Women's realm

That Body Of Yours

By James W. Barton, M.D.

DISEASES OF THE NAILS

During a physical examination for the armed forces or for insurance, a thorough examination is given; the heart, lungs, blood pressure, the blood and signs or symptoms that may be early evidence of disease are carefully checked. However, there is one part of the body that is scarcely ever examined and that is the fingernails. In Clinical Medicine, Dr. Eugene S Bereston, Baltimore, states that the nails have long been sadly neglected part of the average physician's physical examination yet a wide variety of systemic diseases have characteristic nail changes which may be of help in establishing the correct diagnosis.

"The nails themselves are often the site of abnormalities due to injury, infection, or coming in contact with substances to which the individuals are sensitive or allergic." The wrong diet, gland changes (especially at puberty and change of life), drug reactions, wasting diseases and chronic skin inflammations all cause abnormalities of the nails. Industrial chemicals, nail polish undercoats, strong alkalies such as soap may all cause or partly cause changes in nail growth, appearance and color.

Injury may cause white streaks in the nails or the spoon-shaped nails sometimes seen.

Damage to the nails by too long or too frequent exposure to x-ray radiation causes splitting, discoloration, softening and actual wasting away of the nails.

Allergy, being sensitive or oversensitive to various substances handled or that exist in the air, is not an uncommon cause of diseased nails. These substances may be irritants such as soaps, alkalies, acids, solvents or nail polish undercoats. The irritant may damage the matrix from which the nail grows and a new nail growing on to the damaged matrix may be badly deformed. The allergic reation may consist of "ridging" and involvement of the adjoining tissues.

Spoon-shaped nails and egg-shell nails are believed due to lack of vitamin A in the diet.

An underactive thyroid gland, which means not enough thyroid juice or extract in the blood, causes brittleness and slow growth of the nails.

In rheumatoid arthritis, the common form of rheumatism, the nails may show longitudinal striations or stripes and ridges.

From the above Dr. Bereston points out that the nails are an important guide in ordinary physical examinations. They may reveal changes which will confirm a diagnosis of some disease of the system or may point to a systemic disease as yet undiagnosed.

Modern Etiquette

By Roberta Lee

Q. When a man is forced by circumstances to send a girl, whom he has been accompanying, home in a taxi, should he pay the taxi fare?

A. Of course. He should ask the driver the approximate amount the fare will be and pay him, adding enough for a tip.

Q. When a man is dining with a woman in a restaurant, should he give his own or the woman's order to the waiter first?

A. He should consult his companion and give her order first, followed by his own.

Q. Whose duty is it to see that the bride and bridegroom's car is ready and waiting for them at the wedding reception?

A. The best man should attend to this.

Get right at the cause of Headaches

When edgy nerves and headache make life miserable, they may be "pain signals" from an upset digestive system, flashed to the brain along the sensitive Vagus Nerve—your Tenth Nerve.

Bromo-Seltzer settles upset stomach, gets right at the cause of your headache and edgy nerves, brings fast relief. At the same time, Bromo-Seltzer soothes the Vagus Nerve and other nerves which may have added to your misery.

Keep Bromo-Seltzer handy at all times, to help fight headaches. Ask your druggist for Bromo-Seltzer today. 51-9

How Can I ! ! !

By Anne Ashley

Q. How can I prepare a good rhubarb pie?

A. Pour boiling water over 2 cups of chopped rhubarb, let it stand a few minutes, drain and add 1 cup of sugar, 1 tablespoon of flour, a piece of butter, yolk of 1 egg, and 1 teaspoon lemon extract. Bake with one crust and frost with white of egg and 1 tablespoon powdered sugar.

Q. How can I prevent puckering or drawing when stitching silk on the machine?

A. Put a piece of white paper underneath the material and stitch through this. It can then be removed very easily, and there will be no puckering or drawing.

