

That Body Of Yours

By James W. Barton, M.D.

DIVING SAFELY WITH HIGH BLOOD PRESSURE

One of the advertisements that comes in the mail to all physicians is an illustration of a man just past middle-age, shoveling snow, and under the illustration is the word "DON'T." The man has high blood pressure. The illustration is advertising the merits of a certain drug which dilates or opens up the bloodvessels by releasing the tension on the elastic walls of the bloodvessels.

By opening up or relaxing the walls, less pressure is needed to pump the blood through these relaxed vessels than when they are tensed. Naturally I cannot mention the drug, not because it is not helpful but because there are other drugs available that will act similarly. However, some of the other advice in the advertising literature may be applied to all cases of high blood pressure and should prove valuable to high blood pressure patients, without interfering with the advice given by their physicians. In fact this same advice is given by all physicians in the treatment of this condition.

Cultivate sensible living habits, avoiding unnecessary physical and emotional stress. We must all face some physical and emotional stress but we can avoid that which is unnecessary.

Don't worry about your blood pressure and ask your doctor to take it every time you consult him because the blood pressure varies hourly even in normal individuals and even more in those with high blood pressure.

Real relaxation—mental as well as physical—may decrease the systolic pressure (with cuff lightly inflated) as much as 40 mm. and the diastolic pressure (with cuff loosened) by 20 mm.

While many physicians advise strict dieting or reduction of food, all that is usually needed in high blood pressure is to cut down on table salt and on foods. To many the trying to follow faithfully a reducing diet would so upset them that it would really increase their blood pressure. If they failed to follow a very strict diet.

Another sensible suggestion is in the matter of exercise. Unless there are heart or blood pressure complications such as enlargement of the heart or very high diastolic pressure, light exercise is really advisable. In doubtful cases, exercise such as regular walks or light home or office duties, is advisable. If short rests during the day can be taken.

With the physician prescribing a drug or drugs to control blood pressure and the patient following sensible living habits, high blood pressure need not be dangerous.

Child's Bad Breath often sign of Upset Tummy! Have your doctor's name. For minor digestive upsets, children so often suffer as a result of overeating or eating too much candy or sweets. Give Children's Own Tablets, new corrective for youngsters 3 to 18. They quickly help sweeten sour stomachs and act speedily to clear out from the bowels, sending waste material in a gentle, thorough manner. You never know when you will need the help of Children's Own Tablets... so get a package today at your drug-gist. Only 24¢. Made by the makers of Baby's Own Tablets—your guarantee of a reliable product.

Modern Etiquette

By Roberta Lee

UPSETS HOME LIFE

Q. I sent my employer of 15 years a wedding invitation when my daughter was married, but never received any reply or acknowledgement. Was it wrong for me to mail the invitation in the first place? A. Although business and social life are not usually joined, there was not anything at all improper in your sending the invitation. Most certainly, your employer's neglect or refusal to answer the invitation was an extreme act of discourtesy.

Q. When a hostess passes cigarettes after a meal, isn't it permissible for a guest to smoke his own if he prefers to do so? A. The guest should accept the cigarette offered by his hostess.

Q. Is it considered all right, when eating soup, to break a few soda crackers into it? A. Yes, this is quite all right.

Household Scrapbook

By Roberta Lee

Potato Soup

When making potato soup, peel and dice one large potato. Cook until soft in a pint of water, then run through a sieve and return to the water it was boiled in, add one pint of milk, one teaspoon butter, and salt to taste. Let it come to the boiling point and pour it over one egg which has been beaten. Stir well. Serve with crackers.

Brushes and Combs

A teaspoonful of ammonia added to a quart of water will remove all grease and dirt from brushes, shampoos, combs. Rinse the brushes, shake, and dry in the sun.

Grained Woodwork

Grained woodwork may be very nicely cleaned by rubbing well with linseed oil and then polishing with a dry cloth.

