

That Body Of Yours

By James W. Barton, M.D.

ACTH EFFECTIVE TREATMENT IN PRURITIS (ITCHING)

One of the distressing and embarrassing ailments of both men and women is itching (pruritis) of the genital organs and outer opening of lower end of large bowel. While mild cases of pruritis of these parts can be relieved by simple treatment, such as applying calamine lotion, severe pruritis often requires an ointment containing cocaine to give relief, and then for only short periods of time. It is not surprising to learn that adrenocorticone hormone (ACTH) has been tried in anogenital pruritis. In the Journal of Investigative Dermatology, Drs. J. L. Fromer and P. E. Cormia report that the first of the four patients on whom ACTH was tried had had anogenital pruritis for twenty years. Various treatments, including the use of local remedies applied directly to the itching parts, antihistamine drugs and x-rays, proved ineffective. Treatment with corticotropin (ACTH) was begun with a dose of 100 mg. daily for three days and, after that, 50 mg. daily for three days, and after that a maintenance or holding dose of 10 mg. daily. The pruritis showed improvement within 24 hours after the treatment started and disappeared entirely after three days. There



NEW HOME - Being carried across the threshold into a new world by her husband is Mrs. E. R. MacMillan, first Japanese war bride to reach Canada. Formerly Tosako Matsuno of Kure, she stepped off a Korean airlift plane at Vancouver. Pte MacMillan, who served in the Korean war with the Princess Patricia's Canadian Light Infantry, plans to set up house-keeping in his home town of Medicine Hat, Alta.

(CP Photo)

Modern Etiquette

By Roberta Lee

Q. If a bride's father is not living, would it be all right for her mother to perform the rite of "giving her away"?

A. Yes. Usually, when this is done, a brother, uncle or close male friend of the family escorts the bride down the aisle and the mother stands and speaks from her pew when the clergyman asks, "Who gives this woman in marriage to this man..."

Q. Is it necessary for a person to apologize for the crunching noise that results when eating hard toast, celery, or something of that nature?

A. Not when it is unavoidable. A little practice, however, will enable one to avoid much of this noise.

Q. Should a man who is walking with a woman on the street carry her packages?

A. Yes, if the packages are of considerable size. Otherwise, it is not expected.

has been no return of the itching during the four months that have elapsed since then. In the three other patients, the immediate effect of corticotropin (ACTH) was equally favorable, but one of these patients had a relapse after two months.

Drs. Fromer and Cormia are unable to explain the mode of action of corticotropin in anogenital pruritis.

While four patients is a small number, it must be remembered that these four patients had tried all the known treatments, including the latest treatment by antihistamine drugs and also by the use of x-ray treatments. It is only fair to say that x-ray treatment of skin ailments has been the most popular and the most successful method of treating practically all varieties of skin diseases.

The fact, then, that these four patients had undergone all known forms of treatment without success, including x-rays, and obtained no relief from their distressing symptoms until ACTH was used, shows the effectiveness of this rightly named miracle drug.

How Can I!!!

By Anne Ashley

Q. How can I take the creases out of velvet material?

A. The best method is for one person to hold the velvet material tightly stretched while another passes a warm iron over the wrong side. Then brush up the nap and it will look like new.

Q. How can I place mirrors to their best advantage?

A. Try moving the mirrors around so that each one in the house will reflect a view out the window or door. This helps to bring the outdoors into the house.

Q. How can I avoid having soggy dumplings?

A. If it is necessary for dumplings to stand a while, prick each one open a little, so the steam will escape and not make the dumplings soggy.

ELLEN'S DIARY

By An Island Farmer's Wife

We talked of child-rearing at the breakfast table this morning while two mostly biddable fellows listened with interested expressions. Rob rearing his in a man-to-man way, and very kindly with the two, and patient, said little. We doubt if he even heard us, his thoughts doubtless being occupied with the cares and duties of his day-to-day.

"To my mind," James offered over his oatmeal, "what that boy needed was a right smart paddling!" --- this of a lad of tender years whose naughtiness had persisted despite his mother's warnings. "If he had been mine," James continued, "I'd have taken him across my knee, company or no, and shown him that disobedience doesn't pay!" But James, bless him, rears children only in a theory his heart will not let him practice.

He is the same man, only inclined to be more lenient, who used to call: "Here, Ellen --- they won't pay one bit of attention to me! See what you can do with them." And when we set our hands to disciplining them, turned away with: "Now, now, don't be too hard on them, Ellen---they're only little lads, remember."

