

That Body Of Yours

By James W. Barton, M.D.

TREATING CONGESTIVE HEART FAILURE WITHOUT DIGITALIS

A physician treating a failing heart, a heart that is not pumping the blood to all parts and not emptying itself when it does pump, usually relies on one drug, digitalis, to regulate and strengthen the beat of the heart. The physician knows that this drug has been used with success for many years. In addition to strengthening and regulating the heart beats, digitalis also drives liquids, plain and carrying salt in solution, from the kidneys and from the body cells. With less liquid in cells and kidneys, less work is required of the heart. It is thus realized why a physician feels that when he is prescribing digitalis for a failing or irregular heart, most of these cases can go about their usual work in safety.

What may surprise many of us is that it may be possible to treat these cases of congestive heart failure successfully without using digitalis. This was reported by Drs. Ferdinand R. Schemm and William W. Hurst, Great Falls, Montana, at the last Scientific Session of the American Heart Association. These doctors studied 17 patients with organic heart disease and well-developed congestive failure with the usual symptoms—shortness of breath and swelling of tissues—whose safety and comfort were not affected by withholding digitalis in the treatment. The treatment consisted of reducing the excess fluid in the body cells by getting rid of the sodium (salt) by way of the kidneys. The sodium intake was from 500 mg. to 1000 mg. daily and the water intake averaged 3900 cc. daily, with relatively small amounts of acid and mercury diuretics (drugs that drive water from the body).

In the 18 observations on these 17 patients, the edema or water loss averaged 20 pounds over periods which averaged seven days. As this means getting rid of water from water-logged tissues, it can be seen how this treatment was successful in treating heart failure without use of digitalis. However, that digitalis does a better or more complete job in getting rid of water in the tissues and adding strength to the heart-beat was shown when after all the excess water was apparently removed without digitalis, three to four pounds of water was removed from three of the above cases by will likely always be used in heart failure, the fact that some cases can be successfully treated by

ELLEN'S DIARY

By an Island Farmer's Wife

And enjoying the beauty and magic and serenity of the hour with never a thought of the morning which should bear again our duties towards us, at her gate we stopped to chat with the neighboring housewife . . . and at home James leaving the yard light burning to be company in our homing, and later rising sleepily from the couch where in our absence he had been napping to ask: "Now, Ellen, what kept you? I was just going out along the hill to meet you!"

There we lingered chatting of "Ships and shoes and sealing wax" and perennial interests of housewives; recipes, and she shared this one she had used that very afternoon with us . . . Though new to us, it is we fancy an old recipe, one that was likely a part of the stock-in-trade of those competent ladies of old who knew best those handed down from mother to daughter. And sweet and tasteful they gave them to babies to cut first teeth upon and to older bairns "to keep them quiet" and did extremely well in their rearing!

The recipe? Two cups of brown sugar, one of shortening, and quickly now a teaspoon of salt for fear of a dreadful omission! One egg will suffice though two contribute added vitamins, it is true; a half cup of milk—and the flavoring; fruit now from sunny Spain or walnuts chopped so as not to leave ragged edges in the cooking, cutting later. And in the three cups of flour—or it may require more to make a dough easily handled, two teaspoons Cream of Tartar and one of Soda. Chill for a time; roll thinly and cut in desired shapes. When baked to a pretty golden shade these are . . . well, granddaughter and James sampled ours when through the afternoon they came in wind-blown and hungry to pronounce them: "Good!"

Where now are the snowy fields of recent days? The white of them, the cold and chill of winter's grip? Gone at the breath of wind from the south which remindful of warm summer showers wandered in over the hill. It blew with a crooning sound that soon set streamlets coursing towards the pond.

It left puddles about the yard (Continued on Page 14)

Campbell-MacKenzie Wedding



From left to right are Mr. Louis Bagnall, best man; Mr. Clifford Campbell and his bride; and Mrs. Louis Bagnall, maid of honour.

A quiet but pretty wedding was solemnized on Monday morning, October 8th, at Trinity United Church, when Edna Margaret, R. N., youngest daughter of Mr. and the late Mr. John A. MacKenzie, Victoria Cross, was united in the holy bonds of matrimony with Clifford Russell, son of Mr. and Mrs. Russell H. Campbell, Charlottetown.

