

That Body Of Yours

By James W. Barton, M.D.

OUTLOOK TODAY FOR HEART PATIENT

"The outlook for patients with heart disease is now very good. Modern treatment provides cures for forms of heart disease which used to be fatal, surgical repair for malformed hearts, and complete relief for advanced congestive heart failure."

I am quoting Dr. Walter Modell, Assistant Professor, Cornell University Medical College, in his book "Cardiology for Nurses."

It is known, of course, that heart disease is on the increase, despite the above reassuring information, but the increase is because people are living longer. Our hearts are not weaker, they are the same as they ever were. Many women worry about coronary thrombosis because they see so many of their associates so afflicted, but the chances of it occurring are no greater than they ever were.

"The increased chance of eventually developing some kind of heart disease is equal to the increased expectation of living longer. More people over the age of 45 are alive today than ever before, as a result, more people than ever before have heart disease of the type that develops after 45."

To reassure nurses who have to care for patients with heart disease, Dr. Modell informs them that the nurse can point out truthfully that men who have had many attacks of coronary thrombosis have returned to useful work and have continued to enjoy a full, or nearly full life; that children with rheu-

Morning Smile

Sympathy

New charlady (who is something of a film fan, chattily, "As yer 'usband any interest in the movies, munn?")

Housewife (agreeably): "Oh, yes, he's a connoisseur."

Charlady (thoughtfully): "Tirnin' job that, I always think, standing out there in them 'eavy uniforms."

matte heart disease have gone on to adulthood, marriage and families; that children born with heart disease have had their heart defects repaired by surgery and have become completely normal; that sub-acute bacterial endocarditis (inflammation of the lining of the heart caused by organisms), which used to be almost all the time,

As the above statements are all true, the nurse should not permit fear or apprehension to overcome these promising advances.

Further advice and information given by Dr. Modell is that these hopeful and helpful features about heart disease must be impressed on the relatives as well, for conscientiously, and more often unconsciously, they may transmit their anxiety to the patient. "It is the nurse who is in the best position to point out, at all times, the brighter and happier aspects of the situation to the patient. Her authority should overcome the pessimism of the patient and his relatives."

As stated before, heart disease is not a death sentence now that it is more clearly understood and with the drugs, nursing and surgical help available, long useful lives can be truthfully promised to most heart patients.

Household Scrapbook

By Roberta Lee

Whitewash
To make whitewash, fill a bucket half-full of lime and cover it with water to depth of about two inches. Let stand 24 hours to slack, or until the consistency of paste. Dip out desired portion and thin with water to required consistency. A teaspoon of bluing to a half bucket of whitewash will make it clear and white, and a half-pint of salt adds sticking power.

Spots on Carpet
If a carpet has discolored spots on it, rub them with a sponge dipped in ammonia diluted with water. It will frequently restore the color and the same applies to clothing.

String Beans
Only about one-half the time ordinarily used will be needed for cooking string beans if they are cut lengthwise instead of being broken into two parts.

Cook's Corner

EMEM'S POTATO SALAD

To make 6 cups finished potato salad (that is 1 cup more than a quart) which will serve anywhere from 6 to 9 potato salad lovers, 3 lbs. wax-y type potatoes are needed. Red boiling potatoes are wax-y type. If using mealy-type potatoes cook them until they are just barely tender with a fork.

Wash the potatoes thoroughly and cook gently with skins on in covered saucepan in small amount of unsalted water until barely tender. Drain, rinse with cold water, drain at once and allow to cool. Peel and slice and dice into 1/2-inch cubes. Now add 1/2 cup French dressing, drizzling it over all of them, 1 tablespoon very finely chopped green onion and top chives, 1/2 cup fresh green pepper, 1/2 cup chopped canned pimiento, 1/2 cup finely chopped inner celery stalks, about 2 teaspoons salt, and if desired, 2 or 4 sliced hard-cooked eggs, 1/2-cup diced cucumber.

