Women's realm

That Body Of Yours

By James W. Barton, M.D.

EMOTIONAL FACTORS IN ILLNESS IN INDUSTRY

When we think about the industrial physician, we realize how fortunate that he is present or readily available in case of accidents. However, even more important is the prevention of illness of employees to lessen the amount of absenteeism.

We are all learning more of how our emotions may interfere with our general health, and information regarding the recognition and prevention of what is known as psychoneurosis is becoming available.

In The Ontario Medical Review, Dr. G. E. Hobbs, Professor of Clinical Preventive Medicine, University of Western Ontario, states: "The following patient is familiar to any physician in industry or in private practice. The patient is more often a female than a male. She comes complaining not of one symptom but of many. The symptoms usually involve such a variety of organs that it is impossible to link them with any one specific disease. Probably the most common symptom is fatigue. This fatigue is more marked in the morning and becomes less during the day. With fatigue, is difficulty in sleeping, particularly getting to sleep. Because she is wakeful, she worries about the effect of lack of sleep on her health. She wakes in the morning more tired than when she went to bed." Many complain of loss of memory—a feeling of thickheadedness, inability to concentrate. Other common symptoms are dizziness, tightness across chest, shortness of breath. Sometimes an extra heartbeat is present.

It has been found that these symptoms, whose underlying cause is anxiety, stand second only to the common cold as a cause of absenteeism. This anxiety may or may not be connected with industry itself, that is, it may be caused by a critical faultfinding supervisor or some domestic or financial problem.

Dr. Hobbs states that the following findings are important in suggesting the diagnosis of psychoneurosis.

1. The multiplicity or great number of varied symptoms.
2. Some disturbing incident in the personal life of the individual.
3. The presence of nervous symptoms such as irritability and anxiety, in addition to symptoms present in any one organ.
4. The vague or not clear language used to describe the symptoms.
5. The ease and rapidity with which certain symptoms will respond to slow acting drugs. For example, the person who takes his first vitamin tablet and feels better immediately.
6. Most psychoneurotics show characteristic findings on examination: rapid heart beat, excessive sweating, cold hands made clammy by excessive sweat, an exaggeration of the reflexes such as the knee jerk.

Cook's Corner

GOLDEN NESSELRODE PIE

One envelope unflavored gelatin, ¼ cup cold milk, 4 egg whites, stiffly beaten, 1 cup sugar, ½ teaspoon salt, 1 cup scalded milk, ½ cup cream, 1 teaspoon rum flavoring, 4 egg whites, stiffly beaten, 1 tablespoon finely chopped maraschino cherries, baked pie shell, shaved sweet chocolate.

Soak gelatin in cold milk. Mix egg yolks, ½ cup of sugar, salt, and stir in scalded milk. Stir over hot water until mixture thickens slightly. Remove from heat, add soaked gelatin and stir until dissolved. Add cream and flavoring and chill until syrupy. Fold in beaten egg whites and cherries. Pour into pie shell and chill until firm. Garnish with shaved sweet chocolate before serving. Yield: 1 9-inch pie.

GRAPEFRUIT-CUCUMBER SALAD

One envelope unflavored gelatin, ¼ cup cold water, 1 No. 2 can grapefruit juice and water, 2 tablespoons sugar, ½ teaspoon salt, 2 tablespoons tarragon vinegar, 1 cup diced peeled cucumber, 2 tablespoons minced onion.

Soften gelatin in cold water. Drain grapefruit and add water to juice to make 1½ cups. Heat. Add sugar, salt and vinegar and dissolved gelatin. Cool until syrupy. Add drained fruit, cucumber and onion. Pour into 1-quart mold, and chill until set. Serve garnished with lettuce or watercress and mayonnaise. Yield: 8 to 10 servings.

Rheumatic PAIN

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ELLEN'S DIARY

By an Island Farmer's Wife

It is true that even one most partial to Island weather feels a touch of irony when she receives a letter from summery places and a winter white lies along the face of her countryside . . .when the frost spreads pastorals on the panes and drifts chase along the slopes of the valley.

And a wind that has whetted his breath against cold bergs of the north blows down from the fields, and icicles cling to the barns' eaves. And sleigh runners creak and steps crunch on the paths and James bringing in with him signs of the out of door chill comes to select "a newer pair of mitts, Ellen" and remains a long minute by the warmth of the fire before returning to his choring.

