Woman's Realm..

That Body Of Yours

By James W. Barton, M.D.

BLOATING OF ABDOMEN NOT CAUSED BY GAS

When the abdomen is bloated or feels bloated it is usually caused by formation of gas in the intestines from eating gas-forming foods—onions, cabbage, cauliflower, lettuce and others. Many cases are due to nervousness which, in addition to causing bloating, upsets the various organs of digestion.

An outstanding authority on the normal and abnormal workings of the digestive organs is Dr. Walter C. Alvarez, Mayo Clinic, who in "Archives of Internal Medicine," Chicago, reviews observations on 92 patients with a neurotic (nervous) or hysterical type of bloating with no gas in abdomen (called nonflatulent bloating). It is similar to what has been called phantom tumor, where the individual feels that a tumor or growth is present in abdomen.

The essential or real fact is that the bloating is not due to any excess of gas in the stomach and intestines but apparently to a contraction or tightening of the muscles lining the back and the upper end of the abdominal cavity. Sometimes there may be a relaxation of the muscles of the front wall of abdomen. Commonly the swelling increases gradually during the afternoon and decreases at night without the passage of gas.

X-ray examination of the bloated abdomen shows no excess of gas and opening up of the abdomen by operation never reveals any physical cause of the bloating.

In the observation of the 92 patients, 85 women and 7 men, almost all were nervous, unhappy, neurotic or mentally unbalanced Many were relatives of insane persons, or of persons with epilepsy, migraine (one sided headache) or diabetes. Most patients had good digestion between spells and sometimes even when bloated. The abdomen became flat a few seconds or minutes after given an anesthetic, blocking the nerves with procaine, the onset of vomiting, injection of morphine or the doubling up of the patient to relieve the tightened muscles in lower back.

Bloating often began after excitement, annoyance, fright or fatigue. Large meals cause bloating.

When life becomes easier and happier most of these cases recover. Acquiring a philosophy of life should prevent these attacks of bloating.

NEUROSIS

Believing you have a physical ailment when none exists is a neurosis, and is becoming increasingly common. Write today for Dr Barton's informative booklet on this subject entitled "Neurosis." To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Offiffce Box 99, Station G, New York 19 N. Y., and ask for your copy.

Better English

By B. C. Williams

1. What is wrong with this sentence? "I am very partial to apple pie, which I think is awfully good."
2. What is the correct pronunciation of "student"?
3. Which one of these words is misspelled? Damageable, manageable, purchaseable, lovable.
4. What does the word "surfeit" mean?
5. What is a word beginning with gl that means "to shine faintly"?

ANSWERS

1. Say, "I am very fond of apple pie, which I think is very good." 2. Pronounce the u as in use, not stoo-dent. 3. Purchasable. 4. Excess; over-abundant supply. (Pronounce sur-fit). "Few die of hunger, an hundred thousands of surfeits."—Proverb. 5. Glimmer.

Modern Etiquette

By Roberta Lee

Q. Is it obligatory to send a gift when one receives an announcement of a graduation from school?

A. This is entirely optional, and depends entirely upon how well you know the family of the graduate and whether you wish to make a gift of some kind.

Q. Is it now considered proper to place the elbows on the table while eating?

A. This practice is not frowned upon as it once was. However, it is probably better to keep the elbows off the table until coffee and cigarettes are in order.

Q. Does an unmarried woman always use "Miss" when signing her name to a business letter?

A. Yes; but she must be sure to enclose it in parentheses, as, "(Miss) Dorothy Miller."

PREPARE FOR INVASION

HONG KONG May 8 — (AP)— The Hong Kong Standard said today Chinese Reds were strengthening four airfields in Fukien Province for the invasion of Formosa and possibly Okinawa, a strong United States base in the Western Pacific. Fukien lies across the 100-mile-wide Strait of Formosa from the Nationalist Island.

Timely Notes On Nutrition

MILK

Last week we talked about acquiring Health through Nutrition; and we also discussed the use of Canada's Food Rules in menu planning for Health.

