

That Body Of Yours

By James W. Barton, M.D.

WHY EXCESS FAT CAUSES SHORTNESS OF BREATH

In former days the average young or middle-aged man who found himself becoming too fat—most of the excess fat being about the abdomen—felt that the "only" way to remove this excess fat was by doing more physical work or taking more exercise.

Although this method was slow because the more the exercise was given him a big appetite, nevertheless in a matter of a few weeks or months he found that the ridges of his abdominal muscles were beginning to show and he was proud of his "washboard" abdomen. Then, by cutting down on his food intake, he felt he was "fit" again.

It so happens that many of our young and middle-aged men are not allowed to take vigorous exercise because of heart, blood pressure, etc., and so must reduce weight by cutting down the food intake which, while making him lighter, does not make him stronger as does regular physical exercise in which he trades his fat tissue for muscle tissue. And, as mentioned before, with the accumulation of muscle tissue there is more desire to exercise and thus prevent accumulation of fat.

One of the results of accumulation of fat across the abdomen is getting out of breath early on even slight exertion.

In their book "Endocrine Treatment in General Practice," Drs. Max Goldzieher and Joseph W. Goldzieher state that signs of heart embarrassment and breathlessness may result from massive abdominal and intra-abdominal pressure between the organs of the chest and floor of the chest and roof of abdomen upward, displacing the heart; simultaneously, the filling of the right auricle (part of heart receiving the used blood to be sent to the lungs) is decreased, which means the purging of the blood in the lungs is lessened.

By getting this excess fat on and in the abdomen removed by exercise or by cutting down on food intake or by both, there is the sensation of comfort and the disappearance of shortness of breath and other heart symptoms.

The simple exercise of "trying" to touch the toes, keeping the knees straight, in fact, any forward or sideways bending, keeping knees straight, will gradually develop the abdominal muscles so that the ridges or cross-bars of muscle will appear as fat disappears. About five minutes night and morning could not be better invested. Gladstone, the British Statesman, who kept strong at an advanced age, stated that all time and money spent in exercise paid a higher rate of interest than any other investment.

Anne Adams Patterns



4665 SIZES 12-20-30-42 by Anne Adams

SUNDRESS 'N' BOLERO

PRINCESS STYLE! It's the new style of the season! You'll be thrilled—it's the most becoming, the easiest to sew. This sundress with its own smart bolero is country-cool and city-slick. You'll wear it simply everywhere!

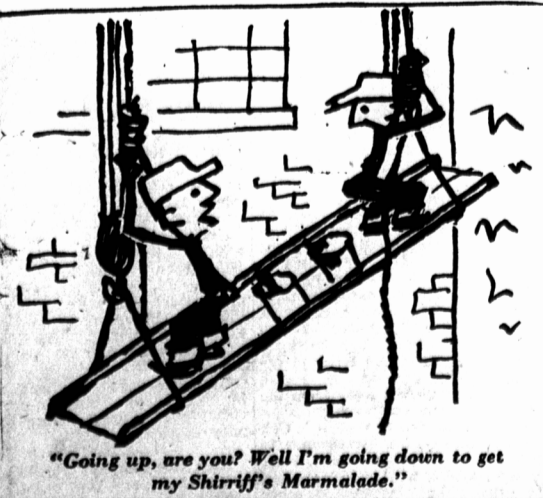
Pattern 4665: Misses' Sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38, 40, 42. Size 16 dress and bolero 4 1/4 yards 35-inch, 3/4 yard contrast. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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.

Cook's Corner

PINEAPPLE ICE CREAM

1 egg, 1/4 cup sugar, 2 cups evaporated milk, few grains salt, 1 1/2 cups crushed pineapple, 1 teaspoon vanilla, 1 cup whipping cream. Beat egg, add sugar, evaporated milk and salt. Cook over hot water until thick, stirring constantly. Chill. Add pineapple and vanilla. Whip cream and fold in the pineapple mixture. Pour into the freezing tray and freeze. After the mixture is half frozen remove from the refrigerator, beat until smooth and replace in freezing unit. Serves six.



