

That Body Of Yours

By James W. Barton, M.D.

ERGOTAMINE TARTRATE MOST EFFECTIVE DRUG FOR ONE-SIDED HEADACHE

One of the meanest ailments that afflicts mankind, particularly women, is migraine, or one-sided headache. This headache is usually, but not always, accompanied by nausea and vomiting.

For many years, in fact until recently, there was no effective treatment for migraine, the patient quietly resting in a darkened room for a day or several days until the attack passed over. This rest of mind and body is always good treatment but every patient cannot follow this rest treatment. Several years ago it was found that an ergot preparation, ergotamine tartrate (trade name, Sympren) was effective in giving relief from the symptoms within a few hours at most and this has become the specific treatment for migraine.

Dr. Mary O'Sullivan was one of the first physicians to report a large series of cases relieved by ergotamine tartrate. As ergotamine tartrate can be taken by mouth in tablet form, most physicians, once they find the amount of the drug that will give relief, allow the patients to treat themselves and only rarely has it been necessary to supervise taking the drug.

In The Journal of the American Medical Association, Drs. Marvin Fuchs and Lester S. Blumenthal, Washington, D. C., state that most patients with migraine can take ergotamine safely, as it has no side effects or reactions. This statement is substantiated by numerous instances of patients taking large doses without harm. Thus, in Medical Clinics of North America, Dr. T. J. von Storch reports a patient taking ergotamine tartrate

Continued on page 12

Better English

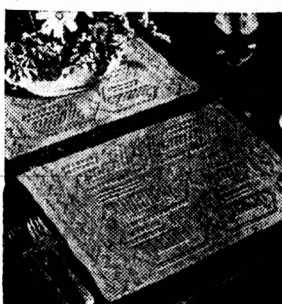
By D. C. Williams

- 1. What is wrong with this sentence? "When the dance was over with we went straight home."
2. What is the correct pronunciation of "mustache"?
3. Which one of these words is misspelled? Stipendiary, steve-tore, stringent, stiletto.
4. What does the word "implacable" mean?
5. What is a word beginning with dy that means "characterized by energy"?

ANSWERS

- 1. Say, "When the dance was over (omit with) we went directly home."
2. Pronounce with accent on second syllable, not the first.
3. Stiletto.
4. Not to be appeased; incapable of being pacified.
5. Dynamic.

Indian Motif for Embroidered Mats



An Algonquin Indian design is adapted for cross-stitch embroidery in this attractive piece setting. The pattern and borders are worked in copper and brown tones on natural linen. For accent, each row of cross-stitch is underlined with white. Directions and chart showing the design for these mats are available to you if you will write to the Needlework Dept. of this paper, enclosing a stamped, self-addressed envelope and requesting Leaflet No. PE4918, ALGONQUIN PLACE MATS.

Marriage Finally Caught Up With "Maid Of Mist" Lovers



In a simple civil marriage ceremony performed in Toronto, the final chapter of the Maid of the Mist lovers was enacted. For Kitty Kleiner and Dennis Chrastansky, two Czechoslovak refugees, it ended a romance which at times was frustrated by international red tape. In 1948 Kitty left her country two years later by Dennis, who came to Canada. But both were on this continent on temporary visas, and could not cross the U.S.-Canada border. As often as they could, while immigration authorities were considering their cases, they held frequent rendezvous on the Maid of the Mist, the tiny river ship which takes tourists on the Niagara river. Finally, last September, the red tape was dissolved, leaving the way free for the lovers to marry.

Strange But True

By E. H. MacArthur

Hell bridge is a narrow artificial bridge thrown across a deep chasm in the Highlands of Scotland. The path across it is so narrow that only one person at a time may cross over. At the height of the clan feuds two sworn enemies met on this bridge and fought it out. They were a well-matched pair and neither would turn back. Finally Macpherson whirled his foe, Grant, over his head and he was dashed to pieces on the rocks below.

Some pie! This news item appeared in the New Castle Chronicle, 6th Jan. 1770: "Monday last was brought from Horwick to Lerwick, to be shipped from London, for Sir Hen. Grey, bart, a pie, the contents whereof are as follows: 2 bu. of flour, 20 lbs. of butter, 4 geese, 2 turkeys, 2 rabbits, 4 wild ducks, 2 woodcocks, 6 snipes and 4 partridges, 4 neals' tongues, 2 curlews, 7 blackbirds and 6 pigeons." This prodigious pie was made by Mrs. Dorothy Patterson, housekeeper at Horwick. It was 9 feet in circumference and weighed about 12 stones. The pie was cased, and put on a two-wheeled cart which was moved from guest to guest during the banquet held on Christmas Day.

Talk about curious mechanism among the ancients - Archytas made a wooden pigeon, which flapped its wings like a real one; Myrmicidae made a chariot out of ivory, so small that a common house fly could cover it. Another artist wrote a piece in great letters and enclosed it in the kind of a grain of corn.

Formerly in the Highlands of Scotland people went to weddings without being invited, whereas invitations were always sent out to funerals. While the subject of entertainments was being discussed an old Scot was overheard to remark: "As for right down enjoyment, give me a good rousing funeral." The joke will be better appreciated when one considers that though the funeral service was associated with sadness there was often fist fights and flaming hilarity.

During the rebuilding of part of the Church of Chatham, Kent, in 1788, there was found in a vault a leaden pot, containing the heart of Hester Harris. And the heart of Lord Edward Bruce was discovered in a silver case, carefully embalