

**That Body Of Yours**  
By James W. Barton, M.D.

**THE GENERAL PRACTITIONER NOW TREATS ALCOHOLISM SUCCESSFULLY**

We are all hoping for the day when alcoholism will be treated everywhere as a disease and care and treatment given by a physician and not by police officers. Alcoholism is a mental and emotional disease and "the physician in general practice" is the one who is most likely to see the earliest manifestations of what may eventually develop into the most serious psychiatric disturbances and he will have the best opportunity of preventing them if he is properly prepared for the recognition of the early danger signals," according to Dr. Joseph Hirsch, Executive Secretary, Committee on Problems of Alcohol, National Research Council, Washington, D. C., in Post-Graduate Medicine.

Dr. Hirsch states further: "First, alcoholism is a medical problem, usually of the total personality, and the alcoholic is a sick person. Second, because of the traditional leadership of the general practitioner in the area of total personality and its needs as well as his position in the vanguard against disease, his continuous and sympathetic attention is needed to provide effective care for the many tens of thousands of patients now abandoned to the ministrations of courts, jails, and public shelters and to prevent the serious deterioration — physical, mental, and social — common to all of them."

Dr. Hirsch writes that he fully realizes what a problem the alcoholic is the average physician — just a nuisance and an "unredeemably hopeless patient." Nevertheless, the alcoholic's problems and needs, are almost entirely medical and a constant challenge to the all-round ability of the physician. He must be cared for and treated by the physician, not by others, in recent years medicine has begun to face the alcoholic's problems squarely with the result that many thousands of patients, once abandoned as hopeless, are now useful and productive citizens.

Why do some men and women drink excessive amounts of alcohol? It is now known that it is not the chemical composition of alcohol or a "weak will" that is the cause in the great majority of cases. The underlying cause is that for

**Better English**  
By M. C. Williams

1. What is wrong with this sentence? "I was kind of surprised to see so many people gathered together."  
2. What is the correct pronunciation of "esquire"?  
3. Which one of these words is misspelled? Regalia, registrar, regimentation, regala.  
4. What does the word "contumacy" mean?  
5. What is a word beginning with so that means "state of being anxious or concerned"?

**ANSWERS**

1. Say, "I was somewhat surprised to see so many people gathered (omit together)." 2. Pronounce es-kwir, e as in end, i as in ice accent second syllable. 3. Regalia. 4. Resistance, defiance, or resentment of authority. (Accent first syllable). "Contumacy among subjugated people is always a barrier to world combination." 5. Solicitous.

**Morning Smile**

A woman went to buy a drinking trough for her dog, and the shopkeeper asked her if she would like one that bore the inscription, "For the dog."

"I don't mind at all," she replied. "My husband only drinks beer, and the dog can't read."

**The Test**

Tommy: Mother, if baby swallowed some tadpoles would it kill him?  
Mother: It might, dear.  
Tommy: But it hasn't, mother.

**The Come Back**

"I wish," he said in exasperation, "that some brainless idiot had proposed to you before we were married."  
"He did," replied the wife calmly, "and worse luck I married him."

many alcoholics the whole process of living is difficult and complicated; this is often the cause of their becoming alcoholics. The effective cure of alcoholics by the Yale Plan Clinics and by Alcoholics Anonymous shows the general practitioner that they can be cured.

**SAVE WITH SODA**

FREE booklet gives many new uses for Cow Brand Baking Soda in kitchen, bathroom, nursery and all through the home. Write Church & Dwight Limited, Sun Life Building, Montreal.



**COOK'S CORNER**

**PINEAPPLE-CURRENT UPSIDE-DOWN CAKE**

The luscious layer of butter, sugar, fruit and juice that goes into the pan first will not provide any free space when the dessert is turned out onto a heated plate for serving; it will just form a rich sweet topping over the cake. We like to serve cream with it, or maybe a custard sauce.

Yield—Nine large squares.  
2 tablespoons butter or margarine  
3/4 cup lightly-packed brown sugar  
1/2 cup syrup from canned pineapple  
9 drained canned pineapple slices or use only 8, if there are just 8 in the can.  
Red currant jelly  
1 package white cake mix  
Cold water.