Today, let's talk about the first group of Canada's Food Rules-Milk: Research in Nutrition around the world-from England to Japan, to Canada has proved that the inclusion of adequate amounts of milk in the diet results in improved appearance i.e. a glossy skin, glowing complexion; and improvement in the physical and mental performance of individuals.

Although we could write reams of material on milk, perhaps for today it would be wise to consider only a few points on the subject; for instance:- What is milk? It is the one food of all the foods that is the most nearly perfect as far as supplying some of every dietary essential is concerned. It is an excellent source of protein which is needed for the growth and repair of our tissues. It contains both sugar and butterfat which are used for energy in our bodies. It is the best source of calcium available—and it is almost impossible to obtain enough calcium to meet our daily requirements unless we include milk in our meals; and as you know, calcium and phosphorus are used to build the framework of our bodies, bones and teeth. Milk is rich in Vitamin A and B. Although it is low in iron, as well as Vitamins C and D, the small amounts of these nutrients it does contain are completely utilized by the body. Besides containing all these essential nutrients milk has the property of being one of our most easily digested foods, due primarily to its fluid form.

How much milk do we need every day? Children, up to about twelve years, need at least one pint. Adolescents: at least 1-2 pints. Adults: at least 1-2 pints.

Is the Pasteurization of milk necessary? Milk is an excellent breeding place for germs—and these germs have been the result of more deaths than we like to think about. The cow may infect her own milk if she has tuberculosis, or suffers from Bang's disease; infection in milk may come from the people who handle the milk and cause the fatal diarrheas of infancy or cause the epedemic of typhoid fever or septic sore throat. Pasteurization of milk prevents all these diseases by killing the germs found in milk before it is consumed. Pasteurization of milk is a simple procedure. It involves the heating of milk to between 143 and 145 degrees F. holding it at that temperature for one half an hour, than rapidly chilling it to 40 degrees F. There is on the market today an electric Milk Pasteurizer which is quite adequate for Pasteurizing a day's supply of milk, and could be used in rural homes where there is electricity. However, where there is no electricity a large double boiler and a good thermometer would serve the purpose just as well. But make sure that you drink lots of milk, and drink it Pasteurized. Milk kept in the home should be kept in sterilized, covered containers, in a cold, dark place.

Perhaps you have a problem child who dislikes milk to drink. If so, serve milk often in puddings, casserole dishes, cream soups, and use cheese frequently.

It is impossible to over emphasize the importance of milk in our diet and therefore its importance to our health.

A word to the wise: fewer people would be suffering from stomach ulcers today, if they would soothe their frayed nerves in mid-morning and afternoon with a tall, cold, glass of milk rather than with a cup of hot, bitter coffee or tea. It can change the whole face of the world—try it.

How Can I!!!

By Anne Ashley

Q. How can I use jelly that has crystallized?

A. Do not throw away last year's jelly that has crystallized. It can be made into a delicious syrup for hot cakes merely by adding ½-glass of water to each glass of jelly and heating just enough to dissolve.

Q. How can I prevent creases when ironing linen suits?

A. Iron the inner pockets and the heavy seams first when pressing linen suits. This will do away with creases when the garments are given the final touches.

ELLEN'S DIARY

By An Island Farmer's Wife

Today was one at Alderlea, in which we suspended our housecleaning, and in a resignation which was in no sense passive, gave our attention wholly to the affairs of our farming. Because this has been one of those anxious days farm folks receive occasionally to remind them that even the best of planning may go astray and as well, we find, to have us grateful for the return of those days too often regarded as monotonous in their passing when all is serene and peaceful and we may pursue without anxiety the even tenor of our round. In the words of a haunting Spiritual we "got trouble" today at Alderlea.

* * * *

We were somewhat amused even in prevailing circumstances to hear our small maid discuss this with her grandfather as trailing him this morning we visited a stable. "We've all got our troubles" she observed with sound philosophy "I have mine, and you have yours. But yours is the worst. Mine", she made light of it "is only that my new dump-truck is broken—but that's no matter for I can buy another exactly the same. But yours might die, gran'-daddy, and if she happens to die, you could never anywhere get another like 'our own mare!'" That was, and is, our care today: "Our own mare" is ill.

