

That Body Of Yours

By James W. Barton, M.D.

THOUGHTS ON HIGH BLOOD PRESSURE

If you were asked what single instrument is used most by your doctor, you would likely say the clinical thermometer or the stethoscope. This would have been the correct answer a few years ago but the instrument most often used by the doctor today is the instrument for measuring the blood pressure which is now used perhaps as much or even more than the thermometer.

Why this great interest in the blood pressure?

It is because the leading cause of death in adults is the heart stroke (coronary thrombosis) due in the majority of cases to high blood pressure. It is nevertheless true that a heart-stroke can occur where the blood pressure is normal and thousands of men and women with high blood pressure do not have a heart-stroke.

What many of us forget is that a single reading of blood pressure may not tell the true story.

In the Medical Clinics of North America, Dr. Philip Corr, associate professor of medicine, College of Medical Evangelists, Los Angeles states that the ordinary or casual reading of blood pressure may not take into consideration various factors including recent exercise, state of tension or nervousness, recent eating, time of day, and variations in the two arms. For example, I have seen the systolic blood pressure fall 100 points (mm. of mercury) after the patient's fears were relieved during a single examination.

After outlining the various conditions present in the body which could really raise the blood pressure such as kidney disease or the presence of just one kidney, Dr. Corr states that the bulk of hypertensive (high blood pressure) cases of the earlier stages of chronic, moderately severe "essential" or necessary high blood pressure are not related to any specific or special disease.

What about the treatment of

The Stars Say

By Genevieve Kemble

For Tomorrow

A PARTICULARLY lively and eventful day, with much stirring to excite, stimulate and enjoy in a very alluring as well as adventurous manner. The young are inclined to keep thinking and quick action, with the forces and faculties practical as well as keyed up emotionally.

For the Birthday

Those whose birthday it is are due for a particularly lively and eventful year, with much stirring in creative thinking. There may be particularly lively experiences for the elderly, with a stabilizing of the fortunes and perhaps long-range fulfillment of hopes and wishes. At the same time, the new and novel may give stimulus for progress, although in fresh fields of adventure. Practical, creative thinking of exciting plans may bring happiness to others.

high blood pressure?

The first thought is psychotherapy, that is, treating the mind of the patient. The cause of essential hypertension where the high blood pressure is necessary despite no disease present, is unknown; people seem to be born with a certain degree of high blood pressure or low blood pressure.

By explaining to the patient that his tenseness of mind and body tightens and so decreases the size of the blood vessels that more pressure is needed to push blood through these "smaller" vessels, you may enable him to relax. This additional pressure means more work for the heart to do. Some time in the future the heart may be gradually tired of this extra work and gradually begin to fail. Dr. Corr states that if the patient anticipates no immediate stroke, he loses his fear. Losing the fear reduces tension and also blood pressure.

ELLEN'S DIARY

By An Island Farmer's Wife

"You couldn't call it a good turn—well, not exactly, could you, Ellen?" James teased, suspecting perhaps our line of thought at the moment. "More like a pleasant social outing I should say!" In any event—perhaps only to prove better the value of a statement Granddaughter once made in our hearing relative to the like: "It's to do things like that—that's why God made grandmothers!"

"If I were you, Ellen," James said when we slipped an arm into his better to navigate the night-trails while homing, "I wouldn't bear down quite so much. You see," he explained, "I'm not so able as I once was; and you aren't the smallest girl of sixteen any more!" Stars lit our path. And away on the hills, like beacons of old, odd lights still twinkled from farmsteads.

"Nice little lads," James offered, words clear in the wide stillness about. An owl's hunting cry on the uplands sounded like the tinkling of a lonely bell, and a dog's bark a distance out on the road was mournful on the quiet air. But as we turned to the lane-way, the stream, unbound, made friendly winter music for our passing. "They'll grow up to be fine boys and girls—and just think of the help they will be!" Because we have lived to see many a child come to mature years, this is a fascinating study to us as we look to have our predictions fulfilled.

"Ay," we agreed, "but why were you in favor of allowing them to remain up long after their usual bedtime?" we queried. "Children need their rest. They'll be tired tomorrow, I'm thinking."