Melt the butter or margarine in a 9-inch square cake pan; brush sides of pan with this fat and leave the rest in the bottom of the pan.  
Sprinkle 1/2 cup of the brown sugar into the pan and drizzle with 1/2 cup syrup from canned pineapple. Arrange the pineapple slices in sugar mixture and centre each slice with 1 teaspoon red currant jelly; sprinkle with remaining 1/2 cup brown sugar.  
Turn the white cake mix into a mixing bowl and make up according to directions on the package, using a mixture of the remaining 1/2 cup pineapple syrup and 1/2 cup cold water as the liquid (if you do not have 1/2 cup pineapple syrup just complete that measure with cold water and use that and 1/2 cup more cold water as the liquid). Carefully pour batter into prepared pan.  
Bake in a moderate oven, 350 degrees, about 50 minutes.  
Immediately cake is baked, loosen edges and turn into a serving plate; cut into squares and serve hot.

**The Stars Say --**  
By Genevieve Kumble

**For Tomorrow**  
AN exceptionally lively, aggressive and stimulating attack upon new doorways to opportunity, promotion, the launching of new enterprises, or putting over cherished plans and projects in a wholly constructive and objective manner lies ahead. Possibly this putting over of important ideas is incident to the recent change of interests, environs or more inspiring contacts. Dynamic force carries through.

**For the Birthday**

Those whose birthday it is, may find themselves keyed to "concert pitch" in an effort to launch new projects, establish new business or constructive programs, following a recent change of scene, of plans or enterprises fresh and promising. A dynamic and forthright attack on well-laid plans and objectives may prove stimulating.

**Household Scrapbook**  
By Roberta Lee

**Recipe Shower**

If the bride-to-be has already had a great many showers, a different and inexpensive shower is one of recipes. The hostess can buy an attractive kitchen index and distribute the cards among the invited guests. Each guest puts on her card her very best recipe and signs her name on the bottom of the card. The bride will get much enjoyment out of this keepsake later on.

**Children's Clothes**

A little alum added to the water in which children's clothes are rinsed renders them less liable to catch fire.

**Ham Flavor**

The flavor of ham is very much improved if, after it is boiled, it is wrapped in buttered paper and baked for an hour.

**STOP WHEEZING SLEEP COMFORTABLY**

Do you sit up at night fighting for breath because of asthma? Templeton's RAZ-MAH will give you comforting relief and quick sleep—lets you breathe freely—sleep restfully. One 60¢ box of Templeton's RAZ-MAH will convince you.

**Modern Etiquette**  
By Roberta Lee

Q. Is it necessary that the gowns worn by the bridesmaids at a wedding be identical?  
A. Not at all, but the colors must harmonize and the styles should be somewhat alike. The bridesmaids and the bride-to-be should get together many weeks before the wedding, so that they will have ample time to plan their attire.

Q. When a guest, invited to dinner, finds that it will be impossible for him to arrive at the appointed hour, what is the best thing for him to do?  
A. Telephone his host or hostess immediately, explain, and request that they do not wait for him.

Q. Is it proper to use a knife to cut open a muffin at the table?  
A. Never. Bread of all kinds should be broken with the fingers, never cut.

**How Can I!!!**  
By Anne Ashley

Q. How can I prepare candied quinquats?  
A. Boil them in water until the skin is tender, then cook them in syrup as follows: 1 cup of prepared fruit, 1 cup of sugar, 1 cup of water. First heat the water and sugar until the sugar is dissolved. Put a few pieces of the fruit in at a time, boiling gently until tender.

Q. How can I iron sleeves that are too narrow for the regular ironing board?  
A. Turn the sleeves wrong side out, fold and insert a towel to the width of the sleeve, then iron on both sides.

Q. How can I prevent patent leather shoes from cracking?  
A. Rub the shoes all over occasionally with a little Vaseline jelly put on with a soft flannel cloth. Leave over night, and then polish.

