

Mr. and Mrs. John Carr



Pictured above are Mr. and Mrs. John F. Carr, following their wedding at the bride's home on August 18. Dr. Thomas MacLennan performed the ceremony. The bride is the former Phyllis Ernestine Coffin.

That Body Of Yours

By James W. Barton, M.D.

LOW DEATH RATE IN FIRST ATTACK OF CORONARY THROMBOSIS

With so many men and women in good health dying of a heart attack (coronary thrombosis), many may have the idea that a coronary attack is really a death sentence. It is a death sentence in some cases but, on the other hand, considering the number stricken with attacks of coronary thrombosis, the percentage of immediate deaths is very small.

In Postgraduate Medicine, Drs. H. I. Russek and B. I. Zohman report their analysis of 1,047 cases of coronary thrombosis, confirmed with electrocardiograms, seen in three New York hospitals. The ages of the patients varied from 30 to 88 years.

Four hundred and eighty-nine patients were classified as good risks since they had none of the following conditions (signs of poor risks): (1) history of previous attack of coronary thrombosis, (2) intractable pain, (3) extreme persistence of shock, (4) significant enlargement of the heart, (5) (allo) rhythm, (6) congestive heart failure, (7) very rapid heart beat, (8) diabetic acidosis, (9) greatly

overweight, (10) varicose veins of legs and inflammation of veins of legs.

The analysis of these physicians showed that only about 3 per cent of patients who had a first attack and entered hospital with the above good history of their heart and blood vessels, died while in hospital. Almost half of these few deaths occurred during the first 48 hours.

Drs. Russek and Zohman point to the critical period that prevails during the first few days of the attack and the increased hazards resulting from physical, mental and emotional upsets caused by needless removal to the hospital. They are opposed to the routine giving of anticoagulants in all cases (drugs that prevent coagulation or thickening of the blood and forming of clots). In fact, they are convinced that anticoagulant treatment is likely to influence the uncomplicated first attack.

The above information is not a dark picture in itself (only about 3 per cent of deaths follow first attack) and gives physicians and patients warning to live on lower physical, mental and emotional level and avoid later attacks. Not all physicians will agree regarding anticoagulant drugs.

"In the light of these observations, a more optimistic attitude is warranted about the recovery of all 'good risk' patients."

Learning how to live after an attack of coronary thrombosis will also save many lives of patients who are "poor risks."

ELLEN'S DIARY

By An Island Farmer's Wife

In a nice sequence to the end of the harvesting today brought digging to this place "in the road" gathering to the work our farmers, Mr. A. and our philosopher-helper as well...

"Do I like to work at potatoes, Ellen?" he repeated our question. "Oh, I don't know! Isn't it as good as any other work? And what matter what a fellow is at so long as its worthwhile and he is happy and well? Those are the main considerations, aren't they? There's folks" he offered, "with their pockets full of money... with not a thing to do but amuse themselves and do you know what, Ellen? They're the most miserable creatures on earth."

"And" he chuckled, "on the other hand, I've seen lads who didn't have a roof over their heads—didn't know where their next meal was to come from, singing and whistling as happy as larks. As I said, so long as we're happy what difference what we're at? If we're able to work and eat and sleep and" he laughed as he playfully grabbed today's from James, "read the newspaper to find we haven't yet passed away, we're not too badly off in this world."

"Did you see this, Ellen" for even the housewife is not exempt from his teasing, happy, likeable ways, "it was the lovelorn column he was into! Now why should an old fellow like him be interested in women and their ways?"

"A man is never too old to appreciate the fair sex," James chuckled. "And I suppose if a man lived to be as old as Methuselah he would still have a lot to learn about them, for the more I study them, the more bewildered I get. They're a bundle of contradictions—I suppose that is what makes them so interesting... but then, what would you know about them?" it was his turn to tease, "and you a confounded old bachelor!"

There was a treasure hunt for farm-carts about our holdings this morning; harness unused for months was assembled; horses brought in from pasture. The old digger was moved from its recent location in a field at Mr. A's and clucked by trailer to that on top of Rob's across the stream by the roadside. James gathered up the exodus down the lane they were off to an October harvest in the red of the patch of potatoes.