As yesterday, lads of this place were off to school this morning, not sent away as "dumb, driven" fellows but they themselves eager to go; happy to have their recent misery past and over, to return again to the companionship of their classes and their own years. And the house is lonely without them but it is good to have them leave it with pleasant anticipations and without regret.

Cook's Corner

DUTCH DOUGHNUTS

- 1 cake yeast
1 cup lukewarm water
1 pkg. seedless raisins
1 cup sugar
2 tablespoons butter or shortening, melted
3 quarts sifted flour
1 tablespoon nutmeg
3 cups water

CRANBERRY RELISH

- Secure these five ingredients:
1 lb. or 2 cups fresh cranberries
1 large orange
1 cup sugar
1 cup chopped celery (if desired)
1/2 cup chopped nut meats

Model Inauguration Gowns



Mrs. Dwight D. Eisenhower, wife of the President-elect, models the gown she will wear to the inauguration today. It is made of Peau de Soie, a lustrous silk with grained texture. Embroidered with more than 2000 stones, it was sewn by hand. The handbag she will carry is encrusted with colored rhinestones to blend with the gown.



Mrs. Richard M. Nixon, wife of the vice-President-elect, models the gown she will wear at the inauguration. The gown is soft blue-green net skirted, fashioned with long fitted bodice of white patterned brocade.

A Country Garden

By Mrs. Gordon MacMillan

A letter has been received from a reader who is looking forward to planting a new garden, and she can hardly wait for spring to come. She wishes to know all about the tuberous Begonias she saw in this garden last summer, and also the pink Astilbe, feathery and lovely.

Astilbes are forced for winter blooming and the feathery bloom is very good in bouquets. They are very inexpensive and the gardener can afford to plant a number of them.

Tuberous Begonias are the long-stemmed flowering plants that have been in the garden here and next month I shall put up some of the old bulbs that have been resting since last fall, bringing them to the warmth of the kitchen and keeping them moist in sand or peat moss, being careful not to plant them too deeply, just lay on top of the sand until roots and leaves are formed. Then put up in good rich soil and porous, bring to the sun being careful not to break the tender roots.

These Begonias do well in pots for the sunporch or planted out doors in a sheltered spot, with some shade. They need soil enriched with well rotted manure and humus that is friable. Water must be applied when they become dry.

Double and single types in all colors and forms, such as Rose Picotee, Ruffled, Flamingo, and Camellia, and also the Pendula or hanging type require the same culture. These bulbs are inexpensive and can be used for several years. They are very lovely and I would not wish to be without them. A few new bulbs are added each year and now a large collection has been obtained.

This reader thinks that a large old flower bed in the front of the house should be made over, and I am sure that a good amount of manure should be added and for the first year, plant some annuals to fill in until the perennials reach a size. Petunias and Sweet Alyssum for the edging and taller Snapdragon and bedding Dahlias with African Marigolds will give color and fragrance all summer.

Sow a few seeds of perennials in the vegetable garden and in the fall there will be many plants to fill the borders. This is a very easy way to have a good collection of perennials at small cost.

Continuing our study of the library book "Our Flowering World" by R. Platt, we find that under the big trees, where moist ground and rocks protruded from the swampwaters, are plants which leaves look like ferns. The impress of their fronds in shale and clay tell us that 200 million years ago, before the days of flowers, grass, hardwoods, before man, mastodons, birds, and mosquitoes, the floors of the woods and the banks of streams were covered with ferns just as they are in most places of our woods. However, those ferns of the Carbon Swamps were much larger than ours—many were tree ferns. Among these ferns lurks another exciting discovery. Here is one that can take a place beside cordulines as a revolutionary pioneer in the fern world. This fern produced a trunk fifty feet tall and fronds six feet long—and seeds. These small seeds were attached to the tips of the leaves and covered with husks like nuts.

