

The Stars Say - -

By Genevieve Kambie

For Tomorrow

DELAYS and setbacks can be overcome by an optimistic outlook today. Adopt a realistic attitude toward your problems and you can solve them more easily than by shutting your eyes or yielding to frustration. Let patience be your byword and keep on trying. If your goals are worthwhile, you will achieve them.

The evening hours are excellent for small-scale social activities and for indulgence in hobbies shared with congenial companions. Plans made now for a trip in the near

future should work out successfully. Romance, courtship and cultural affairs are under excellent auspices.

For the Birthday

If tomorrow is your birthday, you should find the year ahead one of quiet progress. The successful culmination of a cherished program, perhaps in the early fall, may incline you, in a spirit of optimism, to increase your financial obligations or to take on more responsibility than you can adequately handle, but don't yield to the temptation. Your horoscope indicates that the next six months should be a period for conserving the energies and planning for future security. Early in 1954 there will be more propitious periods for taking on new ventures and indulging in the luxuries for which you yearn.

Social activities should be unusually stimulating during the balance of 1953, and there is a possibility that your prestige and popularity will reach a new peak through business contacts.

A child born on this day will be ambitious, energetic and endowed with great business acumen as well.

CLEAR UP YOUR SKIN

FAST! Pimples, eczema, rash, blackheads, quickly relieved with fragrant, scientifically medicated Cuticura Soap and Ointment. Highly recommended. Try it! **CUTICURA**



ICE CREAM
Have You Got Some in Your Fridge?

ELLEN'S DIARY

By An Island Farmer's Wife

We baked a spice cake this morning, when the sun was pouring a measure of fresh molten gold into the cup of our valley... loving with his light the pasturing sheep by the streamside, the pictured cattle on the slopes; touching tenderly, we fancied, in tribute to the farmers' industry nestled hay in the meadow; placing fetching designs of light and shadow in the grain-lands.

We dissolved the teaspoon of soda, wondering who had been so short-sighted as to dispense with the engaging, illustrated nursery rhymes which once were a highlight of the package! In the cup of boiling water we poured over the cup of raisins in a mixing bowl. In another we creamed the cup of white sugar with a half one of shortening, adding now, in case... the fat pinches of salt, because of what good is any mixing if it be missing this subtle savour? Combined then when cooled the two mixtures, beating in two eggs, two cups of flour, and for more leaven, a teaspoon of baking powder and the favored spices: today, ground cloves, cinnamon, and nutmeg in fancied amounts. And with a cook's instinct, mostly acquired, we confess in the hard school of experience, we sifted in a little more flour before turning all into a loaf pan — and the oven. The same divided will make a delectable layer cake, we are told, with a filling of fudge icing between.

What scenes go into our bakings these days along with the required ingredients! A new barn-roof, the shining boards, last winter, trees of our woodlands; carpenters high but confident against the summer sky; the tap of hammers, the echo of sawing and thud of a dropped board. And sometimes we mix in the last sight of a bare-headed lad on a tractor off to the care of the haying; or James with both motherless barns tucked in beside him away in the truck to the same.

And sometimes we mix in fond hopes — or a sigh, for days that have been; and often in the silence of empty rooms it is a snatch of song; it may too, be a laugh at heart, a far-off echo of the golden years; or a grandmotherly smile or a prayer that we beat in with our strange right hand.

"Now this salad, Ellen, what did you mix in it?" someone queried at a recent supper. "Paprika!" one of the Family chuckled, trying vainly to remove all the bright, hot grains.

"Onions!" another, who professes he "just can't swallow even a sliver of these," laughed.

"But there's only a little in it — just a paring," we said.

"Well, here it is!" he replied, right on my plate!

"And peas," a third made a wry face. "And," accusingly, "you knew I couldn't eat those!"

"And head lettuce," a perfect gentleman, meek and mild at other tables offered. "It's strange, Ellen, but I always have a preference for the leaf kind! And the potatoes

IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, something in his little system may be "out of order." Probably Baby's Own Tablets can promptly "put it right." One Quebec Mother had this experience. She writes: "My little girl was irritable, feverish and sometimes sick at her stomach — what a relief it was, after giving her Baby's Own Tablets, to see how much better she was." Sweet-tasting — no "sleepy" stuff — no dulling effect. Promptly effective in simple fever, constipation, restlessness and fretfulness resulting from irregularity at feeding time, and other minor ills. Never without a full box of Baby's Own Tablets. Sickness so often strikes in the night. Get a package today at your druggist. Money back if you are not satisfied.