The double ring ceremony was performed by Rev. H. E. D. Ashford. The bride was attired in a brown wool gabardine suit, with winter white accessories. Her corsage was of yellow gladioli.

The matron of honour, Mrs. Louis R. Bagnall, wore a green wool gabardine suit, with matching hat and gloves. Her corsage was of white carnations. Attending the groom as best man was Mr. Louis R. Bagnall. For her daughter's wedding, the bride's mother wore a black and white crepe dress with black accessories. Her corsage was of red roses.

After the ceremony a reception was held at Villa Waters for the immediate family and friends. The toast was proposed by the Rev. A. D. MacKenzie, relative of the bride, and responded to by the groom. A two-tier wedding cake topped by a miniature bride and groom amid a setting of pompons, centered the bride's table.

The young couple left amid showers of confetti and good wishes on a honeymoon trip by car through the Maritimes.

Previous to her marriage, the bride was entertained at several showers, where she received many beautiful gifts. The young couple will reside in Charlottetown, where the groom is a partner at Rite-Way Cleaners.

Oshawa Wedding



—Campbell's Studio. Pictured above are Mr. and Mrs. Wilbur Andrew MacKeen, who were married on November 15th at Albert Street United Church in Oshawa, Ont. Mrs. MacKeen is the former Marjorie Cecilia Crawford, daughter of Mr. and Mrs. Harold R. Crawford of Oshawa, formerly of Winsloe South. The groom is the son of Mr. and Mrs. Forrest A. MacKeen of Aspen, N. S.

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DOROTHY DIX SAYS—

Third Wife

Worries Over Husband's Ties With First Two

DEAR MISS DIX: At the age of 21 I have been married twice and my present husband has been married three times. He is 36. We have been married a year and a half, we get along fairly well, he buys me nice things and I think he loves me. But he does such odd things. Today he took my picture out of his wallet and substituted a photo of one of his ex-wives. Whenever we are near her, he stops in and visits his first wife, sometimes taking me along. I don't think he should think he'd want to see either of them again (they're both remarried). He drives a taxi during the day and I work at night so we have very little time together. He's difficult to talk to and drinks quite a bit. If I ask him where he's been he says it's none of my business, or lies to me. We are miserable with each other at times, but very happy at other times. What can I do with him?

JOY W.

ANSWER: Being involved in so many marriages—directly and indirectly—is enough to try the spirit of a far older woman than you are, Joy. While you probably would have been happier married to a man nearer your age, the die is cast and the thing to do now is work out a program for promoting happiness in the situation as it now exists.

SCHEDULE AGAINST YOU

The daily schedule, with both of you working different hours, is enough to create tension in itself. Your husband's meals are probably either non-existent or sketchy, which is bound to make him irritable, and the difficulty of managing housework and a job is hard on you. Can't you manage to give up your job and stay home? That arrangement would be far easier on your nerves. Then, stop nagging! You may not realize you are doing it, but constant questioning is nagging and your husband is bound to resent it. Hard as it may be to keep your tongue under control, stop asking where he's been, or going.

Fundamental characteristics of his, which you knew about before you married him, are difficult to change—such as drinking, moodiness, etc. After all, he's 36 and bound to be set in his ways. These faults you must learn to live with; they're very hard to change. The big difference in your ages probably makes your husband look upon you as a child who hasn't the authority to ask questions, nor the sense to solve problems. Analyze yourself. Decide what poor traits you have—such as nagging—and change them.

On one point you should be insistent. Hubby's visits to his ex-wife should be stopped. They're doing no one any good and are likely to make considerable trouble, particularly if the ex-wife's husband disapproves of them too.

You figure out what makes the difference between the difficult times and your happy times together. Eliminate the things that make the difficulties, and work more on expanding your happiness.

DEAR MISS DIX: Can you help me with my problem? I am a widower of 40, in love with a girl 26. I have proposed to her but she won't give me a definite acceptance. She goes out with me once a week but also goes out with a fellow 30 years old. Occasionally she even breaks a date with him to go out with me. I've got an idea she thinks I'm too old for her.

