

That Body Of Yours

By James W. Barton, M.D.

ALCOHOLISM AND VITAMINS

Now that alcoholism is likely soon to be taken out of the hands of the law, and physicians and hospitals, general and special, will be taking over the care and treatment of its victims, it is of great interest to us all to see the information now given to the public mind about this important subject.

Just a few years ago we learned from the Yale School for Study of Alcohol and Alcoholism that there was something lacking in the constitution or make-up of the alcoholic that caused him to so greatly feel the need for alcohol; that it came first in his life. That this lack in the alcoholic's make-up may be due to not getting enough of certain foodstuffs is now stated by Dr. Roger J. Williams of the Biochemical Institute, University of Texas, in his book "Nutrition and Alcoholism."

While the majority of individuals are guided by their appetites as to the proper foods and amounts of these foods to eat, it appears that this is not true of many people, including alcoholics.

"In animal experiments rats were given a choice between water and 10 per cent alcohol. Some drank heavily, others were teetotalers. When these animals were placed on marginal diets, lacking sufficient amounts of various B vitamins, the differences disappeared and all animals consumed alcohol at a fairly high level. The consumption of alcohol dropped with abundant diets. Alcoholic, vitamin-deficient rats dosed with the vitamins they lacked, ceased to drink as long as the missing elements of food were supplied.

Dr. Williams believes that in alcoholism the nutritive or food requirements are influenced by heredity. The hereditary trait which predisposes toward alcoholism is the possession of unusually high requirements for certain food elements. If they do not get these food elements required, then they turn to alcohol. However, "if the individual with this hereditary factor in his make-up is able to get by any available means—plenty of all the nutritional elements he needs, then the disease, alcoholism, does not appear and the hereditary trait, which otherwise would be damaging, is completely overcome.

What are the food elements alcoholics lack and so turn to?

Williams states that it is the B vitamins that are lacking in the diets of alcoholics, that their particular constitution or make-up calls for a high quantity and quality of the B vitamins. Foods rich in B vitamins are: almonds, green asparagus, bacon, whole wheat bread, butter, carrots, sweet corn, "greens", ham, beef liver, malted milk, parsnips, peanuts, peas, dried prunes, spinach, wheat germ, yeast.

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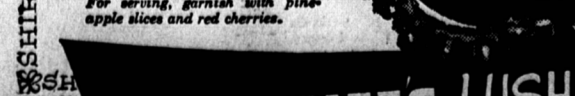
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SHIRRIFF'S SHIRRIFF'S SHIRRIFF'S

Strawberry Mallow

Bright as sunshine, brimming with real strawberry flavour! Shirriff's Lushus has all the fruity goodness sealed liquid-fresh in the famous flavour Bud. For just a few cents a serving, you can make all kinds of sparkling Lushus treats. Seven tangy flavour to choose from.

Make up a package of Strawberry Lushus Jelly, following the directions on the box. When partially set, fold in 1 cup marshmallow pieces. For serving, garnish with pine apple slices and red cherries.



SHIRRIFF'S LUSHUS The Bud-flavoured jelly

Garden Topics

By GORDON LINDSAY SMITH

A Big Show

Lack of time or money are not real reasons for not having even a big show of flowers. It is amazing what one can grow with a minimum of effort and expenditure. And where the grounds are very large, as around a summer place or farm for instance, a big show is also easily possible.

The best plan, in any of these cases, is to stick to things like petunias, nasturtiums, cosmos, marigolds, zinnias and similar plants which are not only easily grown but which also will bloom steadily for weeks. With only little care at first these will practically look after themselves. It is best to have solid beds of one flower, though not necessarily the same color, for the showiest results. A long bed of petunias about three feet wide, will set off any driveway, and roughly circular beds of zinnias, marigolds or some of the smaller things will make a wonderful show. Then for the smaller garden there are all sorts of tiny flowers, like alyssum, portulaca, poppies, and similar flowers which thrive even in poor soil, and once well started will crowd out the weeds and go on blooming until fall.

