

That Body Of Yours

By James W. Barton, M.D.

INFECTED TEETH AND IMPACTED LOWER WISDOM TEETH CAUSE MENTAL SYMPTOMS

Several years ago the superintendent of a State Hospital for mental patients was astonished to find a young woman who had been under mental treatment for two years suddenly become normal. He felt that the removal of infected teeth a short time previously was probably the cause. He then had all the patients examined for infection and had various specialists—teeth, nose and throat, gall bladder, intestines and others—visit the hospital, remove infection and correct defects. He reported that about 40 per cent of the patients, within a few weeks or months, were fit to return home or to business. While this was a very large percentage of cures, there is no doubt but that infection affects both body and mind. In Modern Treatment Year Book, Dr. S. C. Anderson states that authorities are not agreed as to the effect on mental health of dental sepsis (infection) or impacted teeth but numerous changes in nerve and brain structure and psychiatric conditions have sometimes been related to the teeth such as meningitis, brain abscess, poliomyelitis, convulsions, hysteria and neuritis. Dr. Anderson refers to the work of Dr. T. C. Graves, chief medical officer of the City of Birmingham (England) Mental Hospital, in British Dental Journal, seeking to prove, giving facts and figures and illustrative cases, that removal of mouth sepsis (infection), impacted wisdom teeth and infection of adjoining parts of nose and throat have resulted in great improvement, if not cure, after all other treatments have failed, in a variety of mental conditions. He strongly advocates x-raying the teeth and jaws of all patients and removing all possible causes of sepsis and pressure. While some authorities do not believe that infected teeth and impacted teeth cause much mental ill health, Dr. Graves states that the safe thing to do is to x-ray both jaws of all mental cases and remove all infection of teeth and adjoining tissues and any impacted wisdom teeth—usually the lower third molars. And, that aside from the effect of removal of infection and impacted wisdom teeth on the mental state, the removal of infection will, perhaps, take away an overwhelming load from the antitoxic or fighting forces in the body, improving the general health in the process.

Morning Smile

Baseball Fan

Sunday School Teacher—"Who can tell me anything about Ruth? Johnnie—"He made sixty home runs one season."

Woman's Way

"Have you ever noticed how a woman always lowers her voice when she asks a favor?" "Yes, and raises it when she doesn't get it!"

The Stars Say --

By Genevieve Kemble

For Tomorrow A PARTICULARLY active day lies ahead, with much energetic and strenuous attack, probably in "mending broken fences" whether such be in a physical situation or in the financial, employment or other menaced, or demolished, conditions. Whatever the challenge concentrated and constructive assault may attract the notice of superiors, probably arousing a friendly and generous interest. Cultivate this by sound common sense tactics.

For the Birthday Those whose birthday it is, may find themselves in a rather menaced and disintegrated situation in which only a strenuous and concentrated attack on difficulties could be demonstrated. Initiative, sound sense and determination should attract attention, confidence and tangible aid in matters for a lasting and worthwhile objective. Vitality, good faith, could culminate in a steadfast friendship and collaboration. Opportunity, preference, are in sight; work for such goal. A child born on this day, will possess the resourcefulness to meet obstacles and reverses with enterprise and ingenuity, attracting tangible support and preference from influential sources.

