

That Body Of Yours

By James W. Barton, M.D.

EARLY ELECTRIC SHOCK TREATMENT IN CASES OF GRIEF AND ANXIETY

I have written several times about the operation prefrontal lobotomy—cutting certain nerves in the brain to give relief from deep grief and anxiety. When this operation was first performed a few years ago it was found that while it gave complete relief from these distressing symptoms it left the patient almost childish and without any feeling of responsibility. This condition was, of course, much better than having the individual griet stricken and anxious all the time. Fortunately it has been found that many of these patients who have undergone the operation become almost normal and resume their former occupations or places in the community.

Although this operation has been effective in relieving grief and fear, some research workers in neurology (nerve structure) and psychiatry (human behavior), state that if the shock treatment, so successful in mental cases, is used early, there would be less need for this operation of prefrontal lobotomy.

In "The Journal of the American Medical Association," Drs. Theodore T. Stone and B. Cullen Burris, Chicago, state that many of these cases of melancholia (deep grief and anxiety) have either ailments present and so much time is lost in treating these other ailments that the melancholia does not get the immediate treatment that would give relief, that is, shock treatment. These physicians state that these mental patients are treated for such conditions as diabetes, high blood pressure, symptoms following the menopause, sugar in the urine, gall bladder disorder and others.

Because this type of mental disease in its early form or stages responds so readily to electric shock, the general practitioner should be aware of the early symptoms.

Some of the early signs of melancholia are: Slowness in walking, talking and answering questions, staring expression, with glassy eyes; loss of appetite and weight; nervousness (tenseness and panic); insomnia; feeling better in the afternoon.

All patients with these early and late signs of depression and grief should be given a course in electric shock treatment at once, followed, if this fails, in insulin shock treatment. Drs. Stone and Burris report that 48 of 50 of these mental patients, so treated, recovered.

NEUROSI

Believing you have a physical ailment when none exists is a neurosis and is becoming increasingly common. Write today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y. and ask for your copy.

Morning Smile

ANSWER YE!

"You can ask one more question," said the almost exasperated father, "but make it short."
"Well," replied his small son, "when a doctor gets sick and another doctor doctors him, does the doctor doing the doctoring have to doctor the doctor the way the doctor

Modern Etiquette

By Roberta Lee

Q. When is the proper time for the bridegroom to give the minister his wedding fee?

A. The bridegroom does not give the fee to the minister personally. He should place the money or check in an envelope and give it to his best man, who will hand it to the minister following the ceremony.

Q. What is the proper way to point the prongs of the fork when cutting food and when eating it?

A. The prongs of the fork should point downwards when cutting the food, upwards when conveying it to the mouth.

Q. Is it correct for parents to introduce their children to adults?

A. Yes and it is excellent training. Well-bred parents should do this at every opportunity.

The Stars Say --

By Genevieve Kemble

For Tuesday, May 3

A RATHER critical and perplexing state of affairs may call for particularly astute and capable maneuvering if defeat, disappointment and obstacles are to be averted. It is probable that the promised support of those in influential places, whose financial aid was counted upon, may be recaptured by some smart move or clever strategy. Personal charm might do the trick. Restored prestige depends on keen insight or keeping a level head in an emergency.

For the Birthday

Those whose birthday it is are likely to have their plans held up by lack of support from influential places, unless there is some unusual intervention, clever strategy or shrewd move on their part. Personality could prove to be the magic key, or some particularly adroit or curious element might crash through barriers or obstacles. In any case, keep level-headed since denouements may be spectacular.

A child born on this day may have exceptional promise for social accomplishments, in which obstacle or opposition must be met with curious or strategic tactics in order to avert failure.

Household Scrapbook

By Roberta Lee

Jelly

Add a teaspoon of glycerine to jellies fifteen minutes before they are finished and it will add considerably in clearing the mixture. If shavings of paraffin are put in the bottoms of the jelly glasses before pouring in the jelly, the paraffin will melt and rise to the top, clarifying and sealing the jelly.

Easier Threading

A needle can be threaded more easily by pushing it through a sheet of white paper, about one-eighth inch from the edge, until just the eye of the needle is visible.

Panama Hats

To clean a Panama hat add enough gasoline to a teacup of flour to make a paste. Rub it on with a brush and let dry; then brush off with a stiff brush.

tor being doctored wants to be doctor or does the doctor doing the doctoring of the doctor doctor in his own way?"

