

That Body Of Yours

By James W. Barton, M.D.

MORE ABOUT LOW BACK PAIN—2,000 CASES

I write often about backaches because so many are thus afflicted...

That backache is of importance to the patient and his family can be judged when we learn that the Proceedings of the Staff Meetings of the Mayo Clinic some months ago were devoted wholly to a symposium...

A statistical study of 2,000 cases of backache seen during a single year showed that 26 per cent were the result of osteoarthritis...

In about 22 per cent of the 2,000 cases a protrusion of hernia of an intervertebral disc...

In about 20 per cent of the 2,000 cases, the cause of the backache was not determined.

"The patient should be asked whether the pain in the back followed injury or unusual physical exertion, the exact location of the pain, whether the pain is always present or comes and goes, what makes pain worse, what relieves the pain, whether the pain is getting worse and, significantly, whether a law is pending or anticipated.

An interesting point brought out was that some individuals, with defects of disturbances of bones and joints that were present at birth, had headache, while others born with the same disturbances or defects were free from backache.

As so many patients have obtained relief from backache by the use of belts, braces, corsets and exercises without aid of surgery, the Clinic concludes that the use of these belts, braces, corsets and mild exercises is of aid in the treatment of the majority of cases of low back pain due to mild disorders of the lower back part of the spinal column.

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Better English

By S. C. Williams

1. What is wrong with this sentence: "He had no call to talk to me like he did."

2. What is the correct pronunciation of "cravat"?

3. Which one of these words is misspelled? Trapise, trafficking, tranquility, tyrannically.

4. What does the word "invalid" (adjective) mean?

5. What is a word beginning with bad that means "playful banter"?

ANSWERS

1. Say, "He had no reason to talk with me as he did." 2. Pronounce kra-vat, first as in an unaccented, second as in an accented, second syllable. 3. Tranquillity. 4. Not having legal force or strength. (Accent second syllable). "The judge declared the contract invalid." 5. Badinage.

Household Scrapbook

By Roberta Lee

CHOCOLATE STAINS

Chocolate or cocoa stains can be removed by covering the stains with cold water. Then sprinkle a thin layer of powdered borax over the stain. After about ten minutes, rinse in boiling water.

The Bed Springs

If the wire and iron bed springs are rusted apply one or two coats of aluminum paint to them. This will prevent their deteriorating any further.

Yellowed Linen

Linen that has turned yellow because it has been stored away, can be bleached by letting it soak in buttermilk for two or three days.

Morning Smile

Nature's Voice

Two motorists stopped beside the road in Vermont to eat lunch. The crows were especially noisy, prompting a discussion as to whether the "caws" which varied so often constituted a language. Over the stone wall a farmer was doing some planting, and they asked him his opinion.

"Sure, they talk," he said. "Just had a conversation with one."

"You mean to say you can talk crows talk?"

"Nope; crows spoke English. He flapped onto a branch of that elm over there and looked down at me and asked, 'Caw-n?' I looked up at him and said, 'Nope. Beans. 'Aw,' he said, and off he flew."

Modern Etiquette

By Roberta Lee

Q. If for some reason—social or business—a family has had its name legally changed, how should friends and acquaintances be informed of this?

A. The quickest and simplest way is to mail out formal announcements. Mr. and Mrs. John Smith announce that by permission of the court they and their children have taken the family name of Smithington.

Q. My sorority is holding a dance soon, and we are supposed to bring dates. How do I go about asking a boy to accompany me?

A. Merely say, "My sorority is giving a dance on the 20th, Johnny. Would you like to go with me?"

Q. Should a woman who is staying at a hotel wear a hat into the dining room?

A. Yes.

Alice Brooks Designs

BLANKET OR BUNTING

No chilly winds can reach the happy baby cuddled in this blanket! Tie the ribbons, it turns into a bunting. Make it in white baby yarn in star and puff stitch, trim with pink or blue loops!

