

That Body Of Yours

By James W. Barton, M.D.

HEARING LOSS AND NUTRITIONAL DEFICIENCY

While we do not read or hear so much about vitamins today as formerly, it is not, because vitamins are not as much in use, but because research workers and practicing physicians have found the specific or particular uses for each of the vitamins and prescribe them accordingly. Thus, vitamin A is prescribed for surface or skin conditions, vitamin B to promote appetite and strengthen the nervous system, vitamin C for scurvy, vitamin D for rickets and arthritis and vitamin E for muscular weakness.

That vitamin A, in addition to being of value in run-down or weakened patients, is of real help to ear specialists in the treatment of loss of hearing and deafness. As stated by Dr. M. J. Lobel in American Medical Association Otolaryngology (ear and throat), Chicago.

Dr. Lobel cites several investigations on the value of an injectable vitamin A preparation in otosclerosis (formation of spongy bone in the inner ear) and other types of impaired hearing not helped by the usual ear and throat methods of treatment, and then describes patients with hearing loss who have been treated primarily with vitamin A and other measures. From this study of these investigations and some previous studies, he concludes that vitamin deficiency and hearing loss are in some manner related.

Results of clinical trials with an injectable vitamin A preparation hold promise of certain types of deafness. Despite the fact that in some instances the hearing loss was not influenced, the accompanying tinnitus (head noises, ringing in the ears) was greatly relieved. The fact that injectable vitamin A gives relief in head noises will be greatly welcomed by sufferers with these symptoms, as patients state that while they can put up with the loss of hearing, the head noises and ringing in the ears cause distress, fatigue, and resulting irritability.

The present treatment of tinnitus is a diet low in salt and liquids, and a drug taken daily to drive excess water out of the tissues. Foods to be reduced in amount are: salted butter, crackers, beefs, eggs, milk, carrots, spinach, oatmeal.

The fact that the use of vitamin A will allow some of these foods to be eaten, even though in small amounts, will be a boon to sufferers with loss of hearing who are suffering also with head noises.

"Further trials with vitamin A alone or combined with other vitamins seem definitely indicated."

Better English

By V. C. Williams

- 1. What is wrong with this sentence? "The little park has two waterfalls and a winding river; the latter is fascinating to follow, but the former is really wonderful."
2. What is the correct pronunciation of "strategist"?
3. Which one of these words is misspelled? Superior, supersede, suple, supremacy.
4. What does the word "distorted" mean?
5. What is a word beginning with fu that means "stealthy, sly"?

ANSWERS

- 1. Say, "the former are really wonderful," inasmuch as former refers to a plural subject. 2. Accent first syllable, not the second. 3. Supple. 4. Twisted out of regular shape. 5. Futrive.

A Country Garden

By Mrs. Gordon MacMillan

A Morning Wish

The sun is just rising on the morning of another day, the first day of a new year. What can I wish that this day, this year may bring to me? Nothing that shall make the world or others poorer, nothing at the expense of other men, but just those few things which in their coming do not stop with me, but touch me rather, as they pass and gather strength.

A few friends who understand me, and yet remain my friends. A work to do which has real value without which the world would feel poorer.

A return for such work small enough not to tax unduly anyone who pays. A mind unafraid to travel, even though the trail be not blazed. An understanding heart.

A sight of the eternal hills and unresting sea, and of something beautiful the hand of man has made.

A sense of humour and the power to laugh.

A little leisure with nothing to do.

A few moments of quiet, silent meditation. The sense of the presence of God.

And the patience to wait for the coming of these things, with the wisdom to know them when they come.

W. R. Humant. Happy New Year! And many happy days in the garden is my wish for you in this year of nineteen hundred and fifty-two.

How the universal heart of man blesses flowers. They are wreathed around the cradle the marriage altar and the tomb. The Persian in the Far East delight in their perfume, and writes his love in nosegays; while the Indian child of the Far West claps his hands with glee as he gathers the abundant blossoms, the illuminated Scriptures of the Prairies.

The Cupid of the ancient Hindus tipped his arrows with flowers and orange flowers are a bridal crown with us, a notion of yesterday.

Flowers garlanded the Grecian altar, and hung in votive wreath before the Christian shrine. All these appropriate uses.

Flowers should deck the brow of the youthful bride, for they are in themselves a lovely type of marriage.

They should twine around the tomb, for their perpetually reborn beauty is a symbol of the resurrection. They should fragrance the altar, for their fragrance and beauty ascend in perpetual worship before the throne of the Most High.