Again as in our years at Alderlea, we were made aware of the harvest home by the sound of hoofbeats, the creaking of heavy wheels in the cellar beneath us as the loads were brought in at the wide-flung doors to storage there.

"We won't be able to finish it today," James said at dinner... as a roast today with shredded cabbage steamed in a small amount of water to retain flavor and color; mashed potatoes, pearly white now and floury and for dessert an apple cobbler served with what Aunt Kitty Mahoney used to say "a drop of cream!"

"No," James continued. "Of course, we'll have Jamie after school. But if we had another picker..."

"One of these smart women a man marries!" our bachelor-helper suggested smiling. But in male hands the work made good progress.

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Short Hair, "Symphony Theme" Favored By Stylist For Winter

By Muriel Penn

LONDON, (Reuters)—Short hair with waves replacing ringlets to give an air of chic casualness is the keynote of the newest winter hair fashions.

Monsieur Riche, one of London's leading hair-dressers who in recent successive years has introduced the popular "oodle cut," the "troubadour trim" and the "new Elizabethan," this year takes the music as his theme and produces a "symphony" in eight movements.

Showing eight basic versions of his new "symphony" style in London's West End today, he claimed that every type of woman can wear—and wear well—at least one of these "movements."

No hair in "the symphony" is more than three inches long, and if some looked it, M. Riche assured his audience that it was an optical illusion produced by the casual softness of the style.

Natural Line

Hair curls softly round the nape of the neck in a natural line and several of the versions of the symphony have short bangs or fringes falling in soft waves over the top of the forehead.

One movement in the symphony features the "sling" effect with a part running from each side right round the back of the head. Hair inside the "sling" is brushed forward, falling in soft waves in a short bang on the forehead. The rest is brushed downwards, lying in a series of broken waves.

In another movement, the hair waves softly all over the head with a deceptively casual air, while in a third, the hair is brushed outward from the centre of the crown all round the head, giving a circular effect.

A favorite evening style is nocturne, featuring a parting on the right side which sweeps across the crown and well over to the left in a downward movement. The hair inside the parting is brushed slightly upwards and lightly waved to give a low halo effect.

M. Riche has named the eight "movements" of his symphony prelude, etude, bagatelle, pizzicato, nocturne, intermezzo, allegro and andante.

With a Difference

Speaking of the future, M. Riche said Wednesday: "There are still a few years of short hair to come, and in my symphony I present short hair again, but with a difference. Hair for the coming season will be essentially soft and feminine. Shorter skirts need correspondingly short hair to avoid any suggestion of top-heaviness."

For those who favor contrasting colors in hair, M. Riche has devised a novel method of achieving the effect without having to dye the hair.

A light wire frame carrying wisps of the hair in contrasting color fits closely down among the wearer's own short waved hair. The contrasting strands appear to be part of the natural head of hair.

How Can I!!!

By Anne Ashley

Q. How can I give the burners on my gas stove a thorough cleaning?

A. Remove them and place in a large enamel pot with water and lye. Boil for 10 minutes, then replace on stove and light them up for a few minutes and they'll dry themselves.

Q. How can I dispel food odor in my refrigerator?

A. Clean thoroughly with mild soap and warm water. To sweeten and freshen wipe out the refrigerator with a solution of one teaspoon of baking soda to one quart warm water. Wipe with a dry cloth. Pay special attention to the freezer and the shelf supports.

Q. How can I make a soapless furniture wash?

A. Add three tablespoons raw, or boiled, linseed oil and two table-spoons turpentine to one quart hot water. Stir and allow to cool. Apply this with a soft cloth, well wrung out, covering a small area at a time. Wipe each part dry as you proceed. Polish afterward.

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A Country Garden

By Mrs. Gordon MacMillan

There never comes a day like this, all gold and shimmering like a bubble in the sun.

But I recall the afternoon I told you I'd no time for play: work must be done—

Work must be done, and there the gold day wasted.

And there the mellowness of earth and sky

And leaf and air went hour by hour untasted

For scruples sown too well in such as I.

And there, October's brightness faded, turning

Her dear enchantment into dull November.

And setting in my brain, one question burning:

Now what can I, now what can I remember—

Of work I bent above that day until

It was too late to climb the golden hill.

