

That Body Of Yours

By James W. Barton, M.D.

WORK THE HEART IS ABLE TO DO MOST IMPORTANT PART OF HEART EXAMINATION

I watched the heart examination of a close relative by a noted heart specialist. After taking the blood pressure, electrocardiograph, fluoroscope (x-ray) of chest and outline of the position and size of the heart, he had the patient sit down and chat pleasantly with him. He asked him where he lived, how he came home, what part of the journey was walking and just where, as the district patient's home was elevated, did he get out of breath during this part of the journey and if he was breathing easily when he arrived home. He then told me privately that he considered the little chat with the questions and answers as important in estimating the actual condition of the heart as the electrocardiogram and x-ray examination.

It was the actual physical work the patient was able to do without becoming breathless that permitted him to "estimate" how much exercise the patient could do safely and how much rest, day and night, was advisable.

In The Ontario Medical Review, Dr. W. A. O'Leary, Department of Medicine, University of Toronto, states:

"In heart disease, fundamental methods of investigation—patient's history, actual work (functional) enquiry, and physical examination—contribute about eighty-five per cent of the information necessary to establish a diagnosis. Special procedures—x-ray, electrocardiograph, biochemical (the chemistry of living organisms and vital processes)—supply the additional 10 to 15 per cent."

The fact that x-ray and electrocardiograph examination is not as important as the ability of the heart to do its daily work without too early shortness of breath may come as a surprise to many of us. When heart failure occurs, with enlargement of the liver and accumulation of water at base of lungs and in feet and legs, rest until these symptoms pass over is the treatment and when a heart stroke (coronary thrombosis) occurs, bed rest for four to six weeks is the "must" treatment. A heart patient, after getting back on his feet, needs nine to 11 hours of rest at night with one-half to one hour's relaxation in the middle of the day's work.

The final word to patients and physicians also is: If heart disease is really present—encouragement, optimism and judgment temper management. Also bear in mind the damage done by incorrectly diagnosing or suggesting that heart disease might be present. The words, "your heart is slightly weak" may make an individual with a normal or nearly normal heart live an invalid's life.

The Stars Say --

By Genevieve Kemble

For Tomorrow

UNDER prevailing astral considerations there might be a clash between ideas, ideals and emotions. A confused and complicated situation could stress the validity of procrastination until the astral atmosphere clears, particularly since important matters may come up concerning the home, intimate and domestic issues. With relaxation from nervous tension or psychic fog the way may clear.

For the Birthday

Those whose birthday it is are warned against peculiar, pernicious and illicit entanglements during the year. Under the drive of subtle or dubious emotions, it could be easy to become involved in curious or tricky circumstances. The emotions or psychic faculties being disturbed, it would be hazardous to take any drastic action. The mentality is also obscure, not able to arrive at harmonious conclusions, and could but aggravate critical situations.

A child born on this day may be influenced by its emotions, feelings or psychic leads into subtle or curious adventures. Its mind, also being complex, would not be a safeguard from hidden dangers.

Cook's Corner

TUNA TAMALES

(4 to 6 servings)

Two cups water, 1/2 teaspoon salt, 1/2 teaspoon oregano, 1/2 cup granulated rice cereal, 1 egg, 2 tablespoons butter, 1/2 cup finely diced onion, 1/2 cup finely diced green pepper, 7-ounce can tuna fish, 8-ounce can tomato sauce, 1 cup grated Canadian cheese.

Bring water, salt and oregano to boil in saucepan. Sprinkle rice cereal so boiling doesn't stop. Cook until thickened, stirring constantly. Lower heat and let cook 5 minutes, stirring occasionally.

Beat egg and stir in a spoonful of cooked rice cereal. Mix mixture into rest of cooked rice. Place in well oiled shallow baking pan, about 10 x 6 inches, pushing into corners and lining the sides. Meanwhile melt butter in saucepan over moderate heat. Add onion and let cook about 2 minutes, stirring frequently. Remove from heat and add green pepper, flaked tuna, and tomato sauce.

Four fish mixture over rice, in center of dish. Sprinkle with grated cheese. Bake in moderate oven, 350 deg. F., until cheese is melted and lightly browned, about 25 minutes.

