

## That Body Of Yours

By James W. Barton, M.D.

### THE EMOTIONS CAUSE SOME SKIN ILLNESSES

Most of us think of the skin as just a covering for the various organs and tissues of the body. As a matter of fact, the skin is an organ and just as important to our health as other organs of the body. The skin contains the sweat glands that help regulate the temperature of the body, the oil glands which keep it soft and pliable; it records various sensations from the nervous system and brain—cold, heat, pain—and is supplied with all the various body tissues found in other organs. There is muscle, nerve, fat tissue and ability to hold sugar—energy—for future needs.

In The Canadian Medical Association Journal, Dr. D. Cappon, Toronto Psychiatric Hospital, states that "if we stop for a moment to think about the skin, we recognize that it is the objective visible part of the human being who hides the mysteries of his body underneath it. It is the physical boundary between oneself and the outer world."

In addition to the physical sensations—heat, cold, pain—it has mental and emotional functions; it provides a means of communication between the inner and outer worlds of the individual.

The skin shows outward signs of inward disturbances, which help the physician in making his diagnosis and prescribing treatment. We are all familiar with how certain foods (to which the individual is allergic) cause various skin disturbances—hives, rash—but it is only recently that skin specialists and general physicians are finding how the emotions—worry, stress, fear—cause skin eruptions, exaggerate others, and prolong the usual course of certain skin diseases.

Among the common skin ailments due to the emotions are nervous pruritis (itching), blushing due to guilty feelings and flushing caused by anger; hyperhidrosis (excessive perspiration) caused by anxiety (chronic fear) and arthritis (hives). Eczema, the commonest skin disease known, is often caused by emotional disturbances, although foods and other substances are more frequent causes. Other skin ailments caused

## ELLEN'S DIARY

By an Island Farmer's Wife

Jamie comes after school in a new generation of the line to lend fine assistance at the threshing and it is pleasant to see the fond look in James' eye at the sight.

"And how did the lessons go today?" he will ask, as the lad comes to his work. He helps with the basket-emptying, always something of a task at Alderlea because the granary lies at the top of three steps... granddaughter and Gage, as free of care as is the Nell-mare's filly back in the pasture come there too sometimes, but not to lend aid.

They mount to the highest spot to burrow in the grain or turn noisy somersaults therein to Jamie's despair. At length his patience worn thin, he chases them from the place. He manages this well. A meaningful nod from him, brings quicker and more satisfactory results than threats from his elders.

And the great loads of sheaves gathered by Rob and Jamie's city grandfather, of valued assistance on the farm, roll down the farm-lane in a succession which leaves the barn-workers little time to rest. Piped home these are by the crickets' tunings and the gentle croon of the sunny September wind over the hills.

By the line, a wilding apple is redly fruited now and above it today's sky was mellowly blue. And enjoying the delights about "Is this summer or autumn?" we queried of the younger farmer. In passing to his place in the loft, but he was blest if he knew. To Mr. A. is given the rite of feeding the machine, an office he admirably fills. With a regular motion which seems to be measured so true it is, he cuts the confining band and in a manner which gives evidence of the calm, deliberate man that he is, he allows the sheaf to disappear within the frightening maw.

"Reckon" James offered when the gear pulsed to a stop at day's end and he surveyed the sky for a promise of fair weather "for tomorrow, we perhaps could have threshed another load. It would have been one more day's work."

Continued on Page 9

## Elizabeth and Philip: Royal But Real

Romance Wasn't 'All Roses' For Royal Couple

By ARTHUR J. MATHERS  
NEA Special Correspondent

LONDON—(NEA)—The romance of Princess Elizabeth and Prince Philip was not just roses all the way once they had discovered they were in love.

At first, there was the war. Philip went back to battle service, this time in the "little ships". At 21 he was first lieutenant on a destroyer, one of the youngest men in the Royal Navy to hold down such a responsible wartime job.

There were letters, but Elizabeth wanted a bigger share in the war. Finally, she broke down her father's opposition and, at 18, went to camp in the Auxiliary Transport Service.

Without ballyhoo, she learned to take apart, repair and drive a three-quarter-ton truck. Under a liberal coating of grease smudges, Elizabeth thoroughly enjoyed her new role and felt she had honestly earned the right to her uniform.

