

That Body Of Yours

By James W. Barton, M.D.

DIFFERENCE BETWEEN FUNCTIONAL AND ORGANIC HEART DISEASE

Patient and physician must keep in mind the difference between a functional disease and an organic disease. In a functional disease there is no change in the structure of an organ, such as the stomach, or liver, but still the organ doesn't do its work in a normal manner—too fast, too slow, extra beats of the heart, too many movements to the minute in the stomach walls.

A very rapid beating of the heart or weakness in the muscular walls of the heart could apparently be caused by either a functional or an organic disease. It is in these cases that the electrocardiogram is considered valuable, especially if there is also present a slight rise in temperature.

In the Journal of the Mount Sinai Hospital, New York, Drs. L. Fordy, H. S. Aral, and A. M. Master state that alterations in the electrocardiogram caused by emotional disturbances are often mistakenly accepted as signs of heart disease. Also, patients with functional heart disturbance or persons who are under unusual mental strain may have pain in the chest which feels like true angina pectoris—the vise-like pain in chest in organic heart disease. And these functional cases can often get relief from this pain by use of nitroglycerine as with true heart disease.

How can true or organic heart disease be distinguished from functional heart disease?

These physicians have already reported the effect of the drug "dihydroergocornin" in 116 cases, and now present 20 selected patients with signs and symptoms of heart disturbances in whom the "two-step" exercise test was performed both before and after this drug was injected into a vein. In the two-step exercise, the patient takes two steps up and down a certain number of times within a certain time.

It was found that the two-step exercise was "positive" (signs and symptoms) in the ten patients with functional heart disturbance before injection of the drug but negative after the injection. In 10 patients with heart disease (coronary) the two-step exercise was positive before and after the injection of dihydroergocornin. Further, the injection of the drug prevented changes in electrocardiogram in the functional heart cases.

These research workers consider this drug a safe and promising agent to differentiate between functional and organic heart disease.

BABY'S COLDS

Help Nature To Fight Them Off

Medical Science denies there is any such thing as a cure for colds—only Nature herself can do it. So when baby's sniffles or stuffy breathing warn you of a cold's presence—cooperate at once with Nature. See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet act promptly in getting rid of irritating materials that make baby restless and feverish.

One Nova Scotia Mother says: "My baby had a nasty cold and I tried Baby's Own Tablets and she threw this cold off quicker than ever before. I certainly am for Baby's Own Tablets from now on." Effective also in teething troubles, constipation and other simple baby ills. Get a package today at drugstores. 25¢.



Mrs. Frank Good, recognized as an authority on cooking, uses and recommends Fleischmann's Yeast.

Consistent Bakery Winner at Stanley Fair

Over the years at Stanley's century-old fair, a goodly crop of top awards for baking has come to Mrs. Frank Good, of Stanley, N.B. In 1950 she received the further honor of being named "Most Worthy Settler" for the year, in recognition of her services to the community. "Certainly it takes experience to be a good cook," says Mrs. Good, "but it also takes the best ingredients. For example, you have to use a

Household Scrapbook

By Roberta Lee

Drying Woodenware

Never put woodenware directly over the heat to dry, as this causes the wood to warp and perhaps crack. Thoroughly dry it, however, before putting it in a cupboard, as it may mildew if stored too soon. Allow to stand in a room of moderate temperature, or near the stove.

A Pie Hint

Sometimes the pie crust will brown sufficiently before the filling is quite done. In this case, merely cover the pie plate with a pan, or another inverted pie plate, and continue cooking.

Wine Stains

Wine stains can be removed from fabrics by covering the stains with salt and then pouring boiling water through it.

Morning Smile

Quiet Please!

It was a terrific boxing match. Fifty thousand spectators cheered themselves hoarse as the boxers stood toe to toe and slugged each other with dynamite rights and lefts.

Suddenly one of the men crumpled to the canvas. The crowd went mad. The boxer took a count of three and then got up. In a few seconds he was floored again. The crowd went crazy. Fifty thousand voices rose in the great sustained roar.

The fighter on the canvas took a count of one-two-three-four. The roar of the crowd increased in volume. Suddenly the fallen fighter leaped to his feet and faced the following multitude.

"Stop that fool howling!" he yelled. "How do you expect me to hear the count?"

The Stars Say --

By Genevieve Kambie

For Tomorrow

EXCELLENT auguries are in line for those whose real worth and sustained efforts are entitled to rewards and recognition. And while the inspiration for exceptional efforts may be based upon the feelings, emotions and aspirations, it is probable that the deeper urge of the idealistic, cultural and subtle may be an intriguing factor. Allure, personal charm or graces, talents may win even on purely practical efforts.

