

That Body Of Yours

By James W. Barton, M.D.

SUCCESSFUL TREATMENT OF CHILDREN WITH BRONCHIAL ASTHMA

While asthma itself is not usually a fatal disease, the damage it can do to the body—bronchial tubes, heart, lungs and nerves—can so undermine the health that death may result from complications.

While an asthmatic attack is serious enough in an adult, a severe attack in a child is pitiful to witness especially for parents.

Fortunately, the great majority of attacks can be stopped within a matter of minutes by the use of the injection of 10 to 15 drops of epinephrine (adrenalin).

In former days, as the cause of asthma was unknown, physicians were satisfied to relieve the attack but today physicians not only can relieve the attack, but, in the majority of cases, can give treatment to prevent attacks.

In Annals of Allergy, Minneapolis, Dr. L. Unger, A. H. Unger and A. Wolf report on 366 children whose bronchial asthma began on or before the age of 13 and who were treated from 1 to 30 years.

In paroxysmal asthma (when attack comes on suddenly and violently) there are no symptoms but attacks in chronic asthma there are some symptoms—coughing, wheezing, shortness of breath—which become very severe at times. The physician recognizes chronic asthma by these symptoms and the fact that relief is obtained by the use of epinephrine (adrenalin), a history of asthma in the family or other symptoms of allergy in the patient—head colds, hives, and skin tests.

The general treatment includes the avoiding of allergic substances—flora, feathers, foods, house or other dusts—injections of small quantities of the allergic substances to allow the patient to get so used to them that his system sets up enough defense to prevent use of adrenalin, aminophylline, syrup of ipecac (which loosens the plug of mucus) and in severe prolonged attacks, hospitalization in an allergy free room.

In 60 of the 366 patients, no treatment was given. In the other 306 children the results were as follows: complete relief of symptoms in 99 cases; marked relief (75 to 95 per cent) in 139 cases; moderate improvement (25 to 75 per cent) in 45 cases; moderate improvement (25 to 75 per cent) in 45 cases; failure in 15 children; and death in eight children. Paroxysmal asthma (no symptoms between attacks) was present in 281 cases and chronic asthma in 25. "Treatment gave far better results in paroxysmal than in chronic asthma but chronic asthma in children has a much better prognosis (probable outcome) than in adults."

The best results of treatment were obtained in cases where the asthma was caused by pollen of plants as the physician was thus able to give the usual treatment for "pollen" sufferers (asthma, hay fever, eczema)—that is the desensitizing of the patient by injecting tiny doses of the pollen under the skin.

Modern Etiquette

By Roberta Leo

Q. When one is eating in a crowded restaurant and a stranger wants to sit in a vacant chair at one's table, asking, "Do you mind," what should the response be?

A. The best answer, of course, is "Not at all."

Q. Is it necessary for the hostess of a house-warming to write "thank you" notes for all gifts brought by the guests?

A. Yes. It would be rude and unappreciative not to do so.

Q. Is it proper for a boy to ask a girl for a date if he happens to know that she is seriously interested in another boy?

A. There certainly is nothing improper in his trying.

Sonnet SENSATIONAL!

NATURE'S EMBELLISHMENT

Grenier

SATIN 100 NYLON 150

Cook's Corner

GOLDEN HAM SANDWICHES

1 cup ground cooked ham, ½ cup sweet pickle relish, 3 tablespoons ketchup, 8 bread slices, 1 egg, ½ cup milk, 2 tablespoons butter.

Combine ham, relish and ketchup. Spread between bread slices. Beat egg add milk. Dip sandwiches in egg mixture. Brown on both sides in butter. Serve hot. Makes 4 sandwiches.

BARBECUED STEAK SANDWICH

4 tablespoons ketchup, 3 tablespoons vinegar, 1½ tablespoons fat or salad oil, 2 tablespoons water, 2 teaspoons Worcestershire sauce, ¼ teaspoon salt, 4 cube steaks, 4 slices bread, 2 tablespoons butter or margarine, French-fried onion rings, chili sauce, mustard pickles.