To celebrate the finish of her driving test, she drove her truck to London with her instructor. After circling Piccadilly Circus twice, she roared down the red-macadamed Mall and through the main gates of Buckingham Palace with the klaxon blaring full blast. The armed guard didn't know

The King and Queen admired Philip for his achievements as a Naval Officer, for his keen mind and perhaps most of all for his integrity in maintaining strict silence—even among his closest friends—about his feelings for Elizabeth.

Nevertheless her parents were conscious that Elizabeth had never had a real date like any normal girl of her age in any other country. They felt she was too young and had too little opportunity to meet people of her own age group on common ground.

It was not until after VJ-Day, when she was 18—and Philip had been reassigned to duty in Southeast Asia—that Elizabeth was allowed to take part in London's social whirl. She was able, for the first time, to dine in a public rest-



PRINCESS STEPS OUT. Elizabeth was 18 before she was allowed out in the social whirl. Here she dances with Lord Rupert Nevill at a London ball in 1946, when Philip was overseas.

whether to shoot or salute. "He did a lovely double-take before he presented arms", the Princess recalls.

When VE-Day brought Britons, Americans and other Allied personnel to the gates of Buckingham Palace to cheer the Royal Family, Elizabeth and her sister appeared on the balcony with their parents.

But when another vast throng gathered in front of the palace on the night of VJ-Day, the princesses slipped out by a side gate of "Buck House" and joined the crowd, unrecognized.

Elizabeth declared later: "It was marvelous! First we shouted for mummy and papa, then we cheered them when they came out." Elizabeth and Philip had seen each other fairly frequently in the last few months of the war.

Philip had acquired a fast black automobile, referred to by his American Navy friends as "The Royal Hot-Rod", and whenever he could wangle leave from his temporary duties as instructor, he would burn up the road to London or Windsor to visit with the Royal Family.

It was obvious to the family that Elizabeth and Philip were in love, but the subject of possible marriage between them was never openly discussed.

When Philip sailed home early in 1946, due for three years of shore duty, he knew a new hurdle had to be faced before he and Elizabeth could openly avow their love.

The King, never a robust type, was drawing deep on his reserves of energy, and was ordered to conserve himself for a scheduled Royal Tour of South Africa.

Thus there could be no question of Elizabeth being married before the royal party returned from South Africa at the end of May, 1947.

Since prolonged royal betrothals are traditionally frowned upon ("A change of mind would be bad for everyone concerned") Elizabeth and Philip, head-over-heels in love and longing to tell the world about it, had to behave as mere acquaintances.

Acting such a part had been



"PRINCE WITHOUT-A-NAME." While Elizabeth was having her first social season, Philip was in Asia on the staff of his uncle, Lord Louis Mountbatten, who inspired his naval career.

tough enough for them when Elizabeth was in the public view only on official occasions. Now that she was in the social whirl it was worse. Only as individuals among a crowd of young social-lites could they be together at all.

At that they had to appear completely disinterested. Even a privately shared joke had to be treated with decorum. For a couple to whom laughter was as natural as breathing, this, in itself, was a major problem.

On the rare occasions when they dared dance together Elizabeth and Philip would fix-it through one of their closest intimates for the band to play the "Oklahoma" hit tune, "People Will Say We're In Love."

That lyric—which both knew by heart—became the theme song for the sad little Princess and her Prince without-a-name.

Tomorrow: "We're moving in with the In-Laws."

### Egg Dishes

... Eggs are regarded with reverence at breakfast these days. Small wonder, when they can't be bought under 70 cents a dozen in many places; when they're as high as 87 cents in Toronto.

Mother no longer tosses half a dozen eggs into an angel-cake for the church picnic. The family seldom sees an omelet any more. In other words—eggs have become a delicacy.

That's why—with tongue in cheek—we commend to housewives a little booklet issued from Ottawa, by the consumer section of the Agriculture Department's Marketing Service. It's titled a bright egg-yolk yellow.

The title: eggs. There's a soufflé recipe requiring four of the dainties. One—for omelet—also requires four. Both are excellent. Even if you can't afford to try them now, file them away for the day when eggs are cheaper.

But in one way this pamphlet is timely. It contains hints on egg buying, valuable to the homemaker who wants to get the most for her money.

**Grade Mark Important**  
In buying eggs, look for the grade mark "which must appear either on each end of the case, at the top of the carton or on a tag if the eggs are displayed in bulk—as in baskets."