Pattern 7167. Crochet a blanket that becomes a bunting when mom ties the ribbons! Cooey! Pretty!

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 and Pattern Number.

WESTERN BIRD

The black-and-white magpie seen regularly in western Canada is only an accidental visitor to the east.

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Britain Loves This Picture



The graciousness and loveliness that has endeared Queen Elizabeth II to her people is displayed in this remarkable photograph. It was taken by United Press photographer Charles James Dawson, as the queen rode in her Irish state coach to open Parliament. Prime Minister Winston Churchill was so impressed by the picture that he telephoned the United Press in London and said: "Please send me two 12-inch by 13-inch enlargements of that wonderful photograph of the queen." Public demand for reproductions of the picture is growing day by day.

DOROTHY DIX'S COLUMN—

Neurotic Mother

Resents Stepfather's Attempts To Correct Her Two-Year-Old

DEAR MISS DIX: A few months ago I married a divorcee with a two-year-old daughter. For a time things were fine. I love the baby and treat her as I would my own. However, my wife seems to resent anything I do to correct the child. Being so small, the baby naturally needs watching, as she gets into everything, including things that could injure her. By now the child has become aware of the fact that her mother will always take her part, and screams whenever I come near her.



Muriel Nissen

ANSWER: Since you have assumed the role of father in supporting your wife's child, you are certainly entitled to share in her upbringing. Your wife is apparently on the neurotic side, which is not surprising considering the difficult time she had after her first husband's desertion. It may take a while for her to straighten out. In the meantime, I suggest she consult a doctor and follow his advice faithfully. If she continues interfering with your attempts to correct the child, there will be another nervous case in the family. A well-adjusted child is the product of a harmonious home and, at the rate your wife is progressing, there won't be much harmony in yours.

NASAL VOICE A HANDICAP

DEAR MISS DIX: In the last few months I have become aware of an excessive nasal sound in my voice. Perhaps this has existed longer than I realize, but I would like very much to correct the defect.

ANSWER: First, consult a nose and throat specialist. If you feel unable to see one privately, go to the clinic of the eye, ear, nose and throat hospital in your city. Second, attend a speech class. One can easily be located through the classified pages of your telephone book, the local Y. W. C. A., or the Adult Education Department of your public school system.

DEAR MISS DIX: I work in an office with several other girls and wanders around visiting here and there. I have my own office and he spends most of his time sitting there talking to me whether I am busy or not. What can I do to discourage him tactfully?

ANSWER: Someone in authority should certainly be able to find work for the wanderer. Unless, of course, he's the boss himself, in which case there is nothing to do but put up with him. I certainly admire your bright orange writing paper.

DEAR MISS DIX: It has always been our family custom that both the bride's and groom's family share equally in the expense of their wedding. My fiancé argues that most people believe it proper for the bride's family to take care of the expenses. My parents are dead set on this "fifty-fifty" proposition and I hate to offend them by bringing up the point.

ANSWER: Your fiancé is absolutely correct. All the expenses of the wedding itself, with the exception of a few minor items, devolve upon the bride's family, according to custom generally accepted in this country.

DEAR MISS DIX: I am 17 and want to invite a boy to a party my brother is having. I've known the boy for some time, but have been out with him only once. Would it be all right to call and invite him? I've had failures before when I've asked boys to go to such things, so I'm a bit shy about this occasion.

ANSWER: Do ask the boy. He'll probably be delighted to come. Don't be discouraged by your past failures; they happen to everyone.

DEAR MISS DIX: I am 20 years of age and have been going steady with a boy of the same age, religion and cultural background. I have had many boy friends before but they came and went, meaning nothing to me. Then two years ago Greg came along, and I was sure as could be that he was—and is—the only one. My parents, however, think I should go with other boys, instead of sticking to just one. Greg and I aren't considering marriage at a while since we both have our college educations to finish. Do you think my parents are right to try to sway my mind? Incidentally, they have absolutely nothing against Greg, except the fact that I've started going steady sooner than they expected.