Transplanting is one of the most important and commonest jobs in gardening. Even the tiniest flower or vegetable plants sometimes have to be moved, to give them room to develop. When small practically anything can be moved if we observe a few simple rules. The main thing is to keep the roots undisturbed, to keep away from the air and to cover quickly and firmly with fine damp earth. Watering during and immediately after transplanting, unless the soil is very moist is essential and also possible supplying a little shade for the first few hours or a day or two. With big things like trees and shrubbery, it is also advisable to tie them firmly to a stake to prevent the wind loosening. Where feasible and there are only a few things to move, one should do the job in the cool of the evening and preferably when there is no wind. Above all it is most important to cover the roots well and keep the soil firmly pressed around them. To speed growth and lessen the shock of moving it is a good plan to sprinkle a little chemical fertilizer around but not actually touching the roots.

Make Sure Soil Is Ready

One can safely move or transplant nursery stock like trees and shrubs when the soil is rather damp, but it is a mistake to do any general sowing or cultivating while the ground is the least bit muddy. Heavy soil is actually injured and later trouble results when it is dug or worked too soon. A good test to take a little earth and squeeze it in the hand. If when released it crumbles or blows apart it is fit for the spade or plow.

Good Seed Vital

Too much emphasis cannot be laid on seed. Suitable seed is more than just high quality. It is seed of varieties especially selected and for Canadian conditions. In vegetables it also means that the variety has been approved and tested officially for Canada. As seed is the only factor in gardening over which one has absolute control, nothing but the best should be considered.

How Can I... By Anne Ashley

Q. How can I distinguish steel from iron?

A. Take a very clean file and file over the flame of an alcohol lamp. If the filed piece is made of steel, little burning and cracking sparks will be seen. If the piece consists of iron, the sparks will not crackle.

Q. How can I mend a tear in delicate material more easily?

A. Place the torn part, with a new piece beneath it, in an embroidery hoop. The hoop holds all firmly and makes the delicate darning of the tear much easier.

Q. How can I remove match scratches from the surface of a painted wall?

A. Rub over these marks with the cut surface of a lemon.

Q. How can I clean wallpaper?

A. The most effective way is with the use of commercial preparations for cleaning wallpaper now on the market.

Three Dresses to Go Round the Clock



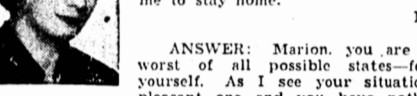
A LOT is being done with nylon by British manufacturers and exactly what is being shown at the British Industries Fair, May 5-16 in England. Here, for example, is nylon being used for day, evening and night. Left: Pale-gray new-length evening gown in marquisette. Center: Day dress in pink with a tiny black check; worn over a darker pink slip. Right: Net negligee over a tunic nightgown.

DOROTHY DIX'S COLUMN

By Dorothy Dix

Demanding Mother Should Loosen Apron Strings When Daughter Is Married

DEAR MISS DIX: I am a middle-aged woman, a widow for the past twenty years. My daughter and I have been very much together and have always done things for each other. Now she has been married a year, and I am living with them. Her mother-in-law comes to see us sometimes and she is trying to get my daughter and son-in-law to visit old friends of theirs. Do you think it is fair for her to ask them out and leave me home? I have very high blood pressure and the doctor says I shouldn't stay alone. Of course, I have brothers and sisters, and I still go to business, although my daughter would like me to stay home.



Muriel Nissen

MRS. MARION F. ANSWER: Marion, you are falling into that worst of all possible states—feeling sorry for yourself. As I see your situation, it is quite a pleasant one and you have nothing whatever to complain about. Your daughter and son-in-law are devoted to you, you have a nice home, and the comfortable assurance that your beloved child is happily married.