Whenever possible, the pamphlet suggests, buy eggs from merchants who keep them under refrigeration. Eggs exposed to room temperature soon drop in quality.

After you've bought them; keep eggs in a cool place, preferably the refrigerator; keep them away from highly flavored food; do not wash eggs until just before using; leave eggs in the carton or keep in covered container.

**French Toast**  
This is one of the less expensive recipes the booklet contains. It makes a good breakfast dish when you're wondering how to stretch two eggs among three persons.

Ingredients: two eggs; one cup milk; one tablespoon sugar (optional); one-half teaspoon salt; pepper; 6 1-2-inch slices bread; three tablespoons butter.

Blend together slightly beaten eggs, milk, sugar, salt and pepper. Dip both sides of each slice of bread into the mixture. Melt butter in frying-pan, brown slices of bread on both sides in hot fat. Place on a hot platter and serve at once. Yield: six slices.

This is particularly good if served with honey, maple syrup, or corn syrup and bacon.

**One-Egg Cake**  
Here is a personal recipe for an inexpensive medium-sized cake. Ingredients: one-half cup but-

### Better English

By O. C. Williams

1. What is wrong with this sentence: "She approves of him working, although she seldom ever sees him."

2. What is the correct pronunciation of "aviation"?

3. Which one of these words is misspelled? Lavalriere, liquedate, linguist, lingerie.

4. What does the word "volition" mean?

5. What is a word beginning with gra that means "a gift"?

**ANSWERS**  
1. Say, "She approves of his working, although she hardly ever sees him." 2. Pronounce both a's as in day. 3. Liquidate. 4. The power of willing; exercise of the will. "He did this of his own volition." 5. Gratuity.

### Morning Smile

**Different Point of View**  
"When the judge decreed that you would have to pay back all money, how did you feel?" asked Black of a friend.

"Chagrined."  
"And how did your ex-wife feel?"  
"She grinned."

**Too Mysterious**  
Workmen were cleaning the front of a building with hose-pipe and brushes. "What are they doing?" asked a small boy. "They're washing it!" said his father. "Why?" "Well, why do you wash your face?"

It was all too mysterious. The youngster gave it up. "I don't know," he replied.

ter (if using shortening use slightly less and add one-half teaspoon salt); one cup granulated sugar; one egg; three quarters cup milk; 1-2 cups flour (sifted); two level teaspoons baking-powder.

Use a fork to mix this cake. Cream butter and sugar. Add egg and cream all together. Sift dry ingredients and add alternately with the milk.

Bake in a square (eight-by-eight inch) tin which has been greased to prevent sticking. Time: 35 minutes in a moderate oven.

This can be flavored or iced as desired. For orange cake add grated rind of one orange to mixture. Ice with mixture of icing-sugar and one tablespoon butter plus as much orange juice as required.

## Alice Brooks Designs



C7277

### GOOD MIXERS!

Wear this flower-garlanded wesk- kit with afternoon skirts, evening skirts, lounge-trousers. And be sure to make another without embroidery to go with your suits!

Pattern C7277: transfer; blouse pattern; sizes small, 10-12; medium, 14-16; large, 18-20. State size.

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## DOROTHY DIX SAYS—

### Visit To Parents

#### Considerate Husband Would Allow Wife A Vacation

DEAR MISS DIX: I am a girl of 19, have been married five years and have a daughter 3 years old. I love my husband very much, but I have been away from home over a year now and would like to go back for a visit. My home is 900 miles away, but my husband won't let me go. He says he can't get along without me and can't bear to be away from the baby. Am I being selfish in wanting to see my family? My mother and father are getting old.

ANSWER: Having assumed the duties of wife and mother at such a tender age, and fulfilling them so competently, you certainly deserve an occasional visit to your parents. Your husband's devotion and dependence on you are understandable, but he should give you a little consideration, too.

#### AVOID A QUARREL

If, however, he should remain adamant in his refusal to give you this brief vacation, there's nothing to do but give it up. If you won your visit home at the expense of a serious quarrel, you wouldn't enjoy yourself and all the good would be gone from your vacation. Your husband practically robbed the cradle in marrying you, and in view of your tender years, he should appreciate the fact that home

(Continued on Page 9)

### Household Scrapbook

By Roberta Lee

#### Uneven Floors

Cracks in the floor underneath a rug are very hard on the rug and should be filled whenever possible. Tear newspapers into small pieces and let soak in alum and glue water until pulpy. Fill the cracks with this pulp and press hard and smooth with a spatula. Then strain or paint the floor when it hardens.

