

That Body Of Yours

By James W. Barton, M.D.

FLATULENCE - ACCUMULATION OF GAS IN LOWER BOWEL

Many individuals, young and old, suffer with what is called flatulence which is an excess of gas in lower bowel; it is caused by nervousness, or a fright, or a hurt.

Some of us may think of flatulence as swallowed air, found so often in the stomach of nervous or emotional individuals, but Dr. Walter Alvarez, Emeritus Professor of Medicine, University of Minnesota, Mayo Foundation, in Medical Clinics of North America, states that flatulence is not swallowed air but is poured out into the bowel from the blood in the arteries and veins of the lining (mucosa) of the bowel.

"Normally, there is a mechanism, or arrangement by nature, which takes gas out of the bowel and sends it through the blood to the lungs where it is thrown off in breathing. When a person is nervous or hurt, the capillary gas is reversed so that it goes from the lungs to the gut."

Where an individual, in a group of people, who gets an accumulation of gas in the bowel, which gas tries to find its way out by fighting the holding back of the individual, mucous colitis (Chronic diarrhoea) may develop. "Some nervous persons in a few minutes can fill the bowel with gas by drinking, in the middle of the afternoon, a glass of cold pop. If the bowel (colon) is emptied by an enema, they get immediate relief."

Fortunately this method of getting rid of bloating and distress in lower bowel is becoming generally known and makes the taking of strong purgatives unnecessary. The two thirds of the digestive tract, the oesophagus and the lower colon, are most under the influence of the emotions. These two parts are partly under the influence of the voluntary nervous system—that is we have some control over them, whereas, in most of us, once food or other substances get into stomach and small intestine, we have no control over them. Dr. Alvarez, who has done years of experimental work on the digestive tract, states that the first part of the small intestine (the jejunum) can, in some cases, be influenced by the emotions and cause emotional diarrhoea.

What can be done about this flatulence which can cause distress and extreme embarrassment? "Dr. Alvarez states, "Many sensitive persons who, when out, especially to dinner, with a person of the opposite sex, can be saved such distress if given 1/4 to 1/2 grain of codeine to take just before they leave home."

In his experience of 47 years, taking of codeine in this way has never resulted in establishing the habit (opium). He has not, himself, seen a true habituation to codeine, but a few cases have been reported.

Morning Smile

Good Customer

Two waiters were standing by the table over which the tired diner had fallen asleep. "I've already awakened him twice," said the first



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Two Sets Of Identical Twins Marry



This smiling quartet made one honeymoon-hardened Niagara Falls residents take a second look when they visited the Falls recently on their wedding trip. For the foursome, all from Saskatoon, were in reality two sets of identical twins, scientists know they were in reality two sets of identical twins. While no exact figures are extremely rare. Photo shows Abe Neudorf, left, with his bride, and twin Henry Neudorf with his wife.

The Experts Say

By THE CANADIAN PRESS

Fussy housewives needn't fret too much if hubby comes home after a week-end fishing trip with a mess of fish—freshwater or salt. The fisheries department at Ottawa has come up with what it says is a sure-fire way to cook fish without causing odors.

"Take kippers, for instance, one of the smellier types of fish. Simply wrap in aluminum with the ends twisted to ensure tightness and bake in a 450-degree oven. Five minutes is usually plenty of time. "There is no smell left, even in the oven," says Helen McKercher, the department's senior home economist. "The natural juices and the smoked flavor are preserved in the fish."

The method can be used for all kinds of fish. It is ideal for Atlantic salmon which now is reaching the market. Besides eliminating odor, there is no need for a large pan. The salmon is wrapped and put on the broiler.

Cooking Time

Economists reckon 10 minutes' cooking for each inch of thickness. A nine-pound salmon would take about two hours. Frozen fish needs about twice as long.

Miss McKercher insists that fresh fish has no odor. "Too often the smell starts before the cooking because the fish is not fresh. Women arriving at the fisheries department for a demonstration and hoping to be led to the laboratory by a fishy smell have been disappointed. Even with eight or 10 fish in the oven the air is odorless.

Freshness depends on good storage at a temperature of 32 degrees. The softening of fish at least four days after they are caught. If housewives refused to buy fish with the slightest smell, she says, dealers would soon see that the fish was kept well preserved.

A bit of salt and rinsing in warm water removes odor from the hands. Dishes should be washed in a vinegar solution—two tablespoons of vinegar to a pint of water.

