

That Body Of Yours

By James W. Barton, M.D.

WHAT THE MIRACLE DRUGS ARE ACCOMPLISHING IN ARTHRITIS

Briefly stated, arthritis means inflammation of the joints. When a patient asks me to explain the difference between rheumatism and arthritis, I say rheumatism includes all forms. When rheumatism attacks a joint, it is called arthritis. When it attacks the nerves, it is called neuritis; the muscles — myositis, the fibrous tissue — fibrositis and so on all down the line.

I am quoting from the preface of Arthritis and the Rheumatic Diseases by Dr. Philip Lewin, professor and chairman of the Department of Bone and Joint Surgery, Northwestern University School of Medicine.

While many physicians, including arthritis specialists, still believe that infection is the commonest cause of arthritis, Dr. Lewin lists infection as among the following: injury, exposure, infection, and the endocrine glands. The most annoying signs and symptoms are pain and stiffness, swelling, tenderness and deformity.

After trying to find the cause of causes of arthritis, in fact, while trying to find the cause, the chief objects in the mind of the physician are: relief from pain, keeping the joint active or moving as much and as far as the patient can withstand the pain, prevention of deformities, prevention of disability and "if the golden period of prevention has run out, restoration of movement, correction of deformities and restoration of usefulness of the joint."

Many patients think of ACTH and Cortisone as being the same, while others know the difference. Dr. Lewin states, "One can say that Cortisone is made in the laboratory (synthetically) like other drugs and chemicals that are manufactured. ACTH is made from the pituitary glands of animals. ACTH can stimulate one of the glands, the adrenal, situated one above each kidney, to make Cortisone "inside" the body.

While admitting the great importance of the miracle drugs (ACTH and Cortisone) in relieving symptoms and preventing destruction of bones and joints, Dr. Lewin states that once arthritis has done considerable damage, even the miracle drugs cannot bring about a cure. "After the bones of the knee have lost their billiard-ball smoothness and have attained a wash-

Cook's Corner

Deviled Chicken Turnovers

- 1 cup diced cooked chicken
1/4 cup mayonnaise
1/2 teaspoon salt
2 tablespoons diced pimiento
2 tablespoons chopped parsley
1/2 cup corn meal
1 cup sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup shortening
2/3 cup milk

Combine chicken, mayonnaise, 1/2 teaspoon salt, pimiento and parsley and mix well. Sift together corn meal, flour, baking powder and 1/2 teaspoon salt. Cut in shortening until mixture resembles coarse crumbs. Add milk all at once, stirring just until ingredients are moistened. If a softer dough is desired, add more milk. Turn out one well-floured cloth or board, and knead gently several times. Roll biscuit dough to 1/4-inch thickness and cut 10 4-inch circles. Put 2 tablespoons chicken filling on half of each circle of dough. Fold other half of dough over filling and press edges of biscuit dough together. Bake on ungreased baking sheet in hot oven (450 degrees F.) 12 to 15 minutes; or until brown. Serve hot with chicken gravy, or sauce made with cream of chicken or mushroom soup. Yield: 10 turnovers.

Club Sandwich

Allow 3 slices of trimmed bread for each sandwich. Toast until brown on one side, and very lightly on other side. Cover 1 slice of toast with lettuce, sliced or sliced chicken and spread with mayonnaise. Top with second slice of toast. Arrange on this, sliced tomato, crisp bacon, lettuce leaves and mayonnaise. Cover with third slice of toast. After filling sandwich, cut in 3 diagonal slices. Garnish with sliced pickles, olives or radishes and pass extra mayonnaise. Frittled ham or sauteed luncheon meat may replace the bacon, or the toast may be spread with liver pate.

board roughness, one cannot expect much more than to smooth over some of the rough spots."

However, at present about 50 per cent can be relieved of all their complaints and 85 per cent can be relieved of three-quarters of their trouble.

