

That Body Of Yours

By James W. Barton, M.D.

DRUGS WHICH HELP AND DRUGS WHICH HINDER ONE ANOTHER

It seems but a short time ago since we learned about vitamins from our research nutrition workers, yet today "vitamins" has become a household word.

Among the early findings about vitamins was that they stimulated activity of the various processes of the body so that the tissues did more work and also that one vitamin helped another in doing its special work so that each of them did better work than when acting alone.

In the medical journal, Archives of Internal Medicine, published by the American Medical Association, Dr. E. Jawetz reports on the effects of drug combinations on microorganisms. Experiments with a fecal Streptococcus (harmful organism or germ) showed that in the test tube strong concentrations of penicillin killed these organisms at a certain rate but permitted a significant number of these organisms to live. The addition of a certain amount of streptomycin (another antibiotic so useful in tuberculosis but appearing to have no effect alone) to this large concentration of penicillin resulted in a striking increase in the number of organisms killed.

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Better English

By R. G. Williams

- 1. What is wrong with this sentence? "In so far as I know, he values my friendship above any other."
2. What is the correct pronunciation of "cloture"?

ANSWERS

- 1. Omot "in" and say, "more than any other." 2. Pronounce "cloture," o as in no, u as in use, accent first syllable. 3. Mollusk, molluscs, mollify, mollucular. 4. Attended by favorable circumstances. "At a propitious moment, Charles rose and addressed the chairman." 5. Inveictive.

Morning Smile

The Difference

Sign in bakery window: "Pies like your husband's mother made—50c. Pies like he says she made—\$1.00."

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ELLEN'S DIARY

By An Island Farmer's Wife

Aye, yesterday was beclouded and inclined to be dreary—with little worries appearing. But out of that gray came the blue sky and sunshine of today. Never that we can recall was one of this date more engaging, nor afternoon threshing at Alderlea. nor folks left behind more regretful.

On these farms the spring-threshing is always an important event. If the gold and blue and serenity of the harvest is missing, this has a peculiar fascination of its own. These are the seed sheaves; from the machine pulsed kernels not to be given to mangers but destined for the fields.

And one day we shall keep a tray of years there with James, on a summer-Sunday afternoon when the fields now furrowed will be alive with golden shadows as the sun and moon—brings them toward the harvest.

And in order that two lads might continue their studies in school and we be in this motherhood less place to welcome their homing, this spring we were not to hear the sound of threshing. Nor see in a familiar gesture James pick up a handful of grain as it flowed from the thresher to determine its value as seed.

Nor should we catch the scent of the summer-fields in the sheaves or see again the workers at their posts. Nor in the evening with supper over and the work of day ended, come with James in the silence prevailing to look in at the riches in the granary. And hear him say with a note of pride in his tones, "He forgets." Granddaughter said in a low tone. "The granary is full of sheaves."

Jamie wished he might have been there for the hunting which comes toward the threshing's close. When a last layer of sheaves is being lifted, baring the haunts of such furry creatures as in the interval between the harvest and this may have taken up habitation there.

"And you?" we asked Gage. "I'd like that," he nodded. "And besides," he smiled, "there are those other things I'd like to see." Tidings of the latter reached us by way of Granddaughter this morning.

"They can have their lambs," she said with a pleased chuckle, "we have KITTENS!"

The sick... and the ailing? The reports were heartening tonight... Bouquets of blown puss... and a little lad fashioned tiny bridges above spring streamlets, after first gauging the depth!

Yes, a beautiful day this has been. And if their absence from the scene of the endeavour occasioned regret to some of the family, it was most favorable to the spring-threshing at Alderlea.

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

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From Shorthand To Wool Shearing



British farm worker, Marie Hicks, who gave up her secretarial job not long ago and took to farming, looks well pleased with the exchange. Here she carries two new-born lambs with the assurance of a veteran farmer.

DOROTHY DIX'S COLUMN

Teen-Agers' Elopement

She Regretted It Soon After And Now Wants Separation

DEAR MISS DIX: When I was 17, a boy a little older persuaded me to run away and get married. He threatened suicide, and I was frightened into giving into him. We falsified our ages. My people readily forgave the mistake, and offered to do anything they could to help us along, but he refused all aid. A few months after the marriage, the regrets began. We lived with his mother, whom I didn't like. I suggested a separation to my husband, and he hit the ceiling. I have left him twice, anyway. I am sure I don't love him now, and I'd like to return to school and make something of my life. He gets me back with promises of changed behavior and holds over me the sacredness of our marriage vow. He hates my people, and won't let me visit my mother. We have no children. ALMA D.