Cook's Corner

ORANGE CREAM

You will notice that we recommend turning this delicious dessert into a pretty bowl from which it will be served. It is not sturdy enough to turn out and hold its shape. We would spoon it from the bowl onto dessert plates or into individual glasses and pass a custard sauce. 1 tablespoon plain gelatine 1/2 cup cold milk 1 1/2 cups light cream or rich milk Thinly shaved rind of 1/4 orange 3 eggs, separated 1/2 cup fine granulated sugar 1/2 cup strained orange juice 1 teaspoon vanilla Few grains salt Combine the gelatine and quarter cup cold milk. Measure the one and a half cups cream or milk into upper pan of double boiler and add the orange rind; cover and heat to scalding point over boiling water. Remove orange rind. Beat egg yolks slightly and stir in half cup of the sugar. Gradually stir in the hot liquid. Pour back into double boiler and cook over simmering water, stirring constantly, until mixture is smoothly thickened and will coat a silver spoon. Remove from heat, add softened gelatine and stir until gelatine is dissolved. Stir in orange juice and vanilla. Cool, stirring occasionally, until mixture is very softly set. Beat the egg whites with the salt until stiff but not dry; gradually beat in remaining quarter cup sugar, beating after each addition until meringue will stand in peaks. Beat the softly set mixture until foamy; add meringue and beat until just combined. Turn into a dessert bowl and chill until set before serving.

Our Trip To Europe

By Helen M. Jack

(Note: Miss Jack, who is employed in the Civil Service at Ottawa, made her interesting tour of Europe with a school chum last summer.

Her mother, Mrs. George Jack, of Big Valley, Alberta, is the former Louise Mutch, daughter of the late Mr. Francis A. Mutch, of Earncliffe, P. E. I.

For several years now my girl friend and I had dreamed of a trip to the British Isles and Europe but, needless to say, there were many obstacles—the chief one finances. However, this past summer we decided it was "now or never" and in May we proceeded to make holiday arrangements for our trip. We received lots of advice from others who had been over previously, but we found that there were some things we just had to learn "the hard way" and for the benefit of those who might be contemplating a trip in the future I will try to outline some of the troubles we encountered.

In the first place, we found it advisable to book a passage about six months ahead of the time one wishes to sail, as nearly everyone wishes to go during the summer months. However, we managed to obtain passage on a small one-class boat, the "Scythia", which turned out to be ideal, and which left Quebec City the end of June. After obtaining passport and travellers' cheques we proceeded to Montreal for the boat train to Wolfe's Cove, Quebec. We thought we were going to travel light, but when one has even the essentials, they make a load that seems to get heavier as the time goes by.

About 5 o'clock in the afternoon we arrived at the boat and were settled in our cabin about 7 o'clock. We had always heard what a beautiful trip it was down the St. Lawrence by boat, but what I wonder is how anyone sees it, as it seems to me that all the boats leave at night. However, it was a spectacle in itself to see the lights on the shore gradually growing dimmer and hear the singing of the crew of the sister ship, the "Franconia", fading away.

The first meal on board ship, like all the others, was delicious and there must be something about the sea that creates an unbelievable appetite (when you're not seasick, that is). We had a Scotch waiter who proved to be very congenial when we learned to understand what he was saying. The boat trip over took nine days and, except for one day, was a very good crossing. There were people of many nationalities on board, and many, like ourselves, who were just going for the trip. Every night there was a show, Bingo and dancing, during which time we met very interesting people. It seems to me that there is something about an ocean voyage that makes one realize the vastness of the ocean and how at its mercy we all are. To me it was very fascinating to watch the waves roll and break along the side of the ship, but to the seaskick it would probably have the effect of making them wonder why they ever left home.

The first sight of England was on the ninth night when we saw the lighthouse of Bishop's Rock; and the first sight of land after too much water brought everyone from their cabins. We passed very close to Dover Castle and the famous White Cliffs, which are now riddled from shell fire. At about 11 o'clock the next morning we were at Tilbury Docks and on English soil, all very anxious to know what lay ahead of us. Our first impressions — we had long heard of the speed of English trains and were looking forward to a ride on them. Our trip to London gave us this opportunity. Compared with Canada, the engines and box cars look like toys and have an unusual look to them which makes them appear all the more so. The next thing we noticed was the several chimneys built on each house. We later learned that there is no central heating system in the English houses so that there is an individual chimney from each room. We arrived at St. Pancras station in London and were on our own. We wanted to get to Berkhamsted, which we found most people had never heard of. We finally learned that there was no train from St. Pancras to Berkhamsted, so we had our first English taxi ride to Euston Station. The English taxis are very quaint looking, all of uniform style, somewhat resembling our old model "T" Fords. However, they can turn on a dime and the fares are very reasonable. We were later told they were built so high to accommodate a six foot Englishman in a top hat.