BIG ADVANCE

Death rate from tuberculosis in Canada is only one-eighth of the figure 50 years ago.

ELLEN'S DIARY

By an Island Farmer's Wife

Now in a new leaf turned on the calendar, February is here. We recall also that setting a few precedents, a Canadian has been appointed to the Governor-Generalship of our country, a token of Canada's nationhood and setting another goal towards which our sons, and those of succeeding generations may strive.

"The poor little tyke hasn't much of a chance in the world, has he?" someone of the family commented recently of a child born in rather lowly circumstances. And over-hearing Jeanne smiled, "One never knows—he may be Governor-General of Canada some day!"

February is lengthened this year to check more graciously those birth-dates that come only "once in four" and we suppose if need be, to provide an opportunity for certain anxious feminine hearts to bring their shy inarticulate admirers to light.

"Lands sakes" Aunt Kitty Mahoney used to say in the long ago, "I don't hold with this here Leap Year proposin' myself. If in a man hasn't enough spunk to do the askin' himself, I maintain a body would be better off single than livin' with the likes of him. Nothin' more than a responsibility, he'd be—not able to make up his own mind—more mouse than man. I'd say. Of course" she would chuckle "there's no law against givin' them a hint."

"Would you?" a modest miss teased her mother in our presence, when we chanced to mention the extended February month at this year's dawning. "Would I what, child?" she replied looking up from her knitting, a quizzical expression in her eyes. "How varied are the queries and amazing mothers of daughters are called upon to answer! "Would you propose to your boy-friend, this Leap Year?"

Her mother considered the question for a moment. "I might," she acknowledged, "but not before I was quite sure of my affection for him and then" she added, "on their thought 'how disappointing it would be if he said 'No'."

"I guess I was born to the wrong age" she continued, "because I'm inclined to be old-fashioned in my views in many cases. I was reared with the idea that it was man's right—his prerogative if you like, to do the asking, Leap Year or no. And the girls did well in those days, don't you agree? Made even excellent matches" she smiled "in spite of that unenlightened period, they lived in, though perhaps and indeed in many a case, they married the boy on the next farm over. But it turned out very well. So I think, I should still leave it to the man to propose."

"If he's at all interested, he'll propose soon enough!" we threw in our bit with a chuckle. "And you won't need moonlight and soft music or any of those settings that writers provide for their proposals. You'll catch the suggestion of words in eyes across a room... yes, even in Church, above pews, bless him. Now James... but we bit our tongue just in time and left it all to an intriguing, puckish, Cupid to provide the scene."

And February? A storm or two—fields blanketed; wind about the eaves and Winter's silences. Birthdays and Valentines—and Lent coming in.

Until tomorrow—Diary—Good-night.

Modern Etiquette

By Roberta Lee

Q. Does the invitation to a church wedding request the "honour" of your "presence," or the "pleasure" of your "company"? A. This type of invitation always requests the "honour of your presence." The invitation to the reception requests "the pleasure of your company." Remember, "honour" is spelled on these invitations in the old-fashioned way, with a "u."

Q. When a guest refuses some offered dish at the dinner table, is it all right for the hostess to insist that he take "just a little"? A. Never. Don't insist after the first refusal. A gracious guest, however, seldom refuses, even if he is not partial to what is being offered.

Q. Should a girl of 15 or 16 offer her seat in a streetcar or bus to a man of 50 who is standing? A. This is not at all necessary, unless the man seems feeble or ill, or is carrying a baby.

Q. Is it ever all right for the bride's mother to give her away, if she has no father? A. Yes, if she wishes.

DOROTHY DIX'S COLUMN—

Hasty Action

Girl Regrets Letter Written On Impulse

DEAR MISS DIX: For the past few months I have been going with a boy from another town who was visiting here. Shortly after he left I was in his home town and called him. His mother said he wasn't home. When I returned here, I received a letter from a mutual friend saying the boy had been in when I called. That hurt me so much that I sat down and wrote him a nasty letter, saying lots of things I didn't mean. Then, two weeks later, I had a letter from him, saying he hadn't thought he cared a lot for me but guessed he was mistaken. I still like the boy, and would like to get things straight between us. How can I?