YOUR CONDITION PUZZLING

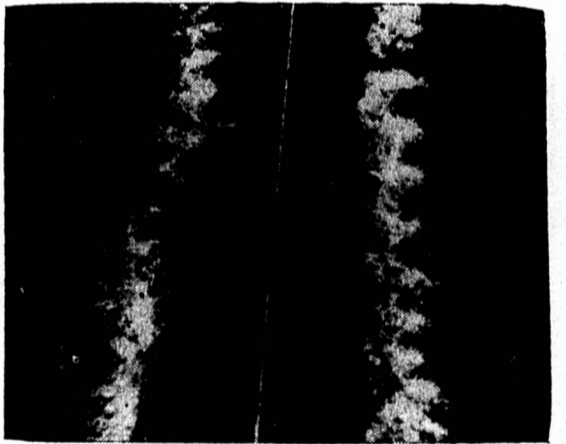
I am a little puzzled by the fact that your high blood pressure does not prevent you from working, but does make it necessary for you to have someone with you always. The facts don't jibe. High blood pressure is no reason for invalidhood. A frank discussion with your doctor will allay most of the fears concerning this condition.

Your daughter is certainly entitled to an evening out with her husband alone. To try to monopolize all her time to the complete exclusion of her husband would be very selfish and inconsiderate of you. Since you have a job, brothers and sisters, you surely have no need either to tag along with the young folks or sit home by yourself and mope. You know other people with whom you can visit, you have other friends who will go to a movie with you. Make a life of your own!

You have an exceptionally devoted daughter and a fine son-in-law. Be grateful for them. When they go out for an evening, smile cheerfully and wish them a good time—and mean it! If you must spend the evening alone, surely you're not completely devoid of all means

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Feeding Home Garden Pays High In Yield And Quality



Apply Plant Food on Each Side of Row, Several Inches Away From Seed.

There is a lesson for all home gardeners in the remarkable results which farmers are achieving by increasing the quantities of plant food used on their crops. Reports of increased yields are often astonishing.

The expense of feeding is so small in comparison with the heavier production, either of food or of beauty, that a home gardener profits by it as much as the farmer.

If you can get six inches to a foot of well decayed barnyard manure to spade into the garden soil annually, you may not need commercial plant food. Otherwise your chief reliance must be on the commercials.

The plant food content of humus which you can make is small; and it is a rare home garden which can make enough humus to maintain its soil porosity.

Four to six pounds of balanced commercial plant food per 100 sq. ft. will be adequate for the average garden annually. Two-

thirds of it should be applied in the spring before planting. For the vegetable garden or a new flower bed or border, the following methods will get best results:

1—On soils which are acid, testing below pH6, plant food should be concentrated in bands or pockets not touching plant roots but within easy reach.

2—On sweet soils testing above pH6, spade plant food into the soil, evenly and deeply. To apply the first method, when setting out a plant mix plant food with soil at the bottom of the hole, a tablespoonful for tomato plants, up to a handful mixed with a bushel of soil for trees and shrubs. In sowing seed for row crops, make a furrow four inches deep on each side of the drill in which seeds will be sown. Four plant food into each furrow, a pint to fifty feet. Then cover with soil and sow the seed. When the roots get long enough to reach the plant food the plant will be old enough to use it.

Better English

By G. C. Williams

1. What is wrong with this sentence? "Before proceeding on with the work, he got up a company of his own."
2. What is the correct pronunciation of "attaché"?
3. Which one of these words is misspelled? Anomaly, anonymous, annoyance, annihilation.
4. What does the word "anachronism" mean?
5. What is a word beginning with ob that means "no longer in use"?

ANSWERS

1. Omit out, and say, "he organized a company of his own." 2. Pronounce at-a-sha, first a as in at, second a as in an unstressed, third a as in shay, accent third syllable. 3. Anonymous. 4. An error in chronology, by which events are misplaced in order. "The many anachronisms in the work made it unreliable." 5. Obsolete.

Household Scrapbook

By Roberta Lee

Cracked Parchment

To mend a crack in a parchment lamp shade, hold the crack together and shellac over it several times both inside and out. After this has thoroughly dried, shellac the entire shade, both inside and out, and you will be pleased with the results.

Tulips

To keep tulips for use as a decoration, a tiny bit of wax should be dropped into the calyx of each flower. They will have a much longer life than if this is not done.

Sour Milk Recipes

Two tablespoons of lemon juice added to one cup of sweet milk soured it to the acidity desired for sour milk recipes.