MUSICAL FESTIVAL WINNER



Pictured above is the Kirk Girls Gallery Choir of Charlottetown, winner in class 23 of the recent Festival of Music. The Kirk Choir received marks of 85 and 83 for their singing of "It Was a Lover and His Lass" and "Cradle Song", winning first place over the three other contestants. —Smith Photo

Better English

By B. C. Williams

Which Comes First?

Should Man Give Preference To Wife or Mother?

1. What is wrong with this sentence? "I fixed my car in back of the house."
2. What is the correct pronunciation of "acumen?"
3. Which one of these words is misspelled? Accompaniment, de-ducement, detrement, predicament.
4. What does the word "finite" mean?
5. What is a word beginning with wa that means "disobedient"?

ANSWERS

1. Say, "I repaired my car behind the house." The expression in back of is not good usage, and is condemned as a barbarism by some authorities. 2. Pronounce a-ku-men, as in act un-stressed, u as in cute, e as in men, accent second syllable. 3. Detrement. 4. Subject to creature limitations. (Pronounce both l's as in lie, accent first syllable). "Man's finite mind is unable to grasp these ideas." 5. Wayward.

How Can I!!!

By Anne Ashley

Q. How can I mix a good fire extinguishing fluid?

A. Put 3 pounds of salt into 1 gallon of water, and to this add 1½ pounds of salt ammoniac. This liquid should be bottled. When a blaze is discovered, pour the solution on it.

Q. How can I be sure that coffee is fresh?

A. Coffee is fresh if the crack in the bean is almost invisible. There will be little flavor and aroma if the crack is widely spread. If the coffee is freshly ground the aroma is evident when the package or can is opened.

Q. How can I give a window of ordinary glass a frosted appearance?

A. Dissolve Epsom salts in cold water, and then paint the solution on the glass.

SILK RESEARCH

BOMBAY, India — (CP) — A laboratory to conduct research in silk will be established here by the Indian Council of Scientific and Industrial Research. Annual production of raw silk in India is approximately 2,100,000 pounds and main producing states are Mysore, Madras, West Bengal, Assam, and Kashmir.

DOROTHY DIX SAYS -

Which Comes First?

Should Man Give Preference To Wife or Mother?

DEAR MISS DIX: There is a lot of arguing in our office about whether a man should give his greatest love to his wife or his mother, and which he should prefer above the other. Some of the men claim that a man's mother should always be more to him than his wife, while others hold that after marriage the mother should step aside and give place to the wife. We would appreciate very much knowing what you think on the subject.



ANSWER: I don't think there ever should be any argument on the subject, because a man's love for his mother and his love for his wife are two entirely different emotions and they do not conflict with each other. To ask whether a man should love his mother or his wife best is just as absurd as asking which he likes the best, roast beef or ice cream.

CAN'T REPLACE WIFE

No matter how devotedly a man loves his mother it does not take the place to him of mother. The more a man loves his wife, the more he understands of women. No man ever realizes the sacrifices his mother has made for him until he has children of his own for whom he has to sacrifice. But when a man is married his first allegiance is to his wife. We have biblical authority for that. "When a man is married he shall leave father and mother and cleave unto his wife."

DEAR DOROTHY DIX: I am engaged to be married to a young woman whom I love very much. But she is the youngest child in her family, and very much spoiled. She always had her way, and I have to give in to her about everything to keep the peace. She insists on living close to her mother. Says she will never go away from her mother, no matter if it was very much to my interest to go to another city to live.

I have caught her in many untruths she has told me. I have been trying to figure whether it is a good thing to invest my all in this matrimonial venture. What do you say?

ANSWER: If you were going into partnership with another man, you would not pick out one who was selfish, self-centered, arbitrary and hard to believe that there are husbands who are loyal to the contrary, I still believe that there are husbands who are loyal to the women, the marry and I want to know why.

ANSWER: I think the answer is that men are true or untrue according to their nature. Some men are born domestic. Others are born rovers. Some men crave constant change and excitement. Others stay put wherever they are. And some men have a higher sense of honor and loyalty and duty than other men. And this includes wives as well as financial obligations.

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

Cook's Corner

PEPPERMINT STICK CAKE

You might keep this cake in mind for a party when your table is to have a pink color scheme, because the crushed candy streaks the batter very attractively. The cake is moist and manages to give an impression of both character and delicacy.