ANSWER: You certainly jump to, and act on, hasty conclusions. You were wrong, for one thing, to accept so readily an explanation given by an outsider. Even if your friend was in when you called, he may have had a reason for not wanting to come to the telephone. Since his mother answered, perhaps he never knew of the call. So why this haste of yours to immediately write nasty letters? You are assuming a lot from a few months' friendship.

You definitely owe this boy an apology, whether or not it succeeds in mending your broken friendship. Write him a nice letter as you can, and tell him you're heartily sorry for the unwarranted tone of your previous epistle. In the future, watch your temper and avoid such disagreements.

UNWANTED MOTHER

DEAR MISS DIX: I am in my forties and have worked hard to raise my girls. Now they are married and in their own homes. Since my husband died they want me to come live with them, but I know I won't be happy there. I have very little money, it's true, and they help me out, which they hate to do. They live in a big city, seldom come to see me and when they do it's to fuss about the money they send. I feel they are tired helping me out now, they'll be twice as tired of me if I'm living with one of them.

ANSWER: You are very much better off to stay where you are, Mrs. J. Since you have your own home, you'll be much happier than living with someone else—especially a daughter who'll begrudge you anything she gives. At least where you are, you only have to listen to their fussing occasionally; if you move into their homes, you'll have it continually. One of the oldest mysteries in the world is why a son or daughter begrudges a few dollars paid to a needy parent, but will go out and spend a much larger sum on entertainment or some other unnecessary luxury.

DEAR MISS DIX: I am in love with a boy I have known for five months. He is in service, and last week he wrote and told me he is engaged to a girl and expects to marry her when he comes home. But still he says he loves me. Should I believe him?

ANSWER: Your friend's dilemma is not too uncommon. A homesick boy is liable to emotional upheavals that wouldn't happen were he at home. However, as you're both young, don't take him too seriously. Answer his letter in a friendly manner, treat his declaration of love lightly and extend congratulations on his engagement. Let him make the next move, but keep yourself busy with other friends in the meanwhile.

DEAR MISS DIX: I am a boy of 18 attending college. I am very fond of a girl who is sophomore at high school. I think she likes me, too, but she is going on 15 and her parents do not wish her to go steady. Therefore she will not express how she feels about me. I too feel she is too young to go steady but I would like to know if she likes me.

ANSWER: If the young lady goes out with you, or corresponds with you, it's fairly sure she likes you. Further than that she should not, at her age, express her feelings. She is after all scarcely more than a child and you will do well to follow her parents' wishes.

DEAR MISS DIX: I am 16 and go with a boy 19. When we are alone he is very nice and understanding to me, but when we are out in company he is altogether different. He is moody and almost ignores me.

ANSWER: Many boys, still going through the awkwardness of adolescence, fear the kidding of their friends over attentions to a girl. This attitude is, of course, very ill-mannered and childish, but it is characteristic of many teen-age boys. If you are a diplomatic young lady, you can help him acquire poise and encourage better manners in him. He will have to be led tactfully, or you'll lose him forever.

DEAR MISS DIX: I am 22, single and in love with a married man four years my senior who has one child. I see this man every day, and know he loves me. He won't leave his wife because of their child and I wouldn't want to break up his home anyway.

ANSWER: Regardless of how sure you are that you can't forget this man, and will always love him, you're wrong! You can forget, you can stop loving him—and you must. You certainly can see no future in the relationship so why waste your youth over a man who really cares nothing for you except as party to a pleasant flirtation?

How Can I!!!

By Anne Ashley

Q. How can I remove unsightly stains on the hands, caused by paring vegetables?

A. Use a little raw tomato juice to remove these stains. Lemon juice can be used for the same purpose.

Q. How can I whiten a marble door-step after scrubbing it?

A. Try mixing a quantity of quicklime with a half-pint of skim-milk and use this as a whitener.

Q. How can I clean gold teeth?

A. Scour with prepared chalk, and then polish with a soft piece of linen.

Our Daily Serial

By Peggy Dera

CHAPTER NINE Part Three

Celia glanced sharply at her sister. Did Honey know too, about Mary Sue's trail hold on life? Was she carefully kept, jealously guarded secret that in name only? But Honey's eyes were wide and innocent and Celia decided that she didn't know.

