

That Body Of Yours

By James W. Barton, M.D.

TESTS OF LUNGS' EFFICIENCY HELPS SURGEON OPERATING ON DEFECTIVE LUNGS

Not many years ago all that could be done about a defect in the lung was to have the patient rest the lung. Rest of the lung was obtained by inserting air into the cavity of the chest surrounding the lung. This pressed against the lung so that it could not expand and thus it obtained rest and healing.

Another method of resting the lung was by removal of several ribs. As the removal of these ribs also prevented the chest and lungs expanding, the defective lung obtained rest.

Still another method was what is called pleurotomy, in which air was introduced into the abdomen below the floor of the chest, the diaphragm, and this air pushing up the diaphragm prevented the chest expanding and the lung got a rest.

And still another method of resting the lung is the cutting or crushing of the nerves which expand the lung.

From the office of Press Relations, University of Chicago, we learn of new tests for lung efficiency to aid surgeons in diagnosing forms of lung disease and estimating safety margins in lung surgery.

These tests were reported to the American Medical Association in June last by a group including Dr. John F. Perkins Jr., assistant Professor of physiology, Dr. William E. Adams, professor of surgery, and Dr. Adolfo Flores, fellow in the department of surgery. These tests have been applied to more than 350 patients during operations. They have also been used to test lung efficiency in more than eighty patients.

The tests check the amount of



SAVE WITH SODA

FREE booklet gives many new uses for Cow Brand Baking Soda in kitchen, bathroom, nursery and all through the home. Write Church & Dwight Limited, Sun Life Building, Montreal.

COW BRAND BAKING SODA

Alice Brooks Designs

EASY TO MEMORIZE!

Simply beautiful — and so very easy, you'll crochet a medallion in a few hours, do several a day! Use fine or heavy cotton. For spreads, cloths, scarves.

Pattern 7262: Easy-to-crochet medallion about 4 inches across the diagonal in No. 30 cotton.

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.

TEEN AGERS ONLY

BAD COMPLEXION

Pimples, eczema, rash, blackheads can be quickly relieved with fragrant, scientifically medicated Cuticura Soap and Ointment. Highly successful for 74 years. Buy Cuticura at your druggist today.

7262 by Alice Brooks



RECOVERING—This 11-week-old baby boy, shown here in an iron lung at Winnipeg, has a metal tube inserted in his windpipe so he can breathe. Poliomylitis paralyzed his throat muscles. Children's hospital officials at Winnipeg said the boy is believed the youngest patient on the continent to undergo the delicate operation. He is reported to be recovering. (CP Photo.)

ELLEN'S DIARY

By An Island Farmer's Wife

"Let's hope, Ellen, that he has joined her in some land where dreams come true," our visitor mused quietly. "In that one of 'pure delight' the old Minister used to sing of—remember, Ellen, in the lang syne? And his faith was so apparent one could fairly get a glimpse over his shoulder of that place he sang of... through opened curtains of sky. And how golden were the streets! And the pastures so green, with a little brook twinkling in the hollow!"

And you felt that no matter if you should be called to it for children do have such thoughts—you wouldn't be at all concerned. Now that you had actually seen it through his praises, despite the loveliness of this earth, that would be 'far better.' She was silent for a moment, this woman from a distant community who with husband visited us tonight, doubtless recalling to mind sentiments of the old years. Then she smiled. "So let's hope that he has joined her and that..." "They'll live happily ever after," we supplied.

We have drawn our chairs companionably to the fire which crackled cheerfully, warm against the nip of frost without. The children, homework of school done, had gone to bed in the snug room above the kitchen; Rob to town to visit Karoly in hospital and James had taken the husband through the moonlight to "Have a look at the turnip." "Harvested," an excursion which we knew would take in as well a visit to stables and piggery.

Reaching his cap off the hook he had nodded with meaning towards the stove. We set the kettle nearer the coals. There is nothing James enjoys more than to share a meal or to lunch with folks who visit us.

And now in the interval of quiet we chatted as women will of items of feminine interest. Of hats and gowns and current doings at the housework; of babies new-come to this or that community; of weddings, basking in those details of bride's array and suchlike of undying moment to women's minds; of folks we knew at home and abroad and there was no lack of subjects; of the suffering, and the ill, and of these gone as the leaves of scarlet and gold, of crimson and bronze recently drifted "dust to dust" in the autumn hours.

And a name had been mentioned — of mutual interest, of one who not long ago had crossed over to that "other side"... a grave-faced man, though odd times remnants of a boyish smile lingered a moment, then was gone. Quiet, withdrawn as though there remained little of interest for him to discuss. And patient "as a woman" not often said. "He always seemed so alone and forlorn" our visitor offered, "and yet satisfied... or more likely resigned!"