Q. How can I revive cut flowers?

A. Try plunging the stems into boiling water; this will aid greatly in reviving the flowers.

Household Scrapbook

By Roberta Lee

Cleaning Painted Woodwork

Painted woodwork and furniture may be cleaned by dissolving two tablespoonfuls of powdered borax in a little boiling water, adding this to a bowl of lukewarm soapsuds, and sponging with a flannel or soft cloth. Rinse with lukewarm water and dry thoroughly.

Ash Trays

Take the time to wash and dry the ash tray when emptying it. You get rid of the dirt when just emptying it, but the odor lingers on and gives a stale smell to the room.

Shoes

Kerosene, applied with care, will soften the shoes and boots that have become hardened by water.

Better English

By B. C. Williams

1. What is wrong with this sentence? "She was born the tenth of May, and the news was broadcasted by the local radio station."

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

3. Which one of these words is misspelled? Mackintosh, madamoiselle, magnanimous, massacre.

4. What does the word "elicit" mean?

5. What is a word beginning with emb that means "undeveloped"?

ANSWERS

1. Say, "She was born on the tenth of May, and the news was broadcast." 2. Pronounce pre-seeens, first and second e's as in me, accent second syllable. 3. Mademoiselle. 4. To draw out or forth; to evoke. "Despite constant questioning, they could elicit no satisfactory answer from the man." 5. Embryonic.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A CONFUSED, perhaps rather sinister, state of affairs is dominant on this day. The personal, domestic, social affairs may be of gravest concern, although in business affiliations there may be serious misunderstandings. The accent seems to be on a crafty, tricky and distorted visitation, making it important not to swallow things, hook, line and sinker. Keep on solid ground, on your own, fortifying your integrity.

For the Birthday

Those whose birthday it is may be on the threshold of a year of peculiar, sinister and confused situations, in which the private life as well as business and mental slant are perplexing, curious, challenging. There are quite inexplicable and baffling matters to meet, and with utmost discretion, prudence and self-protection. Do not get carried away by feelings and emotions, even by queer inner urges or flash intuitions.

A child born on this day may be prone to act on its curious emotions, flashes, and strange urges, with reactions on its business and personal life, confused, even sinister.

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CALIFORNIA CASUALS

Exceptionally Stylish and Colorful

Jack Cameron the Store for MEN

Our Trip To Europe

By Helen M. Jack

(Continued)

* * *

Our first trip to London in daylight gave us the opportunity of viewing the English countryside—the rolling hills are a beautiful green and the trees, with their rambling branches, appear to be as old as the country itself. We had been looking forward for a long while to seeing London and the famous buildings it contains. It is such a huge city, I can't say that I ever got well acquainted with it, and the only way not to get completely lost was to peruse a map of the city—a sure way of stamping yourself a tourist. The London subways are all that they are noted for, very speedy with each stop well marked and with escalator service both to and from the street.

In our eyes, London seemed to be a city of an old world and as one Englishman said "you probably think the buildings need a good wash". However, the English seem to like the antique cast and believe it all adds to the beauty. One must marvel at the way the buildings must have been built to stand the time they have and last through the centuries. There is still a great deal of evidence of the vast bomb destruction and damage where rubble still lies.

* * *

Our first visit to London was to Westminster Abbey to which, after several queries, we were directed with "so many minutes walk this way and so many the other way, and you just can't miss it"—finally the Abbey which we soon recognized from pictures. It is a huge structure, all of stone, with carpetless stone floors, which creates rather a cold atmosphere. The grave of the Unknown Soldier lies in the centre of the floor.

All of the churches and cathedrals in the Old Country have beautiful stained glass windows and the Abbey is no exception, particularly in the Battle of Britain Memorial Chamber. The Abbey contains the remains of most of the early Kings of England, with life size replicas, mostly in marble, on top of their respective sarcophagus. The carving on the ceiling, of intricate design, the windows, the very walls themselves, leave a lasting impression.

The Parliament Buildings, built on the bank of the Thames, not far from the Abbey, and crowned by the familiar "Big Ben", stand out on London's skyline. As in our Parliament Building, the light burns in the tower when the House is in session, at which time visitors are not admitted.