"What's he like, Celia—really, I mean? I've heard people talk about him of course. They make him sound a little like a monster with a forked tail and cloven hooves. But if you are in love with him, he must be nice!"

"That's a very sweet thing to say Honey," she said quietly. "Thanks! Win's terribly nice and I'd like you to know him, and his sister, too."

"Well, if you're going to marry him, I'm quite likely to meet them, and that's swell!" said Honey happily, and Celia suddenly and impulsively hugged her.

After dinner, in the living room, Buzz Bugs and Doc were deep in reminiscences of the show, when there was the sound of a car in the drive. Celia, near the open window, and secretly a little bored by the "do you remember" slipped out of the room and met Win as he came up the steps.

"Hello, sweet," he greeted her and kissed her. "Remember me? I can't stay away from you. I'm afraid you're going to have to get used to having me constantly underfoot. But I suddenly got terribly lonely for you and so I came to get you. We're having a dance and I didn't want to dance with anybody but you! Come along!"

Celia hesitated just a moment, and then she said eagerly, "I'd like to go! I'd like to go! I'd like to go! I'd like to go! I'd like to go!"

"Of course, darling! Bring your whole family and your guests if you like! Bring anybody and everybody so long as you bring yourself," said Win, overflowing with happiness.

She went back to the living room, where Doc broke off his story to look up coldly at the interruption.

"I'm sorry, Doc," said Celia "but Mr. Mallory has come to ask Honey and me over to his place for a party. You won't mind if we drop Honey away?"

"Certainly I mind," said Doc with a little old-fashioned bow toward a bright-eyed, eager Honey. "But I don't see there's anything we can do about it, do you, Buzz?"

Buzz looked straight at Win and said unsmilingly, "Honey does as she likes. Why shouldn't she?"

Honey was on her feet, flushed and smiling, and Win said to Rusty, "Why not come along Randolph? Lots of pretty girls—well, three or four of 'em anyway—and we'd be delighted to have you!"

"Thanks," said Rusty, and his voice was a trifle curt. "Not tonight, I have to get a bit of shut-eye soon! Doctor's orders."

As they left the car in the drive of Azalea Court, there came the sound of music and laughter, the soft shuffle of slipped feet on glass-smooth floors. Honey's eyes danced. "Sounds like a super party," she said happily, and Win smiled at her as he took her hand in one of his and Celia's in the other, and led them across the terrace and into the house.

There were five or six couples present. Celia saw at her first glance, two men were standing beside the big music machine, one with a half emptied highball glass in his hand.

The music ended as Win and the two girls came in, and they were greeted by light words and questions. Catherine, very beautiful in aquamarine and a necklace of moonstones, came forward to greet Celia warmly, and Win said "Hey people, this is Honey. Honey, meet the gang!"

The two men at the music machine came forward together with a little rush, saying, "It's a pleasure!"

Win drew Celia's hand through

Alice Brooks Designs

MOM'S BIRTHDAY!

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Economical Meals

DIVISION OF NUTRITION, DEPARTMENT OF HEALTH AND WELFARE

Spring is just around the corner, but while you wait for it and for the fresh new garden vegetables that follow, what vegetables do you eat?

Let us first look at Canada's Food Rules. Yes indeed, vegetables are very important for the rules recommend that we eat every day: At least one serving of potatoes; at least two servings of other vegetables, preferably green, yellow and other raw.

Can we afford to eat vegetables often? Leafy green and yellow: Why bother about color? Dark green and yellow vegetables contain vitamin A which helps protect the lining of the nose, throat, and lungs against infection. Unless liver is eaten once a week there is danger of not eating enough vitamin A. Green and yellow vegetables will protect you! Spinach, beet greens, broccoli, chard and other greens are very rich in A. Start now to plan for them in your garden next summer! This winter use carrots, squash, sweet potatoes and canned tomatoes.