Combine ketchup, vinegar, fat, water, Worcestershire sauce, salt; heat. Pour over steaks let stand 15 minutes. Drain, reserving sauce. Place steaks on rack 2-inches below broiler unit or tip of flame; broil 5 minutes on each side, basting occasionally with sauce. Brown bread slices in butter or margarine; arrange steaks on bread. Serve with onion rings, chili sauce and mustard pickles. Serves 4.

Household Scrapbook

By Roberta Leo

Peach Stains

To remove peach stains from table linen, dip the stained portion of the cloth into cold water and then cover with some cream of tartar. Hang the cloth in the sun.

Clear Jelly

Pour the jelly into the glasses as soon as it has cooked sufficiently. If it is allowed to congeal first, it will be cloudy.

Linen

The color of linen can be preserved by placing a few small pieces of camphor gum in the drawers that contain the linen.

Morning Smile

No Change

Watson returned to his native town after some years abroad. "Has Watson changed much in the years he has been away?" asked one who had heard of his return but had not yet seen him.

"No," said the man addressed, "but he thinks he has. He persists in talking about what a fool he used to be!"

Handy Man

"Any man can find work if he'll only use his brains," said the efficiency expert, "provided, of course, he is ready to adapt himself to circumstances, like a piano-tuner I once met on the Canadian prairie."

"But even if he was adaptable," protested one listener, "he couldn't make piano-tuning pay with pianos so few and far between."

"Admitted," replied the expert, "but he made quite a decent living tightening up barbed-wire fences."

How Can I!!!

By Anne Ashley

Q. How can I eliminate the noise of slamming screen doors?

A. Slip several wide rubber bands about the door knob of a screen door and carry them over to the knob on the other side of the door. This will prevent the annoy-

Anne Adams Patterns

HALF-SIZE FASHION

YOURS — slender lines, smart tucked details — you've seen in smaller sizes! YOURS — a half-size pattern perfectly proportioned to flatter your shorter-waisted, fuller figure! YOURS — hours of time saved on alterations! Have it in printed sheer — SOON!

Pattern 4884: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4½ yards 35-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.

If You're TIRED ALL THE TIME

Everybody gets a bit run-down now and then, tired-out, heavy-headed, and maybe bothered by backaches. Perhaps nothing seriously wrong, but a temporary basic condition caused by excess acids and wastes. That's the time to take Dodd's Kidney Pills. Dodd's stimulates the kidneys, and so help restore their normal action of removing excess acids and wastes. Then you feel better, sleep better, work better. Get Dodd's Kidney Pills now. Look for the blue box with the red band at all druggists. You can depend on Dodd's. 52

Royal Gown Glitters With Gems

LONDON, (AP)—At her Coronation Queen Elizabeth wore a regal, historic gown of jeweled, embroidered white satin—a masterly blend of symbolism, simplicity and good taste.

The dress—a closely guarded secret for many months—has a molded bodice, cut square over the shoulders, but curving to a slightly heart-shaped centre over the bosom. Sleeves are half-way to elbow, slightly shorter outside than inside the arm.

The full flaring skirt, slightly trained, is embroidered with 11 separate emblems, yet they are executed so daintily in design and colors that the over-all effect is one of restrained, glittering elegance.

Here's what royal designer Norman Hartnell faced in the way of design material:

The English Tudor Rose, the Leek of Wales, the Shamrock of Ireland and the Thistle of Scotland, and the British Isles;

And for the Commonwealth countries: Canada's Maple Leaf, the Wattle Flower of Australia, the Fern of New Zealand, the Protea of South Africa, the Lotus Flowers of India and Ceylon, fenestrated, and the Wheat, Cotton and Work of Pakistan.

Work of Art

The Queen and Hartnell considered it appropriate to work in all these designs. To fashion them into a work of art instead of a horticultural exhibit Hartnell kept the bodice completely free of any pattern save a delicate lattice-work of seed-pearl and crystal which is encrusted in unified background of the entire gown.

Further unity to the whole is lent by an embroidered band of golden crystals, graduated diamonds and pearls, bordering bodice top, sleeves and extreme hem of skirt. It is repeated three times across the skirt.

Tiny Tudor Rose

Above the waistline the only design to appear is a diminutive version of the pale pink Tudor Rose on each sleeve.

