

That Body Of Yours

By James W. Barton, M.D.

SIGNS AND SYMPTOMS OF EARLY BREAST CANCER

Before physicians and the public generally became cancer conscious it was not unusual for the patient to "walk and see," if certain signs and symptoms increased in size or intensity, with the result that in many cases the disease progressed so far that treatment was given too late to save life.

In a recent article I wrote about the advice given by a high authority that a woman should examine her own breasts from time to time so that any early sign or symptom would be noted and the physician consulted. Contrary to what many thought, this simple examination from time to time does not cause irritation and rapid growth of any lump in the breast.

In a special article in the Journal of the American Medical Association, Drs. Calvin T. Klopp, John D. Houle, and Brian B. Blades, Department of Surgery and Cancer Clinic of the George Washington University Medical School, give the histories of several patients in whom early recognition of suspected cancer, often by the patient herself, saved the lives of these patients.

These physicians state that there are no symptoms of early breast cancer but there are visible signs which point to cancer. These signs are (1) persistent scaling of the nipple, (2) slight ulceration of the nipple, (3) drop of discharge from the nipple (bloody or watery), and (4) persistent shadow on transillumination (light used that shows up the shadow).

The signs of early cancer discovered by feeling the breasts with the fingers are (1) slight thickening of the breast, (2) slight thickening of the nipple, and (3) a non-tender lymph node in the armpit that is larger than 1 cm. (2/5 of an inch in diameter).

These physicians state that when above signs and indications are present, it does not mean a "watch and wait" program but that a small piece of the growth must be removed (biopsy) and examined under the microscope.

Fortunately, the majority of lumps in the breast are not cancers but enlarged milk glands, nevertheless it is only by this simple method of biopsy (punching out a small part of the lump by a special needle or other instrument, that the physician can be absolutely sure of his diagnosis and by the now known methods of treatment (X-ray, radium, surgery) save many lives by the removal of early breast cancer.

BLUNHAM, England.—(CP)—A workman digging in his garden in his Bedfordshire town found a bronze medal struck by King Frederick of Prussia to commemorate the capture of Brest in 1757.

Cook's Corner

SOUR CREAM ROLLS

Two cups thick sour cream, 1 package granular yeast, 1/4 teaspoon soda, 2 tablespoons salt, 1/2 cup sugar, 4 cups flour, melted butter. Warm. Take out 1/2 cup and sprinkle yeast over and add 1 teaspoon sugar. Stir and let soak 10 minutes. Add the soda, salt and sugar to remaining cream, and mix. When yeast mixture is foamy add it and the flour, stirring constantly until smooth. Brush top of dough with melted butter and allow to rise to about 2 1/2 to 3 times its original volume. Then knead lightly for 1 minute and divide dough into 2 parts. Roll out 1 part at a time into rectangles 1/2-inch thick. Brush with melted butter and cut into lengthwise strips 2 inches wide. Place strips on top of each other and cut off pieces 1 1/2 inches wide. Let rise until doubled.

Bake at 425 degrees F. for 12 to 15 minutes or until golden. Brush with butter just before removing from oven if desired. These are sometimes called Fan Tans — especially when the dough is sprinkled with grated cheese before placing the strips on top of one another. Delicious, especially when served hot.

The Stars Say

By Genevieve Kemble

For Tomorrow

THE accent on this day's activities is made by the revolutionary and drastic combination of an astral impetus, tempestuous, zealous, as well as impulsive, erratic, and definitely "out of bounds" in all feelings, impulses, desires and activities. Properly and prudently marshalled, directed, engineered and applied, such avalanche of feelings and emotions could be spectacularly constructive. Under the flood of ideas, plans and objectives, such a torrent could move the proverbial mountains. Such inflammatory directives might work either for or against cherished ends.

For the Birthday

Those whose birthday it is are likely to find the coming year hectic, exciting, critical and constructive to their polar opposites according to the way or purpose in which this powerful and fiery force may be channelled with practical energies and forces of workaday progress. It is probable that the surcharged planetary forces may divert such volcanic impulses and indomitable urges into some superforce — unique, perhaps fantastic. Inventive genius could have a rare creative and dynamic spur.

A child born on this day may have a congeries of rare, unique, dramatic and dynamic talents, with abilities for a sensational career.

ELLEN'S DIARY

By An Island Farmer's Wife

"That I didn't — not before this day," the other solemnly declared. "You'd have thought she would have known better — but then as I've always maintained 'what's bred in the bone will come out in the flesh.'"