No. 10 Downing Street was our next stop on the way up Whitehall to Trafalgar Square. A very inconspicuous No. 10 is over the door and on having a closer look, we were confronted with the question "Are you on official business?" to which we unfortunately had no satisfactory answer. Trafalgar Square, one of the busiest sections of London, is a resting place where one may feed the pigeons and watch the double decked buses, taxis, etc., on all sides. We had never been quite sure what Picadilly Circus was, but found out that it was merely another square in London, with Eros, the Goddess of Love, in the centre.

* * *

We were told we musn't leave London without visiting an English "pub"—we selected "Dirty Dick's." True to its name, it is a great attraction, with cobwebs, remains of old cats, stickers and souvenirs from all over the world, on the walls and ceiling. In the midst of it all, wondrously enough, there is still room for people to come and go.

Then, of course, Buckingham Palace and the changing of the Guards was a must. The Palace itself is an unimpressive square stone structure surrounded by sentry boxes. To us, it was rather amusing to watch the guards, with their high black busbies, standing before these boxes for four hours at a time, without even the slightest movement.

It so happened we were walking by the Palace the day of the wedding of the Earl of Harewood. We were on our way to Oxford Street (the shopping section of London) when we came upon this terrific crowd of people, and the wedding was still two hours away at the time. It certainly made us appreciate the loyalty of the English people to the Royal Family—as one lady said, "We love this kind of thing", but no one needed to be told so.

There is "Petticoat Lane" (Middlesex Street) where every Sunday morning "Spivs" go to sell their wares. Anything may be purchased here and usually at lower prices than in the ordinary shops, as these people do not pay purchase tax on goods—each has his own little stall for a certain time every Sunday which he must clear at a certain hour. At about 10 o'clock on a Sunday morning one is hardly able to move on this street for crowds—the rest of the week it is deserted.

A short distance from London is Windsor Castle, a beautiful old rambling gray stone building with several towers silhouetted against the sky line. At present, the greater part of the building is a museum except the section where the Royal Family live part of the year. A short distance from Windsor Castle is Eton College—it is rather amusing to see young boys in their teens going to school in formal attire.

(To be continued)

BABY'S BOTTLE
Clean it safely with Baking Soda. Free folder on request:—
Church & Dwight Limited, Sun Life Bldg., Montreal.

COW BRAND BAKING SODA

SOMETHING FISHY—Now you know how the tiny fishes feel looking out of their aquarium to see little human eyes staring right back at them. These fish are called gambusia affinis, and their special talent is eating mosquito larvae. The Los Angeles, Calif., health department distributes them free each year to help rid the city of mosquitoes.

Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, May 31st—Summer fashions are fun—and they're most becoming to *you* when they fit you to perfection. So whether you sew or buy your clothes—whether the dress is high-priced or low . . . be sure it's "streamlined" with the perfection of a LIGHTNING SLIDE FASTENER! That exclusive *Automatic Lock* guarantees *"no gaposis"*. Lightning zippers *lock where they stop*—simply can't slip or jiggle! Lightning was the first zipper to be made in Canada (more than 25 years ago!) and it has been "first" ever since. It gives you all you want in a zipper . . . flexibility—a wide range of sizes and colours—and perfect launderability . . . a "must" for your summer wardrobe!

Top Off A Summer Meal with feather-light cup cakes frosted and decorated as colorfully as a summer garden. And to be sure of baking success, make them with SWANS DOWN CAKE FLOUR. That's the flour that's sifted again and again 'til it's *27 times as fine as ordinary flour!* . . . *Feathery Cup Cakes.*

2 1/4 cups sifted Swans Down Cake Flour
2 1/4 tspns. Calumet Baking Powder
1/4 tspn. salt
1/2 cup shortening (part butter preferred)
1 cup sugar
2 eggs, beaten light
3/4 cup milk
1 tspn. vanilla

Sift flour once, measure, add baking powder and salt, sift three times. Cream shortening, add sugar gradually; cream until light. Add eggs and beat well. Add flour, alternately with milk, a small amount at a time; beat smooth after each addition. Add vanilla (or instead, cream 1 1/2 tspns. grated orange rind with shortening). Turn into greased muffin pans, or paper cups set in muffin pans; fill 2/3 full. Bake in moderate oven (375 deg. F.) 15 to 20 minutes. Frost and decorate. Makes 30 cup cakes.