In the meantime, a woman I know who is 39 keeps hinting that I'd make a good husband for her. She's pretty, well-educated but after all she isn't a girl anymore, though quite attractive. She might make a good wife except for her age. Do you think I ought to stop seeing the girl and ask this older woman to marry me or what?

ANSWER: You certainly are inconsistent! You're disgusted because you think a 28-year-old girl considers you too old for her at 40; yet you in turn consider someone 39 ripe for the old-age home.

Your romance with the young lady does not seem to be progressing too favorably, and I think you're entirely too wrapped up with the idea of marrying youth. From an age standpoint, the other woman would certainly be a better match for you, but must also have attractions other than the fact that she's "willin'." Better break off with the young woman; if she does care for you, the idea of losing you might help make up her mind. Then take another look around. But don't be in too much hurry to marry anyone, least of all the "old hag" of 39, unless you're very sure of yourself.

How Can I . . .

By Anne Ashley

Q. How can I clean spots on oiled floors?

A. To clean spots on oiled floors, sponge well with turpentine. If this does not remove them, dip a damp cloth in powdered rotenone. Then renew the oil on the spots treated.

Q. How can I prevent a disagreeable odor when cooking onions?

A. Boil a little vinegar in an open tin dish while the onions are cooking.

Q. How can I remove lint from my clothing when the clothes brush proves ineffective?

A. Try using a dry sponge for this purpose.

Modern Etiquette

By Roberta Lee

Q. When a woman is either standing or seated, talking with a man, and drops her handkerchief, glove, or some such article, and the man does not notice it, should she pick it up?

A. No. It is better if she says, "I believe I dropped my handkerchief."

Q. What kind of dress should a bride's mother wear to an afternoon wedding?

A. She should wear the same kind of dress she would wear to a tea or reception.

Q. What fruit may be served as the fruit course at a luncheon?

A. Cantaloupe or grapefruit, when available, or the very popular fruit cocktail.

Better English

By G. C. Williams

1. What is wrong with this sentence? "After having talked to them, I returned back home."

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

3. Which one of these words is misspelled? Soulful, soulless, soufite, solicitous.

4. What does the word "audacity" mean?

5. What is a word beginning with la that means "fitted to awaken sorrow"?

ANSWERS

1. Omit after, and say, "Having talked with them, I returned home (omit back)." 2. Pronounce de-pre-ka-to-ri, first e as in bet, second e as in me unstressed, accent first syllable. 3. Soulless. 4. Boldness; daring confidence. "Everyone should exercise a certain amount of audacity." 5. Lamentable.

Morning Smile

Be Reasonable

"Darling," he asked, as he drew his beloved closer to him, "am I the only man you have ever loved?"

"William," she replied, somewhat testily, "before we go any further, I would like to ask you a few questions. You are aware that my father is a millionaire, aren't you?"

"Y-yes."

"You understand, no doubt, that when he dies his vast fortune will be left to me?"

"Y-yes."

"You know that I own half-a-million dollars worth of property?"

"Y-yes."

"That my diamonds are insured for two hundred thousand dollars?"

"Y-yes."

"Then, for goodness sake talk sense! What difference would it make if I had been kissed by a thousand men before I met you?"

The Stars Say . . .

By Genevieve Kemble

For Tomorrow

UNDER the usual unpredictable situation of "mixed influences," it is urged that particular discretion be used in making new plans or in engineering established commitments of major importance or far-reaching consequence. The judgment is likely to be faulty, and there may be an urge to force issues impulsively, thereby putting in jeopardy the hoped-for aid of influential supporters. It might be wise to put off major decisions.

For the Birthday

Those whose birthday it is are advised that it may be profitable to postpone major decisions until the judgment be less confused or variable. Complications in thought or forced action might alienate or discourage, thus putting a damper on the intentions of those whose joint interest may be vital. There is margin for error, or impetuous action. Postponement might be wiser, giving time for sufficient incubation of worthwhile ideas.

A child born on this day, while ardent, skillful and ambitious, may be subject to confused ideas and over-earg impulses. Discipline and training would bring out excellent qualities.

Alice Brooks Designs



7134



7337

by Alice Brooks

TREASURES!

YUMMY fruits and vegetables in easy stitches! Pattern 7134; transfer 7 motifs about 5 x 8 inches.