ANSWER: An intelligent girl of 20 is old enough to go steady if she has found the right boy, as you apparently have. Your parents should follow a "hands off" policy at this point, and let you and Greg proceed as you wish. Since there is absolutely nothing about him to which your people can object, they should be happy that you have a prospect of settling down so happily. Good luck.

Seasoned Timber

By Dorothy Canfield CHAPTER THIRTEEN

The Academy opened its doors. Not only was there the crowd of rustic freshmen disgorged every morning from Eli's buses, and thirty-five new students from out of the state scattered through the four classes, but there were three new resident teachers and three part-time teachers.

It seemed to the older teachers that everything was to be organized anew. The old stone building, full to the eaves now, gave forth an almost audible humming. The disorder and uncertainties of the first of the term, which usually lasted three or four days, stretched out through the first three or four weeks, full of mistakes, false starts, failures, although everybody was extended to the limit of his powers.

But those weeks had more in them than failures. They were flushed with promise. For all the reasons in the world Timothy was thankful to have such difficulties in the opening months of the new term, when Susan and Canby still came once in a while to spend an hour or two in Clifford. People said to each other, said to Canby and Susan, "My! Professor Hulme's got his nose to the grindstone this fall! With all those new students, and the new teachers to look out for, a person can't hardly get a word out of him, about anything but the 'academy.'"

Once a strange thought flew into his mind and alighted for an alien moment, looking at him out of alien eyes, the thought that Susan was after all, only a very nice Clifford girl. But he could make nothing of it and it flew away at once, back into the unknown country whence it had come.

The back road on which Eli Kemp had been born and brought up became impassable in winter. He consulted Timothy about getting a lodging. Timothy had suggested with hesitation, on account of Aunt Lavinia, his sleeping in the slant-ceilinged room across the hall from his study, and having breakfast with them.

Pearing one of Aunt Lavinia's explosions, Timothy thought of various ways to break the news to her, or to forewarn Eli of breakers ahead. But in the end, when Eli brought his new postboard suitcase in through the front door, he said only, "Hello Eli—oh yes, I remember. This was the day you were to come." And, "Aunt Lavinia, this is Eli Kemp, who's running the new student bus service. He's going to use that extra room on the third floor this winter." Apparently this offhand introduction was the best. The two strangely assorted housemates settled down with no fireworks under the same roof.

December brought a welter of snow. The town plows kept only the most necessary thoroughfares open. Eli's buses could not get up the steep back hills, but waited for his passengers below at the junction of the side roads with the highways.

Eli, on his way to bed in his third-story room, hesitated once in a while as he passed the door of the study and went in, if Timothy looked up welcomingly, and said, "Have a chair, Eli." In the first weeks their chat was plain and factual. But as Eli grew used to the house, he sometimes talked about his half formulated hopes for success. "Mr. Hulme, you know those extra bus trips a day—well, there, there's tuning out pretty nearly velvet. I bet a regular bus line straight across this part of the state would make money. Real money."

One afternoon in January, Timothy was stopped on the street by Bill Peck, Eli's middle-aged partner. "Say, Professor Hulme, do you know that Eli Kemp is somebody—darned if he's not! I just bet that kid'll turn out to be one of the money-makers."

One evening when they had wandered into reminiscences of the campaign—by far the most exciting event in Eli's life so far—the boy asked, "Say, what kind of a man was that Mr. Wheaton, anyhow?" Timothy told the story of Wheaton's early life—not unlike Eli's, he thought, and drew a portrait of Mr. Wheaton's character, ending "A Stone Age man living in the Twentieth century. Just because Mr. Wheaton was

Easy-To-Make Evening Separates



The skirt and blouse vogue for evening wear is a popular one from the home sewing and style standpoint. This floor-length skirt, in drapery fabric, is a simple circle joined to a wide waistband. The crisp, striped taffeta blouse, worn on or off the shoulders, has two deep ruffles at the neckline. If you would like directions for making the EVENING SKIRT AND BLOUSE, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. SS-11.