Send for the 80-page booklet "Learn To Bake, You'll Love It". Mail your request with your name and address and 20c in coin to General Foods Limited, Dept. K, Cobourg, Ontario.

It's All The Rage . . . The new fad of making lovely tissue flowers using coloured tissue handkerchiefs. I've seen some of these flowers and they really are beautiful creations . . . and so effective when worn as a corsage or (singly) to highlight a hair-do. Or you may want to use them as a novel table bouquet. There are two brands of coloured tissues available in Canada—FACE-ELLE En Pastels for those who buy them at Drug and Toiletry counters . . . and GIBSON'S Tinted Tissues if you buy at Grocery Stores. Both Face-Elle and Gibson's are packed with three lovely pastel shades in the one box. ***About those flowers***—they're easy to make but ***if you would like a free leaflet with simple instructions just write to me***—Barbara Brent, 1411 Crescent St., Montreal, P.Q.

Here's Your Chance to try one of those marvelous new C-I-L SPONGES in the handy dishwashing size! ***Simply write to me*** — Barbara Brent, 1411 Crescent St., Montreal, P.Q.—***enclosing 10c in coin or postage stamps and I'll mail your "dishwashing" sponge to you,*** together with a folder telling all the things you can do with C-I-L Cellulose Sponges. There are *several* handy sizes for every purpose and I know you'll love them! They're velvet-soft when wet—nice for the bath—kind to your finest china. They're chemically pure—and so easy to keep clean. They float—and their square shape makes them *easy* to handle. Better write *now* for *your* C-I-L Cellulose Sponge.

All Good Salads have one flavour secret in common. Whether they're served, tossed and lusciously green in a wooden bowl—or colourfully arranged in glass fruit dishes . . . they're always flavoured with HEINZ VINEGARS! Yes, just as you make your salads with the best fruits and vegetables—make your salad dressings with the very best of vinegars! Ask your grocer tomorrow for Heinz White Vinegar—marvelous for light salads and smooth boiled dressings . . . and Heinz Malt Vinegar and Cider Vinegar — delicious for heartier salads. One more flavour secret . . . it's the aging and mellowing in wood that make Heinz Vinegars so very, very good!

Mr. Moth Won't Like This—but it's a very happy discovery for *you* . . . that's LARVEX! It's an absolutely *sure* way to mothproof your clothes for moths will starve to death rather than eat anything that's been Larvex-treated. And it's such an *easy* way to mothproof your woollens—coats—suits—dresses and rugs! Simply spray it on and it mothproofs the cloth for a whole year. What's more, after you've mothproofed a garment the Larvex way—it's ready for immediate wear. For there's no tell-tale odour at all! And you'll be pleased with the inexpensiveness of Larvex—costs no more to "Larvex" a suit than to get it dry-cleaned!

I Got A Shock the other day when I learned that one has to be careful in buying a product bearing such a famous name even as "Frigidaire". It seems that some stores which are not Authorized Frigidaire Dealers have got hold of some FRIGIDAIRE REFRIGERATORS and are selling them even though they cannot give the customer the well-known 5-Year Protection Plan offered by Frigidaire Products of Canada Limited. This Frigidaire of Canada warranty protects the buyer against any possible service expense on the sealed mechanism for five years. It's a safeguard to which you're entitled. Be sure you get it. When *you* buy a Frigidaire Refrigerator insist on getting the 5-year Protection Plan certificate bearing the name Frigidaire Products of Canada Limited, Leaside, Ontario.

