

That Body Of Yours

By James W. Barton, M.D.

FIVE FACTS ABOUT HEART DISEASE

Until very recently everybody physicians included, thought of heart disease as a "fatal" disease and while many heart patients lived for several years, it was just because they were "fortunate". Every murmur, every little irregularity, and rapidity of the heart beat, every pain in the heart region was considered a serious heart symptom and the patient was simply living on borrowed time.

It will be interesting and helpful to all heart patients and their families, and to all of us in fact to learn the latest facts about heart disease as given to the public during the American Heart Week last February.

Dr. Irving S. Wright, president of the American Heart Association, called attention to five basic facts about heart disease which the public should find "encouraging to know and easy to remember."

Remarkable changes have taken place even during our present generation. "Unreasonable fear and spirit of fatalism which prevailed not many years ago have now given way to a sane and intelligent attitude based on new knowledge that has accumulated during the last few decades." Dr. Wright stated.

The hopeful fact is that when heart patients discover their condition and are wise enough to cooperate with their physicians, they have every chance of a long, useful, satisfying life.

There are new methods of diagnosis enabling the physician to learn the actual condition of the heart; new surgical procedures to correct many heart defects which occurred at birth and which have hitherto meant early death to young children. Also, defects or damage caused by rheumatic fever, "childhood's greatest enemy," are now being corrected. New drugs reduce the danger of blood-clotting and hence prevent or delay coronary thrombosis.

Here are five brief facts about heart disease which we shall all know and bear in mind. By acting wisely on them, possible or almost probable trouble can be avoided.

First — some forms of heart disease can be prevented; a few can be cured.

Second — all heart cases can be cared for best if diagnosed early.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

Take enthusiastic action on some of those new ventures you've been planning for some time, for this day not only favors novel undertakings, but also assures the cooperation of co-workers and superiors. Much can be achieved now in your job or career, provide you show a spirit of initiative and enterprise.

With the Moon in Sagittarius all day, this is also an excellent period in which to plan a trip, to communicate with friends at a distance, to engage in legal consultations. Resist an inclination toward stubbornness in domestic affairs.

For the Birthday

If tomorrow is your birthday, you are now entering a period wherein you should cast aside all thoughts of past difficulties, facing the future with self-confidence and hope. You are on the verge of reaping an abundant harvest of both professionally and financially, for, despite the discouragement of the past months, your efforts have not been in vain.

The early fall should find you in complete command of situations involving both business and personal affairs. During this same period travel is under beneficent augury and social activities should be unusually stimulating.

A child born on this day will be sympathetic and loyal, but possessively inclined toward loved ones.

Third — almost every heart condition can be helped by proper treatment.

Fourth — most heart patients can keep on working — very often at the same job.

Fifth — there are many symptoms widely believed to mean heart disease. Actually they may or may not have any significance. Don't guess and worry. See your doctor and be sure.

While Heart Week for 1953 is past, the work of the American Heart Association is carried on during the entire year. The fund raised is devoted to creating a still more hopeful future through research, education about the heart diseases, and community heart programs.

DOROTHY DIX'S COLUMN-

A Good Neighbor

Friends Praise Her, But Regret She Does Not Attend Church

DEAR MISS DIX: We want your opinion of one of our neighbors. She is a newcomer from a distant state, and her ways are altogether different than ours. For one thing, we are all religious, and regular churchgoers. She never goes to church. She is a good woman, a wonderful wife and mother, with two fine, married children. She's very popular with the young people in town, and they often visit her. She's very intelligent and well-educated. She's right at hand when anyone is sick or in trouble, and always seems to know just what to do. She seems to have just two main interests, her home and her garden. She raises flowers, which the rest of us think is foolish since the ground would be more usefully employed if planted with vegetables. Our children tell us that we should try to be more like her rather than try to change her to our ways.



Muriel Nissen

MRS. W. J. ANSWER: I'd like to live in your community and have a neighbor like yours. Once in a blue moon I hear of one; usually my mail contains nothing but complaints about sour, unfriendly persons who want no part of community life.

PRAISE FOR NEIGHBOR

Of course the ideal situation would be for your neighbor to go to church, and to be neighborly as she is. You and the other people of your town have fine intentions; it would be well, however, to leave the evangelizing to your minister, and learn the fundamentals of true charity from your neighbor. Don't worry about her garden, either. Vegetables are necessary, of course, but beauty also has an important place in life. If sermons are to be found in stones, they are present a hundredfold in a flowering garden. Why not try to raise a few flowers yourself, and see if serving their loveliness doesn't give you a new outlook?

Never let the conventionalities of religion blind you to the goodness in people. Accept, gratefully, the blessing of a good neighbor, and by example rather than outspoken criticism, show her the value of your way, and don't fail to see hers.