I referred to Dr. Lewin's book some months ago but, as this information is a true picture of what to expect and what not to expect from the miracle drugs, it is worth repeating.



NATIONAL PRESIDENT — Mrs. Allan Turner Bone of Montreal is president of the National Council of Women. She also is president of the Montreal Women's Symphony orchestra and represents Quebec women on the Quebec regional unemployment committee. She has three children.

Morning Smile

Unreliable

A subscriber to a certain—perhaps uncertain—newspaper was angry with its editor for publishing unreliable news. "I can never believe anything I see in your confounded paper," he raved, "except one thing."

Defined

A patient who complained of digestive troubles was told by a specialist that he was drinking too much, and would have to knock it off.

"Well," said the patient, "what am I to tell my wife?"

The doctor thought for a few moments then said: "Tell her you are suffering from syncope. That will satisfy her."

"What is syncope?" asked his wife.

"I don't know," said the husband, "but that's what the doctor said."

When her husband had gone out the wife looked up the word in the dictionary and found that it meant: "Irregular movement from bar to bar."

MONTREAL, July 14—(CP)—The CBC announced Sunday night it has assigned call letters CBFT and CBLT to Canada's first television stations. CBFT in Montreal starts programs July 25 on channel two; CBLT in Toronto a month later on channel nine. Both stations start regular programs in September.

DOROTHY DIX'S COLUMN

Hesitant Lover

Frank Talking-To Advised With Indecisive Male

DEAR MISS DIX: I am a widow of 47, and have been keeping company with a widower of 52 for some time. Each of us has one child. His daughter is married, mine is in high school. My husband died six years ago and I have known Charles for three years.



Muriel Nissen

Charles is in business with a cousin who is 42 and single. For the past two years acquaintance made it a point to be in my company as much as possible. My apartment is small and having her around so much is beginning to be a nuisance. When she is at a mixed gathering, she drinks too much and makes love to every man present.

I have fallen deeply in love with Charles and know he intends to marry again. I know he isn't in love with his cousin, but I believe he thinks she cares for him and, under the impression that he is saving her feelings, is keeping her dangling. For some reason, he is greatly under the influence of her and several other members of his family. He is very soft-hearted and deeply concerned about hurting people's feelings. He has told me that eventually he hopes he will see things in a different light.

Would you advise me to give him up, or stick it out? After all, I'm not too young and, while I am considered attractive now, who knows what will happen in a few years?

ANSWER: To pin matrimonial hopes on a man as unstable as Charles is a very precarious undertaking.

WATCH OUT FOR COUSIN

Even though his cousin is not desirous of marrying him herself, she apparently has some reason why she doesn't want any other woman to get him. Being shrewd, she is perfectly well aware of her influence over Charles and is very unlikely to relinquish any of it in the near future. She is a predatory female of the first water—a most dangerous opponent. You describe Charles as soft-hearted; I take exception to the description and appraise him rather as a weak-willed blockhead oversusceptible to flattery.

You should put up a fight for him, if you love him, but you'll have to fight fire with fire. Meek acquiescence will accomplish nothing. A straight-up, no-holds-barred talk may have some effect on Charles; the blunt announcement that you don't like Cousin and would prefer that she spend more time away from your apartment, might accomplish more. A little competition may also be good for Charles.

A definite stand must be taken, however. Don't just wait around until developments force the issue. Take a hand yourself.

DEAR MISS DIX: Last Sunday night, when my young man brought me home at 9:30, he stayed for about an hour. When he left, I walked to the car with him. My mother said this was the wrong thing to do. I can't see anything wrong in it.

ANSWER: While there is nothing basically wrong in your walking down the path to the boy's car, it is more proper to walk him to the door and let him go the rest of the way alone. Since you are only 16, your mother is trying to teach you the most dignified way to do things, and you will do well to heed her advice.

DEAR MISS DIX: In my neighborhood there is a person who gets moody once in a while and doesn't talk to the other folks on the block. Since February he hasn't spoken to me, though I've never done a thing to him. Why does he act so cold?