I Love Those "Nude Look" Stocking Shades—don't you? Well, for just a *few cents*, you can have several pairs of stockings in the newest nude look colors . . . by tinting old, faded stockings with All-fabric TINTEX STOCKING DYES! Yes, you'll find the very "nudest" shades in all-fabric Tintex . . . versatile *"Victory Beige"*, to wear with black, brown or beige—soft-as-a-shadow *"Smoke Haze"*—subtle *"Wine Blush"*. Why not do as so many women do? . . . keep in step with fashion the economical Tintex way. Home-dyeing is easy and fool-proof with Tintex—just follow the instructions on the package. Ask for Tintex Stocking Dyes at your favourite drug, department or variety store. You'll like the price—just 10c a package!

Picnic Time is just about here! And even now I'm enjoying picnicking on the porch. For picnic meals are *so easy*—just sandwiches, or wieners and buns—and of course, *pickles* and *olives*. I always head my picnic list with WAGSTAFFE PICKLES AND OLIVES. For *Wagstaffe Sweet Relish* is a "must" with cheeseburgers or minced ham sandwiches. And the spicy nip of *Wagstaffe Sweet Mustard Pickles* add so much to a cold meat plate or meat sandwich. And when I bite into a big, juicy *Wagstaffe Queen Olive*—my, the things it does to my appetite! So to *really enjoy your meals*—I suggest you stock up now with several varieties of Wagstaffe Pickles and Olives.

ELLEN'S DIARY

By An Island Farmer's Wife

Granddaughter, considering that granted a fine day, Jamie would likely have been our guest, termed this Twenty-fourth "disappointing" as a shower moved along a hill. And although these stood to benefit the farming after the spell of dry weather, we too were regretful the day had not been according to the desires of those who might wish to spend it in open spaces. Come holidays we like to hear the dog hail an early angler even before we rise, as once upon a time Pard did, with sharp welcoming bark. But this year no lads of fellows came down along the slope that leads to mill-pond and stream. No cyclists appeared and only the odd car stopped, and then only briefly before retracing its way out the mill-road. One knew by the slow progress it made, its occupants shared our disappointment. Holidays should be only sunny and lovely with warm caressing winds, skies of blue, birdsong and memory-pictures. However as James pointed out "There won't be so many accidents, Ellen, because there won't be such numbers abroad." Clearing spells took the farmers to periods of field-work — gathering roots and stones from the new land, and, too, they joined Rob in cultivating a patch of grain-land up at the other farm.

* * *

It comes to mind now that among visitors to Alderlea, it was a privilege for us to entertain recently one who spent the years of his boyhood at the other farm. After a long absence from his native heath and the old haunts of his dreams, he returned to spend the winter months with his own folks, revisiting relatives and friends and acquaintances of his youth, and the old home. Finding it rather lonely we suspect as it sits there on the slope, taken up with its memories. What a pilgrimage to return after so long! And coming find it sheltering no kin, but on every hand familiar tokens of their occupancy and indication of their good farming and industry through the years. This was the field where a remembered crop of "blue" potatoes grew in a long gone year, there a harvest sun ripened the rippling crop of wheat. Here were the hedges, proof that in a heart were treasured memories of Yorkshire fields.

* * *

But if steps ring hollowly now on the threshold, and no welcoming smoke issues from the chimney because the hearth-fire is cold, the farming continues — in new ways of operation, with newnamed grains and potatoes. But from the house, southward the sun still blesses the green of the pastures and haylands, and towards the east, where passing stream and grove and woodland the land dips and rises to meet a far sky-line. Northward is sheltering meadows and towards the west, eyes rest on the wooded rim of the valley. And what of the lad come home? He is one who has won honors in his sacred calling . . . and his fascinating tales of the old years "when I taught there. . . and I recall driving by horse and buggy." Words like these that ever conjure up intriguing yarns of the past.