L. Child. Let our hearts be filled with a wish for all; Roses in a garden; A bird to enthrall; Food for a hungry world; Bruised and numb; And God's loving care; When the day is done.

Andrews.

Household Scrapbook

By Roberta Leo

Onion Juice

Onion juice blends and flavors food better than chopped onions. The juice can be obtained by pressing a spoon against the cut side of it, or pressing the onion against a grater and allowing the juice to drip through.

Chapped Lips

Make a salve for chapped lips by mixing twenty parts of white wax, forty parts of spermaceti, ten parts of oil of sweet almonds, and thirty parts of perfectly pure fresh lard.

Curling Feathers

To curl feathers or plumes shake the tips through steam from the spout of a kettle, and then curl with a silver fruit knife or a whale bone.



CHRISTMAS AT KINDERGARTEN - Pictured above is a group of Kindergarten children who took part in Christmas closing exercises Thursday last. The children delighted parents and friends with their enthusiastic performance. Teachers are Mrs. Merchand and Mrs. Ira Clark.

Modern Etiquette

By Roberta Leo

Q. Is it correct to use the knife as a "pusher" when eating?
A. If properly done, it is proper. Held in the left hand in the same holding to guide and hold each mouthful for the fork to lift, this is not even noticed by most people.

Q. If one has forgotten to send a Christmas Card to a friend who has sent one, must a note be written to this friend?
A. Yes; extend greetings and say how happy you were to have his card.

Q. Is it sufficient for a bride and bridegroom to thank their friends verbally for wedding gifts?
A. No; a personally-written note by the bride is a "must."

How Can I!!!

By Anne Ashley

Q. How can I cause paint to adhere to new tin?
A. Rub the surface of the tin first with pumice powder, or sandpaper, and apply shellac. Be sure the tin is free of grease before beginning the work.

Q. How can I help my child when he wishes to blow soap bubbles?
A. Add a few drops of glycerine to the soap and water, and the bubbles will not burst so easily and will have a more brilliant color.

Q. How can I brighten the red tiles of the porch or fireplace?
A. Try rubbing with a cut piece of lemon and a little salt. Then wash with warm, soapy water.

Cook's Corner

VEGETABLE AND BACON SOUP

Ingredients: 2 tablespoons bacon fat, 1/2 cup finely diced (1 medium) sized green pepper, two 4-ounce jars strained vegetables-and-bacon, 1/2 cup water, 1 cup milk, 1 1/2 tablespoons grated Parmesan cheese, salt and freshly-ground pepper (to taste).

Method: Heat bacon fat slowly in medium-sized saucepan, add green pepper, and cook over low heat - stirring - for a few times - for 5 minutes. Remove from heat; add strained vegetables - and-bacon; swirl out the jars with the water and add. Return to low heat and beat with a whisk or rotary beater until well combined. Stir in milk slowly, then cheese, and allow to stand over low heat until very hot; do not boil. Add salt and pepper to taste and serve at once. Makes about 3 1/2 cups soup, enough for four 1/2-cup servings.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE holiday spirit remains with inflationary and expansive force enlarging the interests, aspirations and desires. It is a time for taking into consideration those ways and means for putting varied hopes and wishes on an expansive and constructive basis. A "windfall" or gift of money or securities could be an opening wedge for future operations or solid investment. But make for security and lasting constructive growth in all such plans.

For the Birthday

Those whose birthday it is may look for some substantial and alluring opening for advancing future interests, and putting the fortunes on a firm and growing basis. Constructive forces may have some surprising bids for branching out in a new direction, possibly an incentive to make a gamble, providing the operations are not too extravagant. Judgment is good for a solid upswing, with lasting security or tangible assets the inclining factor. As well as sound judgment, "hunches" or tips might have surprising denouements. A "flurry" may be thrilling. A child-born on this day should possess much versatility and be adaptable, clever and creative, with the ambitions and aspirations sound, of creative merit.

DOROTHY DIX SAYS-

Warning To Oldsters

Grandfather Regrets Marrying Woman Twenty Years Younger

DEAR MISS DIX: My experience, I hope, may save some other old gent from the heartbreaking mistake I made. At the age of 63, a widower for seven years and a grandfather four times over, I decided to remarry. Someone my own age, I was a young man to my way of thinking. So I married a woman of 40 who had never been married. This was to me "marvellous!" Such a woman—so attractive—so sweet—such a good cook and just waiting for me. Oh, how we can talk ourselves into something! I had a comfortable home with my son, his wife and two children. Nothing was too much for them to do for "Gramps." If I had only listened to them! They resented my marriage, and how right they were!