DEAR MISS DIX: What does a girl do, when after seven years of married life her husband begins to go out almost every night on any pretext? He plays ball, attends meetings at the men's club, or works for a church fund-raising campaign. We have two children, so naturally I can't talk him as we can't afford a baby sitter. We only have three rooms, therefore, I can't find much to occupy my time. I'm sure there's no other woman involved.

FRAN ANSWER: Since your husband has found relaxation with church and community work, you can do likewise. Your older child is kindergarten, which must give you an opportunity to meet young mothers in similar circumstances. You could exchange baby-sitting services with them, getting out with your husband one night a week, and finding a little time during the day to help out, perhaps, on the same fund-raising campaign. Ask to do some work for this fund, such as addressing envelopes at home, or a similar job that can be done during your leisure time. Discuss the problem with your husband, even though he's reluctant to talk first. Matters as vital as this should not be permitted to slide along in hope of an ultimate solution. They must be faced as they come along.

Morning Smile

Not Perfect

The male half of a new dance team was pleading with a producer. "You never saw anything so sensational," he raved. "At the finish of our act I take my partner by the hair and whirl her round for 20 spins. Then I wind up by heaving her through an open window."

The producer paled. "Heave her through an open window?" he repeated incredulously. "Do you really mean to say you do that at every performance?" The dancer shrugged. "Well nobody's perfect," he admitted. "Sometimes I miss!"

Falls 50 Feet to Sidewalk, Baby Only Scratched



After falling 50 feet on to a concrete sidewalk, little Jay Veriot was as good as new, but his mother, Mrs. Charles Veriot of Hamilton, almost fainted from shock. Mrs. Veriot said the baby, 18 months old, had been placed in his play-pen on the fire escape in an attempt to beat the heat. He apparently forced open a screen and toppled off the balcony. The sudden thud attracted the mother's attention, and when she looked out, she saw the baby on the sidewalk, three stories below. The child suffered only minor scratches.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I don't know as I shall see him anymore, because he is angry at me."
2. What is the correct pronunciation of "planissimo"?
3. Which one of these words is misspelled? Schedule, dazzel, dishevel, befuddle.
4. What does the word "infuse" mean?
5. What is a word beginning with comp that means "remorse"?

ANSWERS

1. Say, "I don't know that I shall see him anymore, because he is angry with me."
2. Pronounce pe-a-nis-si-mo, e as in pea, as unstressed, both i's as in it, o as in no, accent third syllable.
3. Dishevel.
4. To instill, as principles. "Let us infuse this sense of purity into our lives."
5. Compunction.

Cook's Corner

Banana Crunch Ice Cream

3 cups crisp rice cereal
1/2 cup brown sugar
1/2 cup chopped nuts
3 tbsp. butter
2 eggs
1/2 cup honey
1 cup mashed bananas
1/4 tsp. almond flavoring
1 2/3 cups whipping cream
Crush cereal, mix with brown sugar and nuts. Melt butter in skillet, add cereal mixture. Cook, stirring constantly, until sugar melts and caramelizes slightly. Beat eggs with honey until thick, stir in bananas and flavoring. Whip cream stiff; fold into banana mixture. Pour into 2 one-quart trays and partially freeze. Remove, fold in 1/2 cup of crumb mixture. Spread in trays. Sprinkle remaining crumbs on top, freeze until stiff and firm.

Household Scrapbook

By Roberta Lee

Louder Alarm

Sound sleepers who can't count on being awakened by the alarm bell on the clock can increase its volume by setting the clock on a dinner plate or metal pie pan.

Stubborn Caps

If the cap on the nail polish bottle refuses to turn, try running hot water over the cap for a few minutes.

Beer Stains

Beer stains are usually as easy to remove as they are to acquire, since beer is soluble in water. Ordinary laundering will work for washable fabrics, and sponging with a cloth dipped in soapy water for unwashables. If the stain is old, add a little ammonia to the water.

Really BAKED the old-fashioned way



A Country Garden

By Mrs. Gordon MacMillan

"Apart from its other uses, there is no spot like a garden for cultivating the kindly social virtues. Its perfectness puts people on their best behavior. Its nice refinement secures the mood for politeness. Here, if anywhere, will the human hedgehog unroll himself, and delight to be companionable."

Garden visitors continue to come to the garden from many parts of the world and although we are strangers to each other, we can talk about gardening by the hour and enjoy ourselves. The most interesting visitor and the one who has a garden and loves working in it, or perhaps has had to give up the garden but is very much interested in your garden.

One of the loveliest corners of the garden at the present time is the trellis fence covered with the fragrant pale pink climbing rose 'Van Fleet' and the honeysuckle vine winding through in a very graceful manner. For fragrance in the evenings this combination cannot be surpassed. When the two Madonna lilies nearby open their pure white fragrant blooms it will be even more lovely if that were possible. This has been a wonderful season for such moisture for all plants and especially I have found that the flowering shrubs have benefited and grown to a tremendous height and are covered with bloom.