We were dropped at Euston Station. Continued on page 3

Household Scrapbook

By Roberta Lee

Paint Brushes Wash the paint brushes thoroughly in boiling water, with plenty of washing powder in it. If the brush is caked very hard with old paint, try boiling it a little while in vinegar. Then remove from fire and allow to soak for 15 minutes.

When Ironing If cotton is wound around the fire-proof handle of the electric iron the hands will not feel so dry and uncomfortable after doing the weekly laundry.

Blankets When blankets are to be laundered select a mild, clear day for doing it. Avoid the hot, cold or rainy days.



FEELS FINE NOW — Richard Main, 13 months, of Hartford, Conn., gazes in fascination at a stuffed rabbit held by a doctor as he recuperates from an operation for the removal of a 3 1/2-pound cancerous tumor on the kidney. The 22-pound youngster, held by nurse Marie Tata, is reported on the road to recovery.

DOROTHY DIX SAYS—

Wrong Crowd

Young Wife Revolted By Friends' Loose Living

DEAR MISS DIX: I am a young married woman. Before I married I worked in a large office, led an active, clean life. My husband is a domestic man, loves his home, and we are very happy together. Regardless of what party we are invited to it consists mainly of husbands and wives having petting parties with somebody else's wife or husband, drinking, telling vulgar stories, yelling and singing. I am no prude, but all of this is repulsive to me and I would much rather stay at home with a book or listen to the radio. The result of all this is that the crowd rarely comes near us because we are too slow for them, and we really have few friends. What's the matter with us? Were we born a generation too late? MRS. E. M. M.



ANSWER: I would say that what's the matter with you is that you are too decent and self-respecting for the rowdy crowd that you have fallen in with, and my advice to you is to beat them to the dropping proposition and do it first. Don't worry about their laughing at you and calling you slow.

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ELLEN'S DIARY

By An Island Farmer's Wife

So winds of May whisper sweet secrets to the farm-folks these delightful days and aware of their import we pursue busily the duties of the seedtime. By this, the schedule of choring has changed at Alderlea, giving place to one which is lighter. The young cattle — the beef-hopefuls of next year have been turned to a far watered field, their summer pasture. Rob's are at the other farm, another factor which contributes to the progress of the farming. By day others of the cattle-kind — the cows and sleek fattening animals graze in content along a near pasture but towards evening when the tranquility of approaching night and rest, wraps tenderly the farm-lands, one may hear the plaintive lowing of mothers reiterating their love for their babes as they gather in the farmyard. And James' long and not inappropriate call brings the others from the field to their stalls. Presently however, these fat ones will be turned to permanent grazing until that morning in future when rising early to attend to this animal rite, the family will see them carried off by truck to market.

We are assured too, that our hog-raising as practiced by the younger farmer is not so arduous a work as it was, because the replacements now in the pens have barely entered upon that cycle which brings them at length to their marketing. A nice season this is, in the farming. Chicks hatch; a turkey sisk and a pheasant with iridescent plumage "Tip-toe(d) through the tulips" of this afternoon's sunlight, along a hillside, doubtless returning to his nesting mate in a grove after a prow that could have been

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Modern Etiquette

By Roberta Lee

Q. When at the table and someone asks you a question while you have food in your mouth, what should you do? A. Be sure to wait until you have swallowed the food before you attempt an answer. You know only too well what it sounds and looks like when one tries to talk with food in the mouth. Q. Please suggest some light refreshments that can be served

-Needlecraft-

FOR THE HOME

PRACTICAL PARTNERS

Here's a sundress which comes with a new companion piece—a practical little matching apron to don for chores! By itself, the dress is tailored and front-buttoned, the kind of a style you can wear for tanning or for home work.

