

That Body Of Yours

By James W. Barton, M.D.

FURTHER REPORT ON TREATMENT OF PSORIASIS BY UNDECYLENIC ACID

A skin disease frequently found on face and scalp, the cause of which is unknown although it has existed for hundreds of years, is psoriasis. It is distressing because of its unsightly appearance — like pieces of mortar thrown on the skin, a sickly pink color, composed of groups of pearly scales which bleed when removed.

No skin specialist knows the cause, nor does he know of a positive cure. The answer of one skin specialist would likely go for all. When asked what success he had in treating these cases, he replied, "I advise my patients to get outdoors in the sun as much as possible and many when they return from a winter vacation are free of their psoriasis. However, it soon returns when they live the indoor life."

Some months ago, I recorded the success reported in the Journal of the American Medical Association by Drs. H. H. Perlman and F. L. Milberg in the treatment of 17 cases of psoriasis with undecylenic acid by mouth. Later these physicians reported 100 cases as follows: good results in two-thirds of cases, great improvement in patients with psoriasis and arthritis, and decided relief of itching in 51 per cent. There were reactions from the drug in several cases but they were considered bothersome rather than serious.

As psoriasis is a common disease and the cure or rather the disappearance of the eruption may occur without treatment, skin specialists and patients with psoriasis were naturally anxious to try the undecylenic acid as it could be taken by mouth.

Unfortunately, other skin specialists and physicians have not had success with undecylenic acid and Drs. Herbert Rattner, Chicago, and Harold Rodin, South Bend, in the Journal of the American Medical Association report their results in the treatment of 40 cases of psoriasis using some dosage that prescribed by Drs. Perlman and Milberg. Their results were so disappointing that they sent questionnaires to other physicians and skin specialists who had been using undecylenic acid for psoriasis. Unfortunately, most of the observers found their results disappointing; eight physicians reported favorable results, four felt it worth further investigation but 38 found it of no help and that reactions from it were often more than bothersome, actually of a serious nature.

I am recording these unfavorable results but if the pendulum swings the other way will duly report it, as any method of helping the victims of this embarrassing ailment should be given a fair trial.

How Can I!!!

By Anne Ashley

Q. How can I help revive faded rugs?

A. If the rugs or carpets are faded, go over them occasionally with a broom dipped in hot water, so which a little turpentine has been added. This will freshen them and at the same time help to prevent moths.

Q. How can I remedy cream which is too thick for whipping?

A. Place the dish in another dish of cold water. When it is chilled, place in a dish of hot water, and it will then whip easily.

Q. How can I make a good cleanser for marble?

A. Mix two parts of soda, one part of pumice, and one part of salt. Then powder and mix to a paste with water, and scour.

Household Scrapbook

By Roberta Lee

Bluing Stains

To remove a bluing stain on white material, soak it in a strong ammonia and water solution, or in kerosene, and then wash with naphtha soap in lukewarm water, rinsing thoroughly afterward.

Kerosene

Kerosene will do the work of many commercial cleansers, and is much less expensive. It is excellent for cleaning the tub and tiling in the bathroom, and is equally good for the oiled floors.

Olive Oil

A small amount of sugar added to olive oil will prevent it from becoming rancid.

Better English

By G. C. Williams

1. What is wrong with this sentence? "The photo reveals that she is a real pretty girl."
2. What is the correct pronunciation of "realistic"?
3. Which one of these words is misspelled? Capitalist, catastrophe, caprice, cannonner.
4. What does the word "impugn" mean?
5. What is a word beginning with di that means "timid; modest"?

ANSWERS

1. Say, "The photograph (preferred) reveals that she is a very pretty girl." 2. Pronounce in three syllables, never re-liz. 3. Cannonner. 4. To attack by words or arguments; to contradict. "I cannot impugn his testimony." 5. Diffident.

Morning Smile

In Reserve

Whenever a certain famous conductor was displeased at rehearsal by the performance of the orchestra, he would lose his temper and break anything in sight.

One day, when particularly displeased, he pulled a valuable watch from his pocket and smashed it to bits.

The musicians, feeling responsible for the loss, presented him the following day with an exquisite watch to take the place of the one that had been destroyed. In addition, they gave him another, cheap watch, inscribed: "For rehearsals."

Tell-Tale

Editor: "Have you submitted these poems anywhere else first?"
Poet: "No, sir."
Editor: "Then where did you get that black eye?"

The Test

"Behold!" exclaimed the spiritualistic medium, after the usual amount of wriggling and knocking "before you is the spirit of your late wife!"
The client sat still and said nothing.
"Don't you understand?" cried the medium of intercourse with the other world. "It is the form of your departed spouse? Why don't you speak to her?"
"Oh," replied the client. "If it is her she'll do all the talking!"