Cook's Corner

EVER READY ROLLS

Temperature 425 deg. Yield 1 1/2 dozen. Time 20 minutes. Combine: 3/4 cup milk, scalded, 3/4 cup sugar, 3 tablespoons shortening, teaspoon salt, cool to lukewarm. Add 1 egg, slightly beaten, to milk mixture, mix well. Soften 1 cake compressed yeast in 1/4 cup lukewarm water, add to milk mixture. Add 3 1/2 cups sifted flour gradually to yeast mixture, blend thoroughly. Knead dough on lightly floured board until smooth and elastic—about 5 minutes. Place dough in greased bowl. Cover and let rise in warm place until double in bulk—about 1 hour. Punch dough down, grease top of dough slightly. Cover bowl with slightly dampened towel and wax paper. Tie securely, store in refrigerator until needed. When needed, take from the refrigerator amount of dough required, and punch down. Shape as desired. Cover, and let rise, in a warm place, until double in bulk (about 2 hours.) Bake in hot oven (425 deg.) for about 20 minutes.

SCALDS • BURNS

Deb on a paste of Baking Soda and water and cover with a damp cloth.

COW BRAND BAKING SODA

DOROTHY DIX SAYS—

Valid Objection

200-lb. Husband Resents Wife's Olive-And-Lettuce-Leaf Meals

DEAR MISS DIX: Can anything be done to a wife who has suddenly become a food-faddist? I am a strong, 200-pounder and having led an active life, I am all bone and muscle. I have a he-man appetite to which, up to now, my wife has catered. But recently she has joined some sort of a circle and the diet she has picked up there she is trying out on the family dinner table and especially on me. She scrutinizes with a hawk's eye every morsel of food that is introduced into my mouth. The bread slices are as thin as paper napkins and the butter patties are transparent. I can't have potatoes if I eat bread.



Some evenings when I go home after an active day's work all I find is a note saying that she and the children have had their supper and gone to an early movie and that I'll find my supper in the refrigerator. When I open it up, all that I discover are several thin slices of tomatoes and a lettuce leaf guarded on the side with a few ripe black olives.

All this is wrecking my home and my wife's nerves and reducing my mental as well as physical powers. Don't you think this diet stuff is all tommyrot? I wish you would tell my wife so.

ANSWER: I certainly do agree with you and am against the whole diet racket, especially as practiced upon husbands by wives.

UPSETS HOME LIFE It isn't just merely a coincidence that domestic life isn't what it used to be, and that husbands and children won't stay at home evenings as they did in the dear gone days when women prided themselves upon their housekeeping and had never heard of calories. Always the center of a happy home has been the dining room. Our idea of family life has been father and mother and children gathered around a table that groaned with its load of good food.

But no imagination is strong enough to picture a happy family gathered about a table sparsely furnished forth with a dab of spinach and a fragile leaf of lettuce or two and some gosh-awful mess warranted to be nonfattening but to include the proper vitamins that will sustain life, though why anybody wants to sustain life under such conditions remains a mystery only a dietitian can fathom.

Of course, it would be all right for a vitamin hound to starve herself if she wanted to—and the quicker the better—if she could do so without martyring her unfortunate husband and children, and if it didn't reduce her amiability even more drastically than it does her figure; but, alas, such is not the case. When a woman suffers she never wants to suffer alone. I can offer you no help in solving your problem. Only sympathy.

DEAR MISS DIX: My daughter has been going with a young man for some time. I presume they are engaged. Every time he comes over, even if there is company, or if I or the remainder of the family are in the room, she is either playing with his hair or fixing his necktie or touching his cheeks. I don't object to them petting a little but I wish they would do it privately, not when other people are in the room. It is embarrassing to us.

ANSWER: Right you are, Mother, and I never see a couple who are doing their love-making in public that I do not wonder that they do not realize what figures of fun they are making of themselves and how everyone is laughing at them.

But everywhere you see it being done, regardless of how ridiculous it makes the performers or how sick it makes the observers. At the movies you can hardly keep your mind on the romance depicted on the screen for the smugglers who are sitting right in front of you and distracting your attention. On the roads your life is endangered by drivers who are trying to mix kisses with gasoline.

And, curiously enough, it is mostly the girls who are indulging in this harmless display of their affections. Mostly the boys are sitting straight as ramrods with "damn" written all over their faces while the girls are encircling them with their arms. Which goes to prove the fact that men have a greater sense of humor than women. For the men at least realize what a laughing-stock they are making of themselves. Surely if girls could know how cheap and common and vulgar they look when they caress the boy friend in public they would refrain from doing so.

DEAR MISS DIX: My husband has been called back into the Army. He has been gone three months. My old boy friend from out of town wants to start in where we left off before I married my husband. Since I may never see my husband again and I am not getting any younger, do you think it would be all right for me to go out with this man?