If It Is Your Birthday

Those whose birthday it is, are assured a year of recognition and rewards for exceptional talents, social, intellectual, dramatic or cultural efforts. Probably based upon feelings and emotions, ideals, dreams and other subtle elements may be the activating force for efforts, aspirations, even practical and commonplace objectives. Worthy efforts and desires may prove intriguing, perhaps calling for special or exceptional equipment. A child born on this day, is bounteously equipped with specific graces, charms and talents for an outstanding career, with allure, ideals and emotional appeal.

Heal - Tompkins Wedding Group



Flying Officer and Mrs. Allan Heal photographed at their wedding reception which was held in the Officer's Mess of the R.C.A.F. Station, Summerside, following

their marriage at Trinity Chapel. From left to right, the bride's parents, Mrs. Donald C. Tompkins and Mr. Tompkins of Summerside, Mrs. Heal, F-O Heal, the

bridesmaid Miss Annabel Allan, and the groomsmen F-O Vernon Ehnman. The groom is the son of Mr. and Mrs. F. G. Heal of Macleod, Alberta. —R.C.A.F. Photo

Strange But True

By F. H. MacArthur

Nobody knows for certain when April Fool's Day originated but says the London Advertiser of March 13, 1769, "It may have arisen from the mistake Noah made in sending the dove out of the ark before the water had abated," on the first day of the month among the Hebrews which answers to our first of April.

In Austria since the 18th century every dead Hapsburg has had his or her heart removed and buried separate from the body. There is a vault beneath the ground near Vienna containing 152 vases of crystal mounted in gold, each containing the heart of one of these rulers. . . . The last ceremonial burial of a heart in England was that of Paul Whitehead who died in 1776.

Indian summer is the beautiful period which occurs in late Autumn. The period may vary as much as a month and is marked by smoky-like air, or haze. The first snow fall has nothing to do with Indian summer. . . .

The cave man beat up his wife and bore her away his wife. Nowadays at wedding celebrations we have the "best man" which is a relic of the pagan past. Marriage by purchase succeeded marriage by capture. The bridegroom usually paying a pretty high price for his bride. This custom is still found among barbarous nations. . . .

Not until the 9th century did women obtain the privilege of choosing or refusing their husbands. Marriage vows and other ceremonial acts but the outgrowth of the coming of Christianity marriage for a long time continued to be purely secular matter. Finally, however, the church encroached upon the state by taking to herself control of marriages as a department of life lying within the province of sacerdotal duty.

Keeping an all night watch over the dead before the funeral dates back to remote times, and nobody seems to know just when the custom originated. The custom is still entirely unknown in our own province and in remote districts of the New England states. It may have originated from a superstition that the body would be defaced by prowling cats, or evil spirits. Later liquor was introduced at wakes to revive the flagging energies of mourners and watchers. . . .

Miss Alice Earl in Customs and Fashions of Old New England Continued on page 9

Cook's Corner

BAKED MEAT BALLS IN MUSHROOM SAUCE

We exert a minimum of pressure on our meat balls when shaping them up, so that they remain light, porous and delicious rather than becoming dense and proportionately duller.

A very simple dish to make—and such a good one! Yield—6 or 8 servings. 1 pound minced lean beef 1/2 teaspoon salt 1/2 cup finely chopped onion 1/4 cup fine cracker crumbs 1-3 cup milk 3 tablespoons shortening or bacon dripping, heated 1 can (10 ounces) condensed mushroom soup 1/2 cup milk Loosen the minced beef with a fork; sprinkle with the salt, pepper, onion and crumbs, and combine lightly; mix in the 1-3 cup milk. Shape meat mixture into 10 or 12 patties and brown in the heated shortening or dripping; transfer meat balls to a casserole. Pour all fat from frying pan. Turn the mushroom soup into the frying pan and blend in the 1/2 cup milk; heat thoroughly, stirring often. Pour sauce over the meat balls. Cover and bake in a rather slow oven, 325 degrees, about 45 minutes.

DOROTHY DIX SAYS—

Economy

Thrift Means Wise Spending As Well As Regular Saving

DEAR MISS DIX: Is my husband right in his point of view, or am I right in mine? He believes that economy consists in entirely doing without things. Thus: If you save quite a sum by doing without a thing, you are not justified in spending any of this surplus, but must put it all in the bank. I feel that if I have done without something for a while to save money I am entitled to spend part of what I have saved for something I need and want very much, and which I feel is a sensible buy. And, after having done so, I am glad to economize a little to make up for it. Surely one of us is right and the other wrong in our system of saving. What do you think?

