

## That Body Of Yours

By James W. Barton, M.D.

### STOP FIGHTING YOUR HEART

While many do not attend picture shows, the majority of us go at least occasionally, so I want to recommend that if a film story called "Guard Your Heart" comes into your district, you and your family take the time (less than 30 minutes) to see it. The three-reel film was produced by the Bray Studios Inc., New York, in collaboration with the American Heart Association.

Everybody is interested in the heart; heart disease causes more deaths than any other disease. Naturally any little pain or other symptom in the region of the heart causes more fear than any other one symptom.

The purpose of the film, "Guard Your Heart," is to replace unnecessary fear and apprehension about heart disease by an understanding of how the heart does its job and what adults can do to help the heart keep on the job.

The film gives the story of a middle-aged busy executive with the first signs and signals of on-coming heart disease. It shows how to prevent these attacks, or at least live safely with them.

To sum up the lesson, this executive learned the following:

1. The heart is the strongest (toughest) organ in the body, yet heart disease is the most frequent cause of death. One reason is that people live longer and their hearts receive more wear and tear.
2. Through research we must discover basic or underlying causes of heart disease but meanwhile we must do what we can to reduce wear and tear on the heart.
3. A man in his fifties should not try to compete with his former 20-year-old self. He must learn to relax in his work and in his play.
4. The high death rate has caused unnecessary fear. The more we learn about the cause, management and preventability of

## The Stars Say - -

By Genevieve Kemble

### For Tomorrow

THE indications are that a steady and well-calculated course and plan of action could culminate in lasting and substantial returns. Honors, dignities and possibly public acclaim could be the crowning glory of obligations, duties and worthy efforts conscientiously pursued. Major objectives, high aspirations, pleasant places, could "cap the climax" as reward for work well done, responsibilities graciously assumed.

### For the Birthday

Those whose birthday it is may be assured of a pleasant, prolific and potent culmination to honest effort, serious attitudes and worthy aspirations. Under a benign and expansive incitement, there is no limit to the rewards, emoluments and fulfillments for honest efforts, perseverance, and the drive of responsibility and duty, cheerfully accepted.

A child born on this day is bounteously endowed with those potent, substantial and far-reaching aspects of character, ability and aspiration for a useful, responsible and happy life.

heart diseases, the less we need fear them.

5. A man who lives with his heart instead of fighting it is likely to live longer and enjoy life more.

So stop fighting your heart. What else can we do to prevent heart attacks or live with them if they do come? One important point is to avoid overweight which shortens the life span; every insurance medical examiner will tell you that lean men live longer.

A second point within our power is not to let ourselves become too tired, to be unshamed to sit down or, better, lie down before we get tired.

## ELLEN'S DIARY

By an Island Farmer's Wife

This is an eerie night — or perhaps we only find it so because we are spending it some distance from Alderley, in a house where sea-winds come in to mourn about the eaves.

But there is darkness and chill without as November offers a first spell of wintry weather. Coming, we drove into a snow flurry which made the outing trying for the driver and driven, and it was with relief we finally came within sight of the lights of this, our destination.

We recall now how darkly the blustery fall night had enclosed us en route and with what effort the space of vision on the windshield was kept clear for James. "Now this, Ellen," he offered once "is definitely no night for folks to be prowling. Only an emergency should cause anyone to venture forth in the like of it!" He adds at the moment as he prepares to retire: "If I ever get home, Ellen, and you mark my words you'll never again get me away on any 'wild-goose' chase like this!" He listens intently to the play of rain — or are those pellets of snow against the panes?

"Is that east or south?" he asks. "I'm never too sure of directions when away." And since little is required of us along these lines to his mind, "south" we reply. He eyes us with some suspicion. "Well, whichever way the storm is — the roads won't be too good in the morning!"

Braving the falling weather and slippery roads we came the distance eagerly to join our kin in a family re-union, to meet once more with our best of parents, as we can do now all too rarely in a complete circle . . . to turn back the hands on the time-piece of the years and with sisters and brothers, eight in all, be "a child again just for tonight!"

It has been an enjoyable fore-gathering here in the hospitable home of the youngest of all, one if it should happen that we have no other, we shall ever remember. Dined? Oh yes, but excellent was the fare and good the viands, those will be forgotten long before we shall forget the delight of being together again—of gathering about the two, who in some miraculous way, and exemplifying many a virtue of living management to set our feet along nice paths.