The fern fronds growing today, as in the tropical rain forests of New Zealand, are pure ferns and produce no seeds. Ferns reverted entirely to spore reproduction. Under the Coal Age trees, mosses must have flourished along with the ferns. For some mysterious reason hidden in the chronology, these varied, reliable, and beautiful little spore plants, the mosses, did not respond to the summons of the Coal Age climate by developing into giants. Mosses were dainty then, and today, after 200 million years, they are dainty still. The same is true of the liverworts. They must have spread their flat, moist bodies, measured by inches, over the smooth rocks and moist banks of the Appalachian trough without ever raising themselves up—exactly as they do today.

In startling relief against those time-honored plants stabilized in their balanced possession of our rocks and hills and templed hills, we see the swirling currents of a woodless, windwangled flora. The stormy weeds are breaking against the shores of the old hardwood forest and invading the cooves of woodland plants.

The herbaceous idea has turned out to be so fluid and efficient in producing plant life that recently it has shown signs of getting out of hand. The flower has turned a dynamo that generates not just a handful of seeds, but it forms an inflorescence that can produce countless numbers of seeds. Who has ever counted the thousands of

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DOROTHY DIX'S COLUMN

Result Of Recklessness

No Word From Her Beau Since Their Intemperate Evening

DEAR MISS DIX: I am writing you on behalf of a friend. For about two years she has been dating—not steadily—a young man, with whom she is very much in love. Recently, she had been seeing much more of him and was sure he was growing fond of her. The last time they were out together they had a very enjoyable evening, and he left her in the very best of spirits, saying he would call soon. That was about a month ago and she has not heard a word from him.

She has been suffering greatly since, being both remorseful and unhappy. She fears she might have had a little too much to drink and, under those circumstances, said something which displeased him. She is sure if she sees him again, the whole thing could be straightened out. She hesitates calling to offer an explanation since the situation may not be as she imagines it, in which case an explanation would seem foolish. What can she do?

A LOYAL FRIEND

ANSWER: To allay her own apprehensions and feeling of guilt, your friend's best move would be to send the young man some sort of message indicating that she has missed seeing him, and hope he is all right and that his silence has not been caused by illness or any other trouble. Your friend apparently doesn't recall too much of what happened on their last date, so it is possible that the young man's speech and actions may not have been above reproach, leading to remorse on his part that has occasioned the silence. A friendly note from her would indicate that all had been forgiven—even though she has no idea of what she forgave. Such a situation, of course, could open a door to more complications, but under the circumstances it's about the best she can do.

SPECIOUS ARGUMENTS

How any young lady, who is trying to arouse the earnest interest of a man, can commit the supreme folly of drinking until she is befuddled is beyond me. The mere fact that she was intoxicated would be enough to send most men flying in another direction. At the time, he may have convinced her that by taking drink for drink with him she was proving herself a good sport, but such arguments are very specious—as our teen-agers say, they "don't bounce."

Your friend certainly should offer no explanation or apology, unless she really knows what she's regretting. In case the young man himself was somewhat the worse for wear on their last date, and may have overlooked the lady's condition, there's no sense bringing it to his attention now. The spot is an awkward one, but since your friend can't lose anything by making one or two friendly overtures, therein lies her only possible solution.

DEAR MISS DIX: My husband goes to school three nights a week and is away at work all day. I have children to care for, and can't get out; therefore I'm practically dying of loneliness and starvation for conversation. My husband, however, comes home from work and buries himself in paper. It's impossible to get a grunt out of him. Do you have any suggestions as to what I can do?

J. B.

ANSWER: First of all, you need resignation. The situation will not change, since your husband's pattern of behavior is almost universal. Most men marry to get the peace and quiet of home, the privilege of reading the papers and watching TV at night. Your husband's schedule is a strenuous one, and he certainly is entitled to his idea of relaxation on his four nights off. He could be considerate enough to give you one night out of a week, but you'll probably have to wait for entertainment until his schooling is finished. Can't you get a baby-sitter to stay with the youngsters one of his nights your husband is at school, so you can get out? Or, have some friends in your hubby's school nights for an evening of conversation? This, at least, will give you conversation—and how the ladies can talk over a card game!

DEAR LISS DIX: After five months of marriage, my husband died, and our daughter was born six months later. Since I couldn't support her at the time, my sister offered to care for her. Now the child is seven months old, and I am able to take care of her. However, my sister loves her and the baby loves her aunt. What shall I do?