Cook's Corner

FLAKY APPLE ROLL

2 cups flour, 1/2 cup butter, 1/2 teaspoon salt, 1 egg, slightly beaten, 1/4 to 1/2 cup water, 1 1/2 quarts tart apples, diced, 1/2 cup sugar, 1/2 teaspoon cinnamon. Melted butter (approximately 1/2 to 1 cup).

Combine flour, butter and salt together on a bread board, using two knives. Shape into a mound, make a small hole in centre and drop egg in it. Work in egg with enough water to make a dough that comes off the board clear. Cover, let stand 30 minutes. Meanwhile, pare, core, and dice apples and mix with sugar and cinnamon. Roll dough on a well-floured cloth, stretching until it becomes paper thin but does not break. Brush with melted butter and spread apples on a dough. Drip 3 tablespoons more butter over apples. Fold the two opposite ends of dough over the apples and, by lifting edge of cloth, roll as for a jelly roll. Trim edges, press together; place in a pan. Bake in hot oven 400 degrees F 45-50 minutes, or until browned. Brush top with melted butter several times while baking. Serve while slightly warm. Serves 4-6.

Here's how to mix real HOT ENGLISH MUSTARD

1/4 cup Colman's Dry Mustard 2 tablespoons water

Mix gradually with cold water to consistency of thick cream—stirring well to break up all lumps. Let stand 10 minutes to develop full flavour. Never add fresh mustard to old. Mix more as needed.

Colman's Dry Mustard is just what you're looking for to give that much-needed flavour sizzle to today's economy dishes. CKM/H



Colman's MUSTARD

Anne Adams Patterns

WEEKLY SEW-THRIFTY

FEW hours of easy sewing! That diagram shows you how simple the construction is! Just the cool smooth sun-casual you want for an all-purpose runabout. Stripes are fashion-news this season, though this looks smart in printed fabrics, solid colors and checks! Pattern R4756: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 3 1/2 yards 35-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 Name, Address, Style Number.

Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.

Morning Smile

Abstract Art

Overheard at the Museum of Modern Art, girl to escort: "Why did you bring me here if you can't explain them?"

Lunch Chat

"Does your wife practice economy?" Inquired the cash register salesman. "Like her vocal lessons," replied the insurance adjuster. "How is that, may I ask?" "Ten minutes every other day."

Use Your Head!

The judge had given his decision on a case and the attorney for the plaintiff rose and questioned it. "I cannot allow you to reopen this case after I have given my decision," said the judge. "Then I may as well sit down. Your Honor," replied the lawyer. "There's no use in knocking my head against a stone wall."

"I know there's no use in knocking your head against a stone wall," said the judge. "But I don't know any other person who could perform the operation with less personal injury than yourself!"

For the Birthday

Those whose birthday it is may feel a definite urge to get ahead on constructive plans and ambitions in a practical and straightforward manner, energies and initiative being stimulated. But a lack of sound ideas and logic may be noted, aided and encouraged by interference or advice of elders. It might be wise to postpone major activities as the emotional drive may influence in the wrong direction.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ONLY by dint of concentrated energy, practical ideas, determination and strict adherence to sound principles, can any progress

A child born on this day, while energetic, vital and ambitious, may be easily swayed from a practical course by emotional influences or harmful criticism.



"She's wearing Gotham Gold Stripe Hosiery"

Alice Brooks Designs

HERE'S TREASURE!

SLIP-COVER that old lampshade! Or make a new one on the frame! This wonderful pattern has TEN ideas for all kinds of lamps, for all sorts of rooms. Lampshade Instructions 7337 has step-by-step directions for 10 shades or slip-covers for shades. 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.

WORTHY TRIBE Friendly, intelligent and religious, the Arapahoe Indians of Colorado were originally a branch of the Algonquins.

Rheumatic & Arthritic Pains

If you are suffering from arthritis, rheumatism, sciatica or neuritis, you may now hope to get fast relief from pain and discomfort. Thousands and thousands of men and women report they now enjoy long-lasting relief—thanks to DOLCIN tablets. Get DOLCIN from your druggist today.

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7337 by Alice Brooks