Muriel Nissen

in your long letter which I have had to shorten, indicate a despicable character with whom no decent girl would want to live. Your obvious reluctance to have the marriage annulled would lead one to believe that you do truly love him and are actually enjoying the way he treats you.

You have the blessed advantage of a wonderful family and, with their help, you could easily establish yourself again as a respected member of your community. But you will not be able to do this under present circumstances.

No one respects a wife who lets an overbearing husband dictate her every move. If you wait until you have children, your difficulties will increase. Can you imagine a poor baby in the home atmosphere created by your husband?

Your husband may prate about the sacredness of marriage, but he had little regard for such high principles when he led you to deceive your family and to lie about your age.

Better go back home to your parents, and let them handle the law action involved in ending your marriage.

DEAR MISS DIX: I am 16, and very much in love with a teacher of 24. I have tried to forget him, but since I live every day in school it's impossible to get him out of my mind. I have a feeling that he likes me a little. My sister says this is just a crush, but I'm sure it's more than that.

ANSWER: Your sister is quite right. This is a crush, by no means unusual in high-school circles. Probably many girls in the school share your admiration for the handsome teacher. Your attachment will do no harm, particularly since it apparently inspires you to work for higher grades, and time will take care of its passing.

DEAR MISS DIX: I am a widow of 54, with a 17-year-old daughter. Since ill health prevents me from working, our sole support is a pension, plus cash in the bank from my husband's insurance. To make ends meet, I must draw on this capital every month so that it is dwindling. My daughter recently went to work, and I thought she would help our finances by contributing at least a small amount each week to the house. This she refuses to do, saying that I am bound by law to support her until she's 18.

ANSWER: Since your daughter has turned to quoting the law, remind her that your obligation to support her is offset by your right to whatever wages she may earn. I do believe, however, that an appeal to her own sense of decency will avail more than an appeal to law. She is acting like a selfish child, and even at the age of 17, she should have more consideration for you.

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

A Country Garden

By Mrs. Gordon MacMillan

Awake thou wintry earth— Fling off thy sadness! Fair vernal showers, laugh forth. Christ is risen. Easter—and beautiful flowers in our churches and homes. All through the ages flowers have been used in our worship services, and the gospel of flowers is as helpful as the spoken message...

The flowers mentioned in the Bible are principally of Egypt and Palestine, although of course, there are some references to those that occur in Arabia, the Sinai Peninsula and Syria, as well as those imported from Yemen, Somaliland, India, and Ceylon. It has been pointed out that the fauna and flora of the Bible accord well with the known facts of the geography and chronology involved. The domestic animals and cereals being mostly from Mesopotamia, Persia, and other lands to the east of Palestine, an area thought by many to represent the cradle of the human race.

The climate here is extremely varied and it is unequalled by any of the same size on the globe, not only for the thrilling and important events of human history of which it has been the theatre, but for its unique geological structure, its great diversity of surface and climate, and its remarkable fauna and flora. It is the meeting point of three continents, since Asia Minor must be regarded, from the standpoint of its natural history, as belonging to Europe rather than to Asia, and as such, a link of connection between them all.

On the snow-capped peaks of the Lebanon mountains, which rise to ten thousand feet, the climate is almost arctic in severity, while in the lower portions of the Jordan Valley it is decidedly tropical.

Then there are the surrounding deserts of Syria and, to the south and southwest, of Arabia, the Sinai Peninsula, and Egypt. There we find a variety of wild life: the Arabian bair, Indian owls, and Ethiopian sunbirds are found in Palestine, along with European robins, skylarks, finches, and wrens. The plants of the coastal plain and southern highlands are mostly the same as, or very similar to, those common in the Mediterranean region as a whole east of Gibraltar. Here one finds the Aleppo pines, myrtle, holm, olive, arbutus, carob, orange, citron.