ANSWER: You must try to understand that each person has his own whims and fancies and, though they seem strange to you at times, perhaps you can also have traits that are queer to people. This, perhaps, you don't speak to others is a characteristic of anti-social people and one which must be endured by their neighbors. A person exhibiting this particular habit would have nothing to offer you in the way of friendship if he did talk to you, so let him go his lonesome way without worrying about him.

Miss Nissen cannot reply personally to readers but will answer questions of general interest through this column.

Modern Etiquette

By Roberta Leo

Q. What are some suggestions for appetizers at a cocktail party? A. Simplest, of course, are peanuts, olives, pretzels and cheese crackers. If you want to be more elaborate, you can serve small sandwiches of various kinds — and the modern cookbooks are full of suggestions on this.

Q. What do you think of men using perfume or cologne? My husband claims never, but I think men can at least use cologne.

A. I am with your husband on this question. Shaving lotion that has a fresh, clean scent (not too strong) is for the "real man."

Q. Is it considered correct to say "Pardon Me," with special stress on the "me," when one has committed a social error? A. No, this is bad form. Instead, say, "I beg your pardon," or, "Excuse me!" Or, "I'm sorry!"

Better English

By V. C. Williams

1. What is wrong with this sentence? "We shall now be addressed by Reverend John Walker." 2. What is the correct pronunciation of "mottled"? 3. Which one of these words is misspelled? Excavate, exasperate, exaggerate, exterminate. 4. What does the word "abhor" mean? 5. What is a word beginning with sup that means "not profound; shallow"?

ANSWERS 1. Say, "We shall now be addressed by the Reverend John Walker." 2. Pronounce mo-tel, o as in more, e as in tea, accent second syllable. 3. Exaggerate. 4. To detest to extremity. "Ingratitude is abhorred by many." 5. Superficial.

working towards the middle and changing to a clean portion of the cloth as one part becomes soiled.

Q. How can I remove sun tan? A. Mix one-half ounce of glycerine, one ounce of rosewater, the juice of a small lemon, and apply. Or, try buttermilk applications.

Q. How can I get the tie-backs of window draperies or curtains even? A. When placing the tie-backs you can get them nearer even by lowering the shade to the proper level and using it as a marker.

Alice Brooks Designs

PRAYER FOR A CHILD

Little children love this prayer! And, since you have always loved it, why not embroider this panel. It's easy stitching, simple enough for your little girl to help! Give this to your child or god-child. A perfect gift. Pattern 7298 has transfer 15 x 19 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.

CHEAP TRAVEL

It costs less than three cents a mile to travel by train in Canada.

BOYS! GIRLS! 13 to 18 why put up with a BAD COMPLEXION

Do this: Cleanse with Cuticura Soap—it's different, medicated. Then apply Cuticura Ointment to help clear up pimples, blackheads. Cuticura really works—often satisfies when others disappoint. Buy at drugists. CUTICURA

NOW I LAY ME DOWN



7298 by Alice Brooks

ELLEN'S DIARY

By An Island Farmer's Wife

There is, we fancy, scent of preserving in Island kitchens these days as there was in this one this morning. "I hope, Ellen, you do not mind the smell" a woman once made apology to us when we were a caller at her home one day in the younger year. "I'm doing the strawberries." "Not 'smell" we offered sniffing deeply. "Fragrance" is better — And isn't it too bad the season passes so soon?"

She pondered a moment. "Yes," she said, "I suppose it is. But I always seem to associate the berrying with the heat and the busyness—the washing and ironing and cleaning—there's so much to be done—I guess I forgot there's another side to it too."

Ay, roses and clover of farm-lands; maylands coming now toward the height of enchantment— "lazy hills of summer" — heat on their brows. Cool woodlands, blue tidal waves, mill-stream, red of sand-bars, gentle break of waves on the shore, beferned pools, dimpling brooks. "Tell us all about the little brook you know." Granddaughters begged only yesterday catching us in a leisurely moment, the four gathered about for a chat.

