

That Body Of Yours

By James W. Barton, M.D.

CANCER OF TONGUE MAY BE CAUSED BY POORLY FITTING ARTIFICIAL TEETH

Most practicing physicians and dentists have seen many cases in which a few weeks or months after removal of infected teeth and tonsils and healing of infected gums, rheumatism and arthritis cleared up. It is very difficult, therefore, to persuade them that infection is not a common cause of rheumatism and arthritis.

There are, of course, other causes of arthritis, such as cold and dampness, too much starch food, and injuries of various kinds.

In removing infected teeth, however, physicians and dentists are finding that if the artificial dentures that replace extracted teeth are not fitting the patient properly, they will cause the lining of the mouth and may set up serious trouble.

In the Spanish Medical Journal, Drs. X. Vilanova and F. Oller state that epithelioma (cancer) of the tongue most frequently results from the friction or irritation caused by teeth that are badly placed or have sharp edges. Injuries to the sides of the tongue give rise to a building up of the tongue tissue which, in turn, degenerates easily into squamous cell surface cancer. Electrogalvanic currents originating from metals used in dentistry may cause repeated burns of the tongue and lining of the cheeks, giving rise to leukoplakia (white spots on lining tissue) which sooner or later degenerates into surface cancer.

Drs. Vilanova and Oller report a case of infiltrating cancer of the tongue in a woman aged 70 that was apparently caused by friction of the tongue against the palate of an artificial denture she had worn since she was 14.

The lesson we learn from the above information is that when a patient loses teeth or has teeth extracted, there is the possibility

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Cook's Corner

CHOCOLATE COCONUT CHIFFON PIE

envelope unflavored gelatine; 1 cup cold water; 2 squares unsweetened chocolate; 1 cup milk; 2 egg yolks, slightly beaten; 1/4 teaspoon salt; 2/3 cup sugar; 2 egg whites; 1 1/2 cups shredded coconut; 1/2 cup heavy cream, whipped; 1 teaspoon vanilla; cookie crumb crust or baked 9-inch pie shell.

Combine gelatine and cold water in mixing bowl. Mix well. Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Add gelatine and stir until dissolved. Combine egg yolks, salt and half of the sugar. Add hot chocolate mixture slowly, stirring until well blended. Chill until mixture begins to thicken. Beat egg white until foamy throughout. Add remaining sugar, about 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will stand in peaks. Cut the 1 cup of the coconut, fold egg whites, whipped cream, vanilla and cut coconut into chocolate mixture. Turn into cold pie shell. Sprinkle with remaining coconut. Chill until firm.

Cookie Crumb Crust: Combine 1 1/2 cups cookie crumbs and 4 teaspoons sugar. Add 1/4 cup melted butter or margarine and mix well. Press firmly on bottom and sides of 9-inch pie pan. Chill.

Morning Smile

New Idea

The patron started at the soiled bill of fare, then—by a fortunate fluke—catching the waiter's eye, he motioned that lordly gentleman over to his table.

"Waiter," said he, "you've got a splendid idea here. Just imagine! Samples of the different dishes suited to the menu!"

COLD MEATS

Better with French's PREPARED MUSTARD

1306



High in Quality like MORSE'S TEAS

Garden Topics

By GORDON LINDSAY SMITH

The Lawn

A healthy, well kept lawn is a vital part of every garden. It is just as important as shrubbery, flowers and trees and it is the best of all centre-pieces for showing off any display of bloom or an attractive house. There are only a few fundamentals to bear in mind. The first of these is good quality seed, especially prepared for lawns, not just some cheap, coarse grasses which will soon become ragged. The second point is to realize that grass is a plant and needs food and care just the same as a flower or a vegetable. Grasses thrive best in cool damp weather, therefore it is most important that the ground be prepared and the seed sown as soon as possible in the spring, and in any case before the really hot weather commences. If this is not possible one should wait until early fall.

Because lawns are permanent, it is much easier to get the soil worked, fine and level before seeding than afterwards. For obvious reasons the seed should be sown on a day when there is no wind and it is best to go over the plot twice, broadcasting one way, then the other. Because the plants are tender at first especially, it is advisable to cut with a very sharp mower. Well rotted manure, and chemical fertilizers rich in nitrogen are recommended for lawns and also an occasional application of bone meal. Well fed grass will crowd out most weeds. The rest can be handled with some of the new 2-4-D chemical sprays.

Nursery Stock

Shrubby, vines, roses, trees and other nursery stock should also be planted as early as possible. This is especially true where the climate is dry and extra watering is difficult. The main thing is to make sure that the roots of the new stock are kept away from air and moist in transit and planting. All these things should be planted with the roots spread out loosely, then covered with fine, rich soil, pressed down. If at all possible water liberally for a week or two.

Good nursery stock is soft and pliable and well supplied with good live buds. The latter, however, should not be far advanced. The nearer a plant gets to leafing out the more difficult the transplanting.

