

That Body Of Yours

By James W. Barton, M.D.

SIMPLE METHOD OF RELIEVING CARDIOSPASM

A middle-aged woman consulted her physician about difficulty in swallowing; she had the feeling that when the food going down the tube (esophagus) almost reached the stomach, there seemed to be some obstruction there. Knowing the patient was under a strain, the physician took her immediately to the X-ray department of nearest hospital. There he gave her some barium by mouth and by means of the fluoroscope and with the aid of a mirror, she was able to watch the barium go down the esophagus and with a very slight delay go into the stomach. He explained to the patient that her nervous strain caused a spasm at lower end of the esophagus near the heart and this condition was therefore called cardiospasm - "heartburn!"

As there are many persons who suffer with cardiospasm, even consulting surgeons to have the "obstruction" removed, Dr. P. P. Vinson, Medical College of Virginia, Professor of Bronchology, Esophagology, and Gastroscopy (bronchial tubes, esophagus and stomach) states, in Post Graduate Medicine, that surgery to correct cardiospasm is seldom necessary as it can be corrected by simply dilating or widening the esophagus by means of sounds.

"Since 1923, in his experience and that of his associates there has been no fatality associated with the treatment of cardiospasm. The treatment group represents probably 1,500 to 2,000 cases in which dilation of the esophagus was done. There is little or no symptoms caused by the dilating of the esophagus and patients are rarely hospitalized.

"About 75 per cent of all patients with cardiospasm can be completely or almost completely relieved by dilating the lower or cardiac end of

Continued on page 9

Household ScrapBook

By Roberta Lee

Pastry

To make good pastry use only enough water to hold the ingredients together, then mix as quickly as possible, and roll, handling as little as possible. If too much water is used, the pastry will become tough and hard.

Painted Walls

Painted walls will not be marred by the back of a chair striking against it if rubber knobs, with tacks in them to drive in the back of the chair are used. This will prevent scratches on the wall.

Linoleum

The linoleum on the kitchen floor will give longer wear if it is given a good coat of varnish occasionally.

How Can I ...

By Anna Ashley

Q. How can I eliminate odors in the refrigerator?

A. Borax and lukewarm water is a good solution for washing the inside of the refrigerator. It not only cleans it wonderfully well, but tends to eliminate any stains or odors.

Q. How can I make use of old felt hats?

A. They can be used for protecting tables from hot plates. Brush them thoroughly and then cut into the desired shapes. Pictures may be pasted on them for decoration.

Q. How can I steady a mixing bowl that persists in slipping on the table?

A. Wring a cloth out of cold water, double it, and place on the table. Set the bowl on top of this cloth and it will stand firm.

Big Or Little Slice



This giant apple pie weighing 150 pounds was baked for the 500 youngsters in Montreal's East End Boys' Club. A Montreal grocery chain provided the pie, ice cream and soft drinks for the party. (CP PHOTO)

DOROTHY DIX'S COLUMN

Mistaken Initials

Woman Under Wrong Impression Son-In-Law Wrote Letter

DEAR MISS DIX: Has it ever dawned on you that your answers are too often based on one-sided presentations? Recently you had a letter signed "M.R." about a domineering mother. This "M.R." was not written by the daughter, but by my son-in-law himself. He is a complete bully who expects everyone around him to be his personal servant. He completely dominates my daughter. He has her write us for money which he spends on foolish things. When she's sick he has no money to pay the doctor, but must write to us for it. Under the circumstances, how can you justify your answer to the letter? I dare you to print this!

THE MOTHER OF "M.R."

ANSWER: Your letter is most intriguing. As you see, it is printed, though I did have to cut some of it since it was rather long. The letter to which you have reference came from a girl—and it really was a girl—who asked that these particular initials be used to cloak her identity in print. You are, therefore, quite wrong in your assumption that the letter has anything to do with you.

HUNDREDS OF LETTERS

Since I receive hundreds of letters a week, it's almost inevitable that the names and initials used in the column become more than one person. It's stretching the long arm of coincidence too much to connect them with specific people, particularly since they come from all over the country, and are disguised intentionally in this column. What makes you think you qualify as a domineering mother? Where there's smoke, etc.! Whatever you are trying to cover up, I suggest that you bring out into the open and face it squarely. Your son-in-law doesn't sound like much of a person, but perhaps he's not as bad as you picture him. Well, at least I'm trying to be objective about both sides of the story.

DEAR MISS DIX: Well, this is the same old story—girl falls in love with her married boss who is twice as old as she. His wife has been ill for nearly two years and he feels so sorry for her he can't tell her about us. I know he is bored with her constant illness and has turned to me. How can I make him tell her about us? P. T.

ANSWER: How convenient for the bored boss to find such an attractive and acquiescent comforter so close at hand! Aren't you just making the most of the role? Just the same, the lady at home, ill though she may be, is still the Queen Bee, and if you want to prove it, just try to force the issue with friend boss.

