

Better English

By G. C. Williams

1. What is wrong with this sentence? "It is plainly obvious that Frank is angry at me."

ANSWERS

1. Omit "plainly," and say, "is angry with me." 2. Pronounce e-r-a-t-a, e as in set, first a as in rate, accent second syllable.

Cook's Corner

BAKED PORK CHOPS In Mushroom Sauce

The excellent sauce, quite thin in consistency, is in just nice amount for the five chops. Canned mushroom soup provides a shortcut and assures a fine flavor.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a woman to hold a man's arm when walking with him?

A. Not during the day, unless she is old or feeble. At night a man may offer his arm, not only because it is a courtesy, but usually because still-heeled shoes provide somewhat of a hazard in the dark.

Q. If the bride's father, the bridegroom, his best man and ushers are all renting their formal attire for the wedding, who should bear the expenses of these clothes?

A. Each man rents his own clothes.

Q. Shouldn't a hostess wait until all her guests have arrived before serving cocktails?

A. No, this isn't at all necessary.

Morning Smile

One small boy returned home from a birthday party and his mother greeted him at the door. "Did you have a nice time, Bobby?" she asked.

"I've never been to such a miserable party," said Bobby. "They had a dame there who was constantly trying to restore order."

Client: "Didn't you make a mistake in going into law instead of the army?"

WILDWOOD, Alta. — (CP) — Ward Borst is getting a reputation as a deadly hunter of coyotes. He overhauls the coyotes in his car on ice-covered Chip Lake and then uses a shotgun. So far this winter he has bagged 27.

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A wedding of wide interest was solemnized recently at Carleton Siding when Miss Clarissa Alberta Ward, daughter of Mr. and Mrs. Albert Ward, Richmond, became the bride of Mr. Roy McCarville of Carleton Siding. From left to right are Mr. Wendell Ward, brother of the bride, as groomsmen; Mr. and Mrs. Roy McCarville, and Miss Frances Henderson, cousin of the bride, as bridesmaid. The young couple reside in Carleton Siding where Mr. McCarville is associated with the Co-op Store of that community. — (Photo by D. W. Sears).

That Body Of Yours

By James W. Barton M.D.

ATROPHIC RHINITIS, THIRD FORM OF CATARRH WITH DISAGREEABLE ODOR

While there appears to be some help for bad breath by use of various antiseptic mouth washes, tooth powders and pastes, there is the one form of bad breath that seems to defy all local applications and requires general or systemic treatment to obtain results. I refer to what is called atrophic rhinitis, a third form of catarrh, ozena, and other names.

In the New England Medical Journal, Dr. H. J. Sternstein (Harvard University) reports his study of 13 patients between the ages of 26 to 73 in whom symptoms had been present for 15 to 50 years. The outstanding symptoms of atrophic rhinitis are a strong, penetrating, offensive odor, due to the extensive formations of green crust, and the wasting of the turbinate bones of the nose. Loss of smell is usually a symptom, and there are usually organisms present.

Dr. Sternstein treated these cases with antibiotics, which kill harmful organisms, and also by vasodilators, drugs which widen or enlarge the blood vessels thus helping the circulation to and away from the vessels supplying the nose. The drugs were used in one of three ways: streptomycin, histamine and niacin; streptomycin and prilocaine (the new drug used successfully in dilating blood vessels and lowering blood pressure); streptomycin, penicillin and prilocaine. In addition, bacitracin and gantrisin were used with these combinations.

All patients were advised to stop the nasal irrigations or washing out of the nose. Lamb's wool plugs were inserted in each nostril three to four times an hour during the day to stimulate secretion or moisture from the lining of nose and help to remove crusts. Apparently any method that will soften and remove these crusts causes the terrible odor to disappear.

The results obtained by these methods were fairly satisfactory, but long treatment is necessary as results showed that significant improvement was noticeable after the third month of this form of treatment.

I have written before of the success obtained by research workers by use of prostigmin (neostigmin) and also by the use of sex extracts. As atrophic rhinitis with its disagreeable odor prevents such patients from mingling freely with others, any form of treatment that is reported as successful by outstanding clinicians should be tried.

For ordinary bad breath, many obtain relief by cutting down or avoiding fat foods.