Now after two years of marriage, I find myself tied to a woman who has completely changed since the wedding. She insists on my changing to her ways; everything must be done as she wants it. My comfort is secondary; my wishes ignored. So, may I warn other oldsters—admit your age! Don't let a last fling throw you into a situation like mine.

ANSWER: This is the substance of many letters along the same lines. Grandpa, at 50, 60 or later, decides he is too young to settle down, so he goes a-wooing. The object of his affection is a woman 20, 30 or more years his senior. Does that phase grandpoo. Of course not! What difference does a few years make?

SHE WANTED SECURITY

Alas and alack! He discovers too soon—and too late—that a generation is difficult to span. His lady love has achieved security, which was her goal from the beginning. So now we have grandpa estranged partially or completely from his family, forced to adjust himself to a new life not to his liking, bidding farewell to the days of ease and comfort. Isn't it better to accept the years gracefully? This needn't mean idleness or stagnation; it simply means adapting oneself to the limitations exacted by Father Time. It definitely precludes romance with ladies a generation younger. December-May marriages are usually engineered by ladies looking for a soft berth. They set the standards for the marriage, while hamstringing grandpa meekly follows as best he can.

Congenial marriages do occur in middle- or even old-age but the partners are of the same generation, at least. Lonely oldsters very often establish a fine pattern of companionship in their later days; in many respects it offers aspects for young married folk to emulate or aspire to. As an attempt to revive the romance of youth, however, a late-in-life match is doomed to utter disaster.

DEAR MISS DIX: Are the wedding gifts from a reception supposed to be taken to the bride's home or to the couple's new home, which is all furnished? In this case, the bride's mother took them home with her, so when the couple returned from their wedding—'tip they had to transport the gifts to their new home. G. R.

ANSWER: This seems like a very trivial matter for you to get so upset over. The bride's mother may very reasonably have thought the gifts would be safer with her than in an unoccupied house. She surely had no intention of retaining permanent possession of the gifts, so why all the hullabaloo?

DEAR MISS DIX: I'm very much in love with a girl and I'd like to know how I can get her to go out with me. Her mother and father think she's too young to go out on dates. I'm 19 and she's 14. Do you think I should ask her parents to let her go to a dance or show with me? K. S.

ANSWER: You can ask her parents. If you wish, but I don't see with them that the girl is too young for dating, especially with a boy as much older as you are.

The New Christmas Train



Who's having the most fun, playing with the wondrous new trains Santa Claus brought - father or son? This could easily be the jackpot question of the Christmas season. At any rate, in the case of bartone Bernard Johnson's family, it looks like it's a toss-up. The happy father, star of "Musical Kitchen" heard over the Trans-Canada network is pictured here with sons Bernard Jr., Paul and Bill. Baby John Charles, age six weeks, is a little young at this time, to assume the crouching position of his famous father and big brotha.

ELLEN'S DIARY

By an Island Farmer's Wife

It is on the grim wintry days when one clears a corner of a frosted pane and looks out upon drifts a-whirl along hill and hollow, she turns away to take out then the "Roses for December" she has gathered along fairer ways.

Not that personally we find other than a sombre or glowing loved-deed gifted with some quirk of illness in any winter day and in-character which James himself finds difficult to understand we can even enjoy the season's storms. We like the snowfall and blown and mounting drifts, nor are we at all dismayed by the sense of isolation which the like gives to this Island farm, though for the sake of a family that does not share our views, we prefer it to be of short duration.

And if sometimes disturbing visions of eventualities that could occur at such time might come to mind, we lose them presently in some work or interest that comes to hand. Bused thus, it is surprising how soon even the lengthiest "spell of weather" spends itself and is gone.

But who has not "Roses for December?" Or have we been too occupied with the cares of our household and allowed that opportune time for gathering slip away in lesser doings? Did we let glorious dawns pass unloved? Lovely summer noons? Enchanting dusks? And the charm of seed-time - the haying and harvest, without reaping even one fragrant rosebud for memory? Seeing may be only the commercial gain in a given task and nothing of the beauty that is there.

Grumbling ever at the "Stern voice of Duty" . . . meeting each day sullenly, or with indifferent outlook. "There's really not much to see, Ellen" our hostess of one long-gone afternoon offered at our suggestion that we come to the out of doors. She smiled ruefully. "To tell you the truth I get weary of the same old sights. I'm tempted to run away to some fairer place."