The next is a "must" but added just before serving—3/4 cup genuine mayonnaise, not salad dressing. Mix all ingredients but the mayonnaise and chill. Carefully stir in the mayonnaise. Serve on delicate lettuce leaves in large bowl or on cold supper plates. Chopped parsley and a few fresh cooked green peas are pretty and tasty additions.

BACKACHE

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DOROTHY DIX'S COLUMN

Does Forgiving Pay?

Reader Questions Wisdom Of Advising Wives To Take Back Erring Mates

DEAR MISS DIX: Why do you always advise wives to forgive erring husbands? I don't think any wife should be expected to take back a man who has been cheating, and I certainly don't think she should forgive him, or forget his sin. No wonder so many husbands take advantage of their wives when they know they'll be forgiven. If husbands were given different treatment, perhaps there wouldn't be so many faithless men. Please print this, and in future be more strict with wives. If my husband had an affair with another woman, I'd sure not forgive him, but make him get out. I'd sure not forgive him, but make him get out. M. F. G.

ANSWER: It doesn't always pay to indulge in rash judgments. Women who have no reason to doubt their husbands' loyalty can afford to be smug, but when the tragedy of a faithless mate strikes a home, it isn't easy to abide by the dictates of hurt pride. No one can go through life being adamant in not forgiving. The few who try it end by being embittered, lonely creatures.

WEIGH CHOICES
I certainly never condone infidelity, and I strongly advise separation when it is repeated. However, the fact that if every perfidious husband were turned out, the number of broken homes would be increased appallingly—and here are too many of them already. The wife who discovers her mate is disloyal has to weigh her own immediate impulse to free herself from her husband against the welfare of her children and the chance of possible future happiness in the marriage. Most infidelities are not repeated; patience and forbearance will hold a home together through a crisis, while righteous indignation would have torn it asunder. Remember, too, "To err is human, to forgive, divine."

DEAR MISS DIX: I am married to a man who was divorced from his first wife. We had no trouble between us until his first wife came to see him. We quarreled over the visit and he has been quite cool to me since. We've only been married six months. B. B.

ANSWER: You probably made too much over the ex-wife's visit. It would have been better to pass off the incident casually. Also, I gather that you've done considerable nagging over it, and there's no quicker way to cool a man's ardor than through nagging. Drop the whole subject, resume your pleasant habits, and he'll forget his moodiness.

How Can I!!!

By Anne Ashley

Q. How can I reduce the spattering and smoking of fat when broiling steaks or chops?

A. After preheating the broiler, pour in just enough cold water to cover the bottom of the broiler pan. The water does not interfere with browning or crisping the meat. It lessens spattering, and also makes the cleaning of the broiler much easier.

Q. How can I store white garments to keep them from turning yellow?

A. Use brown or blue paper for wrapping the white garments. The chloride of lime in white paper will destroy the color of the garments, causing them to turn yellow.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I am going to invest in a postage stamp."

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

3. Which one of these words is misspelled? Welfare, compare, reparation, parliamentary.

4. What does the word "evanescent" mean?

5. What is a word beginning with pe that means "stingy"?

ANSWERS
1. Say, "I am going to buy a postage stamp." "Invest" means to lay out money or capital in business, securities, or real estate. 2. Pronounce first syllable as pen, preferred. 3. Parliamentary. 4. Tending to vanish; fleeting. "First impressions" are sometimes evanescent.

Modern Etiquette

By Roberta Lee

Q. When a man is entering an elevator with a girl, or getting out of an elevator, which one should precede?

A. He should allow the girl to enter first, and also to step out first, unless the elevator is crowded and he is in front of the door. In that case, he can step out first and wait for her.