"How wide was it at its widest? And" she cocked her golden head to one side "at the narrowest place, could Mack slip the 'cross'?" Mack looked down at bare fat legs and nodded. "And were there minnows? And smelts in spring, you could stoop and catch with your hands? And did the baby-ducks and the goslings swim there where it slipped through the orchard beneath a rail fence? Tell us, blue eyes shone, "how you knew when spring had come!" "That's easy" Jamie laughed and imitated the guttural tones of a frog into spring-song. "That's how she knew" Nestlings trying out new wings; thrush at evening moonlight over the fields, the magic and beauty of all these delights of season go into the preserving-kettle along with the measured strawberries and sweetening. And because gold must have its alloy, a note of regret. We heard it this morning as we stirred with a light hand the ruby mixture. There came to a doorway to listen. Sure enough, along the fields between the clack-clack of a hay-mower came to our ears. Mr. A. was moving first rounds. Summer had reached her zenith.

But not yet on our acres though James turned homeward this morning with definite purpose. "We must get the floors laid in those new mows" he said. "People should be able to save hay nowadays" we overheard him comment with edge of indignation to his helpers on a recent day. "They have every convenience to help them. I wonder" he mused how folk managed in the long ago, when it depended mostly on "main strength?" "And his hearers smiled tolerantly as he continued. "But farmers got along; they made their hay and harvested their grain; they paid bills. . . and perhaps saved a bit. And were just as happy or maybe happier than with the hustle and cost and worry of farming nowadays."

"Well!" one son teased, "if you'd like to go back to the old ways of it, we'll put shavings on the old truck-wagon-horizontals ones like those used in the long ago; you can hitch the old mare in it and with 'Ellen' you can save hay to your heart's content! You might let us know, if you have energy enough left, when you finish that biggest field!" "Humph!" James snorted. "I've saved hay before this. Besides" he smiled at us, "we wouldn't need so much—We'd keep only a horse and a cow."

"And this!" Jeanie pointed out this evening when we inspected the new barn "is for a separator-room." She laughed. "I overheard James Sr. say that in the event of not needing to use it for that, it would easily house three extra cattle!"

Until tomorrow—Diary Good-night.

FALSE TEETH

That Loosen Need Not Embarrass

Many wearers of false teeth have suffered real embarrassment because their plate dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little PASTEETH, the alkaline (non-acid) powder, on your plate. PASTEETH holds false teeth more firmly, so they feel more comfortable. Does not sour. Checks "plate odor" (denture breath). Get PASTEETH at any drug store.

Butterscotch Choco-Bran Pie

New! Smooth butterscotch filling in crunchy chocolate-bran pie shell. No baking! Quick, easy, thrifty!

- 1/2 cup (3 oz.) semi-sweet chocolate bits
1 tsp. vegetable shortening
1 pkg. Butterscotch Pudding, made as directed on pkg.
1 cup Kellogg's ALL-BRAN cereal
2 tbsp. mixture for topping
Press rest evenly, firmly on bottom, sides of well-greased 8-in. pie plate, set stand in firm. Spread cooled pudding in pie shell. Border with choco-bran crumbs. Chill till set. Remove from refrigerator 15 to 30 min. before serving. Yield: 8-9 pie.

For youthful regularity, bulk-balance your diet with 1/2 cup toasty ALL-BRAN every day.

Anne Adams Patterns

GOOD MIXERS Even a beginner will sew these matchmates quickly! Such smart fashion — sleeveless blouse has a dashing standup collar; pocket-happy skirt makes a pretty spin at beach parties, square dances, everywhere! Pattern R4819: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 blouse; 1 1/2 yards 35-inch; skirt 2 1/2 yards. 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.



