

That Body Of Yours

By James W. Barton, M.D.

REGULAR DAILY DOSES OF DIGITALIS KEEP HEART PATIENTS SAFE

A physician relates an experience that should be a lesson to other physicians and to patients. An old acquaintance came in for an examination, saying that he often wondered about his heart and if it were sound. The physician made the usual tests, found only slight enlargement, no shortness of breath on light exercise and a return to normal rate two minutes after usual exercise test. Although he told the patient that it was safe for him to do light work, he suggested that he return in a month for a check-up. When the patient returned, the physician found irregularity of heart beat, shortness of breath on light exercise, and told the patient to avoid exercise, get an hour's rest in the afternoon and an extra hour at night. He told him that his heart was not in as good shape as on his previous visit and he couldn't understand why.

The patient then admitted that before his previous visit he had been taking 1 gram of digitalis daily for several months and had neglected to tell the physician about it. I am recounting this story not only to show that a patient should tell the physician all his previous history as regards treatment by other physicians but, more particularly, to show how the heart can be kept strong and effective by a regular daily dose of digitalis. At the last scientific session of the American Heart Association, Dr. Joseph G. Benton, New York City, gave an address on heart patients in the performance of tasks of daily living and selected occupational activities as a means of learning just how much work a diseased heart could do and be safe.

A group of 26 normal individuals and a group of 20 with diseased or failing hearts, compensated or kept up to normal strength by digitalis, were compared from standpoint of work—walking on the level and climbing stairs. The exercises were graduated and were performed under standard conditions as to duration and speed. The amount of oxygen that was used by the lungs during the exercise was measured according to the build and weight of each individual. It was found that a diseased heart, regulated or compensated by digitalis, did not use up any more oxygen than did a normal heart entirely free of disease. Regular visits to the family physician or heart specialist, keep heart patients safe for many years.

ANCIENT LAND

Cyprus, third largest island in the Mediterranean, is 40 miles from the coast of Asia Minor and 60 from the Coast of Syria.

Chicago Woman M.D. Noted Pediatrician

TORONTO, Oct. (CP) — Dr. L. Potter of Chicago, author, lecturer and research worker, is a busy woman. She took a "business holiday" to take part in the convention of the American Academy of Pediatrics here.

As an author, Dr. Potter has written five books — she showed her fifth, still in dummy form, at the convention. It is called "Pathology of the Fetus and Newborn," and deals with problems of childbirth and how to keep mothers and children alive when trouble strikes. "This is my most pretentious effort yet, my magnum opus — and my last," said Dr. Potter. "I will be happy when it is finished and I can begin living like a human being again."

Her hobbies include collecting cook books, cooking and designing houses with her husband, Alvin Meyer, well-known American sculptor.

As a lecturer, Dr. Potter is Professor of Pathology, Department of Obstetrics and Gynecology, at the University of Chicago. She also is pathologist at the Lying-in Hospital connected with the University.

She spent three months lecturing on pregnancy problems in Brazil last year and started a laboratory to study the high infant death rate.

At the 100th anniversary celebrations of the University of Minnesota, her alma mater, Dr. Potter was the only woman among eleven graduates who received medals for outstanding achievement.

Modern Etiquette

By Roberta Lee

Q. When one has been invited to a party, or other affair, and after accepting he contracts a severe cold, would it be all right for him to attend anyway, rather than to disappoint his hostess?

A. Good taste dictates that he should telephone his hostess and express his regrets, rather than to attend and possibly pass his cold on to someone else.

Q. After my parents' death, my maiden aunt adopted and reared me. Now how should the invitations to my wedding be worded?

A. "Miss Mary Jones requests the honour of your presence at the marriage of her adopted daughter, Margaret Ellen Smith, etc."

Q. Is it the sign of an engagement when a college man gives a girl his fraternity pin?

A. Usually the intentions are of a future engagement. A man's fraternity pin usually means a great deal to him, and if he gives it to a girl, he must think very much of her.