"Going up, are you? Well I'm going down to get my Shirriff's Marmalade."

ELLEN'S DIARY

By An Island Farmer's Wife

Yes, the June month—clean, new, beautiful makes a fitting background for romance and for the realization of sweetest dreams. Mind with what ease return to by-gone years! "It was in June that..." How quickly they come back! So interwoven with loveliness ever were the June days—laced with long laughing sunny hours, the benediction and peace of stary skies and moonlight, the enchantment of a million blossoms of orchard and field and garden, the chuckle of streams, the smile of the picturesque farmlands—all these and more help to point the old memories that come crowding.

Even we, quite busy these days with our round of care remember with our pleasant, casual event of one June. There was that subsequently memorable day of one when, without much thought other than that it was rather pleasant to look ahead to our freedom (we little realizing that we had stepped over the old door-stone of school, never again to return as a pupil to that once-familiar place.

Nor to suspect that one day we should look back with much respect, even with nostalgia of its waltz, time which after all had been fairly happy... There, if we had never opened a book to master an assignment of schooling we had gained many values which were to prove invaluable to us along the years: goodness and loyalty were among others of the strengths of humans we learned to recognize and also something of its frailties and faults.

One June of the long-past conveyed us, indeed hurried us wistfully, as the present one does many of our young friends, up to the College Matriculation... Then it was not the pleasant, casual event it is now, more bleak it was to "pass the Board" of the old days—or at least so it seemed. How altogether solemn and silent were the attendants—the "guards" at the gate, who like breaths of wintry winds passing, paced away the hours of our trials.

"If ever we get to such a place" said a little girl in her Sunday-dress (vowed) "we shall remember to smile kindly upon those who write examination papers so as to give them certain confidence, because it is a nervous experience at best; we should stop a moment beside that girl's chair and say: 'This is different from the schoolroom at home... all so strange, is it not? But just think yourself back there and you will do so well, we shall all be proud of you!' And that lad running 'h' fingers through his curls, searching desperately for the answers to the type-written questions before him, should whisper: 'Do the easy ones first—and the rest will likely come to you; if not, well, there is no shooting at dawn about it—there will come another year!'"

We recall of former June... but there is so much from this month of wide carnations, of the many elapsing years, continues to live on in memory. One woman, a school-teacher remembered of it... Until tomorrow—Diary—Good-night...

For Tomorrow

PATIENCE and diplomacy must be your bywords this day. You may have some minor annoyances, especially during the morning hours, but if you will preserve a serene and calm attitude toward those who cause them, you can beat them easily. Be especially tactful with persons upon whom you must depend for success.

Matters associated with buying, selling, insurance, taxes and manufacturing are favored by the aspects in effect tomorrow. The evening hours are excellent for hobbies and participation in community affairs.

Better English

By D. G. Williams

1. What is wrong with this sentence? "Tomorrow is Tuesday, and I will be there, providing you are."
2. What is the correct pronunciation of "discharge" (noun and verb)?
3. Which one of these words is misspelled? Portable, visible, renewable, indescribable.
4. What does the word "aspiration" mean?
5. What is a word beginning with ga that means "talkativeness"?

ANSWERS

1. Say, "Tomorrow will be Tuesday, and I shall be there, provided you are."
2. A noun both noun and verb on last syllable, not the first.
3. Visible. 4. Ardent desire or longing for what is elevated or above one. "We all hope to satisfy the aspirations of our souls." 5. Garrulity.

How Can I!!!

By Anne Ashley

Q. How can I restore the fragrance to a sweet-grass basket?

A. Just as soon as the basket begins to lose its fragrance dip it into boiling water. When it dries, the fragrance will have returned.

Q. How can I destroy chiggers on the bushes and on the lawn?

A. On the bushes, by the liberal use of sulphur, applied with a dust gun. On lawns, just by keeping the grass cut.

Q. How can I clean white wicker chairs?

A. First, brush off all loose dirt, then wash with lukewarm suds, to which has been added a little salt, not wetting the chair any more than necessary. Rinse well with cold water to harden the wicker. The wicker may be whitened by using a little lemon juice in the rinse and drying out of doors. A chair dried near a hot fire usually cracks afterwards.