Cook's Corner

ITALIAN SALAD BOWL

- 1 lb. cooked beef
- 1 onion
- 1/4 lb. cooked ham
- 1/4 lb. cooked tongue
- 1 green pepper
- 2 celery hearts
- 1 med. raw carrot
- Few sprigs chopped watercress
- Few sprigs chopped parsley
- 2 teaspoons prepared mustard
- French dressing
- Salt and pepper

Cut first six ingredients into thin strips. Slice onion thin. Combine all ingredients, toss lightly with dressing, season with salt and pepper. Let stand 2 hours. Serves 8 to 10.

are commencing to show their age now," he added. "And the eggs," a little fellow queried, "were they white-shelled or brown? I like better the white ones! And," on another thought, "I believe you put sour cream in the dressing... Did you — or not? Nobody'd eat that — you needn't think!"

"And little bits of beets! Did you first put them in vinegar? Because if you did... well, you can eat them yourself," another joined in, adding, "I'm not too fond of eggs neither. Why didn't you have sliced tinned meat instead or sausages... or hamburger... or...?"

A dozen variations, it is true, we might have had. Nevertheless, despite our lack of discernment over the varied food preferences of those presently in our care it was no surprise to find an empty bowl at the close of the meal!

And now James on the stairs saying, "What sort of a man do you think I'd be if I allowed you to loiter your time away as you are... and we with all that hay to save tomorrow, Ellen?"

Until tomorrow — — — Diary — — — Good-night....

Morning Smile

No Doubt

A rather stout schoolmistress was talking about birds and their habits. "Now," she said, "at home I have a canary, and it can do something I cannot do. I wonder if any of you know just what that thing is?"

"I know teacher," said little Eric. "take a bath in a saucer!"

That Body Of Yours

By James W. Barton, M.D.

PREVENTING DEFORMITIES IN PARALYTIC TYPE OF POLIOMYELITIS

With the polio season at hand, parents are anxiously watching their children as they have in mind the vision of their youngster first undergoing treatment for the immediate or acute symptoms, wearing steel braces, and finally undergoing treatment for many months to correct to some extent the crippling which follows many cases of polio.

There is no question about the good effects of Nurse Kenny's heat treatment in preventing the crippling of polio, but there are many cases where more vigorous treatment is necessary to prevent deformities and in the past years orthopedic physicians have done excellent work after all other methods have failed, but some cases have remained hopeless despite orthopedic treatment.

That the drug curare, known for its effect in taking the tension or tightening out of muscle, is now giving excellent results in the treatment of the paralytic type of polio will come as welcome news to parents and physicians.

In the Journal of the International College of Surgeons, Chicago, Drs. V. H. Raiman and J. Schneiderman state that between 1941 and 1948, 136 patients with acute and subacute poliomyelitis were treated by early stretching with the aid of curare on the orthopedic service of the Queens General Hospital in New York. Curare was injected into the muscles every eight hours, usually starting with 0.9 units per kilogram (about two pounds) of body weight with a gradual increase to a maximum of 1.5 units. Three quarters of an hour, one-and-a-half hours, and two-and-one-quarter hours after each daytime injection, the patient was stretched by a physical therapy technician. The greatest effort was exerted in stretching the heel cords (the cord going from heel to calf muscles) as the calf muscles raise the heels off

NERVES SHOT?

Nervous tension causes up to 75% of all sickness, particularly sleeplessness, jitteriness and irritability. Get a full night's sleep, calm the nerves during the day with safe non-opiate sedative. Sedatin tablets—over 1/2 million packages sold first 15 months on the market. No prescription necessary, but sold by druggists only. Money refunded if Sedatin fails to help you.

the floor, then the muscles that bend the knee, then the muscles that straighten the knee joint, then the muscles that bend the back and neck backward.

Results showed that maximum improvement is obtained more easily by vigorous and continual stretching with curare because normal length of muscle (no shortening) is retained; fixed deformities are prevented; no obstacle exists to recovery of power of weak muscles; casts and braces are rendered unnecessary and disturbances of circulation do not occur.

A follow-up survey of these cases treated by stretching and curare after their discharge from hospital of about 75 per cent of the patients revealed that stretching must be continued indefinitely, otherwise tightening or shortness will return, thereby preventing weak muscles from improving and permitting contractures or deformities to develop. This stretching treatment or early exercise causes no damage.

This stretching and exercise is now considered the best method of treatment in the paralytic type of polio.



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