PAULA

ANSWER: It's natural to expect your sister to love the child after caring for her so long, and it's also to be expected that your baby will love her aunt; but such a young child will turn to anyone who cares for her. You'll have no difficulty at all in winning her love, and your sister has realized all along that the baby would be hers only temporarily. By all means take your baby back, if you can support and care for her.

Morning Smile

Please Try

"Allow me to tell you young man, that I was playing this game before you were born," said the elderly, slow gofer. "Well, do try and finish it before tea-time," retorted the young man.

Not Acquainted

"Those new people across the road seem very devoted," said Mrs. Jones to the newspaper which hid her husband. "A rustle of the sheet was all the reply she got, but she was used to that. 'Everytime he goes out he kisses her, and goes on throwing kisses all down the road. Edward, why don't you do that?'" "Me?" asserted the man behind the news. "I don't know the woman!"

How Can I

By Anne Ashley

Q. How can I make a filling for sofa cushions?
A. Cut a roll of cotton into small squares, put into a pan in the oven, and heat one-half hour. Do not let the cotton scorch. Each square will swell to twice its original size and will be as light and fluffy as feathers for cushions.

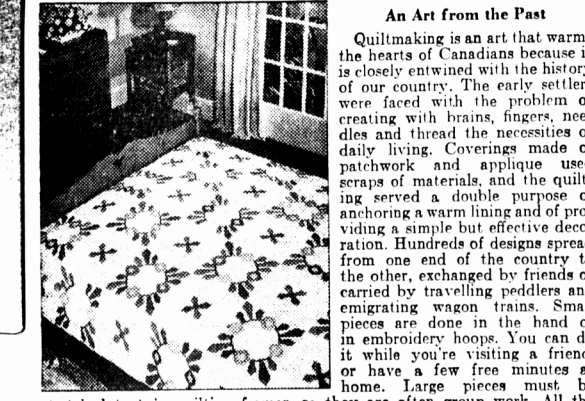
Q. How can I prevent the tangling of thread on the sewing machine?
A. If the spool of thread on the sewing machine is loose and tangles, try placing a piece of cloth, cut larger than the spool, on the post under the spool. This will keep it steady.

Q. How can I cut glass?
A. It is said that glass can be cut roughly to any desired shape under water by use of an ordinary pair of scissors.

Needlecraft News

by Pauline Roy

QUILTING IS A NEEDLEWORK for beginners. Little girls who have learned to sew a neat seam quilt very nicely. Yet the greatest needlework artists love quilting because they can never exhaust its possibilities. Quilting itself takes so little attention that a woman most often enjoys doing it in the company of others so, quilting is the sociable needlework.



An Art from the Past

Quilting is an art that warms the hearts of Canadians because it is closely entwined with the history of our country. The early settlers were faced with the problem of creating with brains, fingers, needles and thread the necessities of daily living. Coverings made of patchwork and applique used scraps of materials, and the quilting served a double purpose of anchoring a warm lining and of providing a simple but effective decoration. Hundreds of designs spread from one end of the country to the other, exchanged by friends or carried by travelling peddlers and emigrating wagon trains. Small pieces are done in the hand or in embroidery hoops. You can do it while you're visiting a friend, or have a few free minutes at home. Large pieces must be stretched taut in quilting frames, so they are often group work. All the afternoons that neighbors have spent together around a quilting frame would make a century of lively contentment.

Colorful Bedroom Accessory

Patchwork quilts take their rightful place in interior decorating. Serving as a bedspread, as well as warm cover, in combination with Early American type furniture, they add color and charm to the bedroom. For directions how to make HOLLYHOCK WREATH QUILT send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. S-22-1.

Anne Adams Patterns



HALF-SIZE CASUAL

It's the casual you've admired on slimmer figures—perfectly proportioned to fit and flatter shorter-waisted, fuller types! Have this in cotton, rayon, gabardine, or shantung. A joy to sew—fits perfectly across shoulders, waistline, hips—no alteration problems! Not Pattern 4570: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 4 1/2 yards 35-inch. 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 Street West, Toronto, Canada.