Alice Brooks Designs

TREAT FOR A TABLE!

Pineapples to set a table, beautifully a buffet. Crochet in fine or heavy cotton. Matching Chair-Set Pattern 7295 (not shown). Each pattern, 25 cents.

Pattern 7332 has crochet directions for pineapple dollies, 12 and 18 inches in No. 30 cotton. 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.



7332 by Alice Brooks

Douglas-Jordan Wedding



Mr. and Mrs. Leith Douglas following their wedding at Zion Presbyterian Church in Charlottetown on May 9. Mrs. Douglas is the former Miss Lorna Jordan of Murray Harbour. Mr. Douglas is the son of Mrs. Ira Douglas and the late Mr. Douglas of Charlottetown.

A quiet spring wedding was solemnized at Zion Presbyterian Church, Charlottetown, on May 9, 1953, at 3 p.m. when Lorna Sadie Jordan, daughter of Mrs. J. E. Robertson and the late Harris Jordan of Murray Harbour, and Leith Douglas, son of Mrs. Ira Douglas and the late Mr. Douglas of Charlottetown, were united in marriage. The double-ring ceremony was performed by Rev. T. H. B. Somers, M.A., S.T.M., and nuptial music was played by Frank Johnson.

The bride who was given in marriage by her grandfather, Lorne J. Buell, wore a ballerina length gown of pale blue lace over taffeta, reddening style, with a scalloped neckline, and long sleeves coming to points over the wrists. Her headpiece was a scalloped coronet of matching lace over taffeta with a fingertip veil of nylon tulle, and she carried a bouquet of daffodils.

Her attendant was Mrs. Alford Fraser of New Glasgow, N.S., who wore a ballerina length gown of yellow embroidered net over taffeta, with mitts of yellow net and a matching julep cap. Her bouquet was of mixed spring flowers.

The best man was Mr. John McRae, Mr. Vernon Garrett and Mr. Alford Fraser were ushers.

The bride's mother wore a dress of navy blue crepe with white accessories and a corsage of pink roses. The groom's mother wore a navy check suit with natural and white accessories.

The reception was held in the ladies' parlour of the church. The bride's table was centered with a three-tier wedding cake swathed around the base with fluted tulle and daffodils. Daffodils also formed part of the decorations of

Household Scrapbook

By Roberta Lee

Frosted Glass

To give glass a frosted appearance, cover it with a mixture composed of six ounces magnesium sulphate, two ounces dextrin, and 20 ounces of water.

Bread

When making bread, the crust will be a rich, golden brown, if the top is wet with milk before putting it into the oven.

White Stucco

Scrub white stucco with a fiber brush and a solution of soap and water. If this does not prove effective in removing the dirt, try a mixture of one part of sulphuric acid to seven parts of water. After scrubbing with this, rinse with cold water.

Modern Etiquette

By Roberta Lee

Q. Is one obligated to give a wedding gift to a bride when one has already given her a shower present?

A. Yes; a shower gift does not take the place of a wedding gift.

Q. When "cutting in" at a dance, should a man lay his hand upon the girl's shoulder or arm?

A. No; he should touch her partner's shoulder and ask pleasantly, "May I cut in?"

Q. Is it all right for a person to compliment his bride partner, who plays a hand particularly well?

A. Yes, why not? A few words of praise for his skill are not out of place. But never, under any circumstances, criticize the play, even if your partner happens to be your spouse. This would be exceedingly ill-bred.

Morning Smile

Simple

A peasant was taken to hospital for a serious operation. Before it was performed he was given a good bath. As he left the bathroom he exclaimed: "The operation was not so bad after all!"