Easy paths? "Easy or difficult" we quote James "is mostly a state of mind. It's all in the spirit you approach it!" And so we chatted picking up old threads of comradeship that had been rested, and looking backward through the vanished years, laughed to remember. And in the firelight which flamed brightly in defiance of night's dark and storm against the windows we found that though all had grown older in appearance, at heart there had been little change.

Here unchanged was the studious lad of the family, there the alert happy-hearted fellow, who preferred to gain his education by practice. Here was the serious chap, of purposeful word, old as a child and there were the girls. The industrious, dark-eyed, orderly, dependable one and she with the blue eyes and the courage of her convictions to keep; and the one and always helpful, and the one inclined to dream dreams and escape tasks, and there the tiny energetic maid, our hostess; gifted and kind . . .

The in-laws, as much appreciated as they that are kin, contributed to the evening's enjoyment—the girlish woman who by popular request delighted all with "the old songs" and James . . . but "I just know, Ellen" he now uncovers an eye above the be-comes to remind us "you won't be nearly so brimful in the morning!"

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



Entering the British Embassy with Ambassador Sir Oliver Franks Princess Elizabeth and the Duke of Edinburgh found Washington different in several respects to the Canadian cities visited during the tour. There were crowds at many points the royal couple visited, but few on the streets and highways when their car passed. But inside, at the various functions, so many persons crowded into the rooms where the royal couple were, that curtsies were abolished for lack of space in which to perform properly.

## DOROTHY DIX SAYS—

### Teen Resents "Babying"

Girl Claims Parents Treat Her As Child

DEAR MISS DIX: I'm 15 years old and my parents still think I'm a baby. They won't let me go anywhere or do anything with my friends. I feel badly because I can't do things that girls my age do. I have tried talking to my parents but they always insist I'm "still a little girl." I have lost many friends because my parents won't let me grow up.



ANSWER: It is a most difficult time when children begin to grow up and parents cling to the thought that "she's still a baby". The youngster is straining at the reins to push into adulthood, while mom and dad try to tighten them, reluctant to admit that children don't remain babies forever. But facts must be faced; son or daughter has left childhood, and the transition into a grown-up world should be made easier through the parents' co-operation.

Judging the exact moment at which daughter is ready to have dates, wear lipstick or stay out until midnight are questions that require careful deliberation. A decision considered unfair by the teenager will create great howls of injustice and cruel treatment. Too much liberty, too little parental restraint, can lead to many troubles. Where to draw the line? Ah, that is the question.

### DIFFICULT AGE

Fifteen seems to be the age at which most difficulties arise, according to my mail. It is the age when dating first becomes a problem with most girls. If daughter's friends are well-brought-up youngsters—as they should be—school dates should come along and be taken in stride. If the rest of the class goes to a dance, the girl who is kept home is bound to feel resentment against the parents who are really only seeking her welfare. This sensible conclusion is, of course, entirely beyond the comprehension of an adolescent.

So, K. S., I'm entirely on your side, but advising you how to convince mom is another problem. It takes time for parents to realize that their children grow up. Just be patient with yours. And don't try to be more grown-up than you really are. Remember, 15 is just over the "little girl" border, and still quite a way from completely "grown up." No matter how much you disagree with the edicts of mother and dad, obey them. Disobedience will bring you nothing but trouble.

DEAR MISS DIX: I have gone out with a boy a few times and like him very much. When I see him on the street he always seems to be glad to meet me. Is there any possible way to make him call me? Would it be proper for me to ask him to an outing with a large group? Please, don't tell me to sit and wait, as I've done that for two months.

JEANIE

ANSWER: Of course you shouldn't sit and wait, Jeanie! You have the perfect solution in asking this young man to go with you to a picnic. Boys are often shy about advancing a friendship. If a girl wants to make the first move, extending an invitation to a group affair is the best method. Sometimes, of course, the affair can be planned solely for the purpose of providing an excuse for a particular invitation—and who has to be the wiser?

DEAR MISS DIX: My husband left me with four children about three years ago. A year ago I met a nice boy of 25 whom I love very much. He is five years younger than I, yet has much older ways. His parents think a lot of me and the children. However, he never mentions marrying me or speaks of the future.

ROSALIE

ANSWER: You expect a lot, Rosalie, when you think a young man of 25 is ready to accept the responsibility of a good-sized family after only a year's acquaintance. Aren't you rushing things a bit? In your anxiety to acquire a man around the house, you're likely to scare the poor boy away. You must exercise a little judgement, too, and make sure he will be a good father to your brood.

