

That Body Of Yours

By James W. Barton, M.D.

PATIENTS WITH NORMAL HEARTS WHO THINK THEY HAVE HEART DISEASE

A physician confided to a friend that he has a habit of taking his pulse at frequent intervals. His daughter, observing this, remarked "So you're a cardiac neurotic." She meant that he imagined that he had some heart disturbance, as a matter of fact, he was interested in his heart rate only and how it fluctuated from slow to rapid during the time he was counting the heart rate.

This physician also tells of a relative telephoning him to get the name of a good heart specialist. He suggested one, and a few days later the heart specialist called him and indignantly asked why he had examined the patient for heart examination when her heart was normal. The specialist told him he had no right to refer a case to him unless he had examined the patient's heart himself.

That many patients are referred to heart specialists with a diagnosis of "something wrong" with their heart when the heart is normal is reported in the Journal of the American Medical Association by Drs. Leonard J. Goldwater, Lewis H. Bronstein and Beatrice Kresky, New York. The title of their article is "Study of One Hundred and Seventy-Five Cardiacs Without Heart Disease."

"Patients referred to the Work Classification Unit are examined in accordance with standards developed by the New York Heart Association, consisting of a complete cardiologic (heart) study based on accepted criteria (information regarding the heart). All questionable cases are examined by two or more heart specialists. All persons seen at the unit were referred because of employment difficulties attributed to heart disease," the doctors report.

Of the 631 who were adequately studied, 175 (about 28 per cent) were found to have no heart disease at all.

What happens to a patient who has been told that there is something wrong with his heart, or if he thinks he has something wrong with his heart despite his physician's assurance that there is nothing wrong with his heart?

In this series of cases, a great percentage began to live the life of an invalid, physically remaining in bed a great part of the time. Even when on their feet, they avoided all forms of work, even light work. Advice given and followed included no lifting, a sit-down job only, no stair climbing, change occupation, no exercises.

Many of these non-cardiac patients, young men who might have been gainfully employed, were advised to restrict or cut down on their activities.

The lesson for patients is that, if advised by a general practitioner that they have heart disease and to "take it easy," they ask their physicians to refer them to a heart specialist or heart clinic. They have or should not have heart disease, and should know the truth.

How Can I!!!

By Anne Ashley

Q. How can I give a slight scent to my handkerchiefs?

A. The smell of the iron can be eliminated, and a delicate scent of violet added to the handkerchiefs by placing some pieces of orris root in a muslin bag and putting this into the water which the handkerchiefs are boiled.

Q. How can I remove grease spots from a rug?

A. They should be removed immediately after they are discovered. Cover the spot with blotting paper and apply a hot iron. Then cover with magnesia, let remain about twenty-four hours, and brush off.

Q. How can I soften the cuticle around my fingernails?

A. Ordinary table butter is excellent for this purpose.

Cook's Corner

Crispy Sponge Drops

1/2 cup sifted cake flour
1/2 cup sugar
3 egg whites
1/2 teaspoon cream of tartar
1/2 teaspoon salt
1/2 cup sugar
3 egg yolks
1/2 teaspoon lemon extract
Sift together and set aside the cake flour and 1/2 cup sugar. Beat until frothy the cream of tartar, salt and 1/2 cup sugar, and continue to beat until whites just stand in peaks. Beat until thick and lemon-colored the 3 egg yolks and 1/2 teaspoon lemon extract. Fold yolks carefully into the whites. Fold in a little at a time, the flour-sugar mixture. Drop by teaspoonfuls on brown paper-covered cookie sheet. Bake at 350 degrees F. about 15 minutes. Yield: 4 dozen.

When cold, remove from brown paper. Spread fudge frosting over half the drops. Place remaining drops on top.

Fudge Frosting

Melt 1 package semi-sweet chocolate bits, and 2 tablespoons butter over hot (not boiling) water, and stir until smooth. Add 1 cup sifted confectioners' sugar alternately with 1/2 cup hot milk and 1/2 teaspoon vanilla. Beat until smooth and satiny.

Modern Etiquette

By Roberta Lee

Q. How long should a wedding ring be worn after the husband has passed away?

A. A widow continues to wear the wedding ring during her lifetime, unless she becomes engaged to marry a second time. Following the announcement of her engagement, she ceases to wear her first wedding ring.