Q. Who should be the first person to place his or her napkin on the table at the conclusion of a small dinner party?

A. The hostess, and this is the accepted signal that the meal is over.

Q. Who pays for the bride's bouquet, and for those of her maid-of-honor and bridesmaids?

A. The bridegroom pays for the bride's bouquet, and her family stands the expense of the bouquets for her attendants.

ELLEN'S DIARY

By An Island Farmer's Wife

Far away from this world of ours bounded by its softly moonlit hills, tonight and indeed often, we confess of late, our thoughts wander to an ancient and historic city in an old land across the sea. Thither we go in fancy to see something of the happiness and splendor and pageantry of the event, which in London-town marks the crowning of a British Sovereign.

What a great event it is—and the rite, how solemn! What a memorable occasion in their lives, the Coronation will be to those who may witness a long sight of the Royal procession or are privileged to view the ceremony of crowning at close hand! How pleasant it would be to have those scenes described so clearly and engagingly by many an overseas pen and voice in recent weeks, take on substance and pass in review before one! And nice, in the rites of the present to find in close detail, and zealously perpetuated, traditions of the past.

We suppose that if James were a man with a yearning to travel, or if he could make the trip thither on some safe and quick magic carpet with a warrant of return home the night of the Day to be up in good time for the sowing next morning, we might possibly have been a pair of the vast throng foregathered to the event. How we should have enjoyed it if he waiting, did not suddenly chance to see beyond the spires and chimney pots a dark cloud in the blue or the wind veer to a threatening quarter to hasten our homing!

How good to be a part of the pulse-beat of those millions... to pass the time of waiting, not too silently, we suspect; and then to feel the profound hush of expectancy as the hour dawned—to join in the acclaim as the Procession moved nearer... the storied golden coach drawn by its fairy-tale steeds.

And James at an ear offering: "Take a look at that off horse, Ellen... Action, what! That's my pick of them; I wonder what breed he is—looks as though there's some of the old... in his make-up! His step is natural, Ellen, neither forced nor made; looks a good bit like that horse, we..."

And now we should catch sight of the Royal occupant of the great carriage, she to whom with grateful and proud hearts, her people with echoing plaudits gave homage—grateful for the admirable qualities inherited from good illustrious forebears by this First Lady of the Realm; proud that somewhere world-over was there Queen more queenly and lovely. "And there she is, Ellen!" James would joggle our elbow lest we should miss one second of her passing. "Lovely? Ay—and better still, I would say, it's a pretty sensible head that rests on her shoulders... a pretty sensible head, well, with a smile, we wish her well—God bless her! A long reign and every happiness." Far away from this world of

ours tonight our thoughts wander across the seas to a glorious and solemn event: a Monarch's Coronation. God Save The Queen—This Elizabeth of ours! Until Wednesday—Diary—Good-night....

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1. Write a Slogan or Short Rhyme—not more than 20 words—which to your mind best describes the superiority and advantages of HAWES' FLOOR WAX or HAWES' FLOOR GLOSS.
2. Submit as many Slogans or Rhymes as you wish, but not more than one prize will be awarded to any one contestant.
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4. To qualify for a prize—buy a tin of HAWES' FLOOR WAX or HAWES' FLOOR GLOSS and count the number of times the word HAWES' appears on your tin. HAWES' FLOOR WAX or HAWES' FLOOR GLOSS. Mark your name immediately following your name number immediately following your name (and dealer's name), as follows—"The word HAWES' appears... times on my tin. No entry will be considered for a prize without this information."
5. Contest closes Monday June 15th, 1953. All entries must reach our Office by that date. Address all entries to: Contest Dept., Edward Hawes & Co. Ltd., 431 Dundas Street East, Toronto 2, Ont.
6. The Judges will be—F. J. Charley, President, Toronto; R. O. McKeown, A. J. Dennis & Co. Ltd., Advertising Agents, Toronto; Edward Hawes & Co. Ltd., to use as they may see fit. The Company will not accept any correspondence or enter into any discussion affecting this Contest. By entering, all contestants agree to accept the terms of the Contest.
Names of winners will be published in this paper about week of June 20.



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