• • •

And what bewitching folders of the place they enclose —what fascinating pictures they paint! Folks lolling on beaches, mirroring lakes, palm trees filtering the sunlight, white clouds "out of this world" against the blue. And they write, "Our garden is. . . well . . . quite pretty at present, though of course there will be more abundant bloom later.

But the flame flowers (vines) are blossoming and the hibiscus, both single and double; the azaleas are showing promise and the roses are in bud." Other titillating subjects they touch on: "On the next lot, we have grapefruit, orange tangerine and kumquat, so you see we have an abundance of fruit. At the moment oranges are 50 cents a bushel, grapefruit a dollar.

• • •

The children studied cards and folders thoughtfully enclosed for them in our letter, flower-scenes and the like for granddaughter, animals for the boys. Pictures from "The Cow Capital of Florida" of huge ones of the strange Brahmin breed of cattle, now being introduced in States farther north, and crossed with beef breeds we know. . . Zoo pictures interesting and sometimes fearful: a wide-mouthed alligator, the hide of which goes into milad.'s shoes and bags and which brought up the question from Jamie. "Does he eat a man whole?" and the comment from Gage. "I reckon he'd be so hungry he wouldn't stop to take too many bites!"

"And not a speck of snow anywhere, and it winter" granddaughter remarked: "I wouldn't like that" she smiled "I like winter to be winter! The snow is lovely, don't you think? So pretty when it falls in big flakes — they look just like stars and you can catch one in your hand . . . and when you open it" she laughed softly over the remembrance "it's gone! There's nothing there but a

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DOROTHY DIX'S COLUMN—

Seeks Friendship

Reader Complains Men Want More Than Companionship

DEAR MISS DIX: Is friendship or companionship between a man and woman a thing of the past? I am a single woman in my middle thirties and find it practically impossible to have male friends, unless I lower my standards or sacrifice my high ideals and self-respect. Unmarried men in my age bracket are indeed scarce and when the few I do meet are attracted to me it seems that sooner or later they expect liberties and privileges that I will not allow. Then and there the friendship ends, as they are no longer interested. I am considered intelligent and though not a ravishing beauty am attractive and make a good appearance. I neither smoke nor drink and my behavior has always been that of a lady. Men enjoy my company and like to be with me, yet it is obvious they consider a date a waste of time and money unless there is something more in it than good, clean fun. Perhaps I'm too old-fashioned.

PUZZLED R.

Muriel Nissen

ANSWER: Difficult as it is to believe, your unfortunate experience with men does not mean that they are all the same. You must realize one thing, however: the fact that a man has remained single into his thirties indicates an unwillingness to accept the responsibilities of marriage—and a determination to continue ignoring them. They are not apt to be good matrimonially.

THEY FEEL SUPERIOR

The fact that this group is so small numerically makes its members feel very superior; they expect every woman they meet to fall at their feet and be ready to give in to every whim. Of course, this feeling is furthered by the fact that so many women do exactly what is expected of them. They practically make idols of these bachelors and the eligible male comes to think himself very important indeed.

In seeking, among men, for the sort of companionship you wish, and are capable of giving, you have a task compared to which Diogenes' search was a childish game of hide-and-seek. Lowering your standards certainly is no solution. You can only continue to hope someday to find someone who also has high ideals and is content to be a good friend and pleasant companion. Men who appreciate these things do exist, and one of these fine days your paths will cross.

DEAR MISS DIX: I'm in love with a boy in the Navy who doesn't seem to show much affection for me. I've known him four months and during that time have been the only girl he's taken out. I write to many boys in service, but know that Johnny is the one I love.

M. B.

ANSWER: Please give the boy a chance! It's quite possible that Johnny cares for you, but four months is rather short acquaintance to expect a declaration of undying love from him. Besides, he has many other things to think of; the Navy keeps its boys busy. Keep on writing to the other boys at least until Johnny declares himself.

DEAR MISS DIX: When a young couple is entertaining another young couple for dinner, should the woman guest offer to help the hostess with the dishes? These two couples haven't known each other very long. I feel that company should go into the living room after dinner.

BILLIE S.

ANSWER: The correct procedure would be for both couples to go into the living room for the evening, leaving the dishes piled in the kitchen until the company departs. While it isn't pleasant to face the dishes late in the evening, it's much better than having guests left alone while the hostess goes into the kitchen by herself.

In the case of young-marrieds, it sometimes happens that the husbands want to go into a huddle over business, and the girls would like to be chummy in the kitchen. Where the entertaining is informal, an offer of assistance from the guest could be accepted. Girls can become better acquainted over the dishpan, sometimes, than during a more formal living-room visit. However, such casualness is not to be recommended for ordinary usage.