* * *

He knows his classics by heart and the Bible he preaches . . . and his eyes are keen and merry and blue. His years sit lightly on him, because his life has been so full he was unaware of their dawning or passing. In the interval had he forgotten the lie of the land of his youth? And the people of the neighborhood and community which owns him as a gifted son? On the contrary, every item was as familiar to him, every name of family, as though he had been gone from us only a week. The homeland is not easily forgotten when its scenes lie indelibly engraved on one's heart . . . "Put another stick on the fire, Ellen" James says looking up from his reading this cool night of the Twenty-fourth. Then lays down his paper to offer, "I'm thinking, Ellen, I didn't get enough grain sowed on that first field . . queer too, because I had her set the same as always!"

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

Cook's Corner

Here's an elegant "Peach Lemon Pie" with all the flavor and delicacy of a really good lemon pie, that is made with a can of cling peaches.

Use the peach syrup for liquid in the custardy filling and stir in the drained peach slices after it's cooked. Top with a fluffy meringue and bake until lightly browned.

PEACH LEMON PIE

1 No. 2½ can cling peach slices
¾ cup granulated sugar
¼ teaspoon salt
2 eggs
1 teaspon grated lemon rind
3 tablespoons lemon juice

Drain peaches and measure 1¼ cups syrup (add water if necessary). Heat syrup. Blend ¼ cup sugar with cornstarch and salt, and slowly stir into hot syrup. Cook and stir over direct heat until clear and thickened. Separate eggs and beat yolks lightly.

Stir some of hot cornstarch mixture into yolks, then stir this into remaining cornstarch mixture. Return to very low heat and cook and stir in lemon rind and juice and drained peaches.

Turn into baked pastry shell. Beat egg whites until stiff and gradually beat in remaining ¼ cup sugar. Shape meringue in circle inside pastry rim. Brown lightly in moderately slow oven (325 degrees F.) about 15 minutes.

Allow to cool thoroughly before cutting.

Serves 6 to 8.

-Needlecraft-

— FOR THE HOME —

This dress illustrates the softer styling that is so important this season for the new prints and sheers. Cape sleeves, panel-yoke lines, skirt in six gentle gores — all are easy to wear details! (A three-quarter sleeve version is included).

No. 2188 is cut in sizes 14, 16, 18, 20, 36, 38, 40, 42, 44, 46 and 48. Size 18, 3¾ yards 39-inch.

Send 35c for each PATTERN which includes complete sewing guide. Print Your Name, Addrress, and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

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Morning Smile

Elevator Boy

Fond Parent: "My son has taken up French, Spanish, Dutch and German."

Listener: "Goodness! Where does he study?"

"He doesn't do any studying — he's a lift boy in a big hotel."

DOROTHY DIX SAYS—

Grandma No Doormat

Married Children Should Give More Consideration To Mother

DEAR DOROTHY DIX: My married daughter has two children aged 2 and 3 years. They all visit me daily, just plopping in and upsetting my routine, house and peace of mind. The children are into everything and break things all over the house. I have tried correcting them, but they don't listen. What can I tell my daughter and son-in-law to improve things? I don't want to hurt them but I can't take much more.

GRANDMOTHER ALICE.

ANSWER: What a blessed world this would be if things only struck a happy medium! On my right hand is a pile of letters from grieving grandmothers who never see their married children or their grandchildren, and on my left hand are letters like this from grandmothers whose lives are disrupted by too much attention from the younger generation.

HER HOUSEWORK MUST SUFFER

What I'd like to know is, when does your daughter get her housework done? It seems to me that with a husband and two small children she'd have so much to keep her busy home she wouldn't have time to be on your hands so much.

Having raised your own family, you certainly deserve a rest now, instead of having to cope daily with two youngsters who are undoubtedly adorable, but who are also at the most active and destructive age. They're too young to understand much correcting, and the best way to prevent breakage is to keep things out of their way. As for the fundamental problem of how to make their visits less frequent, could you engage the co-operation of the family doctor to tell daughter that your health does not permit these daily visits? He certainly would not be trifling with the truth, as you are obviously nervous and need more quiet.

Of course, you could tell your daughter yourself, but she'd prob-

Continued on page 11

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