Trout Sauce

In a booklet on fishing by Canadian Line Materials the following sauce is suggested to add zest to trout.

Sherry-almond sauce: One quarter lb. butter, one half cup dry sherry wine and one quarter teaspoon tarragon herb.

Blanch almonds by dipping quickly in boiling water, then peel, shave with sharp knife. Melt butter in deep saucepan; add almonds, brown 2 minutes, stirring constantly. Blend in tarragon herb; add sherry wine. When thoroughly heated, pour over trout. Serve piping hot.

water, "and now I'm going to wake him a third time." "Why don't you have him taken out?" suggested the other.

"Not likely," whispered the first waiter. "Every time I wake him up he pays his bill and tips me."

Buy one for the KITCHEN — one for the TABLE



Buy one for the KITCHEN — one for the TABLE

HEINZ TOMATO KETCHUP

ELLEN'S DIARY

By An Island Farmer's Wife

These June days with the significance of the Coronation still fresh in mind, it is pleasant for us on Island farms to recall our good fortune in being a part of those millions of free peoples which combine in near and far-flung corners of the world to make up a proud Commonwealth and Empire. Proud, ay, yet before Providence ever humbled.

Free peoples... this we would dwell upon. "For what avail the plow or sail or land or life, if Freedom fail?" What use to come to our seed-time if "like dumb driven cattle" we are bound by hateful ties to its endeavors, without hope and indeed without the spirit to care. Good then it is, to sow some cherished shore-field or that one by the lane-side or woodlot, with no one to say us nay and none to interfere with our purpose not so much as a questioning look.

Free are we in these affairs of our farming as is the wind which "bloweth where it listeth" our rich privilege bestowed upon us. It would seem in miraculous work, directly from that respected Crown of Empire so recently received and worn with due consideration and dignity by the young Queen to whom we, and a whole world looks with admiration and high hope.

"Yes, we on Island farms are it free, Ellen," James spoke of it this evening. "I reckon as free as ever folks can be—with only, he smiled, "the seasons to thrust work upon us! And did you ever see how fast this one's going—how the days of spring, just love to slip away!"

Jamie, our man-who-mows-the-lawns, assisted naturally at that work though sometimes it is with divided interest by Gage whose (Continued on page 11)

The Stars Say - -

By Genevieve Kombie

For Tomorrow

DESPITE anticipated obstacles, this day is an excellent one in which to try out new ideas—whether in your job or in household matters. The results should be surprisingly good, for you may depend on determination and enthusiasm to overcome opposition.

When personal matters are concerned, seek happiness close to home this day. Show hospitality to those you love and respect and those who have proven their friendship in the past. Avoid association with those who depress you or whose whose motives are open to question.

For the Birthday

If tomorrow is your birthday you should prepare for a year which will be marked not only by unexpected changes, but by increased responsibilities. The indications are that these responsibilities will be professional ones and, though they may be irksome in the beginning, you should find, by year's end, that the added duties have brought with them opportunities beyond belief. Take advantage of them, therefore, and you should prosper not only in the immediate future but for many months to come.

According to the astral indications, those born under the sign of Gemini should find 1953 a most stimulating year from every viewpoint, so go ahead with your plans. Whether they include travel, romance, cultural affairs or business expansion, proceed with optimism and enthusiasm.

A child born on this day will have a magnetic personality, but, may be inclined toward fickleness where those of the opposite sex are concerned.

Color In Crochet For Summer Use

Color in crochet has become extremely popular and adds to the enjoyment of your work. Summer decor such as floral doliels or floral edgings are seasonable and appear almost life-like when worked in color. Smart, modern lace tablecloths are fashioned in pretty pastels of pink, blue, green or yellow to match your favorite set of dishes. Another idea is to combine colored lace with colored fabrics for a different effect. For instance a pale grey organdy or fine linen can be combined with rose or peacock and festive cloth. Colored plastic mats are attractive too for summer use and can be quickly made in suitable shades for household use are long wearing and remain smart and fresh as long as you care to use them.

Novelty Coasters

Attractive coasters to protect your table tops are easy to make when you crochet them from sturdy pearl cotton. You can make a set in a gay combination such as white and green, or perhaps make a set from mixed colors for a brighter effect. A direction leaflet is available for making these coasters and can be obtained if you send a stamped, self-addressed envelope to the Needlework Department of this paper requesting COASTERS, Laflet No. C P C-5731.