BRONCHIAL COUGH

Are you kept awake by a nerve-racking bronchial cough? Is phlegm so tightly packed in your bronchial tubes, no amount of coughing seems able to dislodge it? Templeton's RAZ-MAH capsules are especially made to loosen phlegm, so it comes away easily and you are relieved of coughing and wheezing. Get RAZ-MAH for quick relief. 65c, \$1.35 at druggists. 7-56

DOROTHY DIX'S COLUMN

By Dorothy Dix

Eager For Friends

High-School Girl Finds Group Refuses Her Membership

DEAR MISS DIX: I am in my second year of high school. When I was younger, I was very self-conscious and, as a result, was left out of the gang. Now I want very much to join the crowd, but I find it isn't as simple as it appears. I am not popular with either the boys or girls. I am fairly attractive, neat in appearance, have good manners, but have found that I need more than that to win friendship. I went to a summer camp this year and made friends very easily; why can't I do it at home. I go to school parties and compete in sports, but feel rather foolish when I see my classmates do so much better than I.

STUDY MAKING FRIENDS

There are many little short cuts to making friends among your schoolmates. Be quick to pay a compliment. Notice a girl's new dress or hair-do. Congratulate a fellow student on some particular success. Is there anyone who wouldn't respond graciously to a comment along these lines? Remember to send birthday greetings or get-well cards on appropriate occasions. Don't be gushy about your attentions, but let your friends know that you think of them and remember them on special occasions. Enroll Mom's aid, and invite the gang to your house for an evening. Good refreshments and a few amusing games will act as wonderful ice-breakers, and let the crowd know that you are a good hostess, a thoughtful friend and would make a considerable ally.

I'm sure if you stop worrying about the situation and put a few of these maxims to use, you'll make your schoolmates more conscious of you and cognizant of the fact that you'd be an asset to any group.

DEAR MISS DIX: When I was 16 I had an affair and had to get married as a consequence. While it's true that many marriages like mine don't work out, ours has been fairly successful. However, my parents don't like my husband, and I don't like his people. Neither set of parents will come to visit us. I visit my folks, and my husband sees his, but there the association ceases. S. R.

ANSWER: Both sets of in-laws are acting like children. Since you are a happy little family now, your people should forget the past and be willing to visit you. Your husband should get over his sulking and agree to stay home when they call and be a pleasant host. Perhaps on a forthcoming occasion, such as a birthday or anniversary, you could have a special dinner and coax your folks to come. If it works, do the same with his people and perhaps you may eventually form a family group.

DEAR MISS DIX: I am going with a very nice boy and like him a lot. The trouble is that when he says he will phone, or come up to see me, he never does. S. F.

ANSWER: You certainly have a queer pal, but perhaps he is too shy to follow through with his own suggestion of phoning or calling. Then, too, he may not be sufficiently interested, but I think the former explanation is more probable. Try pinning him down to a definite date at your house and see if he responds.

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

Household Scrapbook

By Roberta Lee

Nosebleed

Some methods that have been found effective in checking nosebleed are to have the patient lie down with head partly raised. Roll rag or paper and force between gum and upper lip to press real tight. Apply ice to back of neck. If the bleeding continues, plug up into the nose with a penholder or clean muslin, working pad firmly up into the nose with a penholder or similar object. Remove carefully when the bleeding stops.

Dampening Clothes

A sprinkler for dampening clothes can be satisfactorily made by punching holes in the metal top of a Vaseline jelly jar, or any bottle that has a screw top.

Custard

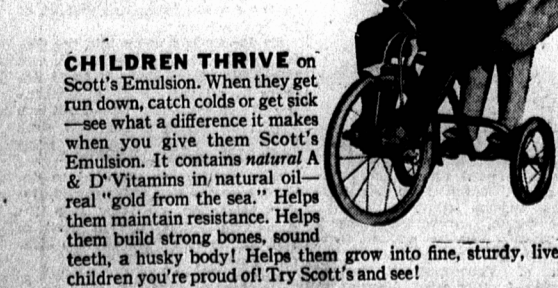
One egg or more may be omitted if the custard recipe calls for several eggs, by using one-half tablespoon cornstarch for each egg that is left out.

Top Athlete



Luella Law of Vancouver, member of Canada's track team at the Olympics last year, has been named outstanding woman athlete of the year by the Womens Amateur Athletic Federation of Canada. Miss Law, a sprinter, will be awarded the Rose Bowl by the federation.

How Scott's Emulsion Helps CHILDREN GROW STRONG, HUSKY!