And we thought of Pat, our one-time neighbor whose sweetheart had also gone in the young years to that far bourne. She sighed. "It's a strange old world Ellen... an unpredictable sphere. Some men are as fickle as a summer wind while others cherish a memory while life lasts." "Women too," we reminded her. "Yes... women followed the car lights—twinkling red ones along the lane and lost them presently past a row of spruces and a bend of road by Mr. A's..." "This is all very pleasant, Ellen," James says, unclipping boots now, preparing to retire. "But the night is crawling along—and with a sober nod, 'the morning comes!'"

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

Better English

By G. C. Williams

1. What is wrong with this sentence? "Since when have you known that this book don't belong to me?"
2. What is the correct pronunciation of "customarily?"
3. Which one of these words is misspelled? Allegiance, alignment, analysis, acquiesce.
4. What does the word "reciprocally" mean?
5. What is a word beginning with ch that means "the science of colors?"

ANSWERS

1. Say, "How long have you known that this book doesn't belong to me?" 2. Principal accent is on first syllable, not the third. 3. Alignment. 4. Interchangeably, mutually. "These two rules affect each other reciprocally." 5. Chromatics.

Household Scrapbook

By Roberta Lee

Enameled Woodwork

Enameled woodwork can be cleaned by melting one-half cup shaved soap in two cups of boiling water. Whip this to a lather and apply with a sponge to a small space at a time. Wash, then wipe off the suds with a dry cloth and quickly rinse with a clean soft cloth. Use of this method will help prevent streaking.

The Coffee Pot

To keep the coffee pot sweet, fill it with water, to which add a tablespoon of soda. Allow the water to heat and boil before removing from the stove.

Paint Brushes

Soak the paint brush that has become hardened, in hot vinegar. This often proves helpful in softening it.

Queen And Princess Margaret Set World Fashion



The black and white satin evening gown with halter and v-shaped neckline worn by Queen Elizabeth at her first royal command movie in London has set the fashion world agog. "Something quite new that Paris hasn't got," said one well-known British

dress designer of the gown called a "maple". On such occasions crinolines were usually worn by royalty but the Queen discarded them for the first command movie of her reign. Following tradition, Princess Margaret, right, wore a frothy gown of black net with an off-the-shoulder neck-line.

Coronation Hair Style

(By Muriel Penn)

LONDON, Nov. 5 (Reuters) — The coronation upsweep bowed in recently as the hair style for Britain's fashion conscious women in the coming coronation year.

Based on the styles popular 400 years ago in the First Queen Elizabeth's court, the new hair-do is fashioned to keep precariously balanced tiaras atop the heads of noblewomen during the long crowning proceedings next June 2.

As shown by Riche, the coiffeur, it has a few inches of almost flat hair at the front and curls at the back to set off the coronon and hat coronet which goes behind the tiara.

The hair at the nape of the neck is about an inch long and brushed upwards to support the high dressing.

Explained Riche: "The hair is dressed high to give a proud look. Women must feel pride in the new age next year."

Seven models showed variations of the same theme—one dyeing her hair the same color as the famous Windsor greys — horses which draw the royal coach on state occasions.

One of the modifications had the hair swept straight back from the face. At the crown, it was about four inches long and dressed in long curls, giving a halo effect.

Riche also dipped back into the first Elizabethan age for the adornments which set off the new style.

Recalling the chivalry of Sir Walter Raleigh, who spread his cloak over a puddle for the Queen, Riche named one "The Raleigh Style."

It is a miniature Elizabethan galeon complete with a foot high mat and billowing sails.

The "jester style" named after the court jesters, is an orange handkerchief, kept on the head by a black velvet pin shaped like a spider.

Q. Are there any rules of etiquette or good behavior to follow when bowling?

A. Outside of the usual rules of good sportsmanship, there is one ironclad rule to observe. Never attempt to deliver your ball at the same time a bowler at either side of you is delivering his. This is a distraction to him, and is a thoughtless act on your part.

Q. Is it necessary for the bride's family to mail a wedding invitation to the bridegroom's parents?

A. Most certainly. And separate invitations must be mailed to each brother and sister of the bridegroom, even though they might be living at the same address as their parents.

Q. When does one properly take the napkin off the table and put it on one's lap?

A. As soon as one is seated.

GIVE Cold-Sick Child this Pleasant LAXATIVE relief

To keep bowels open without needlessly upsetting child—give Children's Own Tablets. Pleasant to take. Won't cramp or grip. For sweeten the sour stomach that often goes with out-of-order bowels. Made by the makers of Baby's Own Tablets—your assurance of a reliable product. Get a package today at your druggist. Only 30c.

Children's Own TABLETS

Anne Adams Patterns

MOST ATTRACTIVE!