DOROTHY DIX'S COLUMN—

Domestic Dictator

Man Rules Young Woman's Life As Though She Were A Child

DEAR MISS DIX: I am 21 years old, and ashamed to admit I am living with a young man. He is a wonderful person in some ways, and when he's in a good mood there's nothing he won't do for me. But he's funny in other things. Although I keep the house very clean, he's always finding fault. If I suggest going out, he says I can go, but I'll find my clothes on the doorstep when I return. I think I love him, but I'm beginning to be doubtful about it. Can you give me a little advice? JAY



Muriel Nissen

ANSWER: Well, I can understand a wife standing for this high-handed treatment, but when a girl submits to it without benefit of wedding ring, she's stretching meekness a bit too far. You are actually little more than a chattel, Jay, firmly under the thumb of a man who may leave you tomorrow. You have lost enough self-respect through your manner of living; a few years of bowing down to the tyranny under which you now exist will rob you of every vestige of decency.

Certainly there is no advice I or any other responsible person can give you except to leave the man at once. You're young enough to make a new start in life, and old enough to face the world, get a job, and create a decent future. Aside from the sordidness of its content, your letter is well written and indicates a girl of some intelligence. Use your brains to better advantage than being the browbeaten subject of an unprincipled man. You admit you're ashamed of living with this man so you haven't lost all conscience. While you still have the attributes of an intelligent woman, straighten out your life. Moving to another city and making an entirely new start is the best thing to do.

DEAR MISS DIX: I am the mother of two children. My husband deserted us for another woman a year ago and obtained a Mexican divorce. Now, he feels that he has made a mistake and has asked me to take him back. I am still very much in love with him, but am afraid I may have to go through the same thing again. MRS. E. C.

ANSWER: Since neither of you will be happy apart, and since your husband has apparently learned his lesson, I think you should take a change on a reconciliation. However, it would be wise if you both went to your pastor, or a marriage counselor, for a personal consultation before making a decision.

DEAR MISS DIX: I have been married just three months, and am living with my family. My husband is in service, but will be out in a few weeks when we'll go housekeeping on our own. The trouble is that he wants to move near his family and I know I won't be happy there. One member of his family made a remark to me once that hurt very much and I can't forget it. They are all very nice when I visit them. F. B.

ANSWER: Don't begin your married life with bitterness over a remark that was made some time ago. People often say things in haste that they really don't mean, or that they regret later. It's a grave mistake to harbor grievances over such remarks. Since your husband refuses to give in, and has some sound reasons for wanting to live near his people, you'd better have some pretty good counterarguments.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

created especially to enhance the charm of Canadian women...

Tiffany Cosmetics

Tiffany Cosmetics Will Reveal A Lovelier You

Choose them at your **Rexall** Drug Store where a trained Beauty Consultant will help you select the Tiffany Cosmetics most suitable for your individual colouring.

Tiffany... For Makeup Beauty

- FACE POWDER in 5 summer-lovely shades to complement every skin tone... \$1.50.
- ROUGE in 6 distinctive shades to match lipstick—Cream... \$1.25; Powder... \$1.50.
- LIPSTICK to give your lips satin smoothness, in 7 harmonizing, long-lasting shades... \$1.50.

Cleansing, Stimulating Creams

- FLUFFY-TYPE CLEANSING CREAM for delicate, dry skin... \$1.25, \$2.50.
- SKIN FRESHENER, mildly astringent, suitable for all types of skin... \$1.25.
- ASTRINGENT LOTION, excellent for oily skin... stimulating and drying... \$1.50.

Tiffany Perfume Enchantment

- PURSE-SIZE... \$1.25.
- TREASURE-SIZE for the dressing table... \$2.50.

TIFFANY SPECIAL OFFERS

- Tiffany Cream Deodorant with Chlorophyll: Effective, safe, does not dry out in jar. Regular \$1.50, 3 oz. jar... \$1.00.
- Tiffany Enriched Shampoo with Lanolin: For all types of hair, lathers abundantly, rinses easily. Regular price... \$1.00. Only... 79c.
- Tiffany Cologne Creation and Tiffany Crystal Cologne (purse size): Regularly \$1.50 and \$1.25 both for only... \$2.00.

Tiffany Cosmetics are sold exclusively at the Beauty Counter in your **Rexall** DRUG STORE