Informal Is Best

It is usually a mistake and especially so where space is limited to be too formal in planning about the house. Straight rows of flowers, shrubs and trees look stiff and artificial. Flowers particularly will make a better show if arranged in clumps with the smaller sorts in front and the larger ones grouped to the rear. The same is true of shrubbery. Unless the grounds are very large, one should be content with only one or two trees. The main idea is to screen a bit of the house and the fences here and there but not to hide the lines completely. With shrubbery and trees it is important to remember the full size at maturity and allow plenty of room. Big things planted close to walls will have no room to develop properly.

Next week—Transplanting—Big Show for Little Money.

Better English

By G. C. Williams

1. What is wrong with this sentence? "I was never in San Francisco, like you said."
2. What is the correct pronunciation of "chaperon" and "chaplaln"?
3. Which one of these words is misspelled? Exemplary, artillery, effrontery, conciliatory.
4. What does the word "agility" mean?
5. What is a word beginning with "nd" that means "want of feeling"?

ANSWERS
1. Say, "I have never been in San Francisco, as you said." 2. Pronounce first syllable in "chaperon" as shap. Pronounce first syllable in "chaplaln" as chap. 3. Exemplary. 4. State of being nimble. "He has retained the agility of youth." 5. Induration.

Anne Adams Patterns

CANDY-BOX PRETTY

MOTHER you'll love to sew this for your darling! Bands of beading, ribbons 'n' bows, make this frock as sweet as sugar. And it's easy to make! This version has angel-wing sleeves. The puff-sleeve version can also be made with a Peter Pan collar.

Pattern 4800: Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 1 1/2 yards 36-inch; 2 1/2 yards eyelet banding. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

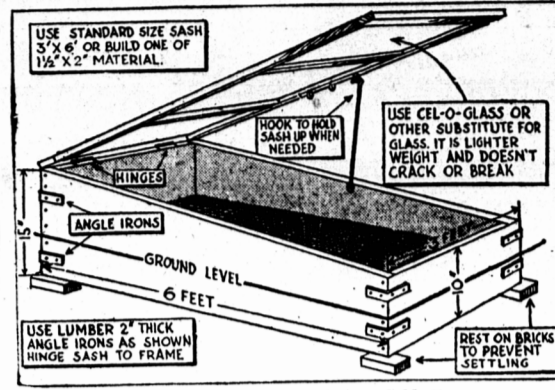
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4800 SIZES 2-10 by Anne Adams

Ancient Cold Frame Still Best Home Garden Helper



Working Drawing for Building Cold Frame

The most valuable 18 square feet in any garden area is that which is covered with a cold frame. And the smaller the garden, the more rewarding will be this ancient device.

It began as a pit, some thousands of years ago. Today it is an enclosure, partly below ground, with a protective covering which admits daylight. Glass is rapidly being supplanted by various substitutes, which are lighter, and unbreakable.

A cold frame is useful the year around. There is no way you can use the few square feet of garden space required for it, to better advantage.

Anyone who can drive a nail and operate a saw can build a cold frame. The boards can be cut this winter in the basement or garage, and put together in a short time as soon as possible to work outdoors.

Since inexpensive electric heat will turn a cold frame into a hotbed, the older manure-heated bed is seldom seen. Heat is not needed for most of the uses to which a cold frame can be put; and being without objectionable dirt or odor it can be placed near

the house, where steps will be saved.

A location in the full sun all day is required for best results and shelter from cold winds is beneficial. The sash should incline toward the south. Heavy boards of cypress, white pine, or redwood are preferable, since the frame will often be wet and must resist decay.

The illustration is a practical working-drawing of a standard one-sash cold frame. Standard glazed sash is 3 by 6 feet; but a frame can be made of any convenient dimensions, if sash of a suitable size is available. Sash covered with transparent plastic materials will be much lighter than glazed-sash, and also will allow ultra-violet rays to pass through to the plants.

The usual practice is to sink the frame into the ground about six inches, and to pile earth around it outside, for insulation. Inside it may be filled to ground level with the best top soil available, or the floor may be covered with two or three inches of cinders or gravel, on which shallow seed boxes (flats) are placed. Many prefer sowing the seeds in flats, which can be carried to the garden at transplanting time.

DOROTHY DIX'S COLUMN—

Teen-Age Dating

Problem Perplexes Youngsters And Their Parents As Well

DEAR DOROTHY DIX: My sister and I, both juniors in high school, are not allowed to date. We've never been on a date at all. Our parents don't approve of it. We'd like to enjoy some of the fun the other kids have but mom and dad just don't understand that dances and other recreation are essential in the life of teen-agers. Boys in school seem to like us; they are very friendly in the classroom, but of course we can't speak to them outside.



Marjorie Nissen

ANSWER: From 12 years old up, youngsters from all over the country fill my mailbox each week bewailing the fact that their strict (usually spelled "strick") parents will not let them date. Although I don't hear as much from the parents' side, they, too, are extremely puzzled over the question. Conscientious mothers and dads are apt to be a trifle overreprehensive about the problem. Personal experience and talks with parents convince me that they are more apt to be overliberal in dating privileges than the reverse.