DOROTHY DIX'S COLUMN-

By Dorothy Dix

Fears Witches Are Busy Wife Has Notion Another Woman Might Ensnare Her Husband

DEAR MISS DIX: My husband and I have been married 36 years and are as in love as the day of our wedding. Our children are married and live on their own homes, and now we have the time and a little money to enjoy ourselves. The trouble is that so many women envy my happiness and I'm afraid one of them will step in and spoil it. Other women are always telling my husband what a fine person he is, and he tells them I am just as fine. Of course, I'm glad he appreciates me, but do you think all this praise will turn his head? Perhaps I'm too much in love with him. We always go out together, or stay home and watch TV. However, I can't get rid of the notion that someone may be trying to take him from me.

LOOKING FOR TROUBLE

ANSWER: If anyone spoils your perfect marriage, it will be yourself. You are picking trouble right out of the blue, and if your faithful mate ever realizes that you doubt him, or doubt his devotion to you, he'll be so hurt that he might seek solace with someone else. Can't you just settle down to complete thankfulness for the wonderful blessings you have? Many women at your time of life have already become widows. Can't you be grateful that this fate has escaped you? Probably you have too much time on your hands for work. You need some sort of occupation. The very best replacement for needless anxiety, or self-pity (and the two are akin), is service to others. Your city certainly must have welfare agencies ready to welcome volunteer workers. Try giving a day or two a week, or even a few hours a day, to the needs of others, and your own domestic bliss will take on a new meaning. No one can fill an entire life with service to others, and you, of course, that person is an invalid. Your home and husband can spare you part of the time, particularly as your absence probably will make you a much better wife.

DEAR MISS DIX: I am sure my dreams foretell my future, since so many of them have come true. I have met a boy I dreamed about, and we have become good friends. No one can fill an entire life with service to others, and you, of course, that person is an invalid. Your home and husband can spare you part of the time, particularly as your absence probably will make you a much better wife.

TROUBLED

ANSWER: I'm quite sure that if you made a list of your dreams over a certain period, you'd find that most of them did not come true! You have doubtless been worrying about losing this boy to the point where the obsession has been reflected in your dreams. If you should lose him, don't blame it on the dream, but try to figure what you have done to displease him. If he doesn't take you out as often as you wish, remember that he works in a hospital where the work is hard and irregular. He can't always count on his time off, and probably doesn't have too much money to spend, either. Learn to work out your own problems; don't leave them to dreams.

DEAR MISS DIX: I'm 14, and my mother doesn't think I should date. I haven't yet tried to sneak out on a date because I'm afraid I'll get caught. I like a boy very much, and think he likes me, but when he asks for a date I have to think up an excuse.

ANSWER: Why make excuses to the boy. Tell him the truth and let him show by his actions that he's worthy of taking you out. Bring a nice boy home, let your mother get to know him, and maybe she'll relent a bit about your dating. Give up any thought of sneak-dates, once you betray your mother's trust you'll never have a chance to date. To attain adult privileges, show adult judgment.

DEAR MISS DIX: There's a boy in my class whom I like very much. We seldom speak to each other, since I am a very shy girl, and whenever I pass him I put my head down. Maybe he thinks I'm stuck-up. How can I get over this habit and be a little friendly?

ANSWER: You are giving the boy a very poor impression of you, Candy. Since it's the girl who is privileged to open a conversation, or at least extend a greeting, you most certainly should hold your head up and say "Hello" when you see him. In fact, do it with everyone. Never avoid giving a greeting to anyone.

Miss Watson cannot reply personally to readers but will answer problems of general interest through this column.

A Country Garden

By Mrs. Gordon MacMillan

BLOSSOM TIME

This is the time for laughter. This is the time for song; Sorrow may follow after, Beauty is not for long; But there are pinks on the mountain, And cowslips gold in the lane. The lilt of the refrain of the fountain, The lilt of the song of the rain; This is the day for pleasure, For reading a merry rhyme, For dancing a joyous measure, For this is blossom time.

This is the time for folding The joy of life to our heart, Robin and Jay are holding Themselves to the builders art; Bees in the orchard sipping From cups that are nectar sweet, Brooks through the rushes slip, Leaving the willows feet; This is the day for smiling, These are the hours sublime, Sorrow and grief beguiling, For this is blossom time.