"Stay where you are, dear!" we heard a mother implore her little boy about to step down to the driveway to join her on the other side of it, unaware that a great truck was lumbering toward the yard around the bend of the road. "Oh," she said, "if only he'll stay there!" It was a prayer and not a wish... "Well done!" she hugged him closely after the danger had passed. And above his head she said, more tears than laughter in her voice, "It's when something like that happens, you praise the Lord you taught your child to heed your words!"

"Our Minister's wife? Why, I like her---with reservations," a youngish matron answered our query once upon a time. "You see," she explained, "it's my opinion she's too stern with her children. For example, the youngest one---he's about a year and a half---she makes him obey! He may have this and he may not touch that. And he respects what she tells him. But it's asking too much of a child. I'm sure," she chuckled, "James would be in quite a way over it! But," she considered, "they're remarkably well-behaved youngsters. Perhaps it pays to be a little strict at first."

There, then, without doubt, is the convenient season in which to plant the seeds of discipline, that demanding requisite of living from which no matter our age, we are never free, though in the mature years it becomes mostly a matter of self.

No children we reared today, though after school four grandchildren who mostly "jes" grow ed, we fear, had supper at this place, as did the threshing-crew, including Jennie, who had been inveigled into assisting, "just for this afternoon," on one masculine pretext or another. Too soon our grain-fields, recently touched into fetching ripples by the merry wind of summer, will be reduced to bare stubble.

"For the life of me, Ellen," James offers with a teasing smile, "I don't see how you managed to pass the time today!"

Until tomorrow --- Diary --- Good-night,

Better English

By V. G. Williams

1. What is wrong with this sentence? "Try and stop me if you can, but I'll win out in the end."

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

3. Which one of these words is misspelled? Hyacinth, hurricane, humortist, humidior.

4. What does the word "laudable" mean?

5. What is a word beginning with ho that means "an act of open enmity"?

ANSWERS

1. Say, "Try to stop me if you can, but I'll eventually win." 2. Pronounce the o as in on, not as in for. 3. Hurricane. 4. Praiseworthy. "Every man should be engaged in some laudable pursuit." 5. Hostility.

Cook's Corner

SPICED BRAN MUFFINS

When baked, these muffins are light in color, compared with the average bran muffin. The bran leaves its flavor in the batter but little trace of it will be noted in the texture.

Yield--12 average-sized muffins. 1 cup crisp breakfast bran cereal 1/2 cup milk 1 1/4 cups once-sifted cake flour 3 teaspoons baking powder 1/2 teaspoon salt 1/2 teaspoon ground cinnamon 1/2 teaspoon grated nutmeg 2 tablespoons shortening 1/4 cup fine granulated sugar 1 egg 1/4 cup chopped nuts Combine the cereal and milk and let stand until needed. Measure and sift together three times the flour, baking powder, salt, cinnamon and nutmeg. Cream the shortening and gradually blend in the sugar; mix well. Add and beat in the egg. Cream in bran and milk; add nuts. Add the dry ingredients to the creamed mixture, stirring only enough to combine. Two-thirds full greased muffin pans with batter. Bake in a hot oven, 400 degrees, about 15 minutes.

Toothsome Product Of Old Country's Culinary Secret



Of the many souvenirs which the collector during a recent visit to their native Austria, Mr. and Mrs. Ferdinand Flock of Hamilton, Ont., prize most highly a remarkable cake that stays fresh indefinitely yet may be eaten at any time. Mrs. Flock, who accompanied her husband on their first trip home in 37 years, would only

DOROTHY DIX'S COLUMN

Proffered Friendship

Woman Should Accept Overtures Without Suspicion Of Motives

DEAR MISS DIX: How should a person take an unusual invitation such as this? I am in my late 60's and all alone. One evening, while I was reading, a woman in her 40's came to visit and asked me to call on her. I don't know what to make of the invitation. Does it mean that she pities me?

I have heard that people in one generation have little in common with those of another generation. I realize this young woman does not mean to take me into her social life, as she entertains considerably. She does not need my company, therefore I feel it is just a kind consideration for a lonely person who has lost her husband.

I could not accept her invitation if I thought it was given as a good deed. I have fought for my independence all my life and, though broken hearted, am still independent. I like to be with younger people but must be sure I'm wanted. BESSIE B.



Muriel Nissen

line of distinction between generations was much more finely drawn years ago; it has almost been obliterated now, especially among older people. The very young, of course, should be restricted to their own age groups for friendship or romance, but in later years these barriers cease to exist.