ANSWER: Well, I think you are about the most easily consoled war widow I have ever encountered, and that your ability to love the man who is nearest when 'other one is away, entitles you to take the medal among unfaithful wives. Apparently you are not giving even a casual thought to your husband who may have to risk his life to defend you. You are not asking yourself how he will feel to know that you could not be true to him even for three months. Pretty shabby treatment, I'd call it.

Morning Smile

Observation

Teacher: "Tell me, Sammy, why do women live longer than men?" Sammy: "I don't know, teacher, unless it's because paint is a great preservative!"

Cheap Estimate

"What will it cost me to have my car fixed?" "What's the matter with it?" "I don't know." "Fifty-two dollars and fifty cents."

The Stars Say --

By Genevieve Kumble

For Tomorrow IT is possible that only by the judicious use of clever strategies, and very clever understanding of perplexing situations, may difficulties, loss of prestige and standing be jeopardized by some false moves, bad judgment, or overplaying the hand. Perhaps self-confidence, overbearing notions or attitudes might defeat, with lost opportunity. However there is a sign of a timely personal gesture to offset and mend broken fences. Be wise as to promises, over-enthusiasm or arrogance where favors are desired.

If It Is Your Birthday

Those whose birthday it is, may find themselves in a critical situation because of their personal blunders, snap judgments or over-exaggerated ego, thus begetting loss of prestige, confidence and of openings for forging ahead on ambitious plans and projects. False values, self-importance, could prove disastrous and spoil chances of prestige and advancement. Withal by means of personal popularity, charm, "gentle persuasion," the breach might be, graciously and effectively, bridged over.

A child born on this day, although blessed with personality, magnetism may also be vainglorious and egotistical, neutralizing its efficiency in life.

don't be DULL CHAMBERLAIN'S TABLETS 24 A PLEASANT PHYSIC 35¢

KING COAL

ELLEN'S DIARY

By An Island Farmer's Wife

"I often think, Ellen, the days of long ago were better than these" James remarks, settling down now in pipe and slippers in his old armchair, in an attitude which indicates clearly a desire to chat.

Comfortable times we have in this complete understanding which belongs to our older years. It allows us to enjoy spells of companionable silence or the joy of conversation if desired in this rare and delightful period of growing old together. To scold? Have we omitted that? Then that goes to show that we accept the fact that James like many of the husbands we have studied, sheds shrewish words casually, as a duck the rain. Nor can there be any making-over now, often "the chief end" and issue — and despair of young married couples. We have been made over by grace of the years, our lives forged on the anvil of time, tempered by the vicissitudes of our living — until now, still far from attaining perfection in design we are most-ly no longer malleable.

When we were children Ellen" James continues into his smoken-wreaths "I recall the world as a fairly comfortable spot. Countries were so widely separated that it didn't seem to make much difference to us, what went on in far ones or how they handled their affairs. Now, Korea, so much in name the minister mentioned when he asked for funds for mission-work there. It had neither form nor substance. . . . though perhaps that was our golden opportunity then — who knows? But issues appear and wranglings and suchlike even in Christianized countries. Because, Ellen, wherever humans are, no matter of what race or creed, the old elements of love and hate, of sacrifice and greed and the other virtues and curses, common to mankind are there too. "Since Eden," we offer, James nods "And before! But in the long ago, Ellen" he continues "when the mail was in some places a bi-weekly occurrence and newspapers were scarce, before the days of cars and radios, I believe we lived happier lives. We were more interested then in the items of living round about. Not that we aren't still, but these must share space with other interests worldwide. Do you see what I mean?" "It's the truth! we agree.

"For example, Ellen, take the breakfast hour in this — and in every farm-home. We used to chat about the items of news of the farming or that had to do with the community. At this time of year . . . oh, someone was perhaps getting short of feed for his

Better English

By B. C. Williams

1. What is wrong with this sentence? "They could make no other plan but that." 2. What is the correct pronunciation of "depths"? 3. Which one of these words is misspelled? Mausoleum, mayonnaise, maverick, magisterial. 4. What does the word "conspicuous" mean? 5. What is a word beginning with ind that means lassness?"