The Philadelphus, more commonly called Mockorange is also filling the air with its delightful fragrance and although there are many new hybrids with double blooms and starlike flowers, this old variety that was layered from an old bush in an old garden has given much beauty and fragrance to the garden for many years.

The more shrubs there are in the garden the less weeding and mowing there is for the old gardener, and sometimes I wish for every variety of hardy shrub that is known. Every year several new shrubs are added to the collection and names are forgotten until some visitor gives me information on where she saw it. Aspidistra or Spiraea are now making the perennial borders look better with their tall feathery spikes in pink and creamy white. They are especially good in a large bouquet of flowers and they can also be forced for winter blooming.

Some varieties do well in the sun but they are really a shade-loving shrub and they can be obtained in many different heights, the very dwarf for edging and the six feet tall that is good as a background. The foliage is good for a long time and of course this is important in any plant or shrub.

There are so many flowers blooming now that it is difficult to remember them all. The Anemone is a golden daisy that is wonderfully long-lasting as it cut flower and has long waxy stems. It is easily grown from seed and is a hardy perennial growing in this garden for years with a lovely fern-like foliage and a common name is Hardy Marguerite. Sidalcea is another good perennial blooming at this time with rosy flowers on erect, four foot plants. These were also grown from seed several years ago and they now come in hybrids of many shades of pink, salmon and red.

Linum the flax flower is a very dainty perennial growing in the rock garden and at the edge of the borders. Grown from seed last summer it began to bloom early in the spring and will continue with a profusion of luminous ultra-marine blue flowers on graceful waving slender stems. Another old perennial with fragrant leaves and creamy white flowers that are especially fine in bouquets is a plant with an attractive bushy habit called by our grandmothers, "Feverfew". In the catalogue we find it under the name Matricaria. It is easily grown from seed and visitors enjoy a snip of the leaves and flowers as it has a minty fragrance.

Early phlox in mauve has begun to show color and there are many of these lovely long-lasting perennials in the garden here. We are assured of bright color and beauty for weeks.

A garden needs annuals as well as perennials to make a good garden so this year as many as possible of snapdragon, zinnias, larkspur, marigolds and petunias were planted here and there with edgings of Alyssum and Lobelia. These are now blooming and we know will continue until late autumn. The first dahlias has also opened this week in a salmon color. Weeding has been done as often as possible and scything odd corners where the mower cannot go, the growth has been marvellous and it is a joy to work in the garden these summer days. It was a real pleasure to show the garden to a lady on her first visit who saw all my most precious plants and did not miss one. The Van Fleet roses and the Miss Lingard phlox she loved with the purple viola nearby. She also saw the lovely view from the terrace and the evergreen hedges pleased her. I was sorry to say goodbye to her and I hope she comes again.

A shady garden is a blessing

Continued on page 3

How Can I!!!

By Anne Ashley

Q. How can I remove spots of paint from my shoes?
A. Try wetting the head of a kitchen match and rubbing the spots with it.
Q. What can I do if a hole in a plastered wall becomes too large

ELLEN'S DIARY

By An Island Farmer's Wife

It was a long time. "Did you take a look at the cattle as we came by?" we overheard James query of one of the other of his sons. And "pretty good they're going to have on that first cut — yes, there'll be an amount of stuff come off that!" And then as the children cooled eager toes in the brine of deep waters, he offered with a happy smile, "If the rest are as hungry as I, Ellen — why, I think we should 'eat 'right away!'"

So not far from the water's edge, between arranged stones we built our fire of the chips the children had taken care to collect at home against this fascinating rite of our day, adding to the gay blaze pieces of driftwood... and wished it were twilight so that we might admire the colorful flames, green and violet and all, now hidden from us by the genial glow of the sun.

Was there ever built smarter, hotter fire than that which brought to a boil in a twinkling the water in the tea-kettle to make presently the tea? Nor one more intriguingly close to the tide now ebbing, on a spot of beach clean-washed, we spread our cloth of table — and food... Quiet was the tune of the waves that broke gently, backing steadily and by inches in that agless pattern to some strange far line of momentary rest; and muted the sound of the gray-winged gulls that dipped and soared at fancy out above the deep.

And in these surroundings "away from the world with its toils and its cares," how delectable our commonplace fare! That which with Jeanie and a neighboring farm-wife had assembled quickly at a word of going.

"And now," James replete, leaped back against a convenient rock of shore, "no one may go in to the water for at least an hour! We'll just sit here with your Grandmother — all of us, and enjoy the scenery."

"Aw, heck," a lad at our elbow and not of the family offered from us as he don't go above our knees, how is that going to give us pains in our stomachs?"