Oh, what exciting things that sweeping asymmetric line does for your figure! Bellies your waist, silms and trims your hips. Contrast colors, plaid 'n' plain — whichever you choose, you're the smartest girl in the room. For wool, cotton, tweed, gabardine.

Pattern 4729: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 3 3/4 yards 39-inch; 1 yard contrast.

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 Street West, Toronto, Canada.



4729 12-20

by Anne Adams

RHEUMATIC PAIN Can Be Costly!

"This winter I had to quit work because of rheumatic pain," writes Mr. T. Glofcheskie, Wilno, Ont. "I became fearful of being laid up as on a previous occasion with rheumatic pain. My pain became increasingly severe and spread from hip to ankle. Out of bed, the leg felt cold as though in cold water, so I stayed in bed. A friend persuaded me to take T-R-C's and I'm glad I did. In a short while I was relieved of my pain and was soon on the job again."

Don't suffer from Rheumatic or Arthritic pain. Take Templeton's T-R-C's—Canada's LARGEST-selling proprietary medicine to bring quick relief from such pain. Only 65c, \$1.35 at druggists. T-848

DOROTHY DIX'S COLUMN

Trouble Makers

Few Neighbors Escape This Problem

DEAR MISS DIX: We have lived in our present house for seven years. During that time we met and made quite a few new friends. However, there is one woman who is considered a trouble maker. She visits one of us and talks, usually adversely, against the other. She claims she wants to be friendly, yet she is very snobbish toward the rest of us. No one can do things quite as well as she can. No child is quite as good as her daughter, etc. What makes her that way?



Muriel Nissen

ANSWER: The fall of the year must be bringing out the worst in neighbors for several letters in my mail this week dealt with this same theme. It is, of course, almost an ubiquitous problem. Almost any block in any community harbors at least one troublesome woman who has nothing good to say about anyone, but delights in repeating (and enlarging upon) any derogatory tale she hears. She likes to run everyone else's business and has little or no charity in her for anyone.

The problem is particularly onerous in a community of home owners, especially if the homes are small and close together, as they are in most suburbs.

HOW TO HANDLE A GOSSIP

What to do? The remedy is ignoring the trouble maker and giving her as little material for her gossip as possible. You probably will have to resort to all but actual insults to achieve your purpose of keeping her out of your homes, but bad situations call for drastic measures. When she comes to the door, tell her you're sorry but have no time to visit just then and close the door. If all the other neighbors are as troubled over the situation as you are, get together in a concerted effort to bar the lady from your homes. In time she'll catch on and should mend her ways, at least to a more neighborly level.

There's no use pretending that life will ever be harmonious in a neighborhood with such gossip, but it must be accepted on the best terms possible. You have good friends; make the most of them; keep the unpleasant one in her place.

DEAR MISS DIX: I am a divorcee in my early forties. My husband deserted me ten years ago, leaving me with a child to support. About a year later I met a bachelor and have been going with him ever since. I am very much in love with him, but he has never mentioned marriage. Lately he has become somewhat indifferent, but still comes to see me.

ANSWER: You are most certainly wasting your time on the man if your intention is to marry again. In fact, it appears that he is drawing your nine-year-old friendship to a close, anyway. You assuredly must have suspected before this that he wasn't matrimonially inclined. Begin to see other people; your married friends will be so relieved that you are breaking off that they no doubt will be delighted to make it possible for you to meet other men and to invite you without him.

DEAR MISS DIX: In the near future I am to be married to a man who is very ambitious. He cannot get along with his fellow workers. He is jealous, holds a grudge, and is constantly complaining, though he is very good to me. I love him, although I realize he has bad qualities. I am interested in making our marriage last and would appreciate any advice you can give me.

ANSWER: The marriage should easily last a month. Maybe if you are a particularly long-suffering person, it might hold out for a year. Are you so hard up for a husband that you have to settle for taking chances on such an unpleasant piece of humanity? If he complains to others, he will soon be complaining to you and how you cook and keep house and make your life miserable. Better side-step him and his ways while you can.

JUST ADD BOILING WATER... READY IN FIVE SECONDS...

NESTLÉ'S INSTANT SWEET MILK COCOA

What could be easier yet taste so good? To make Nestlé's Instant Cocoa you simply add boiling water. No milk or sugar required—they've already been added. You make Nestlé's cocoa instantly, right in the cup. It's wholesome, nourishing, always delicious. Everyone, especially the children, will love Nestlé's Instant Cocoa for it has that famous Nestlé's Swiss chocolate flavour. For breakfast, after school, at bedtime, serve warming Nestlé's Instant Cocoa. Cup for cup, it costs less than ordinary cocoas and it's more convenient. Comes in half and one pound sizes.

NO POTS OR PANS TO WASH

THE MILK AND SUGAR ARE ALREADY IN IT!



HAS THAT FAMOUS NESTLÉ'S SWISS CHOCOLATE FLAVOUR