

That Body Of Yours

By James W. Barton, M.D.

DIFFERENCE IN LENGTH OF LEGS MAY CAUSE BACKACHE

Many people are afflicted with backaches, but do not know that the majority of cases can be helped by simple methods.

Physicians are agreed that most cases of backache are due to infection—teeth, tonsils, gall bladder, lower bowel (colon). Where infection is to blame, patient has pain in the back much more severe at night or when he is resting.

Another cause of backache is injury, often a rupture of a disc between two of the spine bones of lower back. A snug-fitting abdominal belt will give relief in many of these cases but in severe cases surgical removal of the disc is necessary, which gives immediate relief from backache as pressure is removed from nerves issuing from spinal cord.

In Research Reference Bulletin, issued by the National Foundation for Infantile Paralysis, Dr. William F. Green and Miss Margaret Anderson state that a frequent cause of backache is the difference between the length of the legs, the commonest cause of which is poliomyelitis—infantile paralysis.

"Differences of one-half to three-quarters inch cause symptoms, although the difference often can be made up by a raise to the shoe. The larger the lift, however, the more unsightly and awkward the shoe becomes and the more difficult to manipulate since the shoe must be worn on the side that is not only shortened but paralyzed to varying degrees."

In severe cases surgical treatment becomes necessary, either lengthening the shorter leg or shortening the normal leg. In the adult this operation is comparatively easy and safe and result appears to be satisfactory in most cases.

In the child, the growth must be taken into consideration, the method most used being to bring the longer leg into linear alignment with the shorter leg and then destroying one of the "growing" ends of the long bone, "growing" down the growth on that side so that the length of the two legs would be about the same by the time the child stops growing.

At the Children's Medical Center, Boston, there have been 147 cases where growth of bone was arrested or slackened on 105 patients with polio. In 85 per cent of these the result was within one-half inch of the predicted or expected outcome.

GETTING UP Getting you Down?

If morning finds you only half rested, still weary—if your sleep is broken by fitful tossing and turning—your kidneys may be to blame. When your kidneys get out of order, your sleep usually suffers. To help your kidneys regain a normal condition, use Dodd's Kidney Pills.

Dodd's Kidney Pills. Blend together, shortening sugar, salt and egg. Add apple sauce alternately with softened dry ingredients. Stir in nuts, raisins and dates. Pour into flat pan (8" x 10" x 2") lightly greased and dusted with flour. Bake in moderate oven (350 degrees F.) 35 to 40 minutes. Allow to cool.

Anne Adams Patterns



WEEKLY SEW-THRIFTY

NEAT and pretty—feminine and flirty! This practical cover-all-style apron is softened with scallops, ruffles, slanty little half-moon pockets. Make several of this gay style, give them to friends, to the Church Fair, and be sure to keep one for YOU!

Pattern 4654 in sizes small 14-16; medium 18-20, large 40-42. Small size takes 1 1/2 yards 35-inch. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (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 St. West, Toronto, Ontario

RHEUMATIC PAIN Can Be Costly!

"This winter I had to quit work because of rheumatic pain," writes Mr. T. Glofcheskie, Wilno, Ont. "I became fearful of being laid up as on a previous occasion with rheumatic pain. My pain became increasingly severe and spread from hip to ankle. Out of bed, the leg felt cold as though in cold water, so I stayed in bed. A friend persuaded me to take T-R-C and I'm glad I did. In a short while I was relieved of my pain and was soon on the job again."

Don't suffer from Rheumatic or Arthritic pain. Take Templeton's T-R-C—Canada's LARGEST-SELLING proprietary medicine to bring quick relief from such pain. Only 60c. \$1.00 at druggists. T-448

ELLEN'S DIARY

By an Island Farmer's Wife

"Well, Ellen" James offered this evening when a shower and day's end gathered the family indoors to the fireside "there's another Labor Day over! And it seems to me that this one was even busier than the last!" "Which left us little time to regret that now the holiday season is definitely past" we commented.

"Not that it matters much to us on the farm, but just to catch sight of a car heading towards the Ferry these days, leaves us with that lost feeling we experience when in the fall the Wild Geese fly over. It ends a season that has been exceedingly pleasant, and strikes a lonely chord in our heart."