## Modern Etiquette

By Roberta Lee

Q. When a woman stops at a restaurant table to exchange a few words with another woman who is dining with some friends, is it necessary for that woman to introduce her friends to the new-comer?

A. No, an introduction is not necessary.

Q. When someone telephones a member of the family who is absent, should one ask who it is? A. If the caller has not identified himself, rather than ask, "Who is this?" it is much better to ask, "May I tell him who called," or, "Would you care to leave your number?"

Q. When does one take the napkin off the table and put it on one's lap?

A. As soon as one is seated.

## Cook's Corner

### RAISIN NUT PIE

For a party dessert, this same filling baked in tarts and then topped with whipped cream is grand.

Two cups seedless raisins, 1½ cups water, ½ cup granulated sugar, 3 tablespoons flour, ¼ teaspoon salt, 1 tablespoon grated lemon rind, 3 tablespoons lemon juice, ½ cup chopped walnuts, pastry for single-8-inch crust with strip top.

Rinse raisins, add water and boil 5 minutes. Blend together sugar, flour and salt and stir into raisins. Cook and stir until thickened. Remove from heat and blend in butter, rind, lemon juice and nuts. Pour into pastry-lined pie pan. Top with pastry strips. Bake in hot oven (400 degrees F.) 35 to 45 minutes, or until well browned. Serves 5 to 6.

## NOTICE TO PARENTS

In view of the uncertainty of the weather at this season of the year, it would be appreciated if parents would ensure that children witnessing the Royal Procession, etc., are clad in warm clothing and suitable footwear.

Royal Visit Advisory Committee.

## Says Joint Beliefs Best Marriage Link

WINNIPEG, Nov. 7.—(CP)—No matter how pretty she is, chances are that the girl who drifts through life with a perpetual yawn is a poor marriage bet, according to Dr. J. L. Asselstine.

The psychiatrist who directs Greater Winnipeg's child guidance clinic said here "Of course, there are always some people who are just plain bored. Such types don't fit in with his definition of marriage—a partnership based on community interests and aims.

Marriage is also a matter of "take me, take my vices," he said. If the prospective hubby is a gambler, drinker or canasta fiend, you can't expect him to change overnight. "That would mean someone is taking more than giving," he said.

Dr. Asselstine said the first quality to look for in a prospective mate is maturity. Then there's independence. One mate should not be linked to another who is overly-possessive.

Responsibility is the big factor in maturity, he explained. It entails common sense and foresight.

## Household Scrapbook

By Roberta Lee

### Wet Fur

If the fur collar or coat has become wet, do not try to dry it by the heat of a fire, as this will cause the skin to become brittle and the hair to fall out. Shake the fur thoroughly to get out the moisture; then hang up to dry.

### Darning Stockings

When darning stockings, avoid making knots in the thread, as they are hard on the feet. A knot is unnecessary if the end of the darning cotton is moistened to prevent its slipping through.

### To Eliminate Roaches

Gum camphor is usually a speedy remedy for ridding the house of roaches. Powdered borax mixed with sugar is also effective.

## Better English

By G. C. Williams

1. What is wrong with this sentence? "He pled guilty to the charge that he had stolen a purse off of a woman."

2. What is the correct pronunciation of "sachet"?

3. Which one of these words is misspelled? Embroidery, sorcery, boundary, mercenary.

4. What does the word "bombastic" mean?

5. What is a word beginning with "b" that means "pertaining to uncivilized people"?

### ANSWERS

1. Say, "He pleaded guilty to the charge that he had stolen a purse from the woman." 2. Pronounce sa-sha, first a as in ask, second a as in say, accent second syllable. 3. Boundary. 4. H's sounding; big without meaning. "The speaker employed a theatrical, bombastic, windy phrasology." 5. Barbaric.

## How Can I!!!

By Anne Ashley

Q. How can I prepare used paraffin for re-use?

A. Heat the paraffin to the boiling point and strain through three thicknesses of cheesecloth over a funnel. Repeat this operation if necessary. The paraffin can be cleaned with a brush and warm water if not too dirty.

Q. How can I remove a cork from a bottle if there is no cork-screw or knife handy?

A. Stick two safety pins diagonally through the cork.

## Anne Adams Patterns

### YOUR GOOD CASUAL

Here's the dress you've been waiting for. As a house-dress or casual it's a honey. A soft yet classic design with smart details and a detachable collar. Make it in a checked cotton with contrast trim or novelty rayon for dress-up. You'll wear it all year round!