ANSWERS 1. Say, "They could make no other plan than that." 2. Pronounce the th, not dephs. 3. Mayonnaise. 4. Obvious to the eye or mind. "He made himself conspicuous by speaking in a loud tone." 5. Indolence.

stock, and about thrashing or sawing wood. Or" he smiles "about a coming pie or parlor social" . . . "O' prayer meetings" we remind him. "Or just said nothing but mooned about a sleigh-ride in the offing when all the world was still." "But this morning when the Radio was bringing it in, we talked of the news from the Far East, and the names of soldiers and statesmen were as familiar to us as if we spoke of Mr. C. from the house on the hill — or any other of the neighbors. Yes, an . . . while we ate, we knew what the weather was like thousands of miles aw — what parliaments were intent upon at home and abroad. Yes, the world has surely got smaller. Why, places only vague names to us are now as near as . . . "This kitchen!" we

And the worst of it is, Ellen" he continues "their concerns are ours now along with our own! So that I do believe we lived more comfortable when our boundaries were limited and we didn't have a whole world's troubles and tribulations at our backs. But then I reckon it's just that I haven't got used to it yet. I suppose that is meant by the word 'Neighbour' The boundaries of home and community pushed back to include all kinds and colors — if only we could all live happily together!" That was one of the two great convictions that grew out of the items of living round about. P'rime Minister St. Laurent's education" we offer. One was that no amount of educational equipment can replace a wise teacher. The other is that men of different races, creeds, and religions can live peaceably together if only there is good-will. "There would not be so many concerns then, Ellen" James observes, a thumb in a cold pipe-bowl — and adds: "Fetch m a match, will you, Ellen?"

Until tomorrow — — Diary — Good-night. . .

How Can I . . .

By Anne Ashby

Q. How can I make a temporary repair to a leak in a gas pipe? A. Moisten some common soap and press it tightly over the leak. Or use a paste made of whiting and yellow soap mixed with water. Never have a lighted match, candle, or other flame near the leak.

Q. How can I make a good hand lotion? A. Equal parts of camphor and glycerine make an excellent lotion to keep the hands smooth and white. Rub it in thoroughly before retiring.

Q. How can I remove red wine stains from linen? A. Dip the stained portion into boiling milk. Keep the milk boiling until the stains disappear.

COPENHAGEN — (CP) — Danes are going in for vitamin pills in a big way. It is estimated that Denmark's 4,000,000 people consume about 1,000,000 pills daily.

HUSKY BABY? Help Keep Young Bodies Strong and Well Mothers—to help your baby to have sound teeth, strong bones and a more husky body, give him pleasant-tasting, easy to digest Scott's Emulsion. Scott's Emulsion contains the Natural Vitamins A and D with other essential elements that babies and children may need for proper growth. That's why so many recommend Scott's. Buy the large economy size to-day!

YOUR EASTER BONNET awaits you at ADELLA'S MILLINERY HATS Our Specialty A wide selection in all the newest trends and colors. Prices From \$3.95 up

THE FASHION SHOPPE THIS SPRING, AS ALWAYS, SMART CLOTHES FOR . . .

The smart The backbone of your Spring wardrobe is your suit. Smartly slim in silhouette . . . appealing, yet long wearing of fabric . . . in a color that's a perfect reflection of Spring '51 fashions. Here now for your selection, are our Gabardines, Rayons Worsteds and Tweeds Price Range - 29.50 to 79.95 CHARMING ESSENTIAL ACCESSORIES Handbags Roomy, smart, beautifully made handbags of many fine materials, offer a choice to the well groomed woman of her favorite accessory. Gloves Gloves are all-important to the well-groomed woman, fashion-right and colorful. See the handsome new leather and fabric collection at our store. Blouses Bewitchery 'neath your favorite suit or with your favorite skirt . . . a promise with one of the blouses from our Spring-themed new collection. Embroidery trims . . . solid colors and gay prints. USE OUR LAY-AWAY PLAN The FASHION SHOPPE 141 ST. GEORGE ST. PHONE 55

BE BEAUTIFUL THIS SPRING WITH BELCANO Skin Care We have arranged for— MILDRED ROYCE CROWELL, Representative of BELCANO COSMETICS to be in our Cosmetic Department for consultation: MARCH 15th to 24th, inclusive. Telephone NOW for your appointment for a lovely courtesy BELCANO treatment and skin analysis. BELCANO has such beauty aids as: BELCANO MASK - SATIN TISSUE CREAM SKIN-FIRM - COLOGNES - PERFUMES PRICED TO SUIT YOUR BUDGET Our shelves are well stocked for your convenience. S. A. McDONALD TELEPHONE 308