerves, emerging from the spinal column will keep blood pressure reduced for a considerable time.

An important use of a blood pressure reducing drug is when it is necessary to keep blood pressure reduced during a surgical operation. The drug used is hexamethonium bromide which, by reducing blood pressure, reduces the hemorrhage (bleeding) during operation.

In Polyclinic, Rome, Italy, Dr. C. Mann reports that hexamethonium bromide was given to 31 patients in whom operations were performed on the thyroid gland (goiter), the breasts, the spinal region of the neck, the lower jaw, the eye, and the glands of the neck. One plastic operation and three amputations were also performed. The patient was placed on an inclined plane in the operative area in the highest point, and the blood pressure recorded before and after anesthesia.

The first dose of hexamethonium bromide was 20 to 25 mg. Usually the pressure dropped within two to three minutes. When the pressure did not drop to the desired values, additional doses of 10, 15, and 20 mg. were given until it dropped sufficiently. Total doses ranged from 25 to 120 mg. Effects were good and the area undergoing operation became ischemic (bloodless) in all patients except three, in whom even the largest dose, 120 mg., had little effect.

After operation, if blood pressure did not return to its pre-

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The Stars Say

By Genevieve Kemble

For Tomorrow

UNDER an inflationary impulse there may be an unconquerable urge to gamble, to splurge, to scatter funds, ideas, energies and any tangible assets. This may well end in one grand slam of loss, futility and defeat. The abilities and mentalities, although pitched to high purpose and aspiration, may overleap reason, good judgment and gain little from those in whom faith is put. These may not see eye to eye on this gambling spirit.

For the Birthday

Those whose birthday it is, while eager and bent on putting over big deals, with mentally keyed to constructive aims, worthwhile pro-

Cook's Corner

Crumpled Apple Tart

Crust: 2 cups sifted all-purpose flour, 1 teaspoon baking powder, 1/2 cup sugar, 1/2 cup butter or margarine, 1 1/2 teaspoons cinnamon.

Sift flour, baking powder and sugar together. Work the butter or margarine into flour mixture with the hands or a couple of knives until it is very crumbly. Now measure out about 3/4 of a cup and mix up with the cinnamon and set aside to sprinkle on top of filling. Take rest of mixture and press into bottom and sides of a 9-inch pie pan.

Filling—4 medium cooking apples, 1 tablespoon chopped candied citron, 1/2 cup sugar.

Peel and core the apples and cut into 1/4-inch slices. Put apples and citron in a saucepan, add water to a depth of a quarter of an inch. Cover and cook 5 minutes. Take off stove and drain. Sprinkle with 1/2 cup sugar. Fill pie shell with apple slices. Sprinkle cinnamon mixture on top. Bake 10 minutes in 425 degree F. or hot oven, then 30 minutes longer at 350 degrees F. or moderate. Cool before serving.

Household Scrapbook

By Roberta Lee

Resizing A Rug

Place the rug face down on the floor and stretch it very tightly and evenly. Tack it down at frequent intervals. Soak and dissolve 1/2-lb. of flake glue in 1/2 gallon of water, in a double boiler or a container surrounded by hot water. Sprinkle this solution generously over the rug. Allow rug to dry for at least 24 hours. If rug is light weight, do not use enough glue to penetrate to other side.

Shoes

Longer wear can be had from shoes if they are rubbed with a soft cloth lightly smeared with vaseline jelly every day. If this is done they will not require so much polishing.

Cake Frosting

One-half teaspoon of almond extract with one teaspoon of orange juice in a boiled frosting is a delicious and novel change for cake icings.

jects and ambitious programs, may find only dismay and want of encouragement, particularly from those whose support has been relied upon. Even a convincing argument, born of a versatile and shrewd mentality, may not be able to carry through inflationary plans. While energies and ideas are stimulated, they do not seem potent for promotional forcing of issues.

A child born on this day, while having a keen and shrewd mind backed by practical objectives, may tend to overplay its hand to its detriment.