Pattern 4622, sizes 12, 14, 16, 18, 20, 32, 34, 36, 38, 40, 42. Size 16, 3½ yards 35-inch; ¼ yard trim.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS care of The Guardian, 60 Front St. West, Toronto, Ontario.



## Morning Smile

### Who's the Boss?

1st Man: "Do you run things at your house?"

2nd Man: "Yeah, 'the washing machine and the furnace!"

### Optimistic

"Have you a hair restorer that really restores?"

"Yes, sir! This preparation is sure to do the trick."

"Okay, good enuf. Wrap me up a brush and comb with it."

### Better Service

An explorer approached the savage chief. "I come to you from beyond the sunset," he began ceremoniously, "from the Great White King."

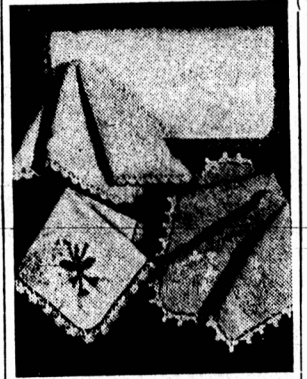
"Tell me," interrupted the chief, "why don't you guys do something about the rotten radio programs you send over here?"

onally through the cork, opposite each other. The cork can then be removed easily by pulling on the upper part of the two pins.

Q. How can I quickly relieve burns and scalds?

A. Cover them with cooking soda and lay wet cloths over this. Other effective remedies are the whites of eggs and olive or linseed oil.

## Washcloth Edgings



Colorful edgings on pretty washcloths are often the answer to many a gift problem. So simple and easy to do—choose one or more from this attractive group. You may have a direction leaflet by sending a stamped, self-addressed envelope to the Needlework Department of this paper and asking for WASH-CLOTH EDGINGS, Leaflet No. S-143.

## Cleans GLASS COOKING WARE

COW BRAND BAKING SODA

4622  
—2030—42  
by Anne Adams

LONDON, Nov. 5.—(Reuters). Admiral William R. Fechteler, United States chief of naval staff, lunched with Prime Minister Churchill today. He was believed to have tried to persuade him to drop his objections to having an American as naval supreme commander in the Atlantic.

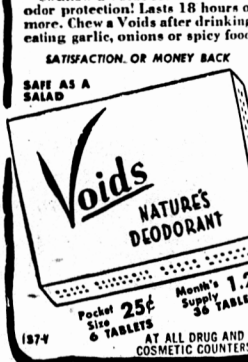
## SWALLOW AVOIDS TABLET - STOP! BREATH & BODY ODOR 18 HOURS



READER'S DIGEST REPORTS ON NEW AMAZING TABLETS

Following R.D.'s article on how a chlorophyll tablet swallowed daily actually stops all trace of perspiration odor from all parts of the body, Voids were the first to offer the public a low-priced chlorophyll tablet.

Swallow a Voids for Head to Toe odor protection! Lasts 18 hours or more. Chew a Voids after drinking, eating garlic, onions or spicy food.



## Dress Up Your Meals with the Milk that Whips

• You can serve Charlotte Russe . . . home-made ice cream . . . whipped toppings, and exciting fruit salad dressings . . . anytime, with Carnation Evaporated Milk. For double-rich Carnation — so thrifty and convenient — whips beautifully, tripling its volume. Try Carnation in recipes that call for whipped cream. Enjoy party dishes that are milk-rich and economical with Carnation — the milk that whips.



### IT'S EASY TO WHIP CARNATION!

1. Chill undiluted Carnation in freezing tray. Or place can directly on ice over night.
2. Chill bowl and beater. Take Carnation directly from ice — or when ice crystals form around edges of freezing tray — and pour Carnation into chilled bowl.
3. Whip rapidly with chilled beater. When using as topping, to ½ cup Carnation allow 2 tbsps. sugar, 1 tsp. lemon juice; add when whipped.

### And for All Cookings:

In all recipes that call for cream, try Carnation undiluted, as it pours from the can. And for extra-smooth, extra-delicious results in recipes that call for milk, mix Carnation half and half with water, to make up the required measure.



EVITA'S ILL — Reported to be desperately ill is Evita Peron, above, wife of the Argentine president. Possibility that she might undergo an operation was indicated after a noted New York cancer surgeon flew to Buenos Aires for consultation with her doctors.



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