There have been many golden days in the garden last week and much planting and digging has been done.

Bulbs have been finished but another can plant these until freeze-up and even after if the ground can be covered with something to keep out the frost.

I remember one year when sickness prevented the planting, that great hunk of soil were lifted out with sharp shovel and the bulbs planted, then covered as best we could

and in the spring they were as lovely as ever. This year Lily Flowered tulips were planted in a bed by the Lilac tree. These Tulips have distinct Lily-like flowers

and they bloom at the same time as the Cottage Tulips. They are best used where a light, airy, and graceful effect is desired. The delicately curved petals give a delightful effect and as a flower for cutting it surpasses the regular Tulip because they are so much more graceful. They all have ruffled petals and come in many lovely colors. I am looking forward to a lovely corner by the white Lilac and the blue of Forget-Me-Not planted as a carpet for them.

Princess Elizabeth is planted around the bird-bath on the lower terrace. It is a Darwin in a rose with silvery margin and the flowers are carried on strong stems. This Tulip is also good for forcing, in pots for winter blooming.

Yellow Giant is a gigantic Tulip in soft yellow and a colored photograph taken last year is arresting in color and form. These Tulips

are also short-tempered and have a great many arguments. Even when the fault has been theirs, I'm always the one who apologizes. She's a bit stubborn. Should I continue giving in to her or look for someone else?

ANSWER: Spoiled, stubborn girls, once their sense of responsibility is awakened, have been known to turn into very fine wives. You aren't doing much to help Estelle by taking the blame for all your arguments. Try to make her see where she's wrong, and perhaps you can effect a change. Try to analyze, together, the difficulty behind your constant arguments. If there is a genuine affection between you two, your temperaments can be made compatible. If your efforts fail, than a change of friends is urged.

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DOROTHY DIX'S COLUMN—

FRENCH FASHIONS

American Women Won't Heed Parisian Styles—Wear What Suits Them

DEAR MISS DIX: Perhaps this isn't exactly the type problem with which you deal, but since so many women read your column, and because the subject is so important to women, I thought you might help.

Why must we be at the mercy of a French dressmaker's dictates in the matter of our skirt length? Very few women look well in short skirts, and not many of us can afford to discard all our old clothes in favor of the new styles. It's about time we staged a revolt against French fashion dictators and dressed according to our own pocketbooks and inclinations.

MANY READERS NO FOREIGN DICTATING ANSWER: While you are correct in your assumption that fashion reporting is not my line, your letter is typical of so many I've received on this subject, that it deserves comment. In the first place, no one is dictating—and no one can dictate what we will wear. Those days have been gone a long time. For the past several years women have gone on wearing very much what suited them, regardless of Parisian decrees. In the matter of current skirt lengths American designers, who are, incidentally, quite as powerful in the fashion field as any French or Italian couturiers, agree that the best style, or dress length for women, is whatever happens to be most becoming to them.

These so-called fashion "decrees," however, have definite values, whether one follows them or not. They are newsworthy, provide good conversational material, result in fashions that are certainly delightful to see, even if one can't wear them, and have an economic purpose, too. More people are employed in the combined production of material and clothing than in any other industry in this country. Anything that arouses unusual interest in wearing apparel helps their business, and you can easily see how the circle helps everybody. Continue to wear what suits you best, but be interested in new styles, even though they are only for the highly fashion-conscious.

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*HERE'S ONE WAY: Luncheon Meat Sandwich Spread. 1 can luncheon meat, chopped; 2 tablespoons chopped sweet pickle; 3 tablespoons French's Prepared Mustard. Combine ingredients in a bowl and mix thoroughly. Yield: Filling for 6-8 sandwiches.

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Cook's Corner

PINEAPPLE SQUARES
1 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1/2 cup butter
Cream butter and sugar. Add dry ingredients. Beat 3 eggs and add 1/2 to above mixture. Press into cake pan. Cover with a layer of well drained crushed pineapple. Second mixture: 2 cups coconut, 1 cup brown sugar, 1 tablespoon melted butter. Remainder of egg mixture. Spread over first mixture and bake in a slow oven 30 minutes. Cut in squares when cool.

—Mrs. Fred MacEae, Whistley River W. I.

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