How Can I

By Anne Ashley

Q. How can I remove a cork from a bottle if no corkscrew is at hand?

A. By inserting two pieces of wire on opposite sides of the cork between the cork and the bottle. Then hold both wires and twist as you pull; the cork will come out readily. This same means can be employed by using two kitchen forks, inserting one prong of each fork, instead of the wire.

Q. How can I avoid evaporation when cooking soup?

A. Be sure never to let soup boil. Allow it to simmer slowly. If it boils, much of the liquid is wasted in evaporation, and the best of the flavor is lost.

Q. How can I prevent the paint on doors from blistering?

A. Wash the outside doors with a cloth dipped in paraffin. This will remove dirt, freshen the color, and prevent blistering of the paint.

Better English

By G. C. Williams

1. What is wrong with this sentence: "I only had seven dollars when I entered into the restaurant."

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

3. Which one of these words is misspelled? Abattoir, abbreviation, accoutrement, addendum.

4. What does the word "vigilance" mean?

5. What is a word beginning with ce that means "rapidity of motion; speed"?

ANSWERS

1. Say, "I had only seven dollars," and omit into. 2. Pronounce di-vurs, i as in die, u as in fur, accent second syllable preferred. 3. Abattoir. 4. Watchfulness in respect of danger. "His vigilance in respect of the accident." 5. Celerity.

Morning Smile

A Second Look

"Too bad about our neighbors the Flubbs," sighed Mrs. Chatter. "They've been married only six months, and now he's beginning to find fault with her looks."

"Why, I thought he fell in love with her at first sight," remarked Mr. C.

"He did; but now he discovers that he needed glasses."

Excuses

An employee of a large firm approached the office manager. "Sir," he said, "I'd like a week off."

"What?" said the manager; "the New Year has only just started."

"But I want to get married," replied the clerk.

"Why didn't you get married while you were away last autumn?"

"Well, I didn't want to spoil my holiday."

Carry Queen's Train



Lady Mary Baillie-Hamilton, 18, the daughter of the Countess of one of the six girls chosen for Haddington, former Sarah Cook of one of the trickiest jobs of the Montreal, is pictured in her coronation-carrying the Queen's ring-out gown of white tulle em-Coronation-carrying the Queen's ring-out gown of white tulle em-Coronation-carrying the Queen's ring-out gown of white tulle em-

DOROTHY DIX'S COLUMN

Romantic Dreams

Girl Who Forgets That "The Mind Is The Measure Of The Man"

DEAR MISS DIX: I am 23 and have been going with a man six years older for the past year. He is a fine person—kind, generous, considerate. He has a fine position and we have delightful times when we go out. Since we have many tastes in common, even the evenings we spend quietly at home are enjoyable.

Several months ago Kenny asked me to marry him, but I found it impossible to give him a definite answer. I know I should love him but I cannot bring myself to the point of saying so. He has a few drawbacks which seem to be growing in importance with me. He is just my height and slightly built. I find myself envying my girl friends with their tall figures. Also, Kenny's hair is thinning already and the picture of myself with a short, balding mate is not alluring. He has a few other minor faults—for instance, he's not what you would call a "snappy" dresser, and he makes some quite obvious errors of speech. What can I do to end this state of confusion?

LADY BE WISE

MARTHA

ANSWER: You sure are letting a fine man slip through your fingers, but it's better to let him slip than to marry him, then spend your life yearning over the romantic ideal you wish you had married.

Muriel Nissen In-laws and finances may be accorded top billing on the list of marital hazards, but they are at least equalled by the woman who never gets over her dreams of a "tall, dark, handsome" hero. Of course, she never did meet this paragon of masculine good looks, and never would have. Nevertheless, her kind, considerate, tender husband must suffer by comparison. It never even occurs to her that she isn't exactly a glamor girl herself, and perhaps friend husband, too, failed to have all his ideals realized in the woman he married.

