

## That Body Of Yours

By James W. Barton, M.D.

### CANCER OF THE THROAT

A physician answering his telephone was surprised to learn that the party calling was a former patient living in a distant city. The patient's voice was so hoarse that the physician had difficulty in understanding him. He learned that the patient was in the city on business, had to return home the next day but was hoarse because his "cold" had so changed his voice that he knew he would have difficulty in closing his deal the next day.

Discovering that he had been hoarse from his persistent cold for weeks, the physician immediately made him an appointment with a throat specialist. The specialist found that early cancer was present and early treatment gave excellent results.

In Postgraduate Medicine, Dr. Louis H. Clerf, Professor of Throat and Bronchial Diseases, Jefferson Medical College, Philadelphia, reporting a series of 700 cases of cancer of the throat (larynx) states that in two-thirds of these cases the growth involves the vocal cords, and that the earliest symptom is a disturbance of the voice. "This is particularly important in the case of men over 40 years of age since practically 90 per cent of all laryngeal cancer occurs in the male. A good working rule would be to suspect cancer in any man who has been hoarse for more than four to six weeks."

Cancer of the stomach, much like cancer of the stomach, is not painful in its early stages, which explains why the patient is not much concerned because of the hoarseness present. But this lack of symptoms means progress of the growth until it may be too late for surgical or radium treatment.

Dr. Clerf describes three cases of cancer of the larynx. In the first case the patient had been hoarse for three months before his larynx was examined. Biopsy (cutting out a small piece of tissue and examining it under the microscope) was performed and cancer found. In the second case hoarseness was present for one year before cancer was discovered. In the third case the patient had a hoarse voice for only nine weeks although he had had symptoms of "sore throat" for a year.

The lesson for all of us is that hoarseness is often an early sign of cancer in the middle-aged and cancer can be cured by early treatment.

## Cook's Corner

### COFFEE CAKE

We consider this a really wonderful coffee cake. Some of the topping we put over it in the pan invariably runs right down through the batter, making it a bit sticky and decidedly interesting on the bottom. It is a shallow cake, tender and with superb flavor.

Yield—one 8-inch square.  
1 1/2 cups once-sifted pastry flour  
Or 1 1/3 cups once-sifted hard-wheat flour  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon ground ginger  
1/4 teaspoon salt  
4 tablespoons chilled shortening  
1/3 cup lightly packed brown sugar  
1 egg, well beaten  
2/3 cup sour milk  
1 teaspoon vanilla  
1 teaspoon grated orange rind  
1 teaspoon grated lemon rind  
1 tablespoon butter or margarine  
1/4 cup corn syrup  
1/4 cup slightly crushed corn flakes.

Measure and sift together three times, the flour, baking powder, baking soda, ginger and salt; add the chilled shortening and cut it in finely. Mix in the brown sugar. Combine the well-beaten egg,

# -Needlecraft-

— FOR THE HOME —



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## ELLEN'S DIARY

By An Island Farmer's Wife

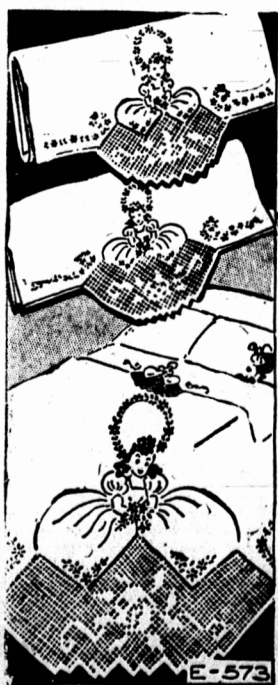
This old house received its full complement of banking today, the farmers the day completing a chore commenced earlier in the season but suspended because of other endeavours claiming their attention. Clay was the material chosen and obtained from the lane-side in a project which now allows a wider space for cars to enter the driveway leading to the yard. Granddaughter lent her interest to the work, shadowing her workers, now with a sizable kitchen under an arm, and again with the patient black dog in tow, stopping to laugh merrily at the antics of her kit-cats as they played about the lawn and trees. And watching her from a window, we could see another maid such as she, but dark in contrast to her fairness, yet taken up as was she with the affairs of the banking.

We recalled that the material used in that long ago was seaweed, silvered prettily by the bleaching of a Summer sun, and hauling an enchanting passage from a heap on the bank of the shore-field. In its crisp rustle, a small one—and we doubt not, given the opportunity again, even a grandmother—could fancy she could hear the wind of sea blow, sighing a gentle melody along the waves, or with a moaning sound, that drifted in with melancholy note from away beyond the last red rock. Or see the smoke of a passing steamer linger along a far horizon, or the sails swell on a schooner as with the grace of a sea-bird it sailed away towards some far port.