"It's," the first lady sighed, "what she was used to. . . no bringing up! None at all. . . But it may be just hearsay," her companion's face brightened for a moment.

"It's too true it is," the other observed dolefully. We held our breath. Evidently something dreadful had happened within the precincts of our community. Something that would perhaps despite rainbow promises, bring another end to the world.

We shivered inwardly — quaked indeed. "Yes," she continued, "I set countenance," she had no white bread and," she lowered her tone to a near whisper, "only bannock for the Minister, when he stayed to tea! I'm told she said he ate it with relish — poor man, what else could he do? . . . and he tired and hungry with his visiting."

"Shure now an' to my way av thinkin' there's nothin' tastes better than a piece av good bannock," Pat beamed one evening when he joined the Family at Alderlea in a cup of tea. He was homing that day from his Church, having stopped to "kaley" here and there along his way. A winter day it was, but it had been sunny; and it was a balmy wind that still moved decorously along the hillsides, touching lightly the baring fields and furrows.

"Some will be after sayin'," he offered to James with a twinkle, "the world's not so good as it was. Well, for one thing," he chuckled, "the bannocks are better! Or perhaps," he said gallantly, savoring our humble fare, "it's the cooks!"

"Cooks work with finer flour nowadays — more dependable, though it may not be so wholeheartedly constructive. Under the soda and skim milk or buttermilk of those days were no match for the cream and baking powder of now."

No bannocks, however, worry cooks this day, but instead the additional woodchuck — a fussy ground hog, a thickest fisher of a lad that may, or on the other hand may not, offer assurance of early house-cleaning this spring! James will be at the window early searching the sky above a hilltop for the shadows that promise the end of this woodchuck's dreams. And we, though not impatient with any season, but counting each day as so much good to spend, will find an old proverb running in mind as we follow the demands of our day.

"If Candlemas Day be fair and bright; winter will have another fight. If on Candlemas Day it be shower and rain, winter is gone and will not come again."

Shower or sun, in a new and short month, time now bears folk steadily towards another season on the calendar . . . one James loves: the Spring.

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

DOROTHY DIX'S COLUMN

Tactless Friends

Fault-Finders Need A Dose Of Their Own Medicine

DEAR MISS DIX: What do you think of these "frank" people who pride themselves on "speaking their minds"? I have a friend who is driving me crazy. Whenever she comes to my home she finds fault with something—always for "my own good, of course." She makes disparaging remarks about my clothes—even in the presence of others. It is embarrassing to me, as well as upsetting. She is a person who will do anything for you, but spoils it all with these "remarks." While I don't believe in being deceitful, I do think it's better to make no comment at all than to be continually belittling.



Muriel Nissen

ANSWER: It's really wonderful how some outspoken people can set themselves up to be highly virtuous. They throw overboard every vestige of tact, consideration, politeness and kindness for the dubious distinction of being perfectly honest at all times. Of course, actually they are not being honest; the law of averages alone would necessitate at least an occasional kind comment, which people who pride themselves on telling us things for our own good never make. It's only human failings that are worthy of the malicious one's attention.

FRANKNESS BEGETS FRANKNESS

Try giving tit for tat. The next time your friend brags about her frankness, tell her you agree wholeheartedly with her principles, adding: "How did you ever come to pick a hat that particular shade of brown? It makes your dull hair look even more drab. And with your sallow skin—" The lady will be annoyed, that's sure; it's one of the strange anomalies of human nature that people who expect others to have hides like elephants are themselves so sensitive that their fragile skins are pierced by anything that even remotely resembles a barb.

This particular failing is, like so many others masquerading under different guises, an outward manifestation of a deep, inward inferiority. People who suffer from inferiority complexes often take the oddest means to focus attention on themselves. That the attention is usually unflattering is a minor point they overlook. If a fairy godmother could teach these folks to bring out their better qualities, both they, and their associates, would benefit. Why not try the role of godmother? If you can draw the lady out, win her confidence and learn what she would like from life, and what she has to contribute—though she may be unaware herself just what her abilities in this line may be—you may be able to turn a menace into a blessing.

DEAR MISS DIX: I am a young man of 28, sensitive and artistic, married 3 years to a woman of 39, a fine person whose wealth has enabled me to have the luxuries and objects d'art I have always desired. At first we were completely happy, but now I find myself in love with her 18-year-old daughter of a previous marriage. The girl has inherited her mother's charm and has, in addition, a fine vibrant beauty. Do you think my wife will understand if I ask for a divorce?

