

That Body Of Yours

By James W. Barton, M.D.

GLANDS REGULATE BODY PROCESSES

As we think about the various organs of the body, most of us immediately think of the heart, the stomach, the liver, lungs, intestines and others, but may not think of the glands of the body and how they regulate the rate at which the organs, such as the heart and stomach do their work—the beat of the heart, the movements of the stomach, the action of the digestive processes. We fail to realize how the proper amount of juice of these glands pour into the blood means good health, whereas too much juice or not enough juice can change our whole physical appearance, our mental and emotional stability and our whole outlook on life.

If, for example, we study or think of the thyroid gland in the neck, we know that if it is pouring out enough juice into the blood our physical appearance is normal, not too fat or too lean, not over-active or under-active, not over-nervous or under-nervous (phlegmatic). We know that if overactive, the disease known as goiter is present and all body processes working so fast that the heart and nerves may wear out if all or part of the thyroid gland is not removed.

On the other hand, if the thyroid gland is underactive, not pouring enough thyroid juice into the blood, the individual "slows up" physically and mentally and puts on excess fat. When the slowing up process becomes advanced, the disease known as cretinism occurs and thyroid extract must be given daily to stimulate the thyroid gland to more activity.

Now when overactivity is present, there is goiter and underactivity, cretinism, and these two diseases are immediately recognized by the physician. However, when there is just a slight or small degree of inactivity present but not the complete disease of cretinism, the patient and family may just consider the individual as a little slow and do or think little about it.

ELLEN'S DIARY

By An Island Farmer's Wife

We saw Jamie glance toward the calendar this morning as, still in the twilight of dawn, he and his alert companion made ready to visit their trap-line along the stream, which winds through the depths of this valley. "It's a strange thing," he smiled, a bit puzzled over the circumstance, "but this month's leaf seems to have something different about it. I believe it's the numbers—they appear to be brighter," he offered.

"Do you know what it is, Jamie?" Gage questioned seriously. "It's because this is the Christmas month." So these days, young thoughts and those of their elders reach ahead to the glad Season. But not all with like anticipation.

We listened in to a conversation relative to the Season the other evening when two visitors, a farmer and his wife, sat about this hearthfire. The children were in bed, Rob off to the corner-store for some need of the morning and James had left us for a brief absence to assure himself that all was in order at the stables.

Despite his assertion that "I shan't be long gone," we knew he would stop to survey the fattening cattle there, to wonder perhaps over the extent of a girthing come sale's day; he would tuck in a handful of litter beneath this horse or that of the team and coming out, look along the fields in the moonlight to conjecture as to the whereabouts of the sheep, should they be gone from the yard. Regard too, the stars and note whether or not one or even more be caught in the circle about the moon.

"... shopping days 'till Christmas," a voice from the radio, now turned low, announced. "Well, can you believe it?" she smiled, "and I haven't bought one gift yet. Oh, it won't take me long—it doesn't if one knows what she wants. But there's the odd one that is... well, difficult to choose. There's Aunt... in the States, I never know what to send her."

"Why send her anything?" he suggested, "she has money to buy gifts for herself."
"My dear!" the wife straightened in her chair, "how silly you

Better English

By G. G. Williams

1. What is wrong with this sentence? "I have become reconciled with conditions."
2. What is the correct pronunciation of "agile"?
3. Which one of these words is misspelled? Invisable, hospitable, illimitable, inimitable.
4. What does the word "conivence" mean?
5. What is a word beginning with li that means "lewd; lascivious"?

ANSWERS

1. Say, "reconciled to conditions."
2. Pronounce aj-il, a as in at, l as in ill (not as in ice).
3. Invisable. A. To co-operate with secrecy. "He connived with his partner in the deceit."
5. Licentious.

talk! you know we just have to buy her a present. She always sends us such a nice one in return!"

He chuckled. "I guess I'm sort of mixed up," he commented, "I thought it was you who reciprocated."

"To be honest," she laughed, "I don't know which way it is!"

"Then," he rejoined, "when Christmas comes to mean nothing more than a swapping of gifts, it's high time to quit honoring it; when we wear ourselves out over purchasing some seasonal memento for someone we don't care a hang for, except that we'll get back our money's worth, let's be done with such customs which after all in spirit dishonor the Season."

"Now there to my mind," he continued, "is what is wrong with Christmas these years—folks forget the significance of the occasion... oh, they believe it as they might some pretty fairy-tale but they aren't touched by it; they haven't learned from it. They are taken in by the trappings of the time, and they're extremely 'earthy'—tinsel and glitter and

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Short And Sweet

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DOROTHY DIX'S COLUMN

Off Again, On Again

Girls Broke Off With Boys, Now Want Them Back

Here are excerpts from two letters, giving minor facets of a major problem:

DEAR MISS DIX: Last week I broke up with a boy I dated for seven months. There was no reason except that I was in a fighting mood. He made no attempt to come back, which I was hoping he would, so I could explain. He goes out with several of my girl friends. This situation has upset me so that I am under doctor's care. How can I get him back?

TESSIE

DEAR MISS DIX: I used to go with a boy two years older than I. After going steady for six months, I decided I was too young to be settled down with one boy. We broke up, though I now deeply regret it. He is going with someone else. I still see Jim occasionally, and am sure he still likes me. How can I win him back without hurting the girl he's dating now?

FLOSSIE

ANSWER: Youth is not very stable—thank Heaven! and its decisions are quite fallible. The time from, roughly, 15 to 20 is the period of reaching a decision on matters romantic and the path to marriage has many twisting turns before it reaches the altar. There are many dates, many broken romances and bitter tears during the journey. So don't think that your life is irrevocably ruined because Jim or Joe or Dick has wandered off to another girl. You'll find another boy yourself, and probably more than one, before your true love makes an appearance.