Household Scrapbook

By Roberta Leo

Marble Cover the marble with a paste consisting of two tablespoons of soda, one tablespoon each of salt and powdered pumice, and some cold water. After the spread paste has dried, rub off with a cloth and wash with a fresh cloth and water. Repeat if the stains are hard to remove.

Prevent Sticking Cake tins should not be greased with butter that contains salt, as the salt in the butter causes the cake to burn and stick to the tin.

Tying Packages When packages are to be mailed, dampen the string before winding around and tying up the parcel. It will shrink and hold the package much tighter.

The Stars Say -- By Genevieve Kemble

For Tomorrow THE most significant and encouraging configuration in this day's aspectarian is the very definite and heart-warming breaking up of a stubborn, congested and crystallized set of forces and factors. These could hold up progress of most vital and essential aims and ambitions of very constructive and cherished plans or a program of long-range significance. It is absolutely imperative this block be "busted" before any really creative action could be made. Perhaps some stubborn old person is in the way. A strongly Martian impact could break up resistance. Try it with vim.

For the Birthday Those whose birthday it is are immersed in a sort of incendiary fire of a stubborn, congested and congestion, with several angles and situations most difficult and stubborn. No sort of gentle suasion can smash through this retarding and

R4819 12-20: 40 by Anne Adams

Child's Bad Breath often sign of Upset Tummy!

For minor digestive upsets, children so often suffer as a result of overeating or eating too much candy or sweets, give Children's Own Tablets, new corrective for youngsters 3 to 16. They quickly help soothe sore stomachs and act speedily to clear out from the bowels, offending waste material in a gentle, thorough manner. Made by the makers of Baby's Own Tablets — your assurance of a reliable product. Get a package today at your drugist. Only 30¢.

CHILDREN'S OWN TABLETS

SAVE! Friday and Saturday

Misses' Reg. 3.98 American Hand Painted COTTON SKIRTS WEEK-END SPECIAL .. 2.98

Gay—Bright—Swirling! They've loads and loads of fullness, and the print patterns are new and startling with big splashy flowers and motifs. These are well made, good fitting Skirts at a Special Saving Price!

Don't Miss This Chance To SAVE ON BLOUSES

Regular 2.98 FOR ..... 99c

Cool Cottons and Crepes in a variety of wearable, smart styles. Most of these Blouses are white and most of them are in misses' sizes. Shop Early For The Best Choice!

Sorry — No Phone or Mail Orders All Sales Final

HOLMAN'S Little Shop

Rinso advertisement featuring a woman washing clothes, a box of Rinso, and a group of women. Text includes 'LOOK FOR IT TODAY!', 'YOUR OWN SPECIAL Rinso', 'SPECIALLY MADE FOR THE WATER IN THE CHARLOTTETOWN AREA', 'SO THAT'S WHY BETSY'S DRESS IS SO MUCH WHITER THAN JOAN'S!', 'YES, IT'S RINSO WHITE! ONLY RINSO HAS SOLIUM AND IS SPECIALLY MADE FOR OUR LOCAL WATER!', 'You'll get the world's WHITEST wash with "Double-Quick" Rinso!', 'ONLY RINSO HAS SOLIUM TO GET YOUR WASH WHITER, BRIGHTER THAN NEW!', 'Because new Rinso goes into action faster, gets clothes whiter faster.', 'Because ONE washing in Rinso gets clothes whiter than several washings in other leading washday products.'

Modern Etiquette, Better English, How Can I, Alice Brooks Designs, Prayer for a Child, Cheap Travel, Boys! Girls! 13 to 18, Bad Complexion, Now I Lay Me Down, False Teeth, Butterscotch Choco-Bran Pie.

SAVE! Friday and Saturday, Misses' Reg. 3.98 American Hand Painted COTTON SKIRTS WEEK-END SPECIAL .. 2.98, Don't Miss This Chance To SAVE ON BLOUSES Regular 2.98 FOR ..... 99c, Sorry — No Phone or Mail Orders All Sales Final, HOLMAN'S Little Shop