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

A Country Garden

By Mrs. Gordon MacMillan

There blooms no bud in May
Can for its white compare
With snow at break of day,
On fields forlorn and bare.

For shadow it hath rose.
Azure, and amethyst
And every air that blows
Dies out in beauteous mist.

—Walter de la Mare.

Fragrant dark purple Iris is blooming on the sunny window sill! This is the first time for these Iris here and they are very lovely. The bulbs are inexpensive and there will be more of them next year. They are called the "Violet Scented Iris" because of the fragrance and a few blooms will perfume a whole room. The bloom is dark purple with bright orange crest. Florists have grown them for a long time but amateurs have not known them very well.

They come in many varieties, sky-blue, bronzy-violet and reddish purple flowers, and have long been popular in Europe. Canadian gardeners are just beginning to appreciate their charm and ease of culture.

Equally satisfactory in the rock garden or sunny border where they bloom as soon as the snow disappears, even before the Crocus. Height is from six to eight inches with narrow grass-like leaves. They are exquisite subjects for pot culture as they need only three or four weeks in a cool dark place before bringing to the light.

A reader has asked for information on how to care for a gift she received of an Azalea plant. They are not easy house plants but it is possible to keep them from year to year. My experience has been over a number of years and after blooming, the spent blooms are pinched off and the plant goes into a rest period for several months.

Some of the leaves will fall and water should be given just enough to keep it from drying out. Mine is kept in the light but not a sunny place in the house then in May the pot is plunged in the ground in a shady place and watered if necessary. In the summer, the Azalea is repotted in leafy mold and well rotted cow manure firmed around in a larger pot, watered well, and in the fall before frost it is brought into the house gradually moving from a cool veranda to house conditions. They are a bit of a nuisance but when in bloom for several weeks the trouble is forgotten as they are very lovely and bright coming in the months of December and January.

Seed catalogs continue to come in many shapes and sizes, and much can be learned from them.

A Book Of Miracles

A seed catalogue might most truly be called "A Book of Miracles". Some of us who have spent a lifetime in the handling of seeds can still contemplate with awe and reverence the miracle of a tiny seed—the seed which contains within itself the ultra-microscopic genes and chromosomes which guide and direct and control the hereditary development of the variety.

Science tells us that no two plants are ever exactly alike. The parents are not the only ancestors and each seed contains within itself the varied traits of a long line of progenitors.

It is the care and selection, the cross-breeding and hybridizing, the cleannig and testing given to the various strains over a long succession of years that has built up the high quality which you expect from every seed house.

Making up a seed order for this

Continued on page 3

Anne Adams Patterns

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Everybody wants at least one, here's yours! Go-everywhere casual that you can sew so easily has smart sharp collar, slantaway pockets. In a lovely rayon check or plaid, it's the mainstay of your wardrobe now and all season! THREE other sleeve versions!

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Modern Etiquette

By Roberta Lee

Q. When a woman is preparing to leave home within a few minutes, and a caller arrives unexpectedly, what should the woman do?

A. She most certainly is privileged to explain frankly that she has an appointment to keep at a certain time. But she should exchange a few pleasantries with her caller and not appear to be rushing her away.

Q. Is it proper for the bridegroom to help address the wedding invitations and announcements? I've heard it is considered "bad luck."

A. If he wishes to help, it is quite all right—and there most certainly is nothing of "bad luck" attached to it!

Q. When passing a cream pitcher, or any other such article that has a handle, should the handle always be turned to the one who is receiving it?

A. Yes, always.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

UNDER highly stimulated forces and faculties, ambitions as well as hopes, wishes and desires are keenly incited. It's a good time for putting over advanced ideas, aspirations and inaugurating projects of major importance. It is certain that capital, encouragement and hearty cooperation from those in high places will be available. Press forward to cherished plans, toward desired goals, perhaps with more encouragement from strangers and influential persons rather than from intimates. Females may not be too friendly.

For the Birthday

Those whose birthday it is are under excellent configurations for advancement, preferment, tokens of reward. Recognition for sagacity, sound plans and worthwhile abilities lead to the planning and accomplishment of major projects. Far vision, big ideas, inspired by shrewd but subtle insight, perhaps bold "hunches" or peculiar intuition, could attain surprising heights. But look for support from high places, not from intimates, friends or feminine associates; in personal contacts these may surprise. Romantic conquests may not measure up to ideals.

A child born on this day, while possessing much talent and ambition as well as aspiration and personal prestige, may not find support from romantic, family or feminine sources.