ANSWER: There are probably fine, succinct words to describe a creature like you, but I'm afraid no newspaper would print them if I used them.

You marry an older woman solely for money, then decide that your avaricious possessiveness might as well include her daughter—who is, in herself, a charming "objet d'art." When you approach your wife with the proposition you have in mind, she should pick you up bodily and toss you out of her home. I'd give anything to see her do it.

Too many women are similarly beguiled by the blandishments of young men who would rather marry money than earn it. I hope your wife takes full advantage of the opportunity to be rid of you, and that her daughter has developed enough sense to see through your cupidity.

DEAR MISS DIX: I am a single girl of 21, and have been seeing a young man for about three months. Neither of us has dated anyone else in that time, and for the past month I've been sure I want to marry him. I have been hoping he'd say something to this effect, but so far he hasn't. When I asked him to make something definite between us, he said I was rushing him. I have no desire to rush him into anything, but would like to know where I stand.

ANSWER: You certainly are an impetuous young lady, definitely ready to risk romance for practicality. Proposing to a man you've known only three months is rushing things even in this jet-propulsion age.

You aren't even being fair to yourself. An acquaintance of more than three months is needed before two people can get to know each other sufficiently well to be sure they want to be together for the rest of their lives. At 21 you're scarcely ready to be put on a shelf if you happen to miss the boat with this particular young man. If you should lose him in six months, as you seem to fear, you still have lots of time for marriage, and you've had the pleasant memories of a good friendship. By this time I wouldn't be a bit surprised if the boy hasn't been permanently scared off by your precipitation. If you're lucky enough to have him around yet, take things a little easier and let him do the courting.

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

Better English

By G. C. Williams

- 1. What is wrong with this sentence? "What kind of a picture are you hanging up on the wall?"
2. What is the correct pronunciation of "facile"?
3. Which one of these words is misspelled? Roulette, Roquefort, roundelay, roustabout.
4. What does the word "refute" mean?
5. What is a word beginning with pe that means "supported from above"?

ANSWERS

- 1. Omit the words "a" and "up."
2. Pronounce fas-ill, as in fast, accent first syllable.
3. Roundelay.
4. To disprove by argument, evidence, or proof.
5. Pendent.

Modern Etiquette

By Roberta Lee

Q. Is it really necessary for a hostess to rise when greeting a guest who has just arrived, and other guests are already present?

A. Yes, always. It would be very discourteous if a hostess did not rise to greet each guest, and also when taking leave of each departing guest.

Q. Which is properly considered the head of the dinner table?

A. Wherever the hostess sits. In other words, the wife is the head of the table, though the man is head of the house.

Q. Does a widow remain Mrs. James J. Adams, or does she become Mrs. Mary A. Adams?

A. For all formal purposes, she is still Mrs. James J. Adams.

Morning Smile

Proof

Council and police witness were having a battle of words. Finally counsel turned to the policeman and said: "But if a man is on his hands and knees in the middle of the road, surely, that is no proof that he is drunk?"

Never Mind

Hubby was filling up an insurance form. "It sez 'ere. 'Any insanity in the family?' What shall I put?" he asked his wife. "No, of course," she replied. "But wot abaut Uncle 'Orace wot's in the asylum and keeps sayin' 'e Napoleon?"

"Oh," said his wife, "yer don't want to tike any notice of 'im—'e's potty."

Advertisement for Colgate Toothbrush. Text: 'In Just 60 Seconds SWEETER BREATH Brighter Smiles-Less Decay'. Includes image of a woman's face and a Colgate toothbrush.

A Country Garden

By Mrs. Gordon MacMillan

Richardson Wright, for many years the editor of the beautiful House and Garden magazine, has written several garden books and the title of the book we shall talk about today is "The Winter Diversion of a Gardener." In 1700 in England was born a wonderful lady, Mary Granville, who started her curious art of paper mosaic flowers at the age of 74 and in the next eight years, she completed nearly 1,000 different flowers. Sir Joshua Reynolds judged her delicate flower pictures to be unrivalled in perfection of outline, delicacy of coloring, accuracy of shading and brilliancy of color.