What a myriad of shades a small one could find in the seaweed on shore! Greens and bewitching browns and greys, and black, and sodden and heavy when it was cast up there. It was a work entailing much labor to harvest it—to gather it in a heap to the bank of a shore-field. And yet a satisfying and fascinating task. Alerted by the blowing of a wind which "if she doesn't shift, should bring a haul" the farmers took good care to hasten shoreward with horses and farm-carts often in the early morning hours, though this depended on the tide. Staking claims in a first light, or indeed if impatient or overly ambitious, with the aid of a lantern. Possession was "nine points of the law" and this gift of the waves could be put to good use by the farmer—as banking material, as excellent bedding for out of door pens, and we suppose there were few for miles along who did not make it an integral part of their compost. It comes to mind yet when we are digging at Alderlea, to look for pieces of seaweed like those of which the "blues" of long ago used to roll! Indeed the amount saved into a shore-bank was taken as an indication of the farmer's industry and progress in those days of the long ago.

"And isn't it good to have that done!" James commented at supper, relief in his voice. "You know, Ellen, it's been on my mind of late. What would we have done if the weather had turned suddenly colder: Ay, then we should have been caught indeed! What wonderful days we've been having—here we are into December—not too far away from Christmas—and not a sign of frost in the ground. This was like a September day—a great day to get everything straightened away for the winter!"

And a nice evening—so mild it was, for our new W. I. to be invited guests of a sister Institute in an adjoining district, making pleasant history for us by this first



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## Better English

By D. C. Williams

1. What is wrong with this sentence? "Each of the men are going to talk to their wives about the matter."  
2. What is the correct pronunciation of "cherubic"?  
3. Which one of these words is misspelled? Resistor, resurrection, resplendent, resuscitate.  
4. What does the word "stratagem" mean?  
5. What is a word beginning with del that means "to reflect"?

### ANSWERS

1. Say, "Each of the men is going to talk with his wife about the matter." 2. Pronounce che-roo-bik, e as in me unstressed, oo as in root, accent second syllable. 3. Resurrection. 4. Deception. "The dishonest man employs stratagem to gain his point." 5. Deliberate.

## Morning Smile

Poor Man

A dapper little man applied for a separation order to be made out against his wife on the grounds of cruelty.

When asked by the magistrate if he could prove his case, he replied meekly: "One night I dreamt I won \$100,000 in a football pool, and the following morning my wife nearly killed me for not putting it in the bank before I woke up."

visit and altogether enjoying the friendly hospitality and fellowship of the occasion—learning by seeing veterans at work demonstrate to us the ways of their meet- (Continued on Page 3)

## DOROTHY DIX SAYS—

### Learning To Play

#### How Does Friendless Girl Build Social Life At 30?

DEAR MISS DIX: Suppose you were about 30 years of age and had never learned to play. You hadn't many girl friends and no boy friends. Suppose you wanted to learn to play and to go places where you would meet men. What would you do? Where would you go? Suppose you wanted to learn to dance better and had very little money for it. What would you do? Suppose there was a boy you had met and you felt he was THE one and you hadn't made the proper impression on him. What would you do? Suppose you tell us in your column just what to do.

### THREE BLIND MICE

ANSWER: I can't. If I knew any way by which a mousy girl could turn herself into a brilliant bird of paradise; if I knew any secret magic by which a quiet girl could suddenly become gay and vivacious and spectacular; if I knew any way by which a girl without dates could attract all men to her, I should not be writing a newspaper column. I would be elected President of the United States by the unanimous feminine vote. These things come by nature. No one knows how or why.

### HABITS ARE SET

But to try to answer your questions. It is pretty late to try to learn to play when you are 30 years old. Your habits are settled. Your tastes are formed. But if you have permitted yourself to become too settled you can begin to step out a bit and entertain a little. That is the easiest way to get to know men without seeming to run after them. Men will always eat out of a woman's hand as long as she has good food in it.

The best place to meet men is in business. It takes wild horses to drag a man to a tea, summer resorts and winter resorts are Adam's-Edens; the happy hunting ground for husbands is to be found in offices.

If you want to learn to dance better and cannot afford a teacher, practice your steps with some friend who is a good dancer. That's easy. But as to how to win a boy on whom you have failed to make an impression, that's a different story. Love comes and goes as it will and none of us know why or have the power to compel it. The only thing you can do is to throw yourself in the young man's way as often as you can without arousing his suspicions, and try to make yourself as interesting and agreeable to him as possible. Find out his taste in women and then try to be it.

DEAR DOROTHY DIX: I am 18, have run around considerably. (Continued on Page 14)



## The Stars Say --

By Genevieve Kumble

### For Tomorrow

WHILE there is possibility of mistakes, erroneous judgment, deception and an inclination to gain ends by trickery, fraud, false promises or kindred unprincipled inclinations, such fallacious and ignoble state of mind and feelings will not have power to submerge ambitious plans, proposals and resolutions. These may find support or confidence from those in influential places, who may be won over by seeming honest purpose and worthy intent. Keep straight.

### If It Is Your Birthday

Those whose birthday it is may feel inclined to attain worthwhile objectives, hopes and wishes, by resorting to "the easiest way," by deception, "sharp practice" and other forms of expressing a tricky state of mind and emotions. With sufficient strength, resolve and stamina to submerge such ignoble feelings, emotions and mentality, there may be those in influential places ready to give their indorsement and substantial aid. But all subtle and conniving plans must be squelched. Machinations of deception and treachery must be abandoned. A child born on this day, while having a subtle, intriguing and uncertain quality of mind and emotions, by proper self-discipline might win confidence and support from high places.

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