**Don't Neglect Slipping FALSE TEETH**

Do false teeth drop, slip or wobble when you talk, eat, laugh or sneeze? Don't be annoyed and embarrassed by such handicaps. FASTEETH, an alkaline (non-acid) powder to sprinkle on your plates, sets false teeth more firmly. Set gives confident feeling of security and added comfort. No gummy, goopy, pasty taste. Get FASTEETH today at any drug store.

**ELLEN'S DIARY**  
By An Island Farmer's Wife

Very still, indeed inclined to be brooding, we found this day of November, which leads off now toward the close of the month. With quiet showers of rain falling, in broken silences between. With damp mill-gables and troubled pond-waters... and meat-stew, accompanying the vegetables for dinner. Concocted of ends of yesterday's roast, tasteful and nourishing we considered it, though James, husband of ours is not one to share our enthusiasm over this humble dish. "Help yourself!", he invited our tractor-plowman with a touch of humour, passing him the bowl of it. "We'll have to eat an extra supply to get enough energy out of it to last us 'till dark! Had you no other meat you could have prepared. Ellen — or fish?" James always grumbles when we have stew," we explained laughing. "Yes," granddaughter pipped up happily from her side of the table "and I'm mostly always here to hear him!" But comrades the two are in many undertakings and she was allowed to accompany him this afternoon when he went by machine to the matter of burning back in the stump-field.

From the verandah we saw the smoke of the clearing-fire rising darkly, then spreading slowly, return so it seemed to mingle with the clay. Pat was plowing new land today. "An' you'd never believe unless ye could see it, the fine job that is left by the tractor plow. An' it's so fast. A great way it is to bring in the new land. Why I can mind what a hard work it once was when we used to break it up with a team an' a single plow. Why if a man got a half-acre turned over in a day, he thought he was doing well. An' hard work it was, what with startin' an' stoppin' an' breakin'—it was the devil on gear, now wasn't it? But this afternoon, shure an' it wasn't early at all when we started it, we got a fine stretch as it done. An' ace?" this in reply to James' question "yes, more than that — an' I'm tellin' ye, no trouble at all, at all."

James displayed much interest, more indeed than in Drama or many of the fine arts. We suppose in this he sees a fascinating play which has taken familiar actors to fill the roles. For him it commenced as far back as memory can reach and continued down the years with toil and laughter and tears to this day. . . and the end comes in a new and promising beginning. The lines have been his own and there was poetry in it — that of the seasons, gentle or turbulent in turn, and in scenes so beautiful no artist however gifted, could ever hope to put them on canvas. His too, was the vision. He saw in that stand of maples we so well remember as part of our younger days at Alderlea, the glory of waving grain, or it may be reddish cattle knee-deep in the clover. As an integral part on the way to fulfillment, first furrows will be turned "if all goes well" in our stump-field tomorrow.

Pleasantly mild the day has been, ideal for attending to ends of fall-cleaning indoors. We enjoy it especially for its interruptions! We stop at the least excuse — to read an old letter we find in an out-of-the-way corner — to turn a geranium at a window, gay plants that these are on a sill on these duller days; to wonder over an unopened bud; to open a new book, touching leaves lovingly and not without longing . . . and then be grateful when an opened door calls one back to duty, knowing well that floors must be swept and rooms cleaned wherever housewives dwell. . . Still was the day, and tranquil in its passing. "Remarkable weather! James remarked to Pat as with lantern lit against any wandering banshee, he set off a few minutes ago down the short-cut which leads past the mill-door. "I never saw better for the time of year — nor one that gave the fanner a fairer chance to get his plowing done. "Now" he says unclipping new work-boots "They've got to a fearful price Ellen!" "If it will just stay fine for tomorrow!" Until tomorrow — Diary — Good-night. . .

**The Remedy**  
Colonel (in crowded train): I say, porter, we're packed like sardines here. Can't you do anything to relieve us?  
Porter (old soldier): Try numbering off to the right, and let the odd numbers breathe in while the even numbers breathe out.

