

That Body Of Yours

By James W. Barton, M.D.

TREATING SEVERE ATTACKS OF ASTHMA

It is only within recent years that physicians have been able to treat asthma with complete success.

The victim, after a more or less severe coughing spell, gets up the plug of mucus causing the attack and feels normal until the next attack.

Further, as the great majority of attacks can be relieved by injecting 10 to 15 minims (drops) of adrenalin (1 to 1000) under the skin, asthmatics are not usually in fear of their attacks.

And still further, now that physicians are finding that allergy is a common cause and that most of other cases are the result of detourments or defects of nose and throat, they have learned how to treat asthma. This means desensitizing the individual as is done with hay fever pollen in hay fever.

However, despite the excellent results obtained by hypodermic injection of adrenalin 1 to 1000 (epinephrine) or by inhaling a 1 to 100 solution of adrenalin, there are some cases in which the mucus plug cannot be dislodged.

This can be a serious matter because it may prevent the passage of enough air in and out of the lungs—smothering.

I have written before of how this mucus plug can often be removed by having the patient kneel on a chair with hands touching and head between hands and then coughing as hard as possible; hard coughing in this favorable position often loosens the plug.

In asthma caused by allergy (pollen, feathers, dust), Dr. George L. Waldrott, of Detroit, in the "Journal of Allergy," reviews results of 189 attacks in 127 patients by use of a bronchoscope, the main use of which was formerly to locate and remove objects that had entered the lungs instead of the stomach.

The principal reason for using



FIGHT COLDS THIS Easy WAY

Take a HOT MUSTARD BATH

Dissolve 2 or 3 tablespoons of mustard in a little cold water and pour it into your hot bath.

Colman's MUSTARD

OWBRIDGE'S TONICS Quick Relief for COUGHS - COLDS

January Clearance Sale

LADIES' SLIPS AND GOWNS CLEARING AT 1/2 PRICE LADIES' WOOL AND CORDUROY DRESSES LESS 20% S. A. McDONALD NO CHARGES - NO REFUNDS

THE STORY OF THE GREAT RUBY... IN 1485, DURING THE BATTLE OF BOSWORTH FIELD, THE RUBY MET WITH ANOTHER ADVENTURE...

Couple Adopt "U.N." Family



Like a United Nations assembly, the couple adopted the children of the Children's Aid and Infants Homes' Association of Toronto. Mr. Woodbury is an evangelist preacher.

False Face

By E. C. Buley CHAPTER XVII (Continued)

Six months' captivity in imprisonment had unruined Peter Marchant's unimpaired affection. But Marcia's letter revealed a state of mind which he had not expected to encounter.

The next morning found him consulting the most reliable private inquiry agent in London: a man who had retired from Scotland Yard with a high reputation.

Mr. Keogh had been recommended by Peter's solicitor, and Marchant found no difficulty in narrating to him the whole of his experience, without any reservation.

"I want to put myself right with Miss Soames, you understand," Marchant said. "And before I can attempt it, I want to know what happened. On the crossing of the 'Berlinia' for instance, the steward of the boat, and my cabin mate have been occupied by this fellow who impersonated me. I want to know whether he showed himself, and why she made sure, all along, that I was not dead."

"That's simple enough," Mr. Keogh promised. "The 'Berlinia' is due at Southampton in a day or two. We can track the steward of that cabin through the purser."

"Then there's the Paris end," Peter continued. "I suppose some description can be obtained of the man who was assumed to be myself? If he was murdered, as my information suggests, it seems strange that so little has been heard about it."

"We can overhaul that affair as well," Mr. Keogh said. "And how about this girl in Hollywood, Mr. Marchant?"

"Yes, when we've learned all that can be discovered at this end," Peter decided. "I'm rather curious to know why my friends here were so ready to believe that I had gone to the spree over in Paris, and met an untimely end. My solicitor, for instance, seems to have accepted the story without question."

"One's friends are just a little too ready to think the worst," Mr. Keogh conceded. "I've often noticed that. But one point you raise strikes me as remarkable. If this death in Paris was a gang murder, why did not the French police discover it? They are pretty keen on matters of that kind."

DOROTHY DIX'S COLUMN—

His Hobby, Her Rival

Husband Neglects Wife For Sporting Life

DEAR MISS DIX: I am the wife of a man who not only wants to be free but who gives every outward sign of forcing the issue. My husband has a sporting hobby which has now become his sole interest in life.

My husband has a sporting hobby which has now become his sole interest in life. In his pursuit of this activity, I have had further and further into his immersion in this outside interest would lessen as time went on, so that we would again enjoy the companionship that marked our early married years.

ANSWER: In a moment of bitter loneliness, you are perhaps taking a too pessimistic view of life. Most hobbies have definite limits of age and physical fitness of participants, so, depending on your husband's present age, it may not be too long before he'll find his all-absorbing interest too strenuous and will long before he'll return to the peace and quiet of the family hearth.

SEEK VOLUNTEER WELFARE WORK Not another hobby in the family, heaven forbid! But an active, worthwhile participation in the lives of others. Depending upon which direction your talents take, you might offer your services to hospitals, churches, or any number of veterans' or welfare organizations that desperately need volunteer workers.

DEAR MISS DIX: I was married six months ago to a woman ten years older than I. She's in her middle thirties. The difference in our ages never bothered us before, but now, after, and we love each other dearly. Some of my relations seem to think it won't work out. Would like your opinion.