Anne Adams Patterns

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4570 14½-24½

by Anne Adams

How Can I...!

By Anne Ashley

Q. How can I make certain that lace collars will be a perfect fit after laundering them?

A. The best plan is to baste the collars closely on a piece of white cloth. Then wash in sudsy water. This will prevent their stretching and tearing. Allow to dry, then rip from the cloth, and press with a warm iron.

Q. How can I protect the hair while coloring and rinsing?

A. A rubber bathing cap is excellent for this purpose. It is also good to wear when working with anything that might leave an odor on the hair when the hands touch it.

Q. How can I prevent the cracking of eggs while boiling?

A. Prick each egg that is to be boiled with a pin before placing in the water, and it will not crack.

extra clever at making money, people kept putting him in positions where his say-so helped decide what pictures should hang in museums, and what subjects should be taught in schools. It's very bad for a person's character to be constantly passing judgment on what he doesn't understand. I wonder why—"Timothy went on musingly—"I really do wonder why business is so different from everything else modern men do? Why should the man with a gift for business be the only human who expects to get paid for the use of his brains just all he can extract from the people who can't get along without it?"

"But, Mr. Hulme, he can't get more than just so much—competition keeps that down." So there was talk, very simple talk in short words, about competition compared to co-operation. A few days later at breakfast Eli said, "Say, Professor Hulme, you know that idea of yours about not just getting all the profit there is for yourself is a good business plan?"

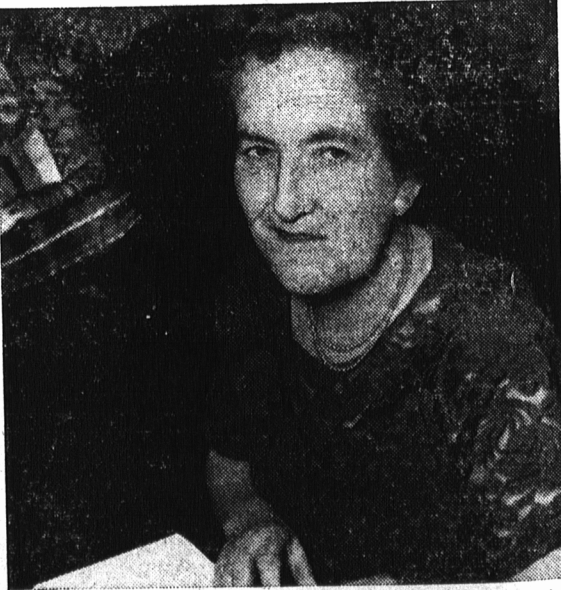
"It's not exactly my idea, Eli. It's pretty common, nowadays." Timothy had not meant to drive over the mountain to Drury. When he slid down the long straight descent from the top of The Wall into the Drury valley, and went past the marker showing that he still had no intention of stopping there.

But he took his foot from the accelerator and slowed the car, locking from side to side, at one white clapboard house after another. He knew now what had brought him there. A longing to see Susan that was desperation. When he came to a house with a litter of building materials around it and a scaffolding up around a half rebuilt chimney, he slipped his clutch, set his brake, stopped the engine and got out.

Across a wide stretch of April-tender grass, Susan turned from

where she stood under a young apple tree. She held a rake in her hand.

To be concluded



Mrs. A. W. Angus wouldn't use any yeast but Fleischmann's in her baking.

Frequent Bakery Winner at Oxford, N. S., Fair

Cumberland County folk gather round an impressive bakery exhibit each year at their Oxford Fair. You've got to be good to keep in the running for those prizes! One successful contestant is Mrs. A. W. Angus, of Oxford, who's in there regularly with her prize-winning yeast baking. Mrs. Angus has some sound advice for the up-and-coming generation of home bakers: "There's no substitute for quality

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