* * * *

James, who declares to the family that he "just has to walk along the ground in a stable or a passage in a piggery" to know at once if any of the animals is ailing, found the mare miserable at feeding time this morning. She had been in harness, and apparently in her usual good health at dusk last evening when the farmers brought hay from a stack by the line to the barns. "But she hasn't been harmed at all by the light work she's been doing" we agreed with Jeanie when we tried to find some cause for the seizure. "And never sick in her life!" James observed stirring and mixing some "home" remedy.

* * * *

"Our own mare" is, we suppose, only an ordinary animal as horses are considered, bay with white markings on face and legs, just faithful and sturdy farm-mare, but being the last of a respected line, is much esteemed especially by those of us who are older and have known them in succeeding generations through the years. Professional help was called in during the day to confirm James' opinion that the misery was due to a digestive upset.

* * * *

"The Doctor's coming!" one of the farmers said, as the car came in sight and at once Rob's youngest, here with his parents at the time, set up a howl. Doubtless he was recalling a night in the Winter, when he was ill. Suddenly wakened then he looked up to find a stranger bending over him, and a voice that was strange to him, but kindly, inquiring: "Well how are we now?" But granddaughter having no fear of the profession comforted him with "It's not that kind of a Doctor, Gage. This one takes care of sick animals. All the same" she added starting hastily towards the door "I'd better bring my black dog in—he might feel shy when the Doctor's around!" She, not altogether well behaved not yet entirely wilful or demanding, but an intriguing mixture of all, amuses us with her comments as she makes her mostly happy way about the place, sending forth tendrils that strengthen daily, and ever fresh and new and lovable entwine themselves about our hearts.

* * * *

We saw a sunny drying wind of day move along the fields that presently will be green like velvet or patterned redly in Spring cultivation, and along a passable lane, a first great truck of the season rolled in bearing feed for the weanlings and matrons in the piggeries. . . And how now is "our own mare" sometimes pain-wracked or again obviously extremely miserable and ill? "I can't see that there's any improvement yet" Jock reports having just come through the night from the stable. And James shakes a head. "No, no improvement, Ellen" and he sighs "I much doubt if there ever will be." This then has been our day, today, at Alderlea.

Until tomorrow — Dairy—Goodnight. . . .

Household Scrapbook

By Roberta Lee

The Hairbrush

Rub half a cupful of salt and flour, in equal proportions, through the bristles of a hairbrush and this will make it as clean as new Shake the mixture out well before using the brush.

Eyewash

A boracic acid solution is good for washing out inflamed eyes One-half teaspoon of soda dissolved in a glass of tepid water may also be used as an eyewash.

Dandelions

An ice pick dipped in gasoline and thrust into the heart of the dandelions will kill the weeds with little damage to the surrounding grass.

IN SWITZERLAND

LUGANO, Switzerland, May 7 — (AP) — Ingrid Bergman and Roberto Rosselini arrived here secretly Friday, the Swiss telegraph agency reported Saturday. There have been unconfirmed reports that they were married in Switzerland.

DOROTHY DIX SAYS-

Philanderer

Man Who Chases Many Women Really In Love With None

DEAR MISS DIX: I have been married for ten years and have two children. I love my husband and he has many very fine qualities. He is a good father, generous, attentive, amiable and pleasant at home, but his great weakness is women and his infidelities make me miserable. He says I am his only real love, but it is hard for me to believe him.

Do you think I should divorce my unfaithful husband, or should I try to stick it out?

TROUBLED WIFE

ANSWER: The man who forsakes his wife for one woman is hopeless because he prefers this other woman to his wife, but the husband who is lured by every pretty face is really in love with none. He is only. as Mr. Howell said, "imperfectly monogamous after centuries of Christianity and civilization." So it seems to me that the wife who has such a husband may well shut her eyes to his philandering if he is a good husband in other respects.

