

That Body Of Yours

By James W. Barton, M.D.

PREVENTION OF HEART DISEASE

For several years I wrote frequently about the liver and gall bladder because the liver does more different jobs than any other organ.

Today I write more often about the heart and blood pressure, because heart and blood vessel diseases cause more deaths than any other disease.

In 97 per cent of cases, coronary disease is due to a hardening change in the inner wall of the blood vessel which so narrows the vessel that it takes much more pressure to push blood through.

Hardening of the arteries (arteriosclerosis) cannot be controlled as can some diseases, so what can be done about delaying or preventing deaths from high blood pressure?

The first suggestion is that obesity (overweight) be prevented. Overweight puts an added strain on the heart and blood vessels; a reduction of 20 to 30 pounds which if maintained, may reduce blood pressure by 20 to 30 points.

Lately the use of drugs to keep the blood in a more fluid state prevents clotting, thus preventing obstruction of blood vessels.

Be careful medical supervision and prevention of obesity, many with heart disease live the allotted span.

How Can I!!!

By Anne Ashley

Q. How can I clean woodwork or furniture that is oiled or varnished?

A. Clean with a soft cloth moistened with lemon oil. Then rub this briskly into a polish, using a clean, dry polishing cloth.

Q. How can I give an added flavor to prunes?

A. A delicious flavor will be the result if a small stick of cinnamon and several slices of lemon are added to the prunes while they are simmering.

Household Scrapbook

By Roberta Lee

Rust Spots on Lace

Iron rust can usually be removed from lace by use of lemon juice and salt, and exposure to strong sunlight.

Darning Suggestion

When it is necessary to darn some woolen material of many colors, try using a strand of each color in the needle.

Cold Tea

Cold tea poured over the house plants will prove very effective as a fertilizer.

Cook's Corner

LIVER LOAF WITH TOMATO SAUCE

1 1/2 pounds liver, 1 1/2 cups thick white sauce, 3 tablespoons mashed potato or cooked rice, 2 eggs, slightly beaten, 1/4 teaspoon paprika, 1 tablespoon anchovy paste, optional; 1 1/2 teaspoons onion, grated; 1/4 teaspoon pepper, 1 teaspoon salt, 1 teaspoon lemon juice.

HOT POTATO SALAD

One and one-half cups cooked green beans, 1/2 teaspoon salt, few grains of oregano, few grains pepper, 1/2 cup chopped onions, 4 cups thinly sliced cooked potatoes, 1/4 cup chopped parsley, 1/2 cup olive oil, 1/4 cup cider vinegar.

ELLEN'S DIARY

By an Island Farmer's Wife

We bedded down a precious rosebush today in an effort to save it for another year. The purple shadows of evening were settling then on stream and pond, and the sound of James calling the calves home to their stable echoed tunefully along the valley.

Nothing much now remains in the border to tell one of past blossoming but there is a promise to guggle the ground. Clumps of Fever - few keep still the green-gold of their foliage to bring to mind tales of old gardens and of storied years.

But past the seeming death and decay of our garden will come another spring. And out of these November days mellowly sunlit or frosted and damp, will appear presently a new season - touched with mystery solemn and beloved. The children, eyes bright with the star-shine of a lovely anticipation already discuss it. It will come lightly dusted with snow, we hope, the Eve of it hushed and mystic-wonderful, the morning clear and sparkling and replete with a thousand wishes and dreams come true.

Jamie, a little boy no more but now a thoughtful, serious lad speaks of it with a smile; Mack nods with obvious interest when granddaughter does her best to describe it. She said of it today: "Don't you think, mother, I may as well ask for a number of things? It won't really worry you any, because Santa'll be paying for them?" Gage, a boy-of-a-fel-low, speaking of it threatens: "If Santa doesn't bring this and so, I'll . . ." until granddaughter more logical because of her added months, introduces a sobering thought: "Yes, but how will you catch him?" A fragrance which denoted fruit cake in the baking, floated out to us at our end of gardening, from the house across the lane. "The Christmas cake!" granddaughter said.

And November moving by fast in fester spoke low to the farmers this morning: "Rise for the day is passing!" and hurried them off to their field-work, or other interest of the season . . . pieces of carpentry, it might be, harvesting of turnips, grading of potatoes.