Below the fitted waist the bodice extends smoothly into a petalled design, the first tier decorated with tiny Welsh leek flowers in white silk and diamonds, with leaves of palest green silk.

The second tier, with larger petal design, shows the shamrock in soft green silk, silver thread bullion and diamonds.

Next, and larger again comes the Scottish thistle, embroidered in pale mauve silk and amethysts, with the calyx in green silk, green thread and diamond dewdrops.

The last portion of the skirt is decorated with a repeated large design which blends all the Commonwealth symbols about the large Tudor Rose, in sparkling jewels and pastel rose, green and gold colors.



The Stars Say -

By Genevieve Kemble

For Tomorrow

THIS is a day in which you may take enthusiastic action on a new venture you've had in mind for some time. The auspicious favor for bold and the daring, and successful achievement is indicated for those worthwhile enterprises which might well affect your entire future.

The day is also excellent for community welfare and betterment programs, and plans favor the benefits or fund-raising in the interests of charity should find unusual cooperation from those in a position to help. Domestic and courtship matters are under fine influence.

Gold Kid Sandals

Her Majesty's shoes were hand-crafted sandals of gold kid with ankle strap and platform.

The embroiderers who worked on her gown were the same who embellished her wedding dress. Forty other Hartnell employees worked on the dresses worn by the Queen Mother, Princess Margaret,

the Duchess of Kent and the latter's daughter, sixteen-year-old Princess Alexandra.

The Queen Mother and Princess Margaret both wore white satin richly embroidered with diamonds; the Duchess of Kent ivory satin encrusted with diamonds, pearls, gold thread and silver. Her daughter wore a diaphanous dress of white Nottingham lace mounted on white tulle.

The dress the Queen wore for the anointing ceremony was of white handkerchief linen, cut with shawl-like collar and full, knitted skirt.

A Hartnell spokesman explained that the anointing dress is cut so that it slipped easily over the head over the coronation gown. The linen dress was removed after the anointing and the Queen then slipped into a loosely cut robe, also a white linen, cut like a bishop's mantle, for the communion service.

The coronation gown stayed on from the time the Queen left Buckingham Palace until she returned. On the way to the Abbey she wore over it the red robes of parliament. On the return trip, the royal purple robes of state were worn.

ELLEN'S DIARY

By An Island Farmer's Wife

From more than one quarter—so soon are balmy days forgotten!—we heard today complaints in regard to the continued cool weather obtaining—about "this cold wind" which despite brilliant sunshine seemed to penetrate even to the marrow. And Jamie, who took his turn on the tractor at chore time this evening, came in to claim again his knit gloves of winter.

The pond orchestra plays without spirit at the moment, the joy of warmer evenings missing from their tune. For the night is cool. But a glowing hearthfire gives off comforting warmth and a fragrance of woody places as the leaf-kettle sings. . . . James will appear presently into the silence that is ours at present, in this family's brief absence, to bring us from Alderlea, the Mother of these places, the satisfactions and concerns of his day.

He will relate that he "got that patch across the creek sowed"; how "it didn't seem to take enough grain, Ellen—at least not to my way of reckoning," she doesn't seem to be putting enough on—whatever is the cause of it."

And are not the fields of Home much in mind these days? And do we not know well every nook and violeted cranny of that field across the creek? Down where it slopes to the millstream which at this season dimples and flows happily in the sunlight singing for those who will stop to hear it, a merry little tune. At the very foot in the pasture—years, a hard beaten path winds toward the spring;

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Better English

By D. C. Williams

1. What is wrong with this sentence? "There is no necessity of the going."

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

3. Which one of these words is misspelled? Rendezvous, rarified, recipient, regretting.

4. What does the word "cynical" mean?

5. What is a word beginning with ul that means "farthest"?

ANSWERS

1. Say, "There is no necessity for my going." 2. Pronounce, ko-nyak, o as in no, a as in act, accent first syllable. 3. Rarefied. 4. Contemptuously distrustful of human nature. "He treated all that was said with cynical indifference." 5. Ultimate.

DOROTHY DIX'S COLUMN

Seeks Further Education

Friends Advise Happy Wife Against Going To College

DEAR MISS DIX: I am 30 and have been married two years. I have a good job, nice home, and a wonderful husband. I finished high school, and now would like to go to college. My relatives and friends advise me against this, saying it will break up my marriage. My husband tells me to do whatever I want to do. I want an education more than anything, but don't want to wreck my marriage.