The carpentry on our new barn is ended. As a last word concludes the closing chapter of a tale that along pleasant pages has arrived at a heart-warming climax, so this evening the final nail was driven in the structure. And "That's that!" Mr. D. our carpenter commented, returning his tools to their chest.

Extremely faithful has he been to the task of building, and always cheerful in spite of the many challenges to spirit and strength the like presented. But now, as we were perhaps somewhat regretful that a period which had been one of mutual pleasantness was over... How much the children in the house across the lane, granddaughter and the Mack-fellow, with lone words on his lips but resolve in his eye, will miss those outings by truck which brought Mr. D. to us at morning, and in the dusk or dark saw him again safely home!

What delightful pictures the trips afforded them... flowers on a lawn, an esteemed cow in her stable, a sow with her litter of piglets. Not that they are not accustomed to sights like these, but there is invariably an added fascination in viewing these in strange surroundings.

And now these outings are over — the barn finished. We recall that James put down the milking stool he had just taken in hand to commence this evening's milking, to regard intently at a connecting doorway the new extension. Recently installed lights flooded it brightly; in the stable there new lying-chains gleamed; beams and partitions, stalls and manglers, walls and ceilings, fresh and shining gave off the clean pungent scent of the spruce that not so long since grew straight and tall in the woodlands.

Without stain or cobweb, here were roomy quarters for cattle, there space to receive bundles of hay from the loft, and there was the area destined for roots. Windows would admit light — and air, and the morning sun, and there were others to attend to its westerning.

James smiled and it was a smile of satisfaction. "What do you think of it, Ellen?" he asked. "I think that it's good! Yes," he nodded. "We'll find it quite a help this winter. Won't it be fine to have added stable-room? And with less carrying from barn to barn, the choring will be easier. And the lofts, well, we know already the convenience of these — for the hay... and straw they hold. Do you know, Ellen — and this came to mind when I saw a heap of straw burning the other day — this year we've been able to store all of ours, and I'm thinking we'll need it all before another harvest rolls around."

And not a kitten has been born aloft, as yet, nor have parent swallows known the joy of building homes along the new rafters! "... I reckon, Ellen," James said turning once more to milk-stool and pail "we'll be pretty to-

Married In Vancouver



—Photo by The Circle Studio Vancouver, B.C.

A very pretty wedding was solemnized recently at the Log Cabin Inn, Vancouver, B.C., when George Louise, second eldest daughter of Mr. and Mrs. C. E. Nichol, East Royalty P.E.I., became the bride of Harry, only son of Mr. and Mrs. Harry Harris, Vancouver, B.C. The ceremony was performed by the Rev. H. C. Burkholder. The bride, given in marriage by Mr. Arthur Walters, brother-in-law of the groom, looked lovely in a pale blue gabled suit with pink and black accessories and a corsage of pink roses and stephanotis. The groomsmen were Mr. Kenneth Hoffman of Chilliwack, B.C.

The Stars Say --

By Genevieve Kemble

For Tomorrow AN auspicious time for putting over important plans and projects, seeking favors, promotion or other forms of cordial and pleasant relations, both with those in high places, and with everyday folks as well. Health and spirits are high, assuring popularity, preference, friends, superiors, parents, being ready with suggestions and sound advice. Speculation is encouraged. Romance and marriage are possible.

How Can I!!!

By Anne Ashley

Q. How can I prepare vegetables without messing the kitchen table? A. Spread a newspaper over the kitchen table before beginning to husk the corn, pare the potatoes, or any similar work. When the work is finished, all the refuse can be gathered up in the paper and placed in the garbage can.

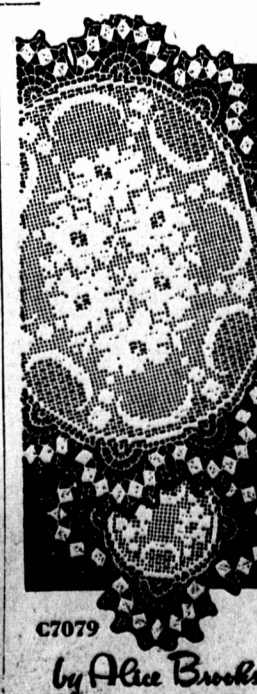
NO MORE WRINKLES AT THE ANKLE

Beautifully sheer Chatelaine Nylotwist* Nylons will never, never wrinkle the way other nylons do. It's that marvelous twisted nylon thread again, keeping your Chatelaine hosiery trim-fitting, even after countless washings.