DEAR MISS DIX: Recently, George and I became engaged, but our wedding day isn't set. He is still dating a girl in his office who is engaged to someone else. Should I wait until after the wedding to stop this? UNDECIDED

ANSWER: The thing for you to stop, my dear, is the wedding. Trouble comes soon enough without being invited, and you are inviting it.

DEAR MISS DIX: I am a girl of 17 and have been going steady for over a year. Everything was fine until my mother heard some untrue things about the boy and has forbidden me to see him. G. M. C.

ANSWER: Are you sure the things were untrue? Sometimes parents do learn more about their children's friends than you suspect. Ask your mother to discuss the problem frankly and fairly with you and, if possible, the boy. He should be given a chance to prove the tales are false, if they are.

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

Modern Etiquette

By Roberta Lee

* Q. If you are a member of a group of persons and one of them begins a story you have already heard, isn't it the polite thing to tell that person so immediately?

A. Not at all! It is exceedingly rude both to the story-teller and to those who may not have heard the story before. You will show much better breeding if you appear interested and act as though you had not already heard the story.

Q. Instead of saying "How do you do," when being introduced, isn't it all right merely to speak the name of the person, as, "Mr. Wilson"?

A. This sounds just a little on the inadequate side. It is better to employ the usual form, "How do you do."

Q. Should a wife receive her husband's guests at a stag party?

A. It is better not. This is an "all-man party" the husband is the host, and he should certainly be the one to receive his guests.

Morning Smile

How!

Telephoning the editor of a local newspaper, a man explained that his uncle had been a regular subscriber for half a century. "He's always been a model of propriety—doesn't smoke or drink; never uses strong language or goes to a theatre or cinema. In fact, he has no vices or excesses. And he'll celebrate his eightieth birthday tomorrow." "How?"

Literal

This "howler" from a recent essay by a schoolboy is said to be genuine. He wrote: It is raining cats and dogs and there were poodles in the road.

Oh No!

"My dear, she knows absolutely nothing about flowers. She thought hydrangeas were a football team."

Better English

By G. A. Williams

1. What is wrong with this sentence? "I have a limited acquaintance with Mr. Brown, but it is not difficult to size up his worth."

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

3. Which one of these words is misspelled? Millinery, millennium, millimeter, militarize.

4. What does the word "immaculate" mean?

5. What is a word beginning with ge that means "act of bend-

ELLEN'S DIARY

By An Island Farmer's Wife

We read today, sandwiching this delectable pastime between our chores of housewifery. Not by plan or profoundly, we may say, but delightfully sipping here and there in magazine or volume—like we fancied the bee or jaunty hummingbird might that dips into this or that attractive flower—or weed of season to glean her requirement of sweets... I'm re-reading "The Robe" Jenie said today. "It's a book that puts one, if need be, in the right spirit for Easter."

"Have you read...?" we asked a matron the other evening of a book we had recently read with pleasure and profit. She is the mother of five young children and naturally has little personal time on her hands. "Woman!" she laughed, "how on earth would you expect me to sit down with a book, and I with all these to look after! To feed, wash, dress, to say nothing of their school-lessons... dear, dear, there's no end to my work! Why," she chuckled, "I can't get time to read the title of a book let alone what's inside! Sometimes, I do manage to hurry through the newspaper but not always."

And as Memory's pages will fall open, a scene from our young years came to view, poignant it is true, since the ideal couple pictured there, has been long gone to rest... "What would you do if you were in my shoes, Ellen?" a farmer asked teasingly of his wife. "When we were in bed last night... the children asleep, she suddenly remembered she must go downstairs again. So down she went, in her slippers and flannel-ette nightgown. She was gone so long, I began to be worried for fear she had taken a turn. And what was she doing when I came down? Such a woman! Standing at the table reading!"

She laughed softly, yet with some apology in the gesture. "I did feel badly for delaying his rest," she offered, "but I hadn't read my Chapter yesterday and somehow there was no sleep in my pillow... So I came down and read a Psalm—the ninety-first it was. "One of my favourites too!" we observed.

"And when I went back, I drifted off to sleep in no time," she said. "But it's not always the Bible I read when the house is quiet and the children asleep. That is the only time I can claim a few minutes for myself—and how good they are! I don't know how I manage without them—reading is restful or refreshing, as you want it. And, well, without it, I would be the most unhappy and ignorant woman on The Island!"

"When do I do my reading?" a brisk, capable and knowledgeable youngish woman grinned roguishly at our question last summer. "I read in bed... I suspect I shall shortly develop a squint; and when I'm nursing the baby— isn't it a God-send, Ellen," she chuckled, "that doctors nowadays are all for letting them feed in the good old way! There's no time at all for a mother to idle if she just has to prepare and give them a bottle."

"And I often have a book open or a few verses before me when I wash dishes, or roll cookies; and I wash cleaning. I confess I'm as likely to be found curled up in a corner of the chesterfield into my reading! In fact, I never let a single opportunity to indulge in it pass. How else with this house and children to care for, could I keep both intelligent—and" her merry laugh bubbled over, "sane!" Someone has well said: "Thank God for books!" and we would add "for the gift of reading!"