(Continued on Page 3)

Modern Etiquette

By Roberta Lee

Q. When a girl is attending a party or a dance with a young man, isn't she privileged to suggest that they go home at a reasonable hour?

A. Yes. This is not only her privilege, but her duty, as the man should not suggest it. However, she should be thoughtful enough not to suggest leaving when the affair is only half over.

Q. Is it proper for a woman to retain her coat in a nightclub, instead of checking it?

A. Yes; it may be slipped over the back of her chair.

Q. When jelly is served on the dinner plate, how is it meant to be eaten?

A. With the fork, as it goes with the meat.

The Stars Say

By Genevieve Kneale

For Tomorrow THIS day favors travel, with the possibility of interesting friendships developing en route. In dealing with strangers, however, be on guard if approached for assistance. This does not mean that you should not give aid to those for whom you are responsible or those to whom you are under obligation, but do look into the motives of others who request favors.

For the Birthday If tomorrow is your birthday, you may look ahead to a year which brings most satisfying recognition for past efforts. With success, your popularity should reach a new peak so that interesting and stimulating social activities should parallel business and professional expansion. Financial plans in which you were interested during the early part of the year should reach fruition by early fall.

At this same period you may experience feelings of such buoyancy and optimism that your inclination will be to rush into new situations without sufficient consideration. Restrain this impulse, for plans made too far in advance may have to be changed abruptly.

A child born on this day will be active, enterprising, but inclined to take unnecessary risks.

Household Scrapbook

By Roberta Lee

Walnut Stain

A good walnut stain can be made by mixing 1 quart of boiled linseed oil, 1 quart of turpentine, 1 pint of whiting, 1 tablespoon of burnt umber, 1/2 teaspoon Venetian red, 1/2 teaspoon of yellow ochre.

Testing Butter

To test butter place a small amount in a teaspoon and hold it over a flame. It will foam quietly and boil if pure. If impure it will crackle and sputter as it becomes hot.

Bruises

To prevent discoloration of a bruise, moisten some dry starch with cold water and cover the bruised parts with it.

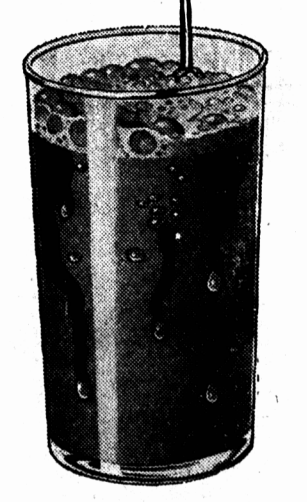
Cook's Corner

SALMON FLAKE RAREBIT

1/2 lb. sharp cheese, 1 cup canned tomato soup, 1/2 teaspoon salt, 1 teaspoon mustard, 1 tablespoon Worcestershire sauce, 2 eggs, 1 cup evaporated milk, undiluted, 2 cups (1 lb.) canned over boiling water, gradually blend in tomato soup and seasonings. Add eggs to milk and stir slowly into cheese mixture. Add salmon flaked in large pieces and heat 5 or 10 minutes. Serve on crisp salted crackers. Serves 6.

SALMON TOMATO BOUQUET

6 medium tomatoes, 2 cups (1 lb.) canned salmon, 2 hard-boiled eggs, chopped, 1 large green pepper, chopped, 6 lettuce cups, 3 cups potato salad. Peel tomatoes and cut out stem ends. Cut each tomato into six sections, leaving sections joined together at bottom. Place in crisp lettuce cups and fill in between tomato sections with flaked salmon. Fill in center with chopped green pepper mixed with the potato salad. Hard-cooked egg, chopped, hard-cooked egg. Arrange side servings of potato salad. For garnish, use thinly-sliced radishes, lemon wedges or slices, green onions.



Just add 2 heaping teaspoons of QUIK powder to your glass of cold milk—stir—drink. It's as quick as that! Chocolate-rich, chocolate-good, chocolate all the way down!



GOOD HOT OR COLD WITH THAT FAMOUS NESTLE'S SWISS CHOCOLATE FLAVOUR. TIRED FEET Soothe them with MINARD'S LINIMENT. Soothe them with MINARD'S LINIMENT. Rub on freely, and get quick relief. Contains no mercury. No odor.