Servant Trouble

"I don't mind coming now and again to oblige," said the charwoman in a very off-hand way.
"That's kind of you," replied the housewife, "but what I'm really looking for is daily condescension."



ROYALTY AT THE CAPITOL—U.S. Marines Duke of Edinburgh, leave the House wing of the and sailors, with bayonets fixed, form an honor Capitol to climax their whirlwind tour of Washington, as Princess Elizabeth and her husband, the Duke.

The Experts Say

By KAY REX

(Canadian Press Staff Writer)

It must have been a Canadian who created that little rhyme: Apple pie without the cheese Is like a kiss without a squeeze. Cheese and apple pie is one of this country's specialties, despite the fact Canada is not a nation of cheese-eaters. While some types of Canadian cheese may be the best in the world, Canada Department of Agriculture says that if enthusiasts were limited to only one kind of cheese, they'd probably choose Cheddar, the type most commonly used in cooking.

There are many other kinds, of course. Camembert is a mellow semi-liquid cheese to be served with crackers, fruit and good coffee. Edam and Gouda are characterized by round or spherical rinds; mild-flavored, good either in salad or dessert. Canadian Swiss is a nutlike cheese, characterized by its "eyes" and good for sandwiches, salads or desserts. Subtle flavor makes Oka a fine dessert cheese, and the flavor of Limburger makes up for the jokes about its odor.

Cheese For Vegetables

A combination of cheese and vegetables makes a dish that's both tasty and economical.

Brussels sprouts or cauliflower which has been dipped in cheese batter and deep-fried makes a good supper dish. The sprouts or pieces of cauliflower should be cooked in boiling salted water until tender.

The batter is made by mixing one-half cup of flour, a few grains of salt and pepper, plus one-half teaspoon of baking powder. To this add a slightly beaten egg and one-quarter cup milk. Combine with the flour mixture. Then blend one-half cup grated medium Cheddar cheese into the batter.

The vegetable pieces are dipped into this batter and deep fried in hot fat until golden brown.

That Apple Pie

Ingredients: One-half pound lard, one-half cup boiling water. Beat this to cream consistency and then add three cups pastry flour, one teaspoon salt and one-half teaspoon baking powder.
To make the crust shiny and brown brush with milk before popping in the oven.
And if it's an apple pie, don't forget to serve it with cheese.
The Department suggests a topping of cream cheese, whipped until light, makes home-made fruit pies taste even better than usual.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE exceptional, unique and novel continue to incite quick action, with daring and initiative to put over strange, bold and spectacular ideas, plans, objectives. Flashes of genius, hobbies, "inspired" thoughts could materialize in some spectacular fashion. "How the cat jumps" may seem wild and hazardous, but it is bound to land on "its four feet," a New Moon illuminating even dark corners.

For the Birthday

Those whose birthday it is are encouraged to forge ahead on original, creative and experimental lines, although the element of chance and hazard may prove stimulating, alluring. The romantic and dramatic give verve to unostentatious feelings and emotions, in which intimate relations and contacts may heighten the spirit of chance, adventure, novelty. The "wherewithal" for such indulgence is forthcoming. Be alert to queer contacts.

A child born on this day is marked for an exceptional career—ambitious, adventurous, creative. A dramatic and romantic life experience is probable.

DOROTHY DIX SAYS—

Family Unity

Preserving It First Duty Of Parents

DEAR MISS DIX: I am a married man with two sons and two daughters. For the last three years my wife has refused to take family expeditions on Sunday although I have repeatedly asked, and often even argued with her about it. She gives as reason for her refusal the fact that the children must have their sleep, and in their own beds. Lately she claims she has the youngsters all week and wishes to go out on Sunday without them. Her attitude has made me very cool toward her and she cannot see any reason for my actions. When I see others enjoy their children by going out as a family it makes me very downhearted.



ANSWER: Seldom do I get a problem of this nature with the mother as culprit; usually it is the father who refuses to take his family out.

When savants foregather to discuss the ills of the world, they ascribe the failings of today's youth to all sorts of sources — political, psychological and psychiatric. Never does it occur to them that practically all tales of juvenile delinquency could be wiped off the front pages if the spirit of family unity could be revived. A suggestion that a family might gather together occasionally for an evening of games or singing would be greeted in most circles with hoots of derision. The popular idea today is for the family to scatter in as many different directions as possible as soon as dinner is finished—provided, of course, they were all together at dinner.

A famous cleric says that the family who prays together stays together. The simple act of prayer provides the nucleus for a unity that nothing in the future will ever disrupt. Play or work done together is a further bond to preserve family ties.