**BARGAIN in goodness!**

Heap up breakfast bowlsful of sweet Kellogg's Corn Flakes. Fresher! Crisper! And hearty! — here's the "power" of nourishing corn at its tasty-best! The main dish for breakfast that is your bargain in goodness — Kellogg's Corn Flakes.

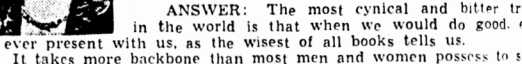
**MOTHER KNOWS BEST!**

**DOROTHY DIX SAYS—**

**Family Goats**

**Why Must Single Aunts And Uncles Take On Burdens Of Lazy Parents?**

DEAR MISS DIX: My brother and I are a typical old maid and bachelor. Our brothers and sisters married and had children. Most of the money that we have made has gone toward rearing wives and nephews and assuming the burdens of lazy papas and mamas, who have passed the buck to us. We have given and given and are still giving, although the parents and children have many little pleasures and luxuries of which we are deprived because we are still paying off debts contracted for these children. Please tell us when to stop, and whether the half-contemptuous, patronizing attentions we receive are worth the price of present sacrifices and possible old-age dependence.



ANSWER: The most cynical and bitter truth in the world is that when we would do good, evil is ever present with us, as the wisest of all books tells us. It takes more backbone than most men and women possess to shut their purses when Sister Sue comes weeping because the doctors say little Sam must have an operation, or the baby's shoes are worn out. Or when Brother Bob shamefacedly admits that the coal is out and the grocery bill overdue. Or when there is some promising boy or girl who needs special training to develop his or her talent.

**THEY DO WITHOUT**  
So the unmarried sister and brother do without the new dress or the new coat they need, or give up the little trip they had set their hearts on, or look ruefully at their little savings accounts that can never grow because their greedy relatives make so many demands upon their earnings that they can never put anything aside. Nor do they ever even get thanks for the sacrifices they make, because, being no children of their own to support, their brothers and sisters think that the least they can do is to support theirs.  
And so they come to the place where my correspondent has come, where she sees that her sisters and brothers have defaulted on their obligations and dumped their burdens on her shoulders. Also, they realize that they can expect no gratitude from the youngsters for whom they have slaved all their lives.  
The moral of all of which is that if we don't look out for ourselves no one else is going to look out for us. Our first duty is to provide for ourselves and then we can give what we have left, but prudence comes before generosity, and this is something that old maids and old bachelors do well to bear in mind.

DEAR DOROTHY DIX: My wife and I have been married for five years and we are happy together but for this problem: I am a young doctor. I am settled in the city in which I was born and have spent my life and I have built up a practice that is good and getting better every day. The future looks bright for me here. My wife, however, feels that she can no longer bear to be away from her family and friends and she demands that I give up my practice and go to live in a distant city among her people. That means that I should have to start all over again, but should I do what she asks me to do?  
YOUNG DOCTOR

ANSWER: I think you would be both weak and foolish to sacrifice. Continued on page 11

**YES! NO!**



**YES, I ALWAYS RINSE**  
—AND MY TIDE WASH IS ALWAYS SO SWEET AND CLEAN!

**NO RINSING FOR ME!**  
LOOK HOW DAZZLING CLEAN NEW TIDE GOT MY WASH WITHOUT RINSING!

**WITH — OR WITHOUT RINSING — new Tide does a better washing job than any soap on earth!**

WITH TIDE'S NEW STEPPED-UP WASHING POWER, every grain does more work . . . gives you bright, white, dazzling clean clothes, whichever way you wash! Yes, New Heavyweight Tide does a better washing job than any soap you can buy.

TIDE, UNLIKE SOAP, NEVER FORMS DULLING SOAP FILM. And Tide actually dissolves the dirt out of clothes — holds dirt suspended in the sudsy water! Wring out the clothes — dirt goes too! And you hang up the kind of bright, white, clean wash that makes your neighbors look twice. Get Procter & Gamble's New Heavyweight Tide today — there's nothing like it!



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"Yes, my wash is actually cleaner than any soap ever got it (and I've tried 'em all). My wash dries so sweet and fresh, too. I'm a Tide user from now on!"  
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