WIFE

ANSWER: I think you are right. Economy does not mean miserliness. It means the judicious handling of money, and that involves wise spending as much as saving. I am strong for thriftiness. Everyone who earns money above their absolute daily needs should lay up something for that rainy day that is bound to come to us all.

SAVE FOR OLD AGE

It is the duty of every one who can to save when they are making money so that when they are incapacitated for earning they will not be a burden on other people. It is a dishonest thing for men and women to spend all their money as they go along and then expect others to support them when they are sick or old.

But, while thrift is a virtue, it is one that can easily be overdone and the saver frequently makes just as much of a mistake in hoarding his money as the spender does in throwing his to the winds. Just as everyone should put away something for the rainy day, so everyone should use most of what he makes in enjoying the sunshine of today.

In the back of some savers' heads is the idea that some day they will indulge themselves in the pleasures that they crave but which they deny themselves. Some day they are going to have a pretty home and nice furniture. Some day they are going to have fine clothes and high-powered cars. Some day they are going to see the far places in the world of which they have dreamed. But the time never comes, or, if it at long last they do start out to spend some of the money they have hoarded they find it is too late. They have atrophied the power of enjoyment. They no longer want anything and the grip of their hands has grown so tight on every penny they cannot let it go.

DEAR MISS DIX: Will you please tell me how I can tactfully tell my mother that we would appreciate it very much if she would let us entertain our own company alone some time? Every time anybody comes she takes a seat in the living room and not only monopolizes the conversation but makes very personal remarks to our guests. We are glad to have mother with us and do everything in the world for her comfort and we don't want to hurt her, but it would prevent many uncomfortable hours if she would stay in her room, or go to the movies when we have guests. What to do about it? My husband is getting nervous over the situation.

PERPLEXED WIFE

ANSWER: There is nothing you can do about it without hurting her feelings, for if you speak to her at all on the subject you will simply have to tell the truth—that you don't want her about when you have company, and between wounding my mother to the quick or boring my friends to tears, I should sacrifice the friends. . . .

It is certainly hard on your husband to have your nice parties broken up by a talkative old lady who can never get enough of the sound of her own voice, and to realize that she is driving your friends away from you, but there is no help for you that I can see. All old people are lonely and they love company and they are obsessed by a desire to talk about themselves, and there isn't a chance in the world

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ELLEN'S DIARY

By An Island Farmer's Wife

What is a day? It has we think various definitions. Measured in time it is "the interval between one night and the next." It is other spaces as well. It is an eternity, seemingly never-ending and wearisome to those who with anxiety await its passing and it is but a breath to those who enjoy some delight. A farm-helper of ours used to laugh: "A day? why it's only a matter of getting up and going to bed—and working a little between times." If you can't help yourself! And a busy housewife defined it recently as "Three meals in a row!"

But this day of ours embraced much more than these. It was dawn in a rosy flush—and silence, through the interlacing branches of the old white birch on the lawn; sparrows in a dark drift on wings, and bright morning smokes curling briskly upward. It was a hooded woodpecker tapping out some mysterious message on a gray gable. "It must be his wife or some of the children" grand-daughter observed when the echoing sound stopped her while about the yard, to listen intently. It was this small one of ours tucked between the two farmers in the truck and away along clean frozen roads of winter to bring the latest purchase of theirs—a calf, home to the herd.

To us, this day was more. It was our farmers delivering the head of that herd to another stable, and busy choring between. The youngest farmer bearing pails of feed to the weanlings of pigs, a line of hose in a temporary arrangement taking the drink as near as an elbow. It was James on quick steps feeding turnips to cattle or sheep and letting out to sup or gathering in from the yard a number of his charges. It was a gay tablecloth on the line in the sunshine and breeze, and a cake that turned out to be "fair-good", cooling on a rack in the pantry. It brought us new shoots on a fern and a chat with Mrs. A. about a piece of good fortune there. It is indeed a lovely happening we remember for a housewife to at length have water in the house—to have no more pails to carry from an outdoor pump, though the event may close out a choice era of living.

This day was so many things to us. It was sunshine sparkling, though coldly, on the bosom of the pond, and great trucks rumbling along the frozen roads in place of the farm-carts and wagons which once bore the farmer's haulings. It was hearing that Rob was at the wood-cutting and Jamie to his classes, and visits to the house across the lane where a small over-alled fellow with busy hands and feet is learning new words. It was blue sky and sunshine and warmth and shelter and at the last by way of saying Au Revoir to its hours, a cup of tea in the kitchen. This was shared by the family with a dealer who came to talk shop with the farmers.