- 1-2 cups once-sifted cake flour
- 2 teaspoons baking powder
- 1-2 teaspoon salt
- 7 tablespoons butter or margarine
- 3-4 cup fine granulated sugar
- 2 eggs, separated
- 1-3 cup coarsely crushed peppermint stick candy
- 1-3 cup milk
- 1-2 teaspoon vanilla

Measure and sift together twice

the flour, baking powder and salt. Cream the butter or margarine and gradually blend in the sugar; cream well. Add the unbeaten egg yokes, one at a time, beating well after each addition.

Stir in the crushed candy stick. Combine the milk and vanilla. Beat the egg whites until stiff but not dry.

Add dry ingredients to the creamed mixture alternately with the flavored milk, combining lightly after each addition.

Add egg whites and fold to combine. Turn batter into an eight-inch square cake pan which has been greased and lined in the bottom with greased paper.

Bake in a moderate oven, 250 degrees, 45 to 50 minutes. Let baked cake stand in its pan on a cake rack for 10 minutes, then loosen edges, turn out cake, peel off paper and turn cake right-side up.

ELLEN'S DIARY

By An Island Farmer's Wife

We remember now as folks will when recalling the incidents of past hours the delights of these—the magic and beauty of the morning dew-pearled and sparkling, when the smokes from our breakfast-fires appeared. And we said of the new May day as it came to us past the glory of sun-up, fresh and clear and new "Now, isn't this lovely?" And James regarding, as is his wont, the breeze-touched wavellets in the mill-pond from the upstairs window was of the opinion "We should have been up before this, Ellen—it's just a shame to waste fine hours like these in sleep—and so much to be done!" "Breakfast is our quietest and usually the most unhurried meal of the day and when we came today to our cereal and other foods it was to be grateful for the peace and serenity of this meal that prepared us to take up the cares and duties of our round. These times the days come bustling up to employ the family continuously until night, the pond-music, the lullaby of water through the gates on the dam, and stars, bring us "weary and content" to our rest.

With fitting ceremony and some delightful conjecturing over the outcome of the venture, with great delight we set a hatching of turkey eggs today. By then the sun had climbed to bless the day with a genial warmth into which our small maid, confined to the house of late, might set foot. She helped place the eggs in the straw nest, placed neither too high nor too low in the garage—"Ellen" James called curiously "what in the world are you setting a hen there for? Why didn't you make her nest in the yard?" but his voice trailed away as he disappeared around a corner in haste to some chore. Gently as is her custom, she handed them, then together we watched while this last-year's pullet spread her wings about them and clucked with content. "Won't she be the surprised creature" granddaughter chuckled, as we came away "if some morning she hears a "cheep cheep" and looks down to find a whole nestful of little turkeys instead of the chickens she's expecting!"

We planted a row of sweet peas, the planting blessed by small hands after we had divided fairly our packet of seed. And all the while, the sun caressed cheeks that have of late lost some of their blush of rose, and loved the freckles along a neat nose. And a light breeze of the turnip land, I think it's a job that's going to last!" And the other, a city fellow agreed. "Well, that's something you don't have to worry about on a farm—you're never out of work!" But before that there had been incidentals to the work of work in the stump-field had gone on to widen a lane-way and lower a hillock at Rob's and this morning had moved to "the other farm." There, to our mind, a dark deed was done which strangely enough was most satisfying to James and his helpers.

A Hawthorn hedge which presently would have been spread "as a bride arrayed" with liveliness, was uprooted there. "Pretty, Ellen! Well, maybe it was, but the bl— stuff spreads so fast that given its way for a few years it would take possession of the farm! Bring a root home to you? No sir—not a stick of it! If you had to plow or work about it, you wouldn't be nearly so keen about the scent of the blossoms or the sight of it's ruddy fruit! Down it comes!" And when we recalled that once upon a time in the

GOOD LOOKING POTHOLDERS



DESIGN NO. 1013

Gay potholders are quickly crocheted in a variety of color combinations. Pattern No. 1013 contains complete instructions. To order, send 20 cents in coin to Needlework Bureau, Charlottetown Guardian. Pattern No. 1013

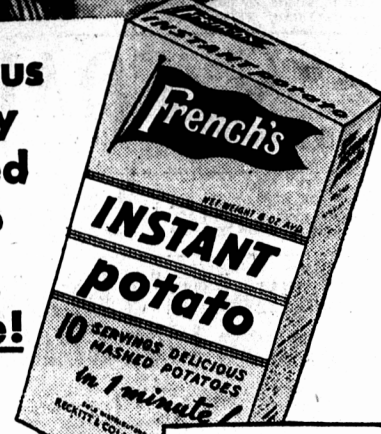
Name _____

Address _____

City _____ Province _____



Delicious creamy mashed potato in one minute!