The contemporary botanists, Sir Joseph Banks and Dr. Solander, thought her paper flowers were the only imitations of nature real enough to use as botanical specimens. Mary Granville, who became Mrs. Delaney before she began her collection of flora, began her mosaic flowers by placing a living flower against a dark background. She did not draw the plant, but by her eye alone cut each petal and other parts of the flower from colored paper. Each part was cut and laid on a black paper, pasted one over another, stems, pistil, petals and leaves cut from various colored papers. These papers she obtained from paper stainers who could provide odd lots of papers where the color had run to produce odd tints and shades. Sea captains from China also brought her rare wall-papers which provided her with special colors she needed. The marvel of her work was her gift of cutting each shadow, outline, leaf, flower and stem with a high degree of exactness. Some of these paper mosaic flowers are now in the British Museum, and some in Windsor Castle.

When Mrs. Delaney was 82, her eyes were no longer able to direct her scissors in tracing the outlines of her flowers. Each was ingenious — exquisite with all the radiance of real life.

These lines she wrote and included in her flora are expressive of her wonderful character. The time is come! I can no more the vegetable world explore; No more with rapture cull each flower.

That paints the mead or twines the bow; No more with admiration see Its beauteous form and symmetry; No more attempt with hope elate Its lovely hues to imitate! Farewell! to all those friendly powers That bless my solitary hours.

A study of the part played by the church and churchmen in horticulture and botany, called "The Parson with the Hoe" is the last chapter in this wonderful book. As the eye ranges over the extensive panorama of the Garden's past, two professions stand revealed as having been gardeners from time immemorial: physicians and priests. In the beginning, these were undivided; the cure of man's body and the cure of his soul being inseparable. Although their ways have long since parted, the ancient heritage of garden associations still lingers with each of them.

The hand of the priest and of the physician alike are accustomed to the hoe. To tell the story of the physician's pursuit of gardening would involve writing the history of the evolution of botany. The parson has been a much more varied gardener. His work has been more scattered and diverse. He may turn out to be a leader in horticultural science, or a floral poet, or an exploring missionary, or simply a picturesque figure that followed the rural traditions.

Those who travel England's country-side are continually encountering the parson in his garden. Names of the English and French clergy constantly crop up in our present-day pursuit of gardening, and our gardens are the richer for their work. Equally important accomplishments are attributed to the clergy of nationalities and of other faiths in every corner of the globe. Many of our esteemed plants were first sent back home by missionaries, whose zeal and botanical knowledge led them to study the unknown flora of far-flung lands. Less-travelled parsons carried new plants from one country to another. Nor have these accomplishments been limited to followers of the Christian religion alone.

The migration of many plants from China and Japan and their careful cultivation throughout the centuries may be accredited to Buddhist and Shinto priests. Some of the gardens of the rarest beauty in Japan today are those surrounding temples, and the hinterlands of Manchuria and Mongolia are dotted with these oases of green loveliness devoutly tended by resident lamas. In the twelfth century, monks of the Buddhists travelled from China to Japan. In their scant luggage were slips of a precious tree they had grown around their monasteries at home. Once in the

Household Scrapbook

By Roberta Lee

Sewing Machine

Sometimes after oiling the sewing machine the oil will spot the material. To prevent this, tie a small piece of cotton string around the needle bar, near the place where the bar grips the needle.

Ironing Board Cover

Wet the ironing board cover before fastening or tacking it in place on the ironing board. The cloth will lighten as it dries and give a smooth surface.

Paroled Lips

Dip a piece of absorbent cotton in a solution of half glycerin and half lemon juice for moistening the lips of a fever-paroled patient.

new country, they set out the alps, watered them, and led their growth to maturity. Centuries passed, then Japan is opened to foreign commerce. Plant-hunting botanists discover these trees around Buddhist monasteries and, in turn, carry slips of them back home. Today they line the streets of many a town and city, and you and I stroll their history. For this is the romance of the Ginkgo — one of our best trees for street planting. Next week we shall continue our study of this book; describing the many men who were plant collectors in the long ago.

SOUTH PORT JUNIOR RED CROSS

The following is the slate of officers elected for 1953 by the Southport (Senior) Junior Red Cross at a recent meeting held in their class room: vice-president — Miss Theresa Gallant; president — Miss Katherine Burns; secretary — Joyce MacKie; Treasurer — Patsy Cooper; circulation manager — Betty Rogerson.

Jury Foreman



Gladys Ross, 43-year-old Hamilton, Ont., school-teacher, is believed the first woman in Canada to be appointed foreman of a jury. Addressed officially as madame foreman, Miss Ross acted on a jury in a civil action that appeared before Mr. Justice J. L. McLennan at the Ontario Supreme Court in Hamilton. (CP Photo.)

After the newly appointed president had been installed, roll call was answered with the identity of a "Famous Person."