This is a bachelor, not so young as once, who manages a neat farm as well as moving about among the farmers dealing in live-stock. He is an enterprising fellow, a Veteran of World War I, who travelled extensively before he returned to settle on his native heath, where he chooses to live alone. In spite of his industry, thrift and prosperity, he has resigned himself to the lonely hearth-fire. "I guess it's too late now!" he observed shyly. "It's never too late!" James declared stoutly. "While a fellow wouldn't likely set out with the enthusiasm of once, it is surprising the interest he could find if he started out in search of a wife!" "But you would need to talk about the af-

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-Needlecraft-

FOR THE HOME

BACK-WRAP WASHABLE

This washable puts wearability first—via simple and slenderizing princess lines, easy back-wrap styling. What's more, flanges instead of ruffles will take short cuts on your ironing time!

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Better English

By D. C. Williams

- 1. What is wrong with this sentence: "He is still continuing his studies, which treat on historical subjects." 2. What is the correct pronunciation of "supple"? 3. Which one of these words is misspelled? Difference, deference, daffodil, duffel. 4. What does the word "ignominy" mean? 5. What is a word beginning with dl that means "one who differs in opinion"?

ANSWERS

- 1. Say, "He is (omit still) continuing his studies, which treat of historical subjects." 2. Pronounce supl', u as in sup, and not soople. 3. Deference. 4. Public disgrace or dishonor. The dishonest politician's career ended in ignominy." 5. Dissenter.

How Can I!!!

By Anne Ashley

Q. How can I make macaroni croquettes?

A. Cut the macaroni into five-inch pieces and add one small onion, cut fine. Cook in double boiler with salted water enough to cover. When finished, drain water and spread on well-floured board. Shake and roll in bread crumbs. Dip in egg and fry in hot lard.

Q. How can I impart a brilliant polish to marble?

A. Four a little flour polish on the surface and rub briskly with a clean cloth.

Q. What are some good remedies for roughened and cracked lips?

A. Cold cream, lettuce cream, and glycerine are all good remedies.

Modern Etiquette

By Roberta Lee

Q. Are opera glasses considered stylish?

A. It is not a question of style, but of usefulness. Opera glasses



2908

SIZES 12-48

Zipped-on Pajamas are fun to make.



Keep warm this winter in a pair of red flannel pajamas, patterned after a sleeping bag but made feminine with ruffles at the neckline and wrists. All pattern pieces are cut straight and shaping is limited to running elastic through the leg and sleeve edges and curving the neckline slightly. A lighter weight version of the sleeping bag pajamas may be made in floral-patterned flannel. If you would like to make these SLEEPING BAG PAJAMAS, send a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for Leaflet E-2510.

the Fashion Picture for Spring

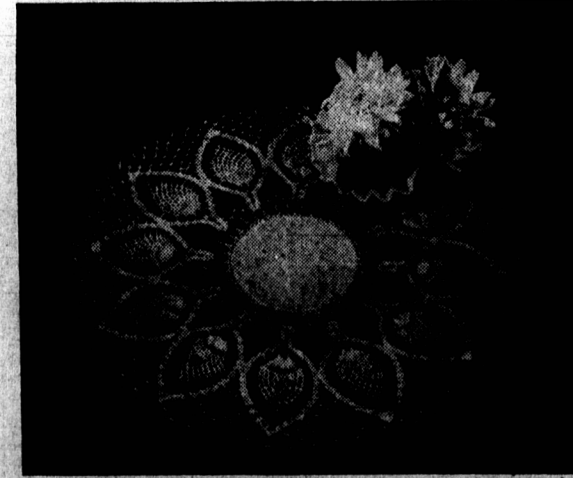
See it in Tip Top Tailors new Spring Style Book—over 40 pages of fashions inspired by Paris and New York, and created exclusively for Tip Top Tailors by Canada's leading fashion designer. Plan now to have your Spring suit tailored to your personal measurements by Tip Top Tailors. Also available at authorized dealers across Canada.

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Tip Top Tailors

99 GRAFTON STREET

Shower Gift Dolly



Going to a linen shower? Here's a pretty lace and linen dolly, a little over twelve inches in diameter, that will please the homemaker-to-be. She'll make good use of it even if her home is limited to one room. You might crochet it for yourself, too, on a table centerpiece. For crochet directions, send a stamped, self-addressed envelope to the Needlework Department of this paper and request PALM FRONDS DOLLY, Leaflet No. D-117.