No. 2138 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46. Size 18, dress and apron, 4 1/2 yards 35-inch.

Send 35c for each PATTERN which includes complete sewing guide. Print Your Name, Address, and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

Address: Pattern Department The Charlottetown Guardian.

Pattern No. 2138

Name _____ Address _____ City _____ Province _____

Better English

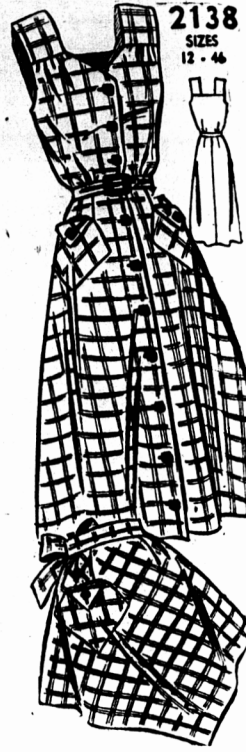
By B. C. Williams

What is wrong with this sentence? "Everyone cast their votes for the present incumbent." 2. What is the correct pronunciation of "bayou"? 3. Which one of these words is misspelled? Occulist, occultist, occurrence, accidental. 4. What does the word "inopportune" mean? 5. What is a word beginning with pe that means "dreamily thoughtful"?

ANSWERS

1. Say, "Everyone cast his vote for the incumbent (omit present)." 2. Pronounce hi-oo, i as in pile, oo as in too, accent first syllable. 3. Occulist. 4. Unseasonable; untimely. "He chose a very inopportune time for interviewing the president of the company." 5. Pensive.

at a small wedding reception? A. Cake, with coffee, tea or punch. Sandwiches and ices can be included if desired. Q. When a man knows a girl does not smoke, is it still proper for him to ask her permission for him to smoke? A. This custom has eased somewhat, but it still is nice to do.



How Can I!!!

By Anne Ashley

Q. How can I quickly remedy gray which refuses to brown? A. Pour into the gravy a tablespoonful of coffee. It will brown immediately, but contain no taste of the coffee. This is much quicker than browning flour when one is in a hurry. Q. How can I remove warts? A. Dissolve a liberal quantity of washing soda in a pan of water, wash the hands in this solution and then dry them without wiping. Castor oil rubbed on warts often causes them to dry. Q. How can I treat scars caused by pimples? A. Bathe the parts affected with a solution of boric acid, and then apply zinc ointment.

After each shampoo or home permanent

LOVALON

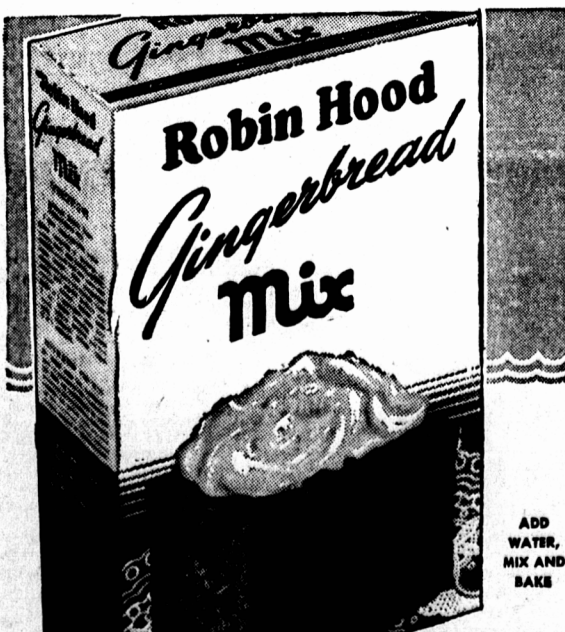
your hair



added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
Blends in yellow, grey streaks
12 flattering shades
Removes shampoo film
Gives sparkling highlights
15 & 39c.

the modern hair beauty rinse



ADD WATER, MIX AND BAKE

HURRY UP

For treat for dessert tonight—old-fashioned gingerbread topped with whipped cream! Make it the one-minute Robin Hood way. Women who baked and compared choose Robin Hood Gingerbread Mix, two to one. Try it tonight.