And what a migration there will be this week! Not only visitors homing but country youngsters off to town to college. It's good, of course, for them, but a mite sad for those left behind in the home, and the community as well. "Yes," James agreed, pilloving himself on the couch, "we don't notice it yet so much, but there'll likely come a day! Do you know, Ellen, I'm missing Jamie tonight."

Jamie had been our holiday guest. He is a quiet thoughtful contented lad, who amuses himself and granddaughter happily when he is about. Often Mack, an interesting character, is also to be found at his heels—joining in the fun of make-believe-we-are-rabbits hopping on the lawn, or entering into a dozen other games, many of their own inventing, laughs ringing out as merrily as we would wish for all of them, along the growing-up years.

"Yes, I do miss him," James commented. "Times with a look back into his own years, isn't it good that he likes school? To some children it's a dreadful place. I always found it too confining—like being in jail, I fancied. But I reckon that was because I always wanted to be at the farm. Now, when I was the age of Jamie, nothing could keep me away from following the binder in the harvest. I'd have to see the sheaves drop... but he's not interested. Oh, well," he sighed "everyone to his liking! That makes for a happy living."

"And do you know what they were doing this afternoon?" And now we knew he was referring to his helpers, though at Alderlea which is helper or helped it is difficult to say. He laughed and in a funny way he has folded the cushion to pillow his head. Other "One rode the tractor, the other the binder! And I stooked. And I'll wager if we had been at it in the old way, we would have been as far ahead, and I don't know but it would have been as easily done too... more natural at any rate, and with a slight less expense to it!"

You know, farming nowadays is bewildering. We put machinery in the fields that cost as much as a farm once would and what do we get done that we couldn't do with the teams? I'm blest if I know! But they appear to like it this way—and I suppose I'll get used to it in time.

"It will be a combine next" we suggested. "Not here!" James returned, "though I did hear say that there are no more binders being made. Well, he settled the matter satisfactorily in mind—ours being new, should last a spell!" and he was off to his nap.

Night, damp and dark against the small panes and the genial song of a hardwood stick on the fire; James' regular breathing as he explores the Land of Nod and an unsettling question on our mind... to mend or read? Which shall it be?

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

Morning Smile

The Bleachers Reporter: "What shall I say about the two peroxide blondes who had the fight at the baseball game last night?" Editor: "Why, just say the bleachers went wild."

No Remedy "There's only one way to get rid of your surplus fat. Exercise, and plenty of it."

No Bother At All Wife—Oh Bill, baby can walk! Hubby—That's fine. Now he can walk up and down at night by himself.

Household Scrapbook

By Roberta Lee

Transparent Glass Cement

To make a transparent cement for glass, dissolve 1 part India rubber in chloroform and add 18 parts by measure of gum mastic in powder. Allow to remain for two days, shaking the bottom frequently; apply with a fine camel's hair brush.

Furniture Bruise

To remove a furniture bruise use a piece of blotting paper soaked in warm water, placing it over the bruise, and applying a warm iron until all moisture is gone. Repeat if necessary.

Lint

Sometimes it is difficult to remove lint from clothing with a clothes brush. When this is the case, try using a dry sponge instead of the brush.

Skating Queen Squelched Rumors Retiring Her



America's ice-skating queen, Sonja Henie, is seen as she was interviewed at her New York apartment, where she thoroughly squelched rumors that she is planning to retire. "I'll be back on the ice again this coming season with my own show, that you can be sure of," the skating star said. Miss Henie's statement was the first definite one made by her since the announcement by Arthur W. Wirtz, producer for the past dozen years of the Sonja Henie ice review, that the show would be put on for the coming season with the leading part going to Barbara Ann Scott, Canada's skating star. Battle royal between Miss Henie and her friend of long standing is believed to have started when producer suggested his star should have an "understudy" in case some unforeseen accident prevented her from "going on with the show." To this proposed invasion of her kingdom, the queen is said to have rebelled.

DOROTHY DIX SAYS—

Don't Marry A Drunkard Alcoholic's Wife Describes Her Miserable Situation

DEAR MISS DIX: Several times in your column I've read letters from girls asking your advice as to whether they should marry a man who drinks excessively. I cry out loud, "No!"