HAS MUCH TO OFFER

You write a fine letter, Bessie, and have much to offer. The young woman, I am sure, will benefit from a friendship with you. Perhaps her initial invitation was occasioned by a desire to cheer you up, or, as you put it, as a "good deed." Don't disparage these motives. They are the hallmark of fine people. Accept her offer of companionship as it was given, in good grace. It will be easy to convince her that you too have something to give. Pleasant conversation is always welcome. Don't return the visit with the idea that you are merely helping the lady fulfill an obligation. Accept it cheerfully, gladly, enthusiastically. Be an agreeable visitor, and your neighbor will become fully aware, if she isn't already, that her "good deed" has turned into a most valuable asset.

DEAR MISS DIX: We are three married women all working in the same office. We all have wonderful husbands, nice homes and have enjoyed going places together. Recently two of us discovered that the third was having an affair with our office manager---also married. It's been going on for some years. Our problem is, we don't know how to handle her.

ANSWER: Don't soil your skirts! Let the woman know that you are aware of the double infidelity and want no part of her friendship.

DEAR MISS DIX: I had been going steady for one year with a nice boy. We broke up a few months ago and now I'd like to get him back. Should I try?

ANSWER: Your efforts would undoubtedly be wasted. If he was interested in you, he would have let you know. Forget him and find a new beau.

DEAR MISS DIX: This is important to me. I am 12 years old, 5' 1", weigh 119 pounds and look every ounce of it. Should I take reducing pills? I will abide by your advice.

ANSWER: I hope to heaven you do abide by my advice, Dolores, for the answer is, emphatically, no! No one should take this type of medication without the advice of a doctor, but a 12-year-old should be especially careful. You'll probably lose the extra weight in a year or two without doing anything about it.

Alice Brooks Designs

SMALL AND QUICK!

Inspiring gift for your child or god-child! Or start your young daughter's embroidery career with this prayer sampler. Easy stitchery, perfect for framing! Little children love this prayer. Easy to embroider. Pattern 7305 has transfer, 10 1/2 x 14 1/2 inches. 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.

Morning Smile

Safe

"Here you are, my dear, a \$10,000 policy on my life. Now if anything happens to me you won't starve." "Oh, you darling! Now you won't have to go to the doctor every time you have a pain." According To Scale "Have you any complaints?" asked the prison governor. "Yes," replied the prisoner, schooled in architecture, "the prison walls are not built to scale."



Now I LAY ME DOWN

7305 by Alice Brooks

A Country Garden

By Mrs. Gordon MacMillan

In gardening these days we are conscious of the value of the root system of our plants, as we are busy transplanting and dividing perennials and seedlings. The root is the plant and the good earth nourishes the root; everything in the world depends on the few inches of top soil and the fertility of it.

Mary Webb wrote... "Now is the time when gardeners begin to delve and dig, to weed, turn the earth upside down and seek the deepness. Now they begin to know their plants, not as summer acquaintances, but as friends. For the root is the plant. Into it is gathered the whole personality of the creature that alights upon it, the illuminated air every spring and withdraws at the fall of the leaf, folding her beauty once more into that humble shelter where she subtly contrives her own creation. There lie, in tiniest miniature, in vaguest embryo, in secret recesses of nerve and fibre, the brittle or sappy stalks; the eager tendrils; the leaves of velvet or silk, like fans of swords, heathered, pennoned, tented; petals ethereal or empurpled; nectary and filament and anther; golden bee's meat; mysterious ripening calyx and painted fruit."

When thinking of our plants in this way, the labour of digging and planting is made pleasant and easy.

New flower borders can be started this month and allowed to settle for a short time before planting. Old woody shrubs have been cut down so new growth will add to the beauty of the garden.

This was done in other years and the results were ver y good. The Clematis panicula is now covered with its fragrant creamy buds and it will continue for many weeks filling the garden with a lovely fragrance so much needed at this season. The leaves of this Clematis are very attractive in a deep glossy green.

The Hybrid Tea Roses are blooming again in many lovely colours and they will be a joy until the frost comes. This makes up for the care and covering they need then for the Winter.

The Rose of Sharon shrub is large and vigorous with fresh green leaves resembling a single hollyhock. This shrub has lived in the garden for years and I wish there were many of them in different colors.

A happy day was spent photographing lovely gardens and I do not know of any pleasure so satisfying. It is like bottling up fruit for cold dark days in the winter.