Alice Brooks Designs

SOMETHING NEW! PICOT MESH is new in filet crochet! Here it forms the background of a lovely flower-dolly, and a matching oval centerpiece. Border is easy to crochet too. Make buffet or lunch sets with new filet-crochet design! Pattern C7079; charts; 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.

The Right Hat Among the anglers trying their luck on the pier was one man who was trying a bone on the end of his line. "What do you think you'll catch with that?" he was asked. "Dogfish, of course," he replied.



Principal James stands beside H.R.H. Princess Elizabeth. In the foreground (left) Governor A. B. Wood next in line behind Mr. J. W. McConnell seen shaking hands with the Princess as Mrs. McConnell curtsies to the Duke of Edinburgh.

Morning Smile

Legitimate Complaint

"I wish to make a complaint," said a man to a Post Office official. "For some time I have been receiving disagreeable and threatening letters. How can I stop it?" "I think we can help you," replied the official. "That sort of thing is forbidden by law, you know."

Likes Her

Cultured Mother: "I can't conceive what you see in that young Mr. Everday! He doesn't like Isben, he doesn't like Browning, he doesn't like Keats. Whom does he like?" Daughter: "Me."

Shaggy Bee

All sorts of people take vitamin pills nowadays. Hence this story told by the American comedian Alan King. "Once upon a time there was a race between a honey bee, a bumble bee and a Vitamin bee. The Vitamin B-1."

Better English

By O. C. Williams

- 1. What is wrong with this sentence: "I am apt to be late if I pause any longer." 2. What is the correct pronunciation of "aqueous"? 3. Which one of these words is misspelled? Farewell, expell, undersell, misspell. 4. What does the word "insipid" mean? 5. What is a word beginning with uns that means "not worldly-wise?"

Cook's Corner

SPAGHETTI WITH CREOLE KIDNEY SAUCE

(Makes 4 servings) One pound beef kidneys, 2 tablespoons fat, 1 medium onion, sliced thin, 2 teaspoons salt, 1 No. 2 can tomatoes, 2 teaspoons Worcestershire sauce, freshly ground pepper, 1 tablespoon salt, 3 quarts boiling water, 8 ounces spaghetti. Remove fat from kidneys. Split kidneys lengthwise and cut out the white center and tubes with scissors or sharp knife. Cut kidneys crosswise into 1/4 inch slices. In a large skillet, melt fat. Add sliced kidneys and onions; sprinkle with salt and saute about 5 minutes. Add tomatoes, Worcestershire sauce and pepper. Cover; cook over low heat 40-45 minutes, stirring occasionally. Serve over cooked spaghetti. To cook spaghetti, add 1 tablespoon salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally until tender. Drain in colander.

Household Scrapbook

By Roberta Lee

Coffee Test To test coffee pour about a tablespoon of ground coffee into a cup of cold water. If the coffee floats and colors the water very slowly, it is pure. If any of the coffee sinks to the bottom, or stains the water quickly, there is some adulterant present.

Wet Shoes

If the shoes have become ugly and stiff after being caught in a hard rain, wash them with warm water and then rub castor oil thoroughly into the leather. It will soften them.

Paint Remover

Try using undiluted vinegar for the removal of obstinate paint stains on the mirror or window

DOROTHY DIX SAYS—

Middle-Aged Loneliness Woman Who Would Share Home Advised To Move Cautiously

DEAR MISS DIX: My mother died a few months ago, leaving me alone at 54. About the same time, a man I know was widowed. His wife and I had been friends many years. I invited George to my house for dinner a few times, and offered him a home just to stay in the house at night. I am terribly frightened alone. The idea seemed to appeal to him. He never calls me up. Should I continue to telephone him or forget it? He really does need someone to look after him, and I will do most anything to keep from living alone. I own property and have a good living at my profession, so I need no financial aid.