MANY TROPHIES

Canada's jewelry and silverware industry manufactured \$328,770 worth of trophies in 1950.

DON'T Just ask what's good for a COUGH? ASK FOR BUCKLEY'S MIXTURE A SINGLE SIP TELLS WHY

Better English

By V. C. Williams

- 1. What is wrong with this sentence? "Don't let's tell him our secret; we'll keep it between you and I."
2. What is the correct pronunciation of "gala"?
3. Which one of these words is misspelled? Merchandise, maintenance, metallurgist, moratorium.
4. What does the word "affectation" mean?
5. What is a word beginning with perp that means "to make everlasting"?

ANSWERS

- 1. Say, "Let's not tell him our secret; we'll keep it between you and me." 2. Pronounce gay-la, final a as in ask unstressed, accent first syllable. 3. Metallurgist. 4. Artificiality of manner for behavior. "He was a man singularly free from affectation." 5. Perpetuate.

Modern Etiquette

By Roberta Lee

Q. When a married woman is writing a note of thanks for a gift presented to her and her husband, should she sign both her husband's name and her own?
A. No. She should sign only her name, but she should mention her husband's name somewhere in the note, as, "Happy and I wish to express our deep appreciation, etc."

Q. What would be an appropriate toast for the father of a bride-elect to propose in announcing her engagement at a dinner party?
A. "I propose to drink to the health of Mary and the young man she has decided to add permanently to our family, James Martin."

Q. What is the proper way to remove a fruit seed, or a small piece of bone, from the mouth while at the table?
A. Between the thumb and forefinger—never with the napkin, or by pushing it out into a spoon.

Household Scrapbook

By Roberta Lee

A Linoleum Varnish
A small amount of glue melted in a pint of water and applied to the linoleum will give it a glossy finish. See that the linoleum is clean and dry before applying. Use a paint brush for applying, and if done at night it will be dry and hard by morning.

Glossy Pies

To give a rich brown gloss to pies beat up an egg with a pinch of sugar. Add a little milk, beat well, and go over the pies with a pastry brush when ready for the oven.

A Furniture Polish

A cheap and good furniture polish can be made by mixing equal parts of turpentine, kerosene and vinegar.

Handed Down

"Look at the way baby is working his mouth," exclaimed Mrs. Newman. "Now he proposes to put his foot in it."
"Hm," replied her husband. "Hereditary. That's what I did when I proposed."

HEINZ Biggest flavour VALUE you can buy

THE STORY OF THE Crown Jewels

The KOH-I-NUR CONTINUED

THE KOH-I-NUR BROUGHT THE KING OF PERSIA NO GOOD FORTUNE, FOR HE WAS MURDERED, AND THE STONE WAS TAKEN BY ONE OF HIS BODYGUARDS, AN AFGHAN NAMED AHMED SHAM, WHO ESCAPED WITH IT TO AFGHANISTAN. AHMED SHAM BECAME KING OF KABUL AND THE DIAMOND PASSED TO HIS SON.

SHAH SHUJA, WHO NEXT OCCUPIED THE THRONE, WAS DEPOSED AND FLED FOR HIS LIFE, TAKING WITH HIM THE KOH-I-NUR. HE REACHED LAHORE, AND FOUND ASYLUM WITH THE MAHARAJA RANJIT SINGH, THE LION OF THE PUNJAB, BUT ONLY ON CONDITION THAT HE HANDED OVER THE KOH-I-NUR.

Alice Brooks Designs

SCHOOL CHARMER!

She's the brightest, prettiest girl in school in this crisp, new dress with gay faces on the hanky pockets! Make the hair of yarn, faces are easy to embroider. Pattern 7385: Child's Sizes 2, 4, 6, 8, 10. Transfer motifs, tissue pattern. State size. Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Or Just Pay Up

"What about the \$10 you owe me?" "Quite all right—it's your birthday next Saturday and I'm going to bring it to you with my congratulations." "You just bring the money and I'll congratulate myself."

KING COLE TEA Stimulating and delicious!

by Alice Brooks