Until tomorrow - - - Diary

Good-night

His Majesty Attends Grandson's Birthday Party



King George is photographed for the first time since his operation on the occasion of Prince Charles' third birthday. His Majesty appeared in good spirits as he and Queen Elizabeth played host to their grandchildren and eight of their friends.

Canadian Actress Left Foot-Lights For Welfare Work

OTTAWA, Nov. 20 - (CP) - was a tough decision to make - continue her career on the stage or start life anew, helping others.

Patricia Godfrey chose the latter, saying goodbye to grease paint and the British lights. She has gone a long way on the welfare road, recently becoming assistant to R. E. G. Davis, Executive Director of the Canadian Welfare Council.

While studying for a Master's degree at the University of Toronto, she worked and saved to go to England. To gain experience she acted in Toronto dramatic groups. Finally, she went to the Royal Academy of Dramatic Arts in London. Two years later she started making the rounds of boozing offices "until my shoes nearly fell off."

At this stage, shortly before the second World War, she did some social work. She had landed a part in a play. But she had five weeks to kill before starting to work. She joined an ambulance corps and in less than five weeks had written and passed a first-aid exam.

Big Opportunity

Then came the break - a part with an all-star cast in Charles Morgan's "Flashing Stream," a hit in London and scheduled to make a tour of Canada and the United States. She forgot everything else, including the ambulance corps.

"I had what I wanted," she reminisced. The play was a success in Montreal, but she received a job in New York. It was a flop there, and closed in two weeks. Against the advice of friends, she returned to London not knowing what to do. Then she remembered the ambulance corps and with the war in progress, joined the women's voluntary service. During six years she helped bombed-out families, helped gun casualties.

(Continued on Page 9)

DOROTHY DIX SAYS--

Once Is Enough Woman Foolish To Think Of Re-Marrying This Ex-Mate

DEAR MISS DIX: Twelve years ago I married a divorced man. After four weeks of marriage, he left me for another woman. Now he has come back and wants to remarry me. In the meantime, he had contracted another marriage, which will make four in all if I remarry him I also remarried.

My husband was killed in the war, and I now have a boy 6. Eric, my divorced husband, doesn't like the boy and often strikes him. I have a nice home and good job and wonder if I should accept his proposal, or continue life alone with my child.

ANSWER: Are you out of your senses completely to contemplate such a marriage? You don't even mention one redeeming quality Eric might have! He is faithless, cruel (as evidenced in his treatment of your son) and a liar. All he wants is to share, if not actually take over, your nice home and be supported by the proceeds of your good job. Don't be a fool!

Your son deserves more from life than a brutal stepfather.

YOU'LL SUPPORT HIM

If you should be crazy enough to go on with this marriage, you'll soon find yourself in the unenviable position of supporting a husband who uses your hard-earned money to enjoy life with younger women. Don't kid yourself about this either. If he couldn't be true twelve years ago, what makes you think he has changed?

I am always sadly impressed by the desperation with which so many women grab a man with obviously bad traits. Women who couldn't be fooled by a magazine salesman can be hoodwinked into falling for the most ardent scoundrel. The lure of a wedding ring works wonders! Protect your home and your son, Jane, as well as your own future. Send Eric away as speedily, and as far, as possible.

DEAR MISS DIX: I am an unhappy married wife of 20. My husband is very good to me and we have our own home. However, before I was married I became acquainted with a married man who works in my office. We went out together and soon I found I was in love with him, at the same time being in love with the man I married. I thought after my marriage I would forget the married man, but I haven't. We have gone out together again, and I still think as much about him as ever. What can I do?

ANSWER: Your first mistake, of course, was in going out with a married man at all. In the beginning you only liked him; constant association convinced you that you were in love. Actually your whole trouble lies in the fact that you married before attaining the maturity to know exactly what you do want. With a fine husband and your own home, you have managed an auspicious beginning for so young a bride. Do everything you can to preserve your home - not destroy it.

You absolutely must stop seeing this married man! If you are still working in the same office, leave the job. With the economic standing you apparently have, it is necessary for you to work? Stay home and raise a family. That will leave you little time to go around mooning over the unattainable. Suppose you found out your husband was going out with a married woman? How would you feel? Suppose he finds out what you're doing? Do you want to destroy his faith and confidence in you? Straighten out your life now before it is too late - and it is dangerously near the "too late" point now!