How I wish I could write a book for all young girls to read on "My Life as a Drunkard's Wife!" For 21 years I've been married to one! Drink comes before all else. He lives only for the next drink. We live a life apart in interests, having nothing in common. Even the children's special events go by unnoticed. His idea of an evening out is sitting in a tavern. We make no plans together, have no friends, and go nowhere. He comes home abusively drunk two or three nights a week. He loses time from work, has lost several jobs and stays away nights at a time. I've lost all affection I ever had for him. I only fight to keep

Grandmother Active Leader Of Political Party

By MAX McMAHON

The first woman ever to lead a recognized party in Quebec politics is a 53-year-old grandmother, long interested in women's progress. Mrs. Therese Casgrain, recently elected leader of the Quebec section of the C.C.F. party, has been known for 20 years as a tireless champion of women in Quebec. She played a big part in obtaining the franchise for Quebec women in 1940, and in helping to bring about legislation the following year which allows women to practice law in that province. It was Mrs. Casgrain, too, who made sure that the Federal family allowance cheques were made payable to mothers—not fathers—in Quebec.

When the first cheques were about to be mailed word leaked out that for some reason it would be the fathers who would be recipients in Quebec. Mrs. Casgrain stumped the provinces, hounded Federal officials and organized a flood of protests to Ottawa. Her campaign lasted only three weeks but when the cheques came out, later than those for other parts of Canada, they came to the women.

"Positive" Approach Mrs. Casgrain joined the C.C.F. three years ago because, she said, she felt the party had a "positive approach" to social questions which fitted in with her way of thinking.

She had not always had socialist leanings. In 1942 she was an Independent Liberal candidate for the Charlevoix-Saguenay seat in the House of Commons, which her late husband, Mr. Justice Pierre Casgrain, had vacated on his appointment to the Quebec Superior Court. Her father, Siebe Rogelpho Forgas, earlier had held this seat for 15 years as a Conservative.

Mrs. Casgrain didn't win, but was second in a field of five, losing out to Frederick Dorion, Independent and veteran of politics.

Urges Housing

Mrs. Casgrain has just returned from a four-month tour of Europe which was to have been just a holiday, but the vivacious grandmother isn't content to go around looking at historic monuments and ancient edifices. While in Germany she attended the International Socialist Conference at Frankfurt as a C.C.F. delegate.

But it was Holland that impressed her most. "In Amsterdam they have the most wonderful low-cost housing schemes I have ever seen," she said. "The Dutch don't have the marvellous natural resources that we have in Canada. It's just that they know what they want, and they go out and get it."

"Here in Canada we spend vast sums every year on hospitals. I think that is wonderful, but wouldn't it be better if we concentrated on getting the people out of the slums and into decent houses? That alone would cut down a lot of the disease that puts people into hospitals. That would be positive."

Modern Etiquette

By Roberta Lee

Q. Are there any certain occasions when a man precedes the woman he is accompanying?

A. Only when the way is uncertain or dangerous, such as when pushing their way through a boisterous crowd. He also precedes her when alighting from a vehicle, so that he can better assist her in alighting.

Q. Is it proper to eat the lettuce on which a salad is served?

A. It certainly is all right. The lettuce is as much a part of that salad as any other of the ingredients.

Q. Should ice cream, served in a sherbet glass, be eaten with the spoon or the fork?

A. The spoon is used. Q. Is it good form to mail a wedding invitation to "Miss Shir-

MARRIAGE WON'T REFORM HIM

For the disaster to befall a woman after marriage is bad enough but for any girl knowingly to marry a heavy drinker is folly at its worst. Promises to reform after marriage are utterly unreliable. A man who wishes, in good faith, to overcome this or any other bad habit will do so before he assumes the responsibility of a family.

Many—in fact, I'll go so far as to say most disastrous marriages are the result of lack of foresight in these matters. A flickle, unreliable beau seldom turns into a faithful husband; matrimony will not turn a lying suitor into a truthful mate. The essential, basic virtues of good living are present in the single state or not there at all! Minor faults, of course, can be cured or at any rate endured, but a man with a fundamental weakness of character is a poor risk for a life partner.