DEAR MISS DIX: My husband and I were very foolish before edge to greet her, just as the diver climbed out of the water and on to the platform.

Household Scrapbook By Roberta Lee Scorching Spots For scorching spots on white linen, spread over the spot a paste made of the juice pressed from two onions, 1/4-ounce of white soap, two ounces of fuller's earth, and a half-pint of vinegar. Mix and boil until fully cleaned.

Ice Cream Stains Ice cream stains can be removed from unwashable fabrics by rubbing well with cold water and then applying carbon tetrachloride. Sponge until the stain disappears.

Pillows When making pillows or cushions, rub the wrong side of the material with beeswax, and it will prevent the feathers from working through the covers.

ELLEN'S DIARY

By An Island Farmer's Wife

Time bears us now farther into the New Year; we tread old paths, and ways we have proved, and as well try the new... accepting whatever the day brings—dealing with it, we like to believe, always as we should wish to be done by.

He leaned above the Book on the pulpit—we can see him yet after many an elapsing year... a big rugged man, a sunbeam falling in a glint of light above him to form an engaging halo in the Sunday quiet and reverence of those golden years... kindly, respected, scholarly, good.

"Were my eyes deceiving me, Ellen, or did I really see a new flower in her bonnet?" we remember a lace-capped grandmother of those "dear dead days" query of us in regard to a visitor, at the moment, by horse and buggy leaving the yard. Granny drew her wisp of summery shawl about her shoulders, then rested her hands on her white-aproned lap... the broad wedding band of gold was worn; and a bit large now, was held in place by a carved ring of the same.

Had her tresses been golden which now snowily swept up smoothly from her brow and could be seen again neatly wound at the nape of her neck? Or was it once brown, like chestnuts in autumn to point better the blue of her eyes? "And what color would you call it, Ellen?" she continued.

"Pink! And it was a rose!" we replied softly. "As for it was," she nodded. She rocked gently in the old-fashioned rocker. "She's a good woman, is Elsie," she commented. "She wears flowers on her bonnet and flowers in her heart. There's not too many like that. Ellen. What a fine world, this would be if there were more, instead of less, like her!"

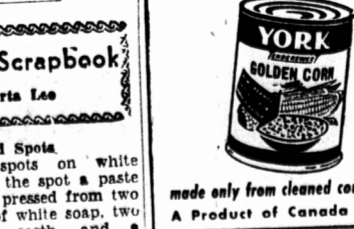
Judy, brisk and dependable helper of ours in a happy bygone year, has added a second jewel to her treasures: a September babe, another "Judy" by name. Will she, too, we wonder, have green eyes, unruly dark curls and likeable ways? And an infectious laugh, and willing hands and feet, and a liking to divide with another a last meagre crumb? To "make it taste sweeter," she said. Will this daughter of Judy's meet her world unafraid? And expect and find adventure in each new day that dawns?

Jamie scanned his features in a mirror this morning. They shook his head with obvious disappointment. "I," Gage looking on laughing with small glee, "am ahead of this time! I'm past two things now—the mumps and the chicken pox, and you have had only the one. I give you credit, Gage, for that. You must be a better man than you!"

Until tomorrow --Dary-- Good-night...



WHY DON'T WE EVER HAVE YORK GOLDEN-CREAM CORN? -IT'S BY FAR THE BEST!



KING COLE Old English Tea Blend NOW COSTS LESS

Anne Adams Patterns

THAT GOOD CASUAL YOU WANT these good lines and handsome details! Here's your new casual—step-in style and smart enough to step out anywhere. These sleeves are cut in one with side bodice—interesting design lines and much easier sewing!

How Can I... By Anne Ashley Q. How can I remove the discolorations from shirt collars? A. When the backs of men's collars begin to acquire that greasy soiled appearance, dissolve a little salt in some alcohol and rub the collar with this solution on a clean cloth. The discolorations will be entirely removed.

The Stars Say... By Genevieve Kemble For Tomorrow A CONCENTRATION of the forces and energies, with a well-formulated plan of action for future solidarity and gainful reaping, is enjoined by current aspects of major planets. Such building on sound, basic foundations would be furthered by a subtle urge from within, perhaps even a "hunch," an inspiration or some intuitive lead. The subjective as well as objective faculties are dependable.

Better English By G. C. Williams 1. What is wrong with this sentence: "To the victor belongs the spoils." 2. What is the correct pronunciation of "Riviera"? 3. Which one of these words is misspelled? Inaugurate, incorporate, infomre, indomifny 4. What does the word "serenity" mean? 5. What is a word beginning with an "ll" that means "ill will; active enmity"?

Modern Etiquette By Roberta Lee Q. Is it necessary that one's gowns worn by the bridesmaids at a wedding be identical? A. This is neither necessary nor customary. The colors, however, should harmonize and the styles should be somewhat alike. The bridesmaids should be invited to the home of the bride-to-be many weeks before the wedding so that they will have ample time to plan their attire.

Alice Brooks Designs TOWEL A DAY Fun to embroider a towel a day! Seven different motifs tell you which chores to do every day of the week! Perfect gift for the bride, easy for beginners!

GIVE Cold-Sick Child this Pleasant LAXATIVE relief To keep bowels open without needlessly irritating child—give Children's Own Tablets. Pleasant to take, won't irritate, give children between 3 and 15. They are not sweeten the sour stomach. Made by the makers of Baby's Own Tablets—your package today at your drugstore. Only 50¢.

Children's Own TABLETS