A collection of colored garden pictures is a prized treasure to be shared with those who care for beautiful country scenes. Added to the collection were... Wonderful miniature castles, chapels, fountains and washing wells, wrought iron gates and lily ponds, pictures of well grown shrubs and lilies in another garden, and a beautiful border of annual flowers at the Experimental Station that made this perennial gardener very envious at this season of the year.

Ink Stains To remove ink stains from a rug saturate the spot with vinegar, sprinkle salt over it, then take a large spoon and dip up as much as possible. Repeat this treatment several times, then rinse in cold water.

Postage Stamps Don't soak postage stamps in water when they have become stuck together. Lay them on a smooth surface and pass a hot iron over them. This will separate the stamps without destroying the gum.

Whipping Cream Try adding the white of an egg to cream if it refuses to whip. Chill both the cream and egg thoroughly, and then whip together.

Ash Trays To remove the ugly cigarette stains on copper ash trays rub with a cloth dampened with ammonia and then dipped into any household cleanser. Wash in warm suds and then dry well.

Household Scrapbook By Roberta Lee

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Circular Felt Skirt



A gay floral spray cut out from felt and trimmed with wool embroidery makes a lovely design for this circular felt skirt. For a rich, attractive effect, choose a soft color for the skirt and bright colors for the trim. If you would like to save a direction leaflet for making this FELT SKIRT, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. S.E.2820.

Anne Adams Patterns

LOOK TALLER

Try this on for size---see how beautifully it fits your shorter-waisted, fuller figure! Fits just as perfectly into your busy fall day---it's the smart, young casual you need now and from now on! Have it in rayon, cotton, or wool.

Pattern R4836: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 3 1/2 yards 39-inch; 1/4 yard contrast.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number.

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

The Stars Say --

By Genevieve Kemble

For Tomorrow

A SUDDEN and quite unpredictable event may bring about such radical about-face to existing conditions as to be breath-taking and dramatic. A major crisis changing the whole current of affairs in incubation could be radical and have far-reaching denouement. Although such drastic and unlooked for intervention may be "breath-taking" it has the endorsement and assistance of those of responsibility and substantial influence. Friendly, perhaps romantic, implications should not incite to behavior that is extravagant.

For the Birthday

Those whose birthday it is may count on a thrilling, dramatic and heartwarming year in which problems, aspirations, precious activities or plans are quite spectacularly amendable to radical change. The whole scheme of things may, suddenly assume new aspects, possibilities and consequence. The intervention of elders, of old institutions, or some unforeseen action may put a new complexion on the affairs and prospects. The changed situation, practical, drastic and solid, may incite queer reactions. It may incite queer reactions. It may be wise to keep within bounds, seeing that feelings, emotions and



R4836 14 1/2-24 1/2

by Anne Adams

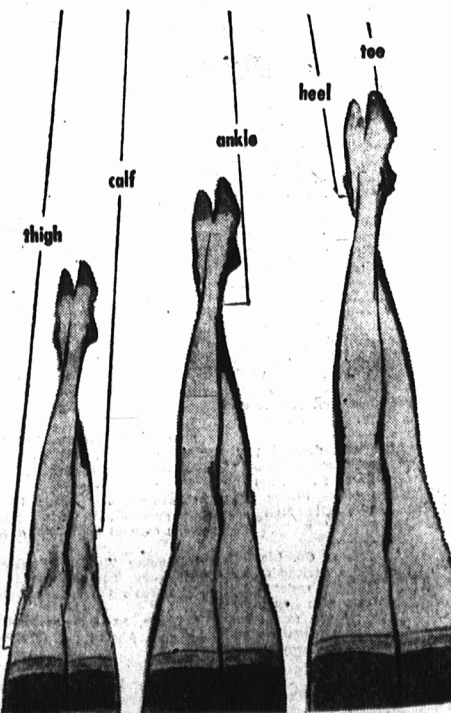
gratitude may be over-elated, too ardent and rampant perhaps. A child born on this day may have an adventurous life --- thrilling, spectacular, with much change.

Too Much Harbor

Macpherson was in love, and after a walk one evening he invited his girl to have a drink, feeling sure she would ask for nothing more expensive than lemonade. "Well, Jeannie, dear," he said, "and what'll I order for ye?" "Why, thank you," she replied, "I'll have a large port." "A large port!" gasped Macpherson. "Gosh, woman, come on! I'll buy ye a picture post-card of Liverpool!"

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