In deciding whether you should divorce your erring husband or not, you must take your own feelings into consideration. Would you be happier if you completely severed the bonds between you? When a woman loves her husband, as you say you do, often life is meaningless to her without him, and she is better off with him under any conditions than she would be if she divorced him.

MATERIAL COMFORTS

There are material things, too, that you have to consider. You have a good home, a comfortable income, a settled place in society. Think well before you give them up for a little alimony.

Finally, when you face the problem of whether you should divorce your husband or not, think of your children. They will be the real sufferers, and you may well forgive your husband much for the sake of keeping your home together and giving your children a father's support, a father's guidance and the start in the world that a father can give.

DEAR DOROTHY DIX: I have been engaged for a long time, but have not married owing to the fact that the father of my fiance objects strenuously to the match. He has no fault to find with me except that I am five years his son's senior.

My fiance says he loves me, but that he cannot break his father's heart by making a marriage that will displease him. He is utterly wretched over the situation and he feels that his father is ruining his life, but he doesn't know any other way out except to break our engagement.

What is your advice in the matter? MARGARET B.

ANSWER: I think that if your sweetheart hasn't enough manhood and spunk about him to marry you in spite of his father's silly objection, that you are well rid of such a weakling. Five years' difference between the age of a man and a woman is nothing.

Your sweetheart's father is making a mountain out of this molehill in order to camouflage his real motive, which is to keep his son from marrying at all. He wants to keep his boy to himself. So my advice to you and your fiance is to say nothing more to the father about the matter. Just go out and get married and when it is all over he will be as pleased as Punch. There is no reason why you should be sacrificed for the whim of an old man.

DEAR DOROTHY DIX: I live in a small town and I seem to have gotten into a rut. I have a good profession, but it seems like things here get duller and more drab all the time. I would like to leave my home for a new environment and see new faces and have new experiences. Shall I leave deadly monotony for fresh scenes that may possibly mean discomfort? AN UNATTACHED MAN

ANSWER: As long as you are unattached, there is no reason why you shouldn't leave home and get the stimulation that comes from meeting strangers and living in a different environment. It will do you good mentally and physically. It will broaden you, educate you, make you more human.

As long as you have a profession there is no reason why you should experience discomfort in a distant place. Personally, however, if I had to make a choice between discomfort and monotony I'd take discomfort any day.

Superb Flavour!

"SALADA"

VACUUM-SEALED

COFFEE

The Stars Say - -

By Genevieve Kemble

For Thursday, May 11

IT IS probable that a change of plans, objectives or of associations may be of advantage under a rather complex and uncertain situation. Some undesirable contacts, or hidden factors, or miscalculations as to initial costs or capital investment, may make change a wise step. There might be loss through litigation, extravagance, or possibly through the imposition or prodigality of partners or others. Hold them to promisees.

For the Birthday

Those whose birthday it is may find it expedient to make changes in their plans, ambitions or associates who may be inclined to play on generosity, to impose, or to personal over-extravagances or excesses. There are hazards to progress. Shun speculation, squandering, prodigality and litigation.

A child born on this day may be large-heaterd and generously disposed, thus inviting imposition, with a tendency to overplay and indulge others to its personal injury and loss.

Cook's Corner

CHERRY WHIP

1 envelope Gelatine
¼ cup hot water
1 tablespoon lemon juice
Preserved cherry juice to make up to 2 cups

Dissolve gelatine in the hot water, then add the lemon and cherry juice, and stir thoroughly. When partly set whip light and spongy, then pour into a serving dish Taste the mixture before beating it, and if not sweet enough add a tablespoon of honey. Serve with preserved fruit or cream.

Morning Smile

CARELESS

Dodson had never played golf before, but he had real beginner's luck when he drove off. The ball flew straight to the green, trickled across it, then dropped into the hole. At his first attempt the novice had realized the ambition of every golfer; but he didn't seem excited.

By a miracle, Dodson's next drive was almost as good. Again the ball landed on the green, but stopped a few inches from the hole.

He turned apologetically to his partner.

"How silly of me!" he exclaimed. "I've missed it!"

JUST WRONG

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