#### Dates

When adding dates to a mixture to be cooked, soak them in enough water to cover, remove the stones and the dates will be soft and blend well with the other ingredients.

#### Granite Utensils

Press some putty into the holes in granite utensils and bake until brown in a hot oven. This is an effective method.

### Cook's Corner

#### Corned Beef Hash Casserole

(Yield 4 to 5 servings)

One can corned beef hash, ¼ cup catsup, 1 teaspoon Worcestershire sauce, 2 hard-cooked eggs, thinly sliced, 1/3 cup shredded cheese.

Combine hash, catsup and half the mixture in a one-quat casserole. Arrange slices from one egg on top. Sprinkle with half of the cheese. Repeat procedure using remaining ingredients. Bake in a moderate oven (350 degrees F) for 20 minutes.

#### Spinach Scramble

(6 servings)

One pound hamburger, 2 tablespoons fat, dash of garlic salt, 2 teaspoons salt, ½ teaspoon pepper, 1 pound frozen spinach, or 1 package chopped spinach, 4 eggs, well beaten.

Brown the hamburger in hot fat in a heavy skillet. Season. Stir in the uncooked spinach and cook just enough to heat thoroughly. Pour in the eggs. Stir gently and cook 3 or 4 minutes longer to mix thoroughly and just set the eggs. Serve hot with tart relish.

### How Can I!!!

By Anne Ashley

Q. How can I clean gold and silver chains?  
A. Put them into a wide-mouthed bottle or small jar, half-filled with warm suds of Castile soap. Add a teaspoonful of ammonia and a rounded tablespoonful of whiting and shake well. Rinse in clear water and dry in jeweler's sawdust.

Q. How can I prevent silk thread from slipping in the needle while sewing?  
A. This slipping can be prevented, if after threading the needle as usual, one end of the thread is brought through the eye of the needle a second time.

Q. How can I prevent soap from getting into the eyes when shampooing the hair?  
A. Grease the area around the eyes with Vaseline jelly or cold cream before beginning the shampoo, and soap will not enter the eyes.

### Man's Hunting Cap Is Easy To Make



Designed for hunting, this plaid wool cap is warm enough for winter sports or working outdoors on frosty days. The back flap, lined with closely woven cotton fabric, can be worn up or down over the ears. Choose a heavy all-wool material for making the cap. For directions for making this MAN'S HUNTING CAP, send a stamped, self-addressed envelope to the Needlework Dept. of this paper requesting Leaflet No. E-2133.

## Anne Adams Patterns



### JUMPER SET — PLUS

So grown-up looking! So practical! This jumper has many uses. She wears it to school with its own darling bow blouse. And for parties and movie dates she wears it alone as her best dress!

Pattern 4649 in girls' sizes 6, 8, 10, 12, 14. Size 10 jumper, 2½ yards 36-inch; blouse, 1 yard.

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### Modern Etiquette

By Roberta Lee

Q. Would it be all right for me to give a shower for my nephew's fiancée? She is a stranger in town, and none of our friends or relatives have met her as yet.

A. Not a shower. Guests should never be asked to bring presents to one who is a stranger to them. On the other hand, it would be very nice for you to give a party (not a shower) in honor of the girl, for the purpose of introducing her to your relatives and friends.

Q. How does a married woman sign her name to a telegram asking for reservations at a hotel?

A. She must include the "Mrs." with her name, so that the room clerk will know how to address her when she arrives at her destination.

Q. What is a good fruit course to serve for luncheon?

A. The most popular fruits are grapefruit, melon, or a mixture of fruits cut into small pieces.

### The Stars Say --

By Genevieve Kemble

#### For Tomorrow

THE astrological forecast is for definite stimuli in the direction of the fulfillment of long cherished plans or ideas. Conferences, discussions or communications should work this out in well-defined lines. Now is the time to take a firm stand, for every effort may prove valuable in establishing prestige and future security.

#### For the Birthday

Those whose birthday it is may find their instincts accelerating into high gear, and this increased animation can successfully accomplish matters that have been put off, due to lack of inspiration. A child born on this day will be serious, sincere and responsible. Belief and faith in itself will bring out the good in all with whom it may come in contact.

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