We stayed, stretching the hours to hold all we could put into them — every loveliness of shore, until at length the tide satisfied with its far journey turned to flood inward to the red cliffs. The young fry came away with some regret when their elders, especially James, acknowledged the beck and call of the choring at home.

But renewed and exceedingly nice memories we had, as hurrying a little we tried to keep up with a Monday which gave us as our share more labor than hire! Not that we were not amply repaid; though our coin was intangible it was good gold — that of happy smiles and satisfied faces over the work of our hands.

Wash? How sweet are summer washes — and satisfy, the clean pieces! Bake? How good are summer loaves! The barn-building? Helpers moved in, in a number today to further the boarding-in of the second story; an electrically-driven saw close at hand making light work of sawing boards into exact lengths. Saturday, saw the superintendent of the machine which had attended to the excavating for foundation return, to the delight of the children awed by its magic, to fill quickly all voids about it, saving much man-labor thereby.

"Ellen... El-len!" James calls from the room across the hall, "It's an owl-you should have been!"

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

to hold a screw?
A. Pack the hole with steel wool, insert the screw into this. Or, poke a wooden match into the hole, break it off at the wall surface, and then replate the screw.
Q. How can I remedy small throw rugs that have a tendency to slip?
A. You can prevent these rugs from slipping along the floor by attaching several jar rubbers to the under side, or by shellacking the reverse side.

Anne Adams Patterns

IT'S MAGIC

Four-Way Wardrobe! Keep her well-dressed all summer. Mother! Midriff-top, shorts skirt — and a shirt that doubles as a jacket! All easy sewing for you! Choose sturdy cotton for hard playing, quick washing, easy ironing!

Pattern 4767: Children's Sizes 2, 4, 6, 8, 10. Size 6 bra, skirt, 1 1/2 yards; 25-inch; skirt, 1 1/2 yards; shorts, 3/4 yard.

Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

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Acorn-Jenkins Wedding

A pretty wedding was solemnized at the Baptist Church at 5 p. m., June 30, when Eva Besse, youngest daughter of Mr. and Mrs. Robert H. Jenkins, Mt. Albion, was united in marriage to Lorne Seafort, son of Mr. and Mrs. Everett Acorn, Village Green. The ceremony was performed by the Rev. J. D. Davison.

The church was decorated for the occasion with cut flowers. Mrs. Harold Carver, cousin of the bride, played the wedding music. The bride, given in marriage by her father, wore a rose beige gabled suit with white accessories and a corsage of white carnations. Her bridesmaid was Miss Blanche MacEachern, who chose a suit of light blue and white accessories and a corsage of pink carnations.

The groom was supported by the bride's brother, Stewart. Mrs. Robert Jenkins, mother of the bride, wore a dress of navy blue crepe and corsage of white carnations, while the groom's mother was attired in a light blue dress with a corsage of red roses.

A dainty buffet luncheon was served to about 40 guests. Two decorated wedding cakes adorned the bride's table and amid showers of confetti, the couple left by car on a short honeymoon to points of interest in New Brunswick.

Mr. and Mrs. Acorn are making their home in Village Green.

Modern Etiquette

By Roberta Lee

Q. After bridge has been played, and the hostess is setting the bridge table for salad and dessert, requiring only a fork and spoon, where should she place these pieces?

A. The fork on the left, the spoon on the right, as always.

Q. Is it really necessary that the mother of the man who has just become engaged pay a call on the girl's mother?

A. Yes, and this should be done as soon as possible after she is informed of the engagement. Failure to do so within a very few days is a mark of rudeness.

Q. What fee should be given to the clergyman who officiates at a christening?

A. The fee for a christening, whether at home or in the church, is neither obligatory nor is there any specific amount.

Spots Come Off Walls, Woodwork Like Magic, Reports Young Housewife



When you have a couple of youngsters around the house, you know how spotted and fingerprinted the walls and woodwork can get. Well, this young housewife solved the problem by using New Sunlight Soap.

"With New Sunlight, spots and finger marks come off the walls and woodwork just like magic," she says.

Try New Sunlight yourself and see. It not only washes painted walls, woodwork, tile, floors, linoleum and bathroom fixtures, but washes clothes whiter, brighter, and gets the dishes dazzling-clean. Nothing can take the place of Sunlight—it washes everything washable.

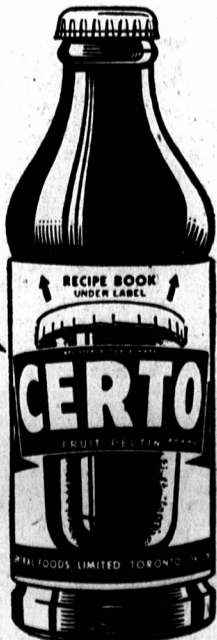
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