HOME VS. COLLEGE

ANSWER: If there is a college in your city that you can attend without disrupting your home schedule, go to it. However, if pursuing a higher education would mean leaving home, even for a few days each week, don't. In the latter case, contact some specialized school and concentrate on one field, such as home economics, music, art or languages.

DEAR MISS DIX: I have been married six years and have two children. They are both not-tempered and stubborn, and I'd like to know how to manage them. My own mother died when I was very small, and I never had anyone to teach me what was right, or to set an example for me. I was only 16 when I married, but I have been very happy. I do want to bring my children up in the right way.

ANSWER: Your determination to do right is the most important factor in raising your children. Don't expect perfection from them, and don't let needless worry blind you to the vital factors of living. One of the finest books on child care is the U.S. Government's publication, "Your Child from Two to Six," available for 25c from the Superintendent of Documents, Government Printing Office, Washington 25, D.C. I shall be happy to recommend a few other inexpensive booklets, if you'll send me a self-addressed stamped envelope.

DEAR MISS DIX: The lady of my affection is 20, one year older than I am.

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Folks sure favor a MAGIC cake!

SELF-ICED SPICE CAKE

Mix and sift 3 times, 2¼ c. once-sifted pastry flour (or 2 c. once-sifted hard-wheat flour), 2¼ tps. Magic Baking Powder, ¼ tsp. salt, 1¼ tps. ground cinnamon, ¼ tsp. each of ground cloves, ginger, allspice, nutmeg and mace; mix in ¼ c. washed and dried seedless raisins and ¼ c. chopped walnuts. Cream ¼ c. butter or margarine and blend in 1¼ c. lightly-packed brown sugar; beat in 3 well-beaten egg yolks and ¼ tsp. vanilla. Add dry ingredients to creamed mixture alternately with ¾ c. milk and spread batter in 9" square pan, which has been greased and the bottom lined with greased paper. Beat stiff, not dry, 3 egg whites and a few grains salt; gradually beat in 1 c. lightly-packed brown sugar and spread over cake; sprinkle with ¼ c. chopped walnuts and bake in a rather slow oven, 325°, 1¼ to 1½ hours; cover lightly with brown paper for last half hour.

All New!

Richard Hudnut announces the all-new home permanent with revolutionary Beauty Rinse Neutralizer

1 NEW! BEAUTY RINSE NEUTRALIZER. With creme rinse built-in. Automatically neutralizes, conditions and beauty-finishes hair in one quick step. Gives you bouncier, prettier, longer-lasting curls with a never-before kind of natural lustrous softness. Never that "new permanent" look!

2 NEW! DOUBLE-QUICK METHOD. Eliminates all nuisance steps. No messy dripping time. No waiting for hours while hair dries on curlers. Takes less time from start to finish than any other type of home permanent. You can unwind curls immediately!

3 NEW! SAFETY-BALANCED WAVING LOTION. Balanced and buffered to protect hair vitality and health. Insures a curl that goes right to the ends. Gentlest regular waving lotion on the market today.

4 NEW! SALON CUSTOM-TIMING for just your kind of hair. You control the curl with professional-type safeguards. No frizz, no fuzz, no "fail to take." Say goodbye forever to that "new permanent" look!

Richard Hudnut

We make no wild promises, no empty guarantees. Your beautiful hair will speak for itself.

FEEL how soft and bouncy the ends are. Not frizzy, not crackly. Beauty Rinse Neutralizer instantly restores the delicate acid balance of your hair, the reason your home permanent is so soft, so perfectly natural-looking from the very first day.

EXAMINE the ends under a magnifying glass and note how strong and silky hair looks. No newly split ends. Exclusive Beauty Rinse Neutralizer conditions your hair to silky smoothness as it locks in the wave. No "let-go" after your shampoo. It's wonderful!

LOOK at the beauty-finish. The built-in creme rinse in Beauty Rinse Neutralizer gives your hair lustrous polish, fragrance, manageability like the finest salon waves. You get not just another home permanent but the truly beautiful hair you've dreamed of.