Fannie Hayley, Blair, Scranton, Marianne MacDonald, Carol Burns and Jeanie Stewart were appointed on the service committee.

Refreshments will be sold at the next meeting and members of the executive will be in charge of same. The program for next meeting will be in charge of Claudia Robertson and Betty Aylward.

After a half-hour of games which all the Juniors thoroughly enjoyed, the meeting was adjourned.

LONDON.—(CP)—Highway casualties in Britain last year were the lowest since 1930. Fatalities totalling 4,705, were 546 fewer than in 1951, and total casualties of 208,141 were 8,352 lower.

Needlecraft News

by Pauline Roy

ONCE AGAIN SPRING is approaching and with its arrival we anticipate a grand variety of breathless new fashions. The nicest feature of the spring fashion news is that there is always so much variety that we have the opportunity to select several styles from many. This is an important phase of fashion because while a style is new, it does not necessarily follow that that style is for you. It's the ability to pick and choose the right style that makes it a fashion-for-you.



New Points of Fashion

There has been little change in the fashion story this year, but the changes that have occurred are important ones. The summer nipped-in waist and full, full-skirt has given way to a softer, slimmer silhouette. This is apparent in suits as well as dresses. We are not saying full skirts will not be worn... they will be and will continue popular throughout the summer, but the 1953 fullness is softer, more graceful and worn without the crinolines. The "middy look" which was introduced in Paris last year is continuing and will be found in many attractive patterns. The new jackets are boxy, usually big length and snug at the bottom. These will be the new suit jackets worn over slim skirts and costumes. Necklines are soft and feminine cowl necklines and stand away collars are seen often. Shoulders are narrower, not padded and if padding is necessary, should be kept slight.

These are the most prominent changes. Patterns are attractive and designed simply. You'll find just the one you are looking for among this year's choice. The week of February 28th-March 7th is the week chosen this year as National Sew and Save Week. During that week all the stores across Canada will be making special features in their pattern, fabric and notions departments to assist the home-sewers. So why not visit your own local stores during Sew and Save Week to see what your merchant has to show you?

Sheath Dress

The sheath dress is more popular than ever this season, a useful basic dress in every wardrobe. Directions for making this dress along with a versatile overskirt or cape can be obtained in size 14 if you send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for SHEATH DRESS, Leaflet No. E-2515.

Anne Adams Patterns

SMART SIDELINE!

THIS DRESS does something for you! Surplice line is so very waist-whittling. Crisp collar and cuffs give you a neat-as-a-pin look. Panel gives the new swing to your skirt. Together, all these details give you the smartest classic of the season! Pattern 4557: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 39-inch fabric.

This pattern easy to use, simple to sew, is test 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.



4557 12-20

by Anne Adams

Alice Brooks Designs

TRANSFER DESIGNS IN COLORS



Decorator's delight! Plant a vegetable garden right in your kitchen in sparkling tomato-red and cool green! Motifs — luscious as life, can be quickly ironed right on kitchen towels, tablecloths, curtains, also aprons and potholders! No embroidery needed!

Quick! Easy! Washable! Two-color transfers! Pattern 7310 has 8 motifs, about 3 1/2 x 4 1/2 inches.

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.

SPARERIBS WITH CELERY DRESSING 2 strips spareribs, about 3 lbs., 1 tablespoon vinegar, 1 onion, finely chopped, 3 tablespoons fat, 3 cups stale bread crumbs, 1/2 cup celery, chopped, 1 cup tart apple, chopped, 1 cup sausage meat, diced, 1/2 teaspoon salt, dash of pepper and paprika.

Brush the spareribs with the vinegar. Pan fry the diced onion in the hot fat; add all the remaining ingredients and blend well. Lay one strip of the ribs in a roasting pan; spread with the dressing and cover with the second strip of ribs. Cover the meat with sliced brown paper; oven bake without a cover for 2 hours. Serve 5.

Advertisement for Butter-Nut Enriched Bread. Text: 'ENRICHED BREAD MEANS ADDED MINERALS, VITAMINS, MORE MILK'. Includes image of a loaf of bread.

Advertisement for King Code Tea. Text: 'ANY TIME — it's time for KING CODE TEA'.

Advertisement for Phillips' Milk of Magnesia. Text: 'FIGHT ACIDITY AND CONSTIPATION TAKE PHILLIPS' MILK OF MAGNESIA TONITE'.

Advertisement for Heinz Mustard. Text: 'PRIZE Pepper-upper for Hamburgers, Wieners, Sausages etc'.