C22-50

WHO ARE THESE STARS? 1 Known as the original "Oomph Girl," a beauty contest brought her to Hollywood from her native Texas. She won acclaim as a dramatic actress in "King's Row." This Lux girl has red-gold hair. Her screen name is..... 2 This Lux Girl was born in England. Her family is of Italian descent and long famous in the Theatre. She is an American actress who has turned director-producer. Her name is..... 3 She was a fashion model until a producer's wife discovered her. This Lux Girl, known as "The Look" wears a gold charm whistle her husband gave her. Another hint her actor-husband's initials are H.B. Her name is..... 4 One of Hollywood's best dressed, this Lux Girl was born in Paris. She won her first Academy Award for her role opposite Clark Gable in "It Happened One Night." Her name is.....

\$5000.00 in CASH PRIZES

IN THIS EXCITING

NAME-THE-LUX-GIRLS CONTEST AND TELL WHY YOU'RE A LUX GIRL TOO!

FOLLOW THESE EASY RULES 1 Just finish the sentence "I'm a Lux Girl, too—I love Lux Toilet Soap because..." with twenty-five additional words or less. Use this official entry blank or one side of a plain sheet of paper. Print both your name and address and your dealer's name and address plainly. If you win a prize, your dealer will win one, too. 2 Send in as many entries as you wish. Entries may be completed in either English or French. Enclose two Lux Toilet Soap wrappers, either regular or bath size, or a matinee facsimile thereof. Mail to Lux Girls Contest, Box 146, Toronto, Ontario. A six adequate postage stamps to be treated as original work of contestants submitting them. 3 This contest is open to anyone residing in Canada except employees of Lever Brothers Limited, its subsidiaries, its advertising agencies and their families, and anyone connected directly or indirectly with the handling of the contest. The contest is subject to all applicable laws. 4 All entries must be postmarked not later than June 30th, 1951, and be received not later than July 14th, 1951. 5 Entries will be judged for originality, sincerity, aptness of thought and neatness. Judge's decision to be final on all matters connected with the contest. Only one prize will be awarded to any one contestant. No entries will be full prize for which the contestants have tied will be awarded to each tying contestant. All entries become the property of Lever Brothers Limited to be used as they see fit. 6 GRAND PRIZE \$2,500.00. There will be two \$500.00 prizes, ten prizes of \$50.00 and one hundred prizes of \$10.00. Major prize winners' names will be announced after the close of the contest in daily newspapers. Lists will be available approximately six weeks after the close of the contest and will be obtainable on request. Requests must be accompanied by stamped addressed envelopes. 7 You accept these rules when you enter the contest.

WIN \$2500 FIRST PRIZE 2-\$500 PRIZES 10-\$50 PRIZES 100-\$10 PRIZES 113 PRIZES! GET LUX TOILET SOAP! ENTER TODAY!

Here's what you do: From the pictures and clues guess the names of the four stars. Then, complete this sentence in 25 additional words or less: "I'm a Lux Girl, too—I love Lux Toilet Soap because..." It's so simple—and it's fun! No fancy writing is necessary. Just your own sincere reasons for being a Lux Girl, too! Win a lovelier skin as well as valuable cash prizes! In recent tests by skin specialists actually 3 out of 4 complexions improved in a short time. Let the facial screen stars use work for you.



Mail for Lux Girls Contest, Box 146, Toronto, Ontario The Lux Girls Are: 1. _____ 2. _____ 3. _____ 4. _____ Complete this sentence with 25 additional words or less. "I'm a Lux Girl, too—I love Lux Toilet Soap because..." Name _____ Address _____ City _____ Province _____ Dealer's Name _____ Store Address _____ City _____ Province _____ Contest closes June 30th, 1951