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

The Stars Say - -

By Genevieve Kemble

For Tomorrow

AFFAIRS of more than passing significance may come up for particularly shrewd and wise consideration, in which strange or intriguing factors call for ultra-careful handling. With an optimistic urge to plunge, to gamble, to overshoot the mark in the way of generosity or good will, caution is advised. It might be in line to make decisions on investments, loans, perhaps on charitable enterprises, under a desire to please or impress some feminine influence. Appeals to ideals, emotions or subtle lures could inspire over-inflationary ideas, perhaps incite to extravagance or unjustified use of funds.

For the Birthday

Those whose birthday it is are on a verge of a situation in which a seemingly judicious, studied and sound base of action may mask a temptation to inflationary or gambling indulgences, possibly incited by feminine, domestic, perhaps charitable or cultural enticements. This could not promise dividends, or give material returns, though there might be certain tempting or alluring considerations by way of "compensation." In all instances, let sound judgment, economic security or other factors frame the course of action. Some singular appeal of contact may actuate unwise decisions, inspire queer conduct.

A child born on this day, while generous, magnanimous, and bountiful, may tend to be victimized by expansive ideas or singular appeals to its good nature.

ing the knee, especially in worship?"

ANSWERS

1. Say, "slight acquaintance," and "it is not difficult to estimate his worth." 2. Pronounce "alumni," as in "number 1 as in night, ucent second syllable, 3. Millennium. 4. Spotlessly clean. "His linen was immaculate." 5. Genuflexion.

Anne Adams Patterns

SNAPPY-WRAP!

Sew a SNAPPY-WRAP! No fitting problems—it ties to a tiny waist! No ironing problems—opens flat! If this sounds too good to be true, check the diagram above! A scoop of a neckline, circled with scallops and contrast-bound—so fresh and re-freshing! Pocket, too!

Pattern 4676: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/2 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.

Cook's Corner

PORK CHOPS WITH MUSHROOM-RICE Sauce

Yield—4 or 5 servings. 2 cups cooked rice. 4 or 5 pork chops. 1/2 cup chopped onion. 1 cup diced celery. 1 cup chopped raw carrot. 1 can (10 ounces) condensed cream of mushroom soup. 1/2 cup water. Salt and pepper.

Prepare the rice (you will need to cook about 3/4 cup raw rice).

Wipe the pork chops with a damp cloth; brown richly in a little heated shortening. Lift chops from pan.

Add the onion, celery and carrot to fat in pan; fry gently, stirring often, until onion is golden; pour off excess fat.

Stir soup into vegetables in pan; blend in water.



4676 12-20 30-42 by Anne Adams

Mix in the cooked rice and season to taste with salt and pepper. Turn rice mixture into a greased casserole and top with the browned chops. Cover and bake in a moderate oven, 350 degrees, until chops are tender—about 1 hour.

Alice Brooks Designs

Decorator's delight! Plant a vegetable garden right in your kitchen in sparkling tomato-red and cool fern green! Motifs as 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.

RHEUMATIC PAIN Can Be Costly!

"This winter I had to quit work because of rheumatic pain," writes Mr. T. Glocheke, Wilno, Ont. "I became fearful of being laid up as on a previous occasion with rheumatic pain. My pain became increasingly severe and spread from hip to ankle. Out of bed, the leg felt cold as though in cold water, so I stayed in bed. A friend persuaded me to take T-R-C's and I'm glad I did. In a short while I was relieved of my pain and was soon on the job again."

Don't suffer from Rheumatic or Arthritic pain. Take Templet's T-R-C's—Canada's Largest-Selling proprietary medicine to bring quick relief from such pain. Only 65c, \$1.35 at druggists. 1-548

TRANSFER DESIGNS IN COLORS



7310 by Alice Brooks

Variety Is the spice of



Our new Spring suits enter the coming season with a brisk change of pace... their pencil-slim skirts topped with a pretty choice of boxy or fitted jackets! In the newest materials.

Sizes 9 to 20 16 1/2 to 24 1/2

USE OUR LAY-AWAY PLAN.

our new Spring Suit collection

The FASHION SHOPPE

LADIES' READY TO WEAR 141 Great George Street

Easter and

Spring brings new ideas in

TAFFETA



Our best-loved Easter Frocks rustle in all the new and wonderful guises of taffeta. In rich surfaces, in exciting textures and in glorious Spring colors, including stripes and thrilling designs. The styling is up in the front line of fashion with wish-swish skirts, moulded bodices, tiny collars and fluttering sleeve effects. The sizes are 12 to 18, and 11 to 17—each

10.95 and 16.95

They're New!... They're at

Little Shop HOLMAN'S Ladies Wear SUMMERSIDE

How COLDS affect Your KIDNEYS

The kidneys are very delicate organs, easily affected—especially by a cold. Their duty is to filter impurities and excess acids from the blood. When you have a cold extra work is thrown upon your kidneys. Dodd's Kidney Pills help your kidneys clear your system of excess acids and prevent a chance to shake infection sooner—feel better faster. If you have a cold get and use Dodd's Kidney Pills. 139

Dodd's Kidney Pills