SHOPPING WITH BARBARA

Nail Polish Remover Now Sold In Tubes

By BARBARA ELLIS

About the only thing you won't find in my bulging handbag at the moment is a bottle of nail polish remover. But by tomorrow I'll have parted with 59c and acquired a tube of the new cream nail polish remover. I tried it today and I'm sure it will make nail care a lot simpler for us women who are away from home all day.



The rest of you will probably be anxious to try it, too. You see, this cream polish remover is intended as a nail and cuticle conditioner, as well as an excellent way of removing the polish. Even if you don't want to apply fresh polish right away, your denuded nails will emerge with a sheen instead of that dull, brittle look we've got used to expecting from liquid removers.

Another point in its favor is that, being a cream, it won't evaporate. Just remember to squeeze your Heluan tube methodically from the bottom, folding it neatly as you go, and not a single squish will be wasted! Heluan is now available at most drug and cosmetic counters.

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ASTHMA

Get welcome relief from the struggle for breath caused by Asthma. Take RAZ-MAH, specially made to relieve Asthma misery. Helps you sleep and work in comfort. Don't lose another night's sleep. Take Templeton's RAZ-MAH today. 65c, \$1.35 at drugists.

Advertisement for Shirriff's Pie Crust Mix. Includes a large illustration of a pie and a box of the product. Text: 'Why should shortening be cut in?' 'Even if you happen to be a cracker-jack cook, you probably find it is tiresome to cut chilled shortening into the right size pieces. However, if you want crisp, flaky pastry that's light enough to blow away, you must "cut in" until the mixture has a pebbly texture. If the shortening is worked in with the fingers, or otherwise mixed smooth, the pastry won't be nearly so flaky. When Shirriff's set out to develop a pie crust mix that would be just as excellent as the kind good cooks make at home, we were determined to "cut in" the shortening too. We experimented for months, developed our own equipment, and finally produced the mix that we think is every bit as tender and crisp as the best pastry anywhere. You try it, even if you've never made a pie in all your life. We think you'll be pleased!' 'SHIRRIFF'S Pie Crust Mix'.

How Can I... By Anne Ashley

- Q. How can I heat the oven more quickly?
A. After lighting the gas burners of the oven, wait for about two minutes, and then open the oven door for a second. This permits the moist air to escape and the oven consequently will heat far more quickly after the ventilation.
Q. How can I check nosebleed?
A. Try the following remedy: Sit erect with arms raised and the head thrown slightly back. Apply ice cold wet cloths to the back of the neck and forehead. Do not blow the nose.
Q. How can I preserve patent leather shoes?
A. A cloth dipped in the white of an egg is good for preserving patent leather shoes. Finish the job by polishing with a soft cloth or chamois.

Advertisement for Sunlight soap. Includes an illustration of a woman's face and a box of Sunlight soap. Text: 'Every home needs SUNLIGHT. Washes everything washable. New, better than ever Sunlight is all pure, extra soapy. Makes more suds faster. Nothing else can take its place. Get New Sunlight Soap. CANADA'S FAVOURITE!' 'KING COLE COFFEE First choice for fine flavour!' 'Dodd's Kidney Pills'.

Anne Adams Patterns

Advertisement for Anne Adams Patterns. Includes an illustration of a woman in a dress. Text: 'SO FLATTERING! A dress for all-times, all summer! You'll love the slant from Cavalier collar to the waist, punctuated by scalloped! The skirt softly full at the sides, flatteringly flat in front! So easy to sew, you will want to make it in cotton, shantung, rayon. Pattern 4511: Misses' Sizes 12, 14, 16, 18, 20. Size 18 takes 4 1/2 yards 39-inch fabric. 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. 4511 by Anne Adams'.

Advertisement for Kidney Acids. Text: 'KIDNEY ACIDS Rob your Rest.. Many people never seem to get a good night's rest. They yawn and toss—blame it on "nerves"—when it may be their kidneys. Healthy kidneys filter poisons and excess acids from the blood. If they fail and impurities stay in the system—disturbed rest often follows. If you don't rest well, get and use Dodd's Kidney Pills. Dodd's get and use Dodd's Kidney Pills. Dodd's get and use Dodd's Kidney Pills. Dodd's get and use Dodd's Kidney Pills. 136'.