DEAR MISS DIX: I am very fond of a boy from another town. About a month ago I met him and he said he would write to me. As yet he hasn't. Do you think I should write first? He warned me that he was a bad correspondent. He is supposed to come here next month and I have wondered if it would be proper for me to invite him to our house even if I don't hear from him first.

ANSWER: It would be perfectly proper for you to invite the boy to your house, particularly if you are having the gang in for an evening. Young boys usually do make poor correspondents, so don't worry too much over the lack of mail.

DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

Modern Etiquette

By Roberta Lee

For Tomorrow

A CONFLICTING, perhaps confusing state of affairs, may be looked for on this day. While things may move along a lively, even hectic or exciting pace, some singular, eccentric events or contacts could undermine plans or direct energies into peculiar channels. High objectives or enterprises could be complicated by certain personal relations or undercover commitments. In obscure situations, some unique idea or flash of genius, might be helpful!

For the Birthday

Those whose birthday it is, while enjoying a lively, exciting and challenging epoch, may find strange complications and confused situations, or unique problems, taxing their ingenuity, tact and poise. Queer experiences may undermine major plans or objectives, although a "hunch," an inspiration or intuition could give a solution.

Better English

By G. C. Williams

1. What is wrong with this sentence? "There is no necessity of your going right away."

2. What is the correct pronunciation of "cellulose"?

3. Which one of these words is misspelled? Alenode, alacrity, albatross, allenate.

4. What does the word "plegmatic" mean?

5. What is a word beginning with "th" that means "shameless boldness"?

The Stars Say - -

By Genevieve Kemble

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Answers

1. Say, "There is no necessity, son."

2. Cellulose.

3. Alenode.

4. Plegmatic.

5. Th.

Alice Brooks Designs

EASY CROCHET

Make both - you'll love them! They're so warm and practical. Use sport yarn in one color for the pleco, nubly weskis, and in two colors for the checked one.



The Experts Say

By KAY REX

Canadian Press Staff Writer

DON'T BE TOO SUSPICIOUS OF LOW PRICES

Housewives are getting too conditioned to high prices. When they do find something that's cheap they won't believe either their eyes or their noses. They'll squeeze it, smell. Finally, they'll end up by asking the clerk what's the matter with it.

If he says nothing is wrong they won't believe him anyway. They'll go off in high dudgeon and buy something that costs twice as much. Because it's twice as expensive, they'll be certain it must be good.

The Canadian Association of Consumers is worried about this too-good-to-be-true trend among women shoppers and is trying to stamp it out.

"Let us plan our buying carefully, and . . . allow more time for our purchasing," it says in the bulletin it distributes monthly.

The C. A. C. told of an experiment in British Columbia in which the manager of a chain grocery store tried to prove that consumers buy by price. He divided a batch of identical tomatoes, selling part of them for 25 cents a pound and the rest for 29 cents. At the end of the day all the 29-cent tomatoes had been sold. Hardly any of the 25-cent ones were touched.

The Ontario Fruit and Vegetable Growers' Association found in a survey that when foods went below a certain price, people wouldn't buy them. Hence, at the height of the lettuce season people wouldn't buy a five-cent head of lettuce.

We saw the same thing happen in Toronto - at the St. Lawrence market. Chickens were selling at one stall for 50 cents a pound. One woman was suspicious.

"What's the matter with them?" she asked the vendor. "Nothing's the matter with them," he replied. She moved on, but we bought one. It proved to be the cheapest and best chicken we've eaten in ages.

Just goes to show that nobody can afford to be suspicious all of the time.

Tasty And Thrifty

The C. A. C. recommends this luncheon dish to budget-conscious housewives:

After vegetable soup has been made from a meaty soup-bone, add the remaining cold broth. Slowly stir the corn meal mixture into the hot broth. Cook, stirring until the mixture thickens. Cook for 30 minutes. Stir in the chicken. Pour into a well-greased loaf pan. Cook quickly. When firm cut in slices. Roll in flour and fry until brown. Serve with chicken gravy.

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by Anne Adams

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