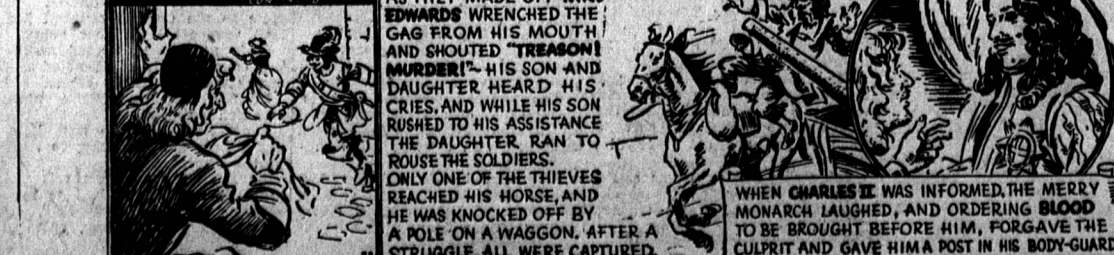


CHILDREN THRIVE on Scott's Emulsion. When they get run down, catch colds or get sick — see what a difference it makes when you give them Scott's Emulsion. It contains natural A & D Vitamins in natural oil — real "gold from the sea." Helps them maintain resistance. Helps them build strong bones, sound teeth, a husky body! Helps them grow into fine, sturdy, lively children you're proud of! Try Scott's and see!

SCOTT'S EMULSION IS RECOMMENDED BECAUSE 1. It contains natural A & D Vitamins in natural oil — plus added minerals. 2. Easy to take, economical. 3. Four times easier to digest than plain cod liver oil, because of exclusive process. 4. Helps children build strong bones, sound teeth, a sturdy frame. Today — sure — get Scott's at your favourite store.

SCOTT'S EMULSION HIGH ENERGY TONIC

THE STORY OF THE Green Leech



AS THEY MADE OFF MR. EDWARDS WRENCHED THE GAG FROM HIS MOUTH AND SHOUTED 'TREASON! MURDER!' HIS SON AND DAUGHTER HEARD HIS CRIES, AND WHILE HIS SON RUSHED TO HIS ASSISTANCE THE DAUGHTER RAN TO ROUSE THE SOLDIERS. ONLY ONE OF THE THIEVES REACHED HIS HORSE, AND HE WAS KNOCKED OFF BY A POLE ON A WAGON. AFTER A STRUGGLE, ALL WERE CAPTURED. WHEN CHARLES II WAS INFORMED, THE MERRY MONARCH LAUGHED, AND ORDERING BLOOD TO BE BROUGHT BEFORE HIM, FORGAVE THE CULPRIT AND GAVE HIM A POST IN HIS BODY-GUARD.

Stars bright in their courses tonight, and a young moon in January look positively terrific! This is the sheath line you see on all the fashion pages — newly, nicely detailed with tab buttons to accent the molded midriff. Softness at the neck for flattery, a neat at the hem for walking ease. Pattern 4714: Misses' Sizes 12, 14, 16, 18, 20. Size 14 takes 2 yards 39-inch fabric. 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, and send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

The Stars Say

By Genevieve Kemble

For Tomorrow

WHILE the day starts off on a high note of gaiety, good nature, fine ideals and aspirations, it is possible that some hidden, bewildering, or underhand gesture, criticism or affront may turn the tide into a regretful, foolish and profitless situation. Discard and wrangling might prove of long-range regret. Personal recriminations and criticism have enduring reaction, in business as well as private relations.

For the Birthday

Those whose birthday it is are advised of a turn of events startling but pleasant enough, being drastically and profoundly reversed into deplorable and regrettable situations. These could have more than passing resentments and regrets, since emotional flares and fury could have very material deceptions.

How Can I

By Anna Ashley

Q. How can I re-glue the joints of furniture?

A. The old glue which clogs the wood pores of joints to be re-glued prevents the new glue from setting firmly. When this happens, steam the surface of the part to be glued with a damp cloth and a hot iron. The joint will then be in excellent condition for the application of fresh glue.

Q. How can I give a different flavor to apple pie?

A. Try grating a little orange rind into the sugar. Sprinkle this over the apples in the usual way, and see what a different and delicious flavor it imparts.

Q. How can I clean ivory knife handles?

A. By rubbing gently with fine emery or sandpaper; polish with a clean chamomile. Lemon juice and salt is also excellent; rub with lemon juice first and then with salt, or use a half lemon dipped in salt.

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4714 12-20 by Anne Adams

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Alice Brooks Designs

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by Alice Brooks

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