Q. If it is necessary to remove a piece of bone from the mouth, while at the dinner table, should one use a fork, spoon or the napkin?

A. None of these items are in good taste. Merely use the thumb and forefinger, and lay the particle on the plate.

Q. When signing her name to a business letter, must an unmarried woman use "Miss" in front of her name?

A. Yes; but the "Miss" should be omitted in parentheses, as "(Miss) Joyce M. Farley."

Better English

By V. C. Williams

1. What is wrong with this sentence? "We cannot accept of your hospitality any longer, although we are awfully happy to have been with you."

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

3. Which one of these words is misspelled? Privacy, ecstasy, fallacy, intricacy.

4. What does the word "altruistic" mean?

5. What is a word beginning with exp that means "to enlarge in discourse or writing"?

ANSWERS

1. Say, "We cannot accept (omit of) your hospitality any longer, although we are very happy to have been with you." 2. Pronounce the first e as in bed, accent first syllable. 3. Ecstasy. 4. Actuated by a regard for the welfare of others; benevolent. 5. This altruistic attitude toward those in need did not blind him to the demands of his own family." 5. Expatiate.

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The Neighbors

By George Clark



"Let's drop in on Annie. Her old man always likes customers for his fancy cooking."

ELLEN'S DIARY

By an Island Farmer's Wife

Tonight finds us away from the home-roof at Alderlea - out of sound of the falling water through the waste-gates and the sight of the star-topped hills - at Rob's. Here, we are taking her place in part with the children while Carolyn spends an enforced absence in hospital in the city. The cuttings of her first blossomed daffodils and scented white violets from beside the damp banks of the stream in their front meadow the two boys took with them when they visited her there recently.

How beautiful now lie the surrounding farmlands! Sun-bathed today, hushed and still except for the breath of warm wind that moved in the lawn-trees and the trills of the robins a-bill on their branches. And now the brook-side orchestra plays. It is a familiar tune-but tonight a bit lonesome. methinks it tells of the good days and the anxious days and all the beautiful and solemn verities of life.

Meadows are now spread with a carpet brightly green; in the yard, lilies give promise of abundant bloom and a white birch smilingly folded delicate pointed buds; willows showed their green traceries against an horizon and the red of maples enhanced the wooded uplands.

Jamie went to his classes this morning, watched out of sight by members of the family. "Let's not go indoors yet" Gage said seriously. "Not before he is hidden by those trees up the road. We always wait that long-mother and I. I wonder" he offered with a long sigh "just how many hours it will be before he comes home" By wheel he travels, the trip thither, hastened, now that the season of baseball has appeared in schoolyards.

Presently, however, granddaughter appeared to spend those hours with us to the delight of Gage, obviously somewhat bewildered at the turn of events which had given him suddenly in to our care. . . . They gathered first golds of dandelions from the front meadow and eggs from the nests in the poultry house and about. They were read to, and in quick response to a plaintive bleat from that direction, were off to the corner-pasture by the roadside carrying a drink of warm milk to the pet lamb there.

Nightfall took granddaughter but brought James then to join us. He came "for company" to tell us of the farm-doings at Alderlea today that some of the herd was turned to pasture this afternoon and of a trio of litters or more, of piglets that arrived to bless us over the weekend. And there was a lunch which gathered the grandfather and two lads about the table before they went up stairs to their bed. If we noticed that Jamie lingered over his prayer it was not for us to be curious about tonight's supplications.

"And now" James said tucking the covers carefully about them. "I think I'll have to kiss you." Gage, eyes sleepy, dimpled, "Sure, I don't mind it one bit. . . . but Jamie here, he's not made for kissin'!"

Night now and stars. And the brookside orchestra playing a familiar tune-but tonight a bit lonely. Until tomorrow. . . . Diary - Good-night. . . .

Household Scrapbook

By Roberta Lee

Frosting Window Glass

Frost the glass of a window as follows: Dissolve 6 ounces of Epsom salts in about 20 ounces of warm water. To this add 2 ounces of white dextrin, which will act as an adhesive when the mixture is applied to the glass. The salts will crystallize into a covering similar to hoar frost.

Gold Chains

Put the gold chain into a small glass bottle with warm water, some pulverized chalk, and a little grated Castile soap. Cork the bottle and shake vigorously. Rinse in cold water and the polish will be surprising.