It was an old-fashioned garden of a lawn we came to, somewhat unkempt it is true, but beautiful even in its untidiness. Clumps of lilies bloomed in grassy corners and jollyhocks making light of any matter of cultivation had seeded themselves and grew thriftily in a sheltered nook by a fence.

Sun-shadows rippled in the green satin of the near grain field and beyond, black and white cattle grazed in content in their pasture. Below, the bars and blue of the bay were bathed in the sunlight; it caressed to the wings of the gulls that dipped and soared leisurely there.

Past a turn in the roadway at the right and on a bit of a rise against a background of green velvet that was woodland, and above that the silver-blue of sky, sat the village . . . store and church, houses and school . . . but pretty as it was about our eyes came back to rest on the nearer scene. The two children were engaged in hauling a bundle of sticks in their small wagon, attended by the dog—a buff creature of pointed nose and white ruff and quite as interested and alert at the pastime as they. The little girl's shriek of dismay over a fallen stick seemed to bring an answering expression to his eyes.

A mother duck and her brood cut across the yard and we recall—because our younger farmer had questioned us about this later, a mare and foal drowsed beneath the trees in the orchard. "You see, Ellen" our hostess offered with a shrug "as I said, there's not much to look at."

But was there not? Immeasurable wealth of home and family and a world of rare beauty right at her door! But for her no "Roses for December" not even one tight-curled bud!

Until tomorrow - Diary - Good-night . . .

Greek Queen Foster-Mother To Refugee Child



During a recent visit to the a 13-year-old orphan, Mina Katsamgoucha, and became his foster-mother. Queen Frederica is shown having a friendly chat with Frederica of Greece took pity on her newly adopted "child."

Says Planning Key For Good Family

TORONTO, Nov. 24—(CP)—The introduction to the book "Living With Our Children" says it should be read by the latest generation of married folks—those with "stray grains of wedding rice in the corners of their suitcases."

The present volume (Norton, New York) is a revised edition of the original of a quarter of a century ago, and author Dr. Lillian M. Gilbreth examines her earlier theories in the light of the years.

Dr. Gilbreth is popularly known as the model for the mother in the movie "Cheaper by the Dozen" an industrial psychologist and expert in scientific management who was the mother of 11 children when she wrote the book "out of her first-hand experience."

She has always found life an adventure, and so did her husband, the late Frank Gilbreth. "For him time was always an opportunity," she says. "His project all through the 55 years of his life was to find the 'one best way' of doing everything, having in mind satisfaction not only in the result but in the doing."

On one hand Dr. Gilbreth approaches her subject of raising a family with the point of view of the psychologist. At the same time she studies it with the eye of a mother of a large family.

Understanding Is Key Young married couples, she says, should plan their future and get to understand one another's background, to learn the traits each possesses.

"It is interesting to consider one's ancestors both as members of social groups and as individuals, from the physical, mental and emotional side," she says, "and to evaluate their efficiency in both cases."

Her advice on child-rearing covers much territory. Bad habits can be established so easily. Nappies should never be tucked into the neck of a youngster's dress or suit, for instance. Later this will be accepted as bad manners. Bibs are associated with childhood but nappies should be used in the same manner as adults use them.

Parents must learn to live with their children, not for them, is her main theme.

"Make changes in your way of living, not primarily because it is best for them but because it is best for everyone."

Morning Smile

NEVER!

A young commercial traveller set out for the first time to get orders in the West of England. At Plymouth he met an old traveller, who asked him how he had got on.

"Badly," he replied. "I was insulted at every place I visited."

"That's strange," said the other; "I've been on the road forty years; I've had my samples flung into the street and I've been taken by the scruff of the neck and pitched downstairs; I don't deny that I've been rolled in the gutter; but I've never!"

Late Now

Full of zeal, the amateur dramatic company was doing its best—but that wasn't good enough. The audience got colder and colder. At last the heroine, fat, forty, and not so fair advanced to the footlights.

"Oh, why was I born?" she exclaimed.

"That can't be helped now," came a retort from the gallery; "get on with the play!"

Anne Adams Patterns



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Frozen Stuffed Chicken

Frozen stuffed chicken all ready for the oven is the latest development of the poultry industry which will be welcomed by career girls, club women and inexperienced brides, according to C-I-L Agricultural News. After the bird is prepared and stuffed with a special dressing, a colorless plastic bag is drawn over it and the air expelled by a vacuum hose. It is then placed in a deep freezer. Poultry farmer A. M. Wadsworth of Wolcott, N. Y., was responsible for the original idea of marketing his products in this way.