Morning Smile

Really Finished

"Your brother studied art, didn't he?"

"Yes, he did."

"Is he a finished artist?"

"You bet. The critics finished him yesterday when they wrote up his exhibition."

Excusable

Policeman: (arresting Co-ed for speeding). Didn't you see me wave at you?

Co-ed: Yes, but I never respond to flirtations.

Using Your Head

John. My mother-in-law almost died laughing at some of the jokes I told her.

Don: You should have told her some funnier ones.

Rheumatic & Arthritic Pains

If you are suffering from arthritis, rheumatism, sciatica or neuritis, you may now hope to get fast relief from pain and discomfort. Thousands and thousands of men and women report they now enjoy long-lasting relief—thanks to DOLCIN tablets. Get DOLCIN from your druggist today.

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How Can I ! ! !

By Anne Ashley

Q. How can I keep leather upholstery in good condition?

A. Use a damp rag to wipe off all dirt and dust, then rub with a cloth that has been dipped into the well-beaten white of an egg. After the egg has dried, rub well with clean cloths.

Q. How can I remove salt from soup or vegetables, when too much salt has been used?

A. Place a cloth over the top of the vessel and let it remain on the stove. The cloth will draw out much of the salt.

Q. How can I wash oil paintings?

A. Wash them with warm milk and water. Rub very gently. Then dry them without rinsing.

Better English

By W. O. Williams

1. What is wrong with this sentence? "He only wants what is due to him."
2. What is the correct pronunciation of "cataract"?
3. Which one of these words is misspelled? Cheyenne, Cincinnati, Carribean, Connecticut.
4. What does the word "felicitate" mean?
5. What is a word beginning with ab that means "to give up; surrender"?

ANSWERS

1. Say, "He wants only what is due him (omit to)." 2. Pronounce last syllable rat, not rak; accent first syllable. 3. Caribbean. 4. To congratulate. "Everyone should felicitate the bridal couple." 5. Abdicate.

Household Scrapbook

By Roberta Lee

Ivory Handles

Ivory knife handles are easily cleaned by rubbing gently with fine emery or sandpaper; polish with chamois. Lemon juice and salt is also excellent; rub well with lemon juice first and then with salt, or use a half lemon dipped in salt.

Thick Cream

When cream seems to be too thick to whip, place the dish of cream in another dish containing cold water. When chilled, place in a dish of hot water for a few minutes. It will then whip very readily.

Prevent Chapping

When hanging out clothes on a cold day, rub a little cornstarch on the hands, and this will prevent them from chapping

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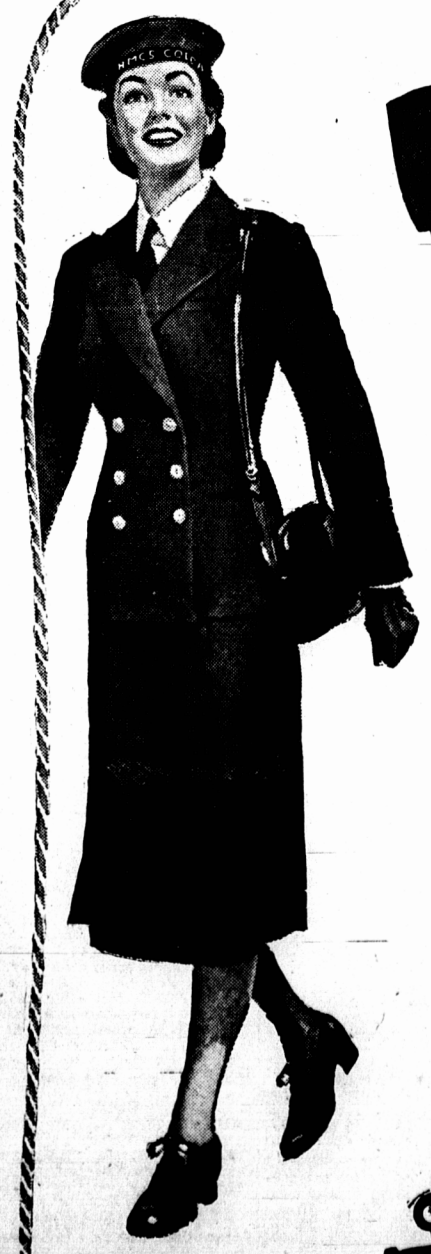
WOMEN

as

NAVAL RADIO OPERATORS

in the

ROYAL CANADIAN NAVY (RESERVE)



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