This is the time for laughter, This is the time for praise, Sounding from all to rafter, Ringing through orchard ways; For there are buds on the willow, And violets in the wood, And every woodland pillow Is studded with pink and gold. This is the time for bringing (Here in the northern clime) Tribute of prayer and singing; For this is blossom time.

Blossom time and tulip time with blue forget-me-not in drifts here and there under the lovely trees. "O look at the trees", they cried, O look at the trees, No white, nor red, nor ever seen So amorous as this lovely green.

While we settle to doing practical things in our gardens of expanding beauty, let us look up occasionally to the flowers and fruits high in the branches of our native shade trees. From the pendant, swaying catkins of alder, birch and oak, tan-colored balls of beech, to the long-stemmed bells of sugar maples and other trees; they are well worth a moment's pause.

Many persons who have been trees seem unaware that the trees bloom. Indeed, the flowers are very likely not to be noticed unless one looks for them. Yet they are lovely. They appear with the leaves, the sterile flowers in ball-shaped clusters, a half-inch or so in diameter, drooping on slender furled stems. The clusters are a delicate grayish color, brightened by protruding masses of yellow stamens. The effect is indescribably graceful. Each twig of a tree will bear a half dozen or so clusters during a good flowering year. The beauty lasts a week or longer, depending on weather. The flowers are pleasantly fragrant, the odor varying

(Continued on page 9 col 3)

Cook's Corner

CARROTS WITH ONIONS

4 tablespoons butter or margarine 2 medium-sized onions, peeled and coarsely chopped 4 cups coarsely shredded raw carrots 1 teaspoon salt 1/8 teaspoon pepper 1/4 teaspoon monosodium glutamate, optional. 2/3 cup water Heat the butter or margarine in a pan that has a close fitting cover; add coarsely chopped onions and fry gently until onions are golden. Add the coarsely shredded raw carrot and sprinkle with the salt, pepper, monosodium glutamate (if used) and water; combine well. Cover closely and cook gently, stirring once or twice, until vegetables are tender—10 to 15 minutes.

SUPPER CELERY DISH

Wash and cut up enough outer celery stalks and leaves to measure 3 well-packed cups. Add 1/2 cup water and boil, covered, until barely tender. Drain and measure the liquid. Make it up to 2 cups with rich milk and a little cream. Add 12 2-inch square soda crackers coarsely broken, not rolled, and 1 cup mild or strong grated cheese. Gently mix, turn into buttered baking dish, seasoning with sprinklings of salt and pepper and if desired 1/4 teaspoon dry mustard, as you put it in the dish. Dot top with a little butter and a little extra cheese and bake at 350 degrees F., for about 30 minutes or until bubbling and brown.

Anne Adams Patterns

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Better English

By D. C. Williams

- 1. What is wrong with this sentence? "I feel badly about the fact that the company has deserted the project." 2. What is the correct pronunciation of "allopathy" (system of medical practice)? 3. Which one of these words is misspelled? Adolescent, adherence, adhesive ad infinitum. 4. What does the word "nescience" mean? 5. What is a word beginning with ag that means "to make great, as in size, power or honor"?

ANSWERS

1. Say, "I feel bad about the fact that the company has abandoned the project." 2. Pronounce second syllable lop, o as in on, accent second syllable. 3. Adherence. 4. Total Ignorance; lack of knowledge. (Pronounce nesh-i-ens, both e's as in net, accent first syllable.) "You have exhibited nescience in this matter." 5. Aggrandize.

Modern Etiquette

By Roberta Lee

Q. When a man intends to send a corsage to the girl he is escorting to some function, is it all right for him to inquire what color of gown the flowers will harmonize? A. Yes, this is all right. But there are some flowers that are suitable for any color of gown. Q. When a man and his wife have invited some guests for an auto ride, should the wife sit in the front seat with her husband? A. No; the wife should ask one of the guests to sit in front, while she sits in the back with the other guest or guests.

How Can I!!!

By Anne Ashley

Q. How much shortening should be used when making pie crust? A. One cup sifted flour to 1/2 cup of shortening is the standard proportion. However, as little as 1/3-cup of shortening may be used, especially when soft wheat or cake flour is used. Q. How can I preserve the luster of linoleum? A. If you use a too-stiff brush when washing your linoleum, you will soon have a surface that is entirely lusterless. The best way to preserve the shiny effect is to sponge very lightly with soap and water. Q. How can I take the sting out of mosquito bites? A. By adding a little household ammonia to the water with which the skin is washed.

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