DEAR MISS DIX: I am in love with a boy a year older than I. We want to get married but my fiance's mother has forbidden it. She says if we marry she'll have it annulled. Don't you think it's about time she let her son live his own life? For seven months she has done everything to break us up and says if we get married we won't be welcome in her home.

LOUELLA

ANSWER: You don't give your age, but I gather you're both quite young since your fiance needs his mother's consent to marry. Probably the extreme youth of both of you is her only objection, so why not wait until you are of age? Her attitude then may soften. Marriage, remember is an adult responsibility and you will be much better equipped to handle its complexities if you wait a few years, and acquire more education.

DEAR DOROTHY DIX: I am engaged to a service man and have waited almost a year for him to come home. He now has a fur-rough coming up and thinks he should go see his mother before coming to see me. I think I should come first. We live in different states. Who is right?

C. A. G.

ANSWER: My answer will probably bring a roar of protest from every girl who has a boy friend in service, but since you are engaged, not married, your friend's first visit should be to his mother. Soon you will be first in everything—don't you think these last few considerations belong to her?

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Alice Brooks Designs

BLUEBIRD TOWELS

Happy is the bride who is kitchen-showered with these towels! Bluebirds bring good luck and happiness each day of the week. Make a set for your kitchen too! Colorful designs for kitchen towels are easy. Pattern C7437 transfers 7 motifs 3 1/2 x 6 inches. Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

lely Smith and Brother"? A. Never. The correct procedure is to mail a separate invitation to each of these persons.

the home together until my six children are grown men and women. Then only will I be relieved of my burden.

ANSWER: The saddest letters that come to my desk are from wives like this, whose husbands are excessive and abusive drinkers. There is no remedy to offer them—no consolation, no hope. Even the splendid services of Alcoholics Anonymous can do nothing for a man who has no desire to help himself. Content to go his sordid way, losing the love of his family, the respect of his friends, sinking lower and lower into the abyss of moral disintegration, he is beyond any mortal aid.

REGRET

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C7437

by Alice Brooks

How Can I!!!

By Anne Ashley

Q. How can I renew old jar lids?

A. Boil the old jar lids in a solution of borax and pure soap, using three tablespoonfuls of borax and one-third cake of soap to about two gallons of water. Put in just enough lids at a time to be well covered by the water. Boil for thirty minutes, then rinse well with hot water.

Q. How can I mark linen efficiently?

A. If the handkerchiefs and other pieces of linen, that are to be marked with indelible ink, are first starched, it will prevent the ink from spreading and blurring.

Q. How can I quickly relieve the pain of a wasp or bee's sting?

A. Rubbing a piece of raw onion over the affected part often brings quick relief.

Q. How can I renew the finish on furniture and conceal the small blemishes?

A. Apply equal parts boiled linseed oil, turpentine and white vinegar with a bit of wool material and polish with a silk cloth.

NEW! RAYVE

Cream Treatment WAVE

Hollywood starlets love this newer, better home permanent!



Jean Dean * Norma Eberhardt — in "A GIRL IN EVERY PORT" an RKO Radio Picture

"It's Rayve that gives the natural wave... and no wonder! Rayve's newer kind of wave actually creams away every trace of dryness. Besides having the loveliest, naturally-curly wave I've ever had—my hair is so easy to manage, so silky!" says starlet Jean Dean.

"This new wave is really a cream treatment!" says Hollywood's Norma Eberhardt. "... Because every hair is creamed and then creamed again. Once by Rayve's new CREAM Waving Lotion. And then another creaming by the new CREAM Curl Conditioner that you blend into the Neutralizer! And there's no clinging permanent wave odor. Rayve left my hair fragrant, softly curled—and gleaming as it never has before! New Rayve is perfectly wonderful!"

—softer, more shining, more "naturally-curly!"

Now! Cream-Treatment Waves means your hair gets creamed-through twice over!

Now! Softer curl easier to manage! Every curl is super-creamed by Rayve's new Curl Conditioner!

Now! Rayve Wave leaves your hair smelling sweet... flower-scented! No "after-permanent" odor!

Now! ONLY RAYVE'S CREAM-TREATMENT WAVE HAS THIS MARVELOUS NEW curl conditioner!

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