MOTHER WILL REGRET

In a few years, when the children of Mrs. H.S. think of home merely as a place to get away from, their mother will bewail the fact that she is left alone. Yet she does nothing to establish a family consciousness on Sunday, the one day when father's chores permit him to enjoy the youngsters. A disrupted routine is nothing compared to the benefits derived from a day spent together in mutual pleasure.

Mother should get her time out alone some other day or evening during the week and devote Sunday to the projects her husband suggests. Her attitude towards the children certainly should not be one of patient resignation to an irksome job. Youngsters, no matter how tiring they become at times, are a pleasure and should be enjoyed by their parents — not tolerated. The days of childhood are all too fleeting and parental regrets in later life cannot bring back one of them.

When you suggest these Sunday outings, H.S., do you offer to help with their preparation? Don't leave everything to your wife. Let her get out for an evening at the movies during the week and lend whatever assistance you can with the children. Be sure you make the expeditions a pleasure, not an extra source of work. Also, be sure the activity you plan appeals to her. With a little effort I'm sure you can make her look forward to Sunday with the family.

DEAR MISS DIX: I am a young girl of 24 and very much interested in joining the Marine Corp. The only thing that is stopping me right now is that I do not have a high school diploma. After I left school I went to night school. Any information you can give will be appreciated.

ANSWER: See the local recruiting office for the Marines in your city. Your situation probably isn't hopeless. The work you did at night school might give you the necessary credits; if not, you will be directed to the courses that will complete your education to the required minimum. The women's branches of the armed services offer a splendid career for girls. Besides the service you will be doing your country, there are personal advantages, such as the opportunity to continue your education and acquire professional training.

DEAR MISS DIX: I have a daughter who has been married eleven years. Until recently I have been very friendly with her husband. Although he has often hurt my feelings, I have forgiven him. Now when I visit them in the evening he doesn't even greet me. Should I continue visiting when he is at home or go during the day?

ANSWER: By all means make your visits in the daytime, if it can be conveniently arranged. A morose man is an unreasonable creature and best left to his own devices.

DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

ELLEN'S DIARY

By an Island Farmer's Wife

And now all along the farmlands, farmers bend efforts towards putting their field-work in good order for the winter. Grateful for these days of grace which allow them to continue in good weather, for should they not their fathers, have had everything gathered and done by All Saints' Eve? Last turnips and cabbages harvested, last furrows turned?

But now as stubbles fade and a drabness takes possession of the meadows and the days shorten so that we agree with James that "If we don't rise before daylight, we may as well remain in bed," farmers here and there work busily harvesting the turnips or over against a sky-line, turn new furrows with their plows. Symbol the latter is, not of earth's sleeping, but ever of its continuance, its awakening.

The land will rest it is true but only briefly before one or another of its husbandmen will take up its cycle again... "Here next year?" the younger farmer caught the gist of our question today, looking up with a bit of a smile. "Why, what crop follows roots?" Then "And in that one? We queried of that lying plowed in the distance. He smiled again, a tolerant gesture, such a one as the might bestow on granddaughter and obviously surprised that one who can clean and wash and iron and bake and kiss away the hurts and tears of our small ones, should not be better acquainted with the rotation of crops followed at Alderlea, replied "Grain, too — but not before we manure it, and we'll do that in the spring."

So that even as an end of harvest is gathered, plans are being laid for another to come. And all ways so hopefully. Was the grain crop or that of the potatoes or roots disappointing this year? What matter? Yields bigger and better will surely be poured for us from Nature's Horn-of-plenty in another harvest to come!

We discovered an added chill to the air today, or was it not that we remembered it is November that now casts that month's sober spell over the farmlands? "I can't say that I'm in love with November," James said at supper. "Oh, I don't find it melancholy but there is something about it that's definitely lonely."

The fields become desolate once the stock is housed — and it's the beginning of the cold and the cold. "But the farm-houses are cozy now — they snugle down, it appears," we offered. "And there's full and plenty in the now — in the mows and granaries, in cellar and bin... and fuel and shelter."

The fire crackled happily and the kettle bubbled a pretty tune. The light picked out the red-checked tablecloth and the colorful dishes — and the bright red of the slip of geranium on a sill. A meat and potato dish was our hot and satisfying for one so lately come from his work in the field, and for a second course, preserved crab-apples, pink and whole in their coral-hued syrup. James nodded. "That's true. Ellen — but not without work! I do hope the weather keeps open... we've manure to spread and plow-lin to do and..."

But today, turnip-storing! Until tomorrow — Dairy — Good-night...

Modern Etiquette

By Roberta Lee

Q. Is it all right to mail out engraved announcements of the adoption of a baby?

A. Most certainly it is. These may be worded: "Mr. and Mrs. James J. Moller have the happiness to announce the adoption of William Robert, aged fourteen months."