HARRIET

ANSWER: Still grieving over the loss of your mother, and bewildered at facing the world alone for the first time in your life, you are in no position to make a rational decision concerning your future. Don't make a hasty decision and don't be in too much of a hurry to open your home to anyone just to assuage your solitude. It's hard to believe, I know, but time does heal all wounds. With your profession, which is an exacting one, friends, and an outside hobby to pursue, you will adapt yourself soon to a new life and, most important, will lose the terrible feeling of loneliness which now besets you.

HE'S NOT INTERESTED

Since George failed to follow up your offer of a home, I take it he's not interested and perhaps it is better that way. Having a man share your house would only lead to gossip, which could easily hurt you considerably in your work. If you feel you must have someone in the house, why not another woman your own age, or a young couple who would sincerely appreciate a home? Whatever steps you decide to take, think them over carefully. It's very easy to get people into your house; getting them out should they prove undesirable is another matter entirely. Perhaps the pastor of your church could recommend some congenial lady to you; don't take anyone in who isn't recommended through a trustworthy source.

DEAR MISS DIX: When I was a girl going to school for some reason I couldn't learn. I studied hard but just couldn't understand or remember what I studied. My only good marks were A's in Home Economics. I have a bad inferiority complex because of my ignorance. Now I am 28, married and have three little girls. More than ever I want to learn something for I wonder what would happen if I had to support my family. What could I study as a trade?

R. A. M.

ANSWER: You certainly do have an inferiority complex and there's no reason for it. You're not nearly as stupid as you seem to think. Your letter is well written. As for a trade, you have the ability to get people into your house. You're a good housekeeper and a fine mother. If you ever had to support your family, that is the trade for you. If you want to continue studying, why not do so in the field of home economics? Books on the subject are readily available from any library, and your librarian will gladly give you any assistance you want in choosing them.

DEAR MISS DIX: My nephew has been going with a girl for about five years. He is 19 and she is about the same age. They are planning to marry soon and the girl is urging him to make it an early wedding since she does not get along with her sister. The boy does not make much money and has nothing saved. Don't you think it would be better if they waited a year or so?

C. R.

ANSWER: Your nephew's girl has about the flimsiest excuse for rushing a wedding I ever heard of. The young man should have some financial standing before undertaking the support of a wife.

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

Anne Adams Patterns

SHE'S SO BRIGHT!

Start her school-day right! Send her off in this bright little fashion! With its princess lines, smart little half-sash, spaghetti bow and crisp collar she'll look fresh, sweet and adorable all day long! This can be a precious party dress too!

Pattern 4684 in sizes 2, 4, 6, 8, 10. Size 6 uses 2 yards 35-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 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.



Advertisement for Cuticura skin cream. Text: "CLEARS UP YOUR SKIN FAST! Simple, rash, itching, irritations quickly relieved with fragrant, scientifically medicated Cuticura Soap and Ointment. Cuticura is so successful it's used all over the world. Buy Cuticura today!"

Tests Prove New Kind of Nylons Best Possible Buy

"Wear Longer, Look Much Better..." Says a U.S. Testing Bureau

The simple twist of a nylon thread now makes all the difference between just plain nylons and a completely new kind of stocking. Instead of knitting their nylons from old-fashioned wavy-straight nylon thread, the makers of Chatelaine hosiery use a completely new kind of nylon thread that's twisted before it's knitted. What does this mean to you, the woman who wears the nylons? Well, here's the story. A U.S. Testing Bureau went to work and put nylons knitted this brand-new way through their paces. They came up with charts, figures and statistics... plus some real advantages that we think you'll find pretty interesting. We've listed them below in non-technical talk. Frankly we think that after reading about the new Chatelaine Nylotwist* Nylons, you'll agree that these stockings are well worth trying.

For Nylons That Wear Longer, Look Better... Always Insist on...