Each problem of this type that arises in a family must be dealt with differently. Sometimes the same privileges cannot be extended to two teen-agers in the same family. One may be more responsible than the other and therefore entitled to more freedom. Mindful of his obligation for a child's physical, spiritual and moral welfare, a parent has a difficult decision to make when the dating question arises.

A RULE OF THUMB

Trying to make a sweeping rule for so controversial a matter is futile. As near as I could come to one, however, is this: Below high-school age, youngsters are better with companions of their own sex; once they enter high school, participating in group activities with boys and girls should be allowed. School dances, football games, basketball games, etc., are as much a part of education as algebra and

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How Can I!!!

By Anna Ashley

Q. How can I save time when cleaning furniture?

A. Try using a soft paper napkin with a bit of polish on it to give a high luster to the furniture, the next time you are dusting. This saves quite a bit of time and gives pleasing results.

Q. How can I improve the flavor of French dressing?

A. It will have a delicious flavor if orange juice is used as a substitute for vinegar. Choose the thin-skinned oranges, as these are always the juicier.

Q. How can I cut a bar of pure soap into cakes without breaking it to pieces?

A. Put a string around the bar at the place a cut is wanted, cross the ends, and then pull.

Household Scrapbook

By Roberta Lee

Waterproof Pottery

If the inside glaze of a pottery flower bowl is imperfect and moisture forms on the outside, warm the pottery with hot water, and wipe. Then pour into it a few spoonfuls of melted paraffin and turn and tip the vessel until the whole interior is coated.

Baked Potatoes

Allow potatoes to stand in hot water for fifteen minutes before baking and the baking will require but one-half the usual time.

Patent Leather

Orange juice makes an excellent polish for patent leather.

Modern Etiquette

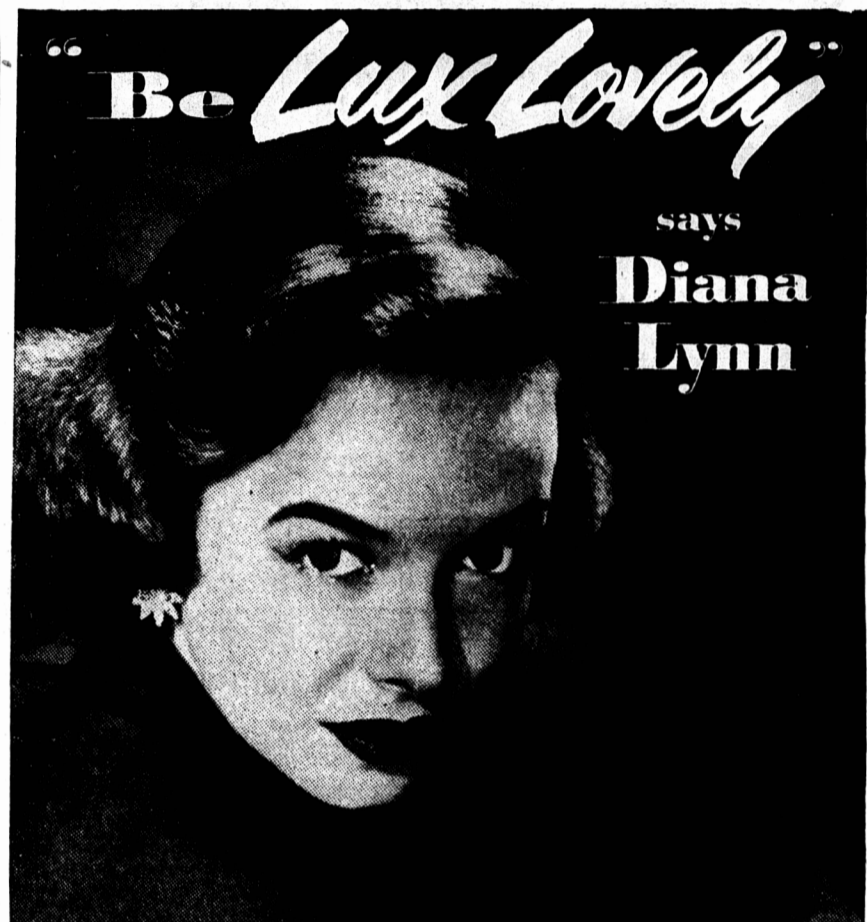
By Roberta Lee

Q. Does a man's social calling card have the title "Mr." engraved on it?

A. Yes. And if the card is to be faultlessly correct, a given name, and not just the initials, must be engraved on it—as, "Mr. Robert Lee Hunter," or "Mr. R. Lee Hunter."

Q. Someone has just told me it is improper to send a man patient at a hospital flowers. Is this correct?

A. Illness is the one occasion when flowers—and especially a plant—are in good taste to send a man. A hospital room without flowers is a very cheerless place. Q. Is it customary for a bride to buy a present for the bridegroom on their wedding day? A. Yes; she should give him some gift for his personal use.



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says Diana Lynn



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