Choosing a lifetime mate on the basis of height, perfection of speech, precise enunciation, or other comparatively trivial matters, is a risky business, Martha. I'll wager if you let Kenny go, you'll have many a regret over your foolishness. However, I certainly don't advise you to marry him until you're sure you love him and that he's really the only man in the world for you. A little mature deliberation will convince you one way or the other. Just remember you are no longer 16. The stuff of which romantic novels and movies are made belongs to adolescence; it has no place in the deep, enduring love with which two intelligent adults should face marriage. Teenagers select their friends on the basis of appearance and apparent qualities; mature people, with a keen realization of the obligations involved in a future partnership, look for more stable virtues.

No one can make your decision for you, Martha. Don't delay it too long, or you're likely to wind up a frustrated and lonely person; don't rush it, either, lest Kenny be hurt by a lifelong attempt to live up to your sentimental dreams.

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Alice Brooks Designs

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ELLEN'S DIARY

By an Island Farmer's Wife

Our "Chilluna"—the pair at this place "in the road," that is Rob's, and Granddaughter in the House across the Lane at Alderlea were unable to attend classes in their schools today because all three, and Mack too, youngest grandchild of all, are presently suffering from the malady that is known as the common cold. Where did they pick up the tar-seed of it which stealthily roots and thrives so annoyingly? We have searched back along the preceding days thoroughly but only to recall how well they seemed to be then, interested and happy in their work and play.

James was busy at the choring, giving much care we knew to details... cleaning meticulously the mangers before pouring in the measure of grain; adding an extra handful for this one or that; slicing the turnips for one that fancied them thus; bearing a warm drink to some poor little creature of stable.

Odd times, however, he left these interests to appear at the kitchen door, to regard the two patients who were up and about though bothered by annoying coughs. But entertained by books and games, except for the regret of missing school, they appeared to find the day not too tedious in its passing.

"How are they now, Ellen?" he once asked. "Better? Well at least no worse! Ah, what coughs! You don't suppose," he said with some insinuation, "they got over-heated at play—and then, Ellen... you might not notice it... but perhaps they sat in a draught? Or maybe they kept on socks that were damp. Or maybe you forgot to remind them to wear warm sweaters when they were along the fields on Saturday? The weather was changing then and that's a time for catching a cold!"

"Or perhaps," with some suspicion, "you forgot to warm their change of underwear? That would give the poor little fellows their death of it! Don't you mind, Ellen, that man who went to... was it a wedding or a funeral without airing his? And he himself passed away in no time! It's dangerous, that's what the like of it is! Well," with a long sigh, "since they have it, all you can do is to keep some remedies to them and see they don't get a chill. Don't let them near the door—nor out in the sunporch, nor in the rooms neither; the heat there is different from this..." "We may as well go up to bed," one whispered with a chuckle.

"And," James continued, "don't you go bringing in wood, Ellen. I'll see to that when I have finished at the stables." He turned away smartly. "I'll feed the hens too." And then in a hollow tone which indicated widening distance "what do they get?" But how could James assume extra choring and he already heavy-laden? With Rob and Alex, the farmers' right-hand man, hurrying logs of the woods' work away to the mill today, trip after trip?

But now all work is over. Night wraps the farmsteads, leaving them to a quiet rest. The children, bettering, are in bed, as are, we think, with odd exceptions, "bird and beast" about.

James speaks of one of the former now as he comes to the armchair. "I believe we're going to have another fine day, Ellen," he says with a smile. "I heard an owl call tonight— from that grove over on the hill."

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

Modern Etiquette

By Roberta Lee

Q. Is it all right to use the knife for cutting one's lettuce?

A. There was a time when this was considered improper. But good sense now admits it is almost impossible to cut some head lettuce with just the fork. Use the knife to separate it slightly into sections, then discard the knife and use the fork for eating.

Q. Some men merely touch the brims of their hats when greeting women on the street. Is this considered all right?

A. No; this is unmannerly and lazy. The hat should be lifted slightly from the head.

Q. Is it really necessary that a woman use her title "Mrs." or "Miss" when signing her name to a hotel register?

A. Yes, this is required in order that the hotel attendants will know how to address her.

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