FIND NEW BEAU
There isn't much you can do to rekindle a boy's interest once he has strayed. Better put your efforts to work finding a new beau—a much more worthwhile pursuit, I assure you.

Dating of six or seven months is not enough to set a pattern of unwavering love, so no matter how much you two girls may think your hearts are broken by the dereliction of your erstwhile sweethearts, isn't so! Recovery will be soon, and complete.

Once you have broken with a boy—and both these girls readily assume blame for the break-up—it's most unfair to dog his steps when he finds another girl and seek to upset the new romantic set-up. Clearly, you find the boy more desirable when another girl has him than you did when he was your own property.

When a boy has had his pride injured once, he is sure to be very wary of exposing himself to a like experience again. Therefore, it would take considerable effort to win him back—and require constant vigilance to keep him. Instead of going through all these motions—which may be wasted anyway—turn your attention in another direction. Of course, it's always possible that the boy will come back of his own accord—at which time you'll doubtless decide you don't want him anyway. What does the whole thing add up to? Feminine perversity, of course!

DEAR MISS DIX: I'm 19 and have a wonderful boy friend in service. We plan to marry either next year or when he gets out. I've met his family and they like me very much. What bothers me is this: I get an awful feeling that he won't call me, or won't show up to keep a date. I don't know why I feel that way. Perhaps you would call it "love sick." Is there any remedy for it?

BETTY

ANSWER: Alas, no! But as almost any living adult will testify, it's curable by the balm of time. Practically everyone has lived through it at one time or another.

What you lack, Betty, is confidence in the boy. Your constant apprehension that he will fail to keep a commitment is tantamount to saying you don't believe in him! I'm sure you wouldn't care so much for him if he wasn't honorable and honest. Surely with those qualifications he can be trusted to be courteous and considerate, too. Stop worrying, and don't let him know that you mistrust him.

DEAR MISS DIX: My husband and I have been happily married for two years and have a very nice home. We have one complication. I have three children by a former marriage and my husband doesn't want his mother to know about them. My mother is caring for the youngsters.

YVONNE

ANSWER: How could you have let yourself be talked into such a deception? Three children are rather difficult to conceal forever. At some time you're bound to be forced to acknowledge them. Better do it soon. I should think you'd be much happier to have them with you, and surely they should be with their mother. Breaking the news to your mother-in-law may be difficult, but perhaps she will be more understanding than you think. At any rate, acknowledge your children just as soon as possible.

How Can I...!

By Anne Ashley

Q. How can I make a homemade duster?

A. By soaking old pieces of flannel in paraffin oil overnight; wring out tightly and wash in lukewarm water, and let dry. It will gather all dust and give a good polish to furniture and floors.

Q. How can I easily iron handkerchiefs?

A. Try ironing the middle and then the edges. Sometimes the middle will bulge if the edges are ironed first, and then the handkerchief can not be folded in good shape.

Q. How can I prevent flying of dust when emptying the carpet sweeper?

A. The dust and dirt will not fly if the carpet sweeper is emptied on a dampened newspaper.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ALTHOUGH it may be an exceptionally lively and interesting day, it may not be entirely constructive. There may be some unforeseen blocking or reversal of plans, perhaps because of certain hidden or sinister undercurrents. Elders or large corporations may be at the bottom of miscarried plans and projects, although some may be favorable.

For the Birthday

Those whose birthday it is may have ambitious plans, with dealings of more than passing importance. It is probable that some measure of opposition may come from old institutions or official persons. Nonetheless, well-developed propositions, built on sound foundations, may find worthy efforts encouraged. Tact and vision may win over opposition. But be sincere and work for enduring goals rather than immediate returns or favors.

A child born on this day has much to make for a successful career against many odds and frustrations.

AT ITS BEST ICE COLD
HAVE A
Coke

Modern Etiquette

By Roberta Lee

Q. Is it true that formal introductions are not necessary on shipboard?

A. That is quite true. Life on shipboard is more or less free from conventionalities. It is permissible for fellow travelers to converse without being introduced. And one should enter into the ship gaities, as it is ill-bred and discourteous to refuse to take part.

Q. In meeting the same person many times within an hour or so, does one continue to bow each time?

A. No, this is not at all necessary. After the second, or at most third, meeting, one merely smiles—or looks away.

Q. How long before the hour of the wedding ceremony should the guests arrive?

A. About twenty minutes, and never later than ten minutes, before.

Cook's Corner

CORNEB BEEF HASH

(Serves 6)

Two cups (1 16-oz. tin) corned beef (or leftover ground roast beef), 3 cups cold or hot boiled potatoes chopped, 1/2 cup milk, 1/2 teaspoon salt, 1/8 teaspoon pepper, dash of Worcestershire Sauce, 1 tablespoon onion juice, or 1/2 cup finely chopped onion, 2 tablespoons butter or fat. (Chopped parsley or green or red pepper or pimiento are good additions.)

Melt fat in frying pan. Mix all other ingredients but milk. Spread evenly over fat and try slowly over low heat until it is well-browned underneath, adding milk slowly over surface about halfway through. It requires about 30 or 40 minutes over very low heat. Fold over, as you would an omelet on hot plate. Garnish attractively.

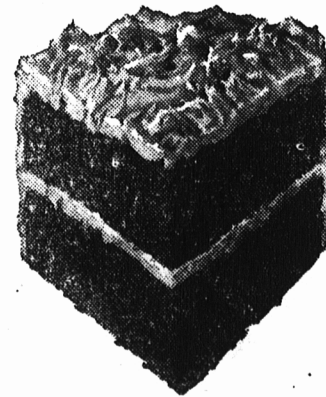


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