Raw: Serve vegetables raw whenever possible. They are tasty, and contain more vitamins than when cooked. Simple salads are so easy to make. Cabbage can be grated with carrots, apple, pineapple, raisins, or in other combinations. If vegetables must be cooked, use a small amount of water and cook until tender. Cook in fairly large pieces.

Canned: Peas, green beans and creamed corn are considered the most economical canned vegetables. Standard and choice pack are the best buys. Heat only until hot to save vitamins, use the liquid in soups and gravy.

Dried: Don't forget dried peas and beans. They are a good source of proteins and can be used often instead of costly meats.

Be wise, economize and serve vegetables often, especially green, yellow and raw ones. They are more economical than rich desserts, pies and cakes. Plan now for a good vegetable garden!

Morning Smile

Gave In

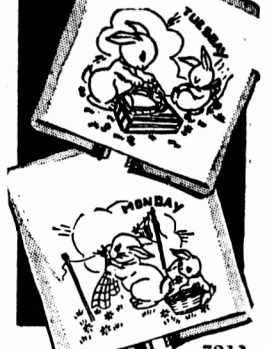
"Talk about persistence. Three times he asked me to kiss him and three times I refused." "Then what happened?" "Oh, well—one can't go on like that!"

his arm and lifted his hand for silence. Then he beamed at them all and said, "Also gang, meet my side-to-be! My fiancée, Miss Celia Bartlett!"

To be continued

ANSWERS

1. Say, "Every one of you should be careful of his clothes." 2. Pronounce di-a-be-ter, 1 as in lie, a unstressed, both e's as in lie, accent third syllable. 3. Derriek. 4. Loud or full in sound. "A sonorous voice commanded me to enter." 5. Precursor.



Alice Brooks

Household Scrapbook

By Roberta Lee

Aluminum Polish

A good polish for aluminum ware is made by mixing ammonia and water in equal quantities, and then adding the mixture to sufficient borax to make a paste about as thick as paint. Apply with a thick soft cloth and polish with flannel.

Paraffin

Paraffin that is too hot will have a tendency to separate from the jelly glass. Heat slowly and carefully and do not let it reach the smoking stage.

Polished Furniture

It is well to know that strong sunlight is very liable to fade polished furniture, and especially articles of mahogany.

Better English

By V. C. Williams

1. What is wrong with this sentence? "Every one of you should be careful of his clothes." 2. What is the correct pronunciation of "diabetes"? 3. Which one of these words is misspelled? Derivation, derision, derick, derogatory. 4. What does the word "sonorous" mean? 5. What is a word beginning with pree that means "indicating something to follow"?

ANSWERS

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Ring up another for MAGIC!

GINGERBREAD DESSERT RING

Mix and sift 3 times, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 2 tps. Magic Baking Powder, 1/2 tsp. baking soda, 1/2 tsp. salt, 3/4 tsp. ground cinnamon, 1/2 tsp. ground ginger, 1/4 tsp. grated nutmeg. Cream 1/2 c. butter or margarine and blend in 1 1/2 c. lightly-packed brown sugar; gradually beat in 1 well-beaten egg and 1/2 c. molasses. Combine 1/2 c. buttermilk and 1/2 tsp. vanilla. Add dry ingredients to creamed mixture, alternately with liquids and spread batter in greased 8" angel cake pan. Bake in rather slow oven, 325°, about 50 mins. Serve with hard sauce which has been flavored with grated orange rind. Yield: 6 servings.

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Anne Adams Patterns

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by Anne Adams



Mrs. G. Edwin Sansom holds the silver trophy she won at Stanley Fair in 1947, when she was named "Most Worthy Settler" for the year.

Adds to Baking Fame at 1951 Stanley Fair

At the internationally famous county fair at Stanley, N.B., Mrs. G. Edwin Sansom is honored not only for her cherished community services, but for her wonderful baking skill. She has been a prizewinner for decades—four ribbons in 1951, including a first prize for bread. Reviewing her years of success, Mrs. Sansom pays full tribute to Fleischmann's Yeast. "All the prizes I have won for yeast-raised baking were won with Fleischmann's Yeast," she says. "It's so lively and dependable—I wouldn't use any other." Old and new winners agree. For tiptop results in your bread and rolls it pays to stick with Fleischmann's Yeast.