Q. Is it permissible for a dinner guest to mention any preference in foods?

A. No. He should accept what is offered, and not make reference to any other kind of dish he particularly likes.

Alice Brooks Designs

CROCHET MASTERPIECE

The Last Supper, the Da Vinci masterpiece, has been translated into needlework. Crochet an inset for an altar cloth or a panel in string or finer cotton!

Your church would be happy to own this beautiful panel. Pattern C7371 has chart; directions.

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, Pattern Number.



Cook's Corner

OYSTERS AND MACARONI AU GRATIN

(Makes 4-6 servings)

One tablespoon salt, 3 quarts boiling water, 8 ounces elbow macaroni, 1 pint oysters, 1 1/2 cups grated Canadian cheese, 3 tablespoons butter or margarine, 3 tablespoons flour, 1 1/2 cups milk, 1 teaspoon salt, freshly ground pepper.

Add salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook, stirring occasionally, until tender. Drain in colander. Cover bottom of 1 1/2 quart casserole with macaroni, add layer of oysters, then cheese. Repeat until all but 1/2 cup of cheese is used.

Meanwhile, melt butter or margarine in saucepan; add flour and blend. Gradually add milk and stir until mixture is smooth. Add salt and pepper. Pour over contents of casserole; sprinkle with remaining cheese. Bake in moderate oven (350 degrees F.) 25 minutes or until cheese is melted.



By Alice Brooks

Prairie Actress Has British Role

REGINA, Nov. 5—(CP)—Frances Hyland of Regina, 23-year-old actress, now has the proud record of making the jump from Saskatchewan Drama Festivals to the London stage.

From touring the prairies with university drama groups she was advanced to an important role in "The Winter's Tale," appearing as a feature of the famous Edinburgh Festival.

She stepped into the role of "Perdita" when "Winter's Tale" opened at the Lyceum Theatre, owing to the illness of Virginia M. Kenna.

Miss Hyland was assisted by the I.O.D.E. when she went abroad for a two-year course at the Royal Academy of Dramatic Art in London. She was discovered there by Daphne Rye, casting director of Tennant Productions Limited, at a public matinee given by the students last year.

After seeing her again in "Deep Are the Roots," Miss Rye engaged her to play "Stella" in the London production of "A Streetcar Named Desire" with Vivien Leigh.

New Model School Has All Comforts

LONDON, Nov. 5—(CP)—A model nursery school, feature of a "new schools" exhibit here, was an eye-opener to parents and educationists.

Every detail was in harmony and everything was fitted to a child's size and strength. The cloakroom was fitted with a small coat-rack, basins and towel rails. The classroom walls were covered with gaily murals, and all shelves and cupboards were placed at the right height for children under five years of age.

Shining toys on the floor were all carefully chosen to instruct and train the child, while a colored asphalt playground had a sand-pit, pool and climbing frame for the more adventurous types.

Toy Horse



What is more fun to make than a toy? This prancing steed, for horse fanciers of tender age, has a green felt coat, white mane and tail and a bright red saddle. He is easy to "whip" together. If you wish directions and tracing patterns for making FINLEY THE HORSE, just send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. E-2089.

Anne Adams Patterns

SEW MANY APRONS!

FOUR gay aprons in this one pattern! Sew them all, for birthdays, Christmas and hostess gifts. And be sure to make one or two for you! They're thrifty—you can even use scraps for the contrast parts. Send for this today!

Pattern 4694 in sizes small 14, medium 18, 20; large 40, 42. Small size with bib, all one fabric takes 1 1/2 yards 35-inch.

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 St. West, Toronto, Ontario.



Canoe Cove School Pupils



Back row, left to right: Victor Muirhead, Dean Muirhead, Curtis MacPadyen, Everett MacPadyen, MacPadyen, Charles MacKinnon, Sadie MacPadyen, Delbert Muirhead, Alberta MacLean, Barbara Ann Darrach, Mrs. Ina Hickox (teacher). Middle row, left to right: Marion MacNevin, Jean Muirhead, Curtis MacPadyen, Sterling MacNevin, Rae MacPadyen. Front row, left to right: Lloyd MacNevin, George Muirhead, Cathy MacKinnon, Ines MacPadyen, Dennis MacKinnon, Harold Hickox.

—Photo by Burke.

Robin Hood Gingerbread mix

Robin Hood Gingerbread mix

ADD WATER, MIX AND BAKE

WONDERING

... what to have for dessert tonight? Hot Gingerbread served with apple sauce is a quick and easy treat. Reach for a package of Robin Hood Gingerbread Mix. In one minute it's ready for the oven, accurately blended, sure to turn out moist, high and tender, crackled of top, old-fashioned gingerbread flavor.

C 39-51

Beautiful KEM-GLO

the most economical enamel

NEEDS NO PRIMER OR UNDERCOATER