Apple Pie

When apple pie is two-thirds baked, sprinkle some grated cheese over the top, and this will add much to the flavor of the pie.

FINE HARBOR

Milford Haven in South Wales is said to be the finest natural harbor in Britain, running 17 miles inland.

Musical Festival Winners



Pictured above is the school chorus from St. Vincent's Orphanage which was awarded first place with 83 marks for its singing of "The Melodious Blacksmith" during the recent Festival of Music.



Pictured above are the East Royalty Wolf Cubs, the only entry in class 27 of the recent Festival of Music, who received marks of 79 and 81 for their two selections. Front row, left to right: Winston MacKinnon, Earl MacKinnon and Fergie Robertson. Centre row: Charles MacKinnon, Wally Walsh, Lewis Robertson and Douglas Miller. Back row: Ivan Ashley and Harvey Livingstone.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A rather critical state of affairs, in which the major planets seem to work at cross purposes. There may be excitement and upsurge of plans and objectives, but such could be turned to good account by some consideration for the point of view of the opposition. Yield amiably in minor matters, pointing out the practical situations on which agreements might be made. Sociable approach, with tact or a generous

gesture, could melt down aggressiveness, opposition. Those whose birthday it is may encounter a year of variable developments, in which there is very promising and encouraging opportunity for breaking down opposing forces and factors, this by a gracious yielding to the other fellow's point of view with possible benefits. A social, even a sentimental touch, a gesture of good fellowship, could be powerfully influential. Social or romantic aspects are stimulated, and the outlook on the whole is fortunate for tactful procedures. A child born on this day has much talent and initiative with excellent prospects for a creative and pleasant career.

Seven Days A Week

(By Anne Shannon)

1. Monday: Vegetables can be dull or dramatic! With new vegetables appearing on the market, readily here are a few items to remember. Cook any vegetables in a lightly covered saucepan, using a little boiling salted water as quickly until just tender, but still firm textured. Serve immediately. Vegetables cooked hours ahead of time, then reheated, never have the flavor of fresh-cooked ones.

2. Tuesday: Still in the vegetable department! Never peel beets before you boil them, if you want them to keep their blushing beauty intact! A little vinegar or lemon juice added to the water in which you cook them, heightens their color. Of course, if you cook beets this way, you peel them before boiling. Heat 1 teaspoon grated orange peel with one half cup orange juice and 2 tablespoons lemon juice. Mix 1-4 cup sugar with 1 tablespoon corn starch and one half teaspoon salt. Add to hot liquid-stirring constantly until thickened and clear. Add 3 cups diced cooked beets and 2 table-spoons butter. Serve immediately. Once upon a time I was with the beets with cran sauce and I mentally decided then and there never to be guilty of that outrage! The heels bled into the sauce and the shocking pink produced "thata-way" was the wildest and weirdest you ever could hope to see in a food!

3. Wednesday: Over fifty years ago, a lady wrote to a prominent magazine asking their advice-"How should I modernize my kitchen to make it completely up-to-date?" she asks, and this was the advice she was given-"The ideal floor is of hardwood, laid water tight, with a drain in the centre so that the floor can be flushed after scrubbing. Vegetables should be kept under the floor in a shallow bin, reached by a large hinged trap-door in the floor. Have at least two windows, preferably long and narrow." There's more of this advice but I'm sure you can imagine the rest of the drab details!

4. Thursday: A brash young vacuum-cleaner salesman working a small town breezed into a house on the outskirts, set down his product in the living room, opened a bag, and from it blithely dumped some refuse, obviously gathered from the road outside, all over the carpeted floor. Then he stood back and said expansively, "Now lady, this is the world's finest and best vacuum cleaner. I am going to take up all that dirt for you with it. AND any that this vacuum cleaner won't take up I will personally eat!"

The lady of the house said nothing, just hurried out to the kitchen. "Hey!" exclaimed the startled young salesman, "Don't you even want to watch me?" "No, indeed!" firmly replied the lady of the house "I'm just going to get you a fork and knife. You see, we have no electricity here!"

5. Friday: Ever try Fish Buns? Well, if you haven't it's worth a try today! Season a can of tuna or cod fish with just a suspicion of mayonnaise and minced onion, spread the mixture almost an inch deep on bun halves, top with thin slices of cheese and broil or heat in the oven very slowly until the cheese begins to melt and brown. Serve at once.

6. Saturday: Is there a shower coming up the first of the week? I don't mean the rainy kind but the one where a radiant bride-to-be is the centre of attraction. Better make some Honey Moons for the occasion. Blend together 3-4 cup shortening, one half cup honey, one half cup sugar, 1 egg and 1 tsp. orange extract. Sift together 1-2 cups sifted flour, 2 tsp. baking powder and one half tsp. salt. Add to first mixture. Mix well and chill thoroughly. Roll in pencil-thick rolls. Cut in 1-2 inch lengths. Place on baking sheet in crescent shape. Press finger in centre to make a place for decoration. Bake in a hot oven, (400 degrees F.), about 8 minutes or until set but not brown. Ice in pink

Anne Adams Patterns

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and white, placing cherry or almond in centre. Extra nice and mellow as moonlight!

7. Sunday: Big week this, wasn't it, with many young men and women saying good-bye to classmates, wondering when and where, if ever, that all might meet again. They are, in row on awkward row precisely placed, the tall ones at the rear. Standing stiffly, with their wide-toothed grins, Tricked by the camera in that magic year. Where are they now? Each gone his separate way. Yet for a moment time forgets to pass.

Once again, within this faded print I join my playmates in the third-grade class.



R4650

by Anne Adams

DOROTHY DIX'S COLUMN

The Big City

Girl Should Plan Carefully Before Tackling New Life

DEAR MISS DIX: I am a desperately, completely miserable girl in my late twenties. I feel that the small town in which I live has no opportunity for me and I'd like to go to a large city. I am an experienced clerk and receptionist, have the ability to meet people and am socially adaptable. I'm sure I'd have no difficulty finding a job, but I would like to know if there is an agency or persons who would help me locate a good room. I'd like some information on getting settled in a strange city.



Muriel Nissen

It would be most unwise to decide to tackle the complexities of city life with no preparation whatsoever; your wisdom in seeking advice before embarking on the venture is commendable.

TRY THE Y. W. C. A.

The Y. W. C. A. does a splendid job of accommodating young girls; if they have no room in their own quarters, they will recommend one. Why not obtain a copy of a newspaper published in the city where you expect to live? This will give you an idea of both living quarters and jobs available. When you go, take letters of recommendation from two or three people in your town, such as your clergyman, a teacher, librarian or other responsible citizen. These will prove invaluable on many occasions. Be sure you have enough money to tide you over a possible period of unemployment, and guard against that horrible "all-alone-in-a-big-city" feeling by making a church connection. Locate some group activities you can join, such as art classes, gymnasium workouts, Red Cross work or something similar. If you find, after a reasonable trial, that your idea of city life was grossly exaggerated, don't be too proud to pack up and go home. A big city can be awfully cold, after the friendliness of a small town; you won't be the first person to find it unresponsive.

DEAR MISS DIX: For the past four months I have been writing to a boy in service. Last week he came home, hoping to meet me. My girl friend, her boy friend and I planned a nice day for him. We all had a good time, then he asked me to his home to meet his parents. They were very nice to me. He left last Monday to go overseas for a year. Would it be wise for me to wait? The way I feel towards him now, I'd wait forever.

UNDECIDED NOW

ANSWER: You don't give your age, but from your letter I place you in the mid-teens. While your exuberance is perfectly understandable, don't you think you're taking a lot for granted when you assume that one meeting with a boy's parents puts you practically on a "going steady" basis? You don't say that the boy asked you to wait for him, or gave any further encouragement that he wanted you to. Why not write to him—friendly, newsy, cheerful letters; go about as you did before the fateful meeting and bide your time! Don't, whatever you do, indicate to the young man how seriously you are taking him. That's the surest way to scare the poor boy.

DEAR MISS DIX: I am a middle-aged woman recently divorced after fifteen years of marriage. I will continue a career I had before, under my maiden name. Do you suggest I take my maiden name

Continued on page 9

Alice Brooks Designs

FOR KITCHEN SHOWER

Give the bride seven new kitchen towels! These gay motifs are such easy embroidery, you will easily finish a towel a day!

To make your dishes sparkle and your kitchen prettier! Pattern 7101; transfer 7 motifs about 6x8 1/2 inches.

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