SLEEP-COVER old lampshades, make new ones on old frames! Pattern 7337; step-by-step instructions for 10 shades or covers.

Each of above Patterns 26 cents.

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.

GETTING UP Getting you Down?

If morning finds you only half rested, still weary—if your sleep is broken by fitful tossing and turning—your kidneys may be in blame. When your kidneys get out of order, your sleep usually suffers. To help your kidneys regain a normal condition, use Dodd's Kidney Pills. Dodd's help the kidneys get rid of poisons and excess acids in your system. Then your uneasiness disappears—you can enjoy restful unbroken sleep—and awake refreshed and ready for work or play. Get Dodd's Kidney Pills today. 147

Dodd's Kidney Pills

Cook's Corner

CODFISH BALLS WITH RED-HOT SAUCE

½ lb. salt codfish, cut in small pieces; 3 medium potatoes, pared; 2 tablespoons melted butter or margarine; ¼ cup scalded milk; salt to taste; ¼ teaspoon pepper; 2 eggs, beaten; ½ lb. processed cheese, cut in small pieces; 1 can condensed tomato soup; dash of cayenne pepper.

Freshen codfish by manufacturer's directions. Cook with potatoes until both are tender; drain; mash. Add butter, milk, salt, pepper and eggs. Beat until light. Drop by spoonfuls into deep fat 300 degrees F. Fry until brown. Drain on paper towelling. Melt cheese in soup in double boiler, stirring occasionally. And cayenne. Serve over codfish balls. Serves 6.

Household Scrapbook

By Roberta Lee

A Decorative Salad A decorative and delicious salad can be prepared by cutting some hard-boiled eggs in six lengthwise slices and arranging petal fashion around mounds of chopped pickle, mixed with salad dressing. Serve on lettuce leaves.

Tea-Stained China Tea stains in china teapots may be removed by soaking overnight in hot soda water, then rubbing with a cloth moistened in vinegar and dipped in salt.

Stained Pewter Stained pewter that has become discolored and dark may be cleaned by use of strong soap suds and hot water.

Anne Adams Patterns

DREAM-SEWING



SEW-EASIEST ever! Two main pieces! Send now—run this up in a jiffy for a Christmas gift! Be sure to make another for yourself too—it's such a sweet slumber-number with those feminine draw-string bows. A nightie you'll enjoy making and wearing!

Pattern 4919 comes in sizes 12, 14, 16, 18, 20. Size 16 takes 3½ yards 39-inch fabric.

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.

BABY'S HOT LITTLE HEAD

WHEN your Baby's head feels hot to your hand it may be because of simple fever—common to some minor baby ailments. If so, Baby's Own Tablets will help reduce this simple fever by clearing harmful wastes out of the system. One Midland, Ontario Mother has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by night-time she was up and around again. If baby's fever is not promptly relieved consult your physician. Baby's Own Tablets are sweet-tasting, easy to take—and have been used with confidence by mothers for over 50 years. No 'sleepy' stuff—no dulling effect. Equally good for constipation, teething troubles, stomach and other minor ailments. 30c; druggists. Get a package today.

by Anne Adams

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ALL WINTER COATS (Excepting Kilgornochs)

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The GLORIA

"Where Smarter Women Shop"

Pepsodent gives the whitest teeth —teeth that are cleanest, too!

WHITEST TEETH can be yours—because only Pepsodent contains Irium, the exclusive ingredient that provides the greatest cleansing action ever offered.

Because of Irium, Pepsodent cleans teeth thoroughly—cleans better between teeth—gets rid of dingy film. Because your teeth are cleanest they're safest from decay. You'll like Pepsodent's fresh minty flavor—it leaves your breath so clean, so sweet.

Remember, Pepsodent with Irium gives you, too, the whitest teeth because it gives you the cleanest teeth. Get Pepsodent Dental Cream today.

Buy the economical giant size and save!



MOTHERS: the truth about tooth decay

SCIENCE has proved that much of the decay that makes cavities is caused by acid-producing bacteria, formed by food particles left on the teeth after eating. The surest way to fight tooth decay is to keep children's teeth clean through brushing with Pepsodent right after eating.



PEPSODENT GIVES THE WHITEST TEETH