This creamy, delicious mashed potato is so easy to prepare! French's Instant Potato is made from top-quality potatoes—precooked for you! Just follow these easy directions and in 1 minute it's ready—best mashed potato you ever ate!

HERE'S ALL YOU DO

Wait until dinner is ready to serve; then bring some salted water to a brisk boil, add milk and French's Instant Potato according to simple directions on package. Stir for a few seconds until potato has thickened, add butter and whip until light and fluffy.

-Needlecraft-

FOR THE HOME

A SHEER BEAUTY This is a noteworthy dress because of its becoming softness, because of its face-framing and flattering collar!

No. 2135 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44. Size 18; 4 yards 39-inch.

Send 25 cents 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 zone number in your address. Address: Pattern Department The Charlottetown Guardian.

Pattern No. 2135

Name _____

Address _____

City _____ Province _____



2135 SIZES 12-44

WIN A NEW 1950 STUDEBAKER

Regal Deluxe 3-Door Starlight Coupe PLUS \$500.00 CASH



by helping MC Stan Francis to "Share the Wealth" to choose the kind of Puppy he should buy.

2nd PRIZE 16-Diamond Lady's \$300.00 BULOVA

3rd PRIZE 1930 INGLIS IMPERIAL WASHER (with Toner and Pump) PLUS A YEAR'S SUPPLY OF SOAP

4th PRIZE PEDIGREE PUPPY Just Like Stan's

PLUS 35 OTHER PRIZES! 5th and 6th Prizes RCA VICTOR 48 RPM ELECTROLAS 7th and 8th Prizes RALPHSON BICYCLES 9th, 10th and 11th Prizes FAMOUS PRISTO COOKERS

25 WINNERS OF YEAR'S SUPPLY of your choice of No-Rinse Fab, Colgate Dental Cream, Palmolive Shave Cream or Halo Shampoo.

An Autographed Photo of Stan Francis and His Puppy Goes to Every Letter Dropper or Box Active During the Contest Period

WIN EXTRA CASH MAIL BOXES TO "SHARE THE WEALTH" TORONTO 1.

Send in boxtops from these famous Colgate-Palmolive products.

\$250 CASH FOR DEALERS

"WHAT KIND OF PUPPY SHOULD STAN FRANCIS BUY?"

HERE'S ALL YOU DO: Below are listed the 9 most popular breeds of dogs as determined by the Canadian Kennel Club:

- Beser
- Cocker Spaniel
- Springer Spaniel
- Labrador Retriever
- Beaton Terrier
- German Shepherd
- Great Dane
- Doberman Pinscher
- Collie

To help Stan Francis decide the kind of puppy to buy—and to qualify for the \$500 CASH bonus with the Studebaker—write your choice on any piece of paper—and send it, along with a boxtop or facsimile from No-Rinse Fab, Colgate Dental Cream, Halo Shampoo or Palmolive Shave Cream to "SHARE THE WEALTH," TORONTO 1.

Be sure to write the breed name of the puppy on the outside of your envelope.

RULES: Each week until June 10th, every letter dropper "Share the Wealth" will be on the outside—along with 100 other draws from each week's mail. These will be held for the program of Saturday, June 10th. On that broadcast, from these letters, naming the winning breed, 60 will be drawn.

The purpose of this contest, the winning breed will be that chosen by the majority of contestants. Contest open to all residents of Canada, except employees of Colgate-Palmolive. Entries accepted by mail until 12:00 noon, Friday, June 9th, 1950.

"SHARE THE WEALTH" each Saturday Night—CBC



Introducing the only make-up that gives your skin the "mat" finish

Revlon's 'Touch-and-Glow'

new liquid make-up made with Lanolite 1.25

At last, a good-for-your-skin liquid make-up that never looks masky, never looks greasy, never dries your skin! Lanolite, Revlon's exclusive new skin-softening ingredient, beauty-treats your complexion.

Now, even in the sunlight, your skin seems lit by candleglow... velvet soft, tenderly tinted. In six new shades (and natural), each with harmonizing Revlon Face Powder.

Not shiny...not masky...so natural, just right!



The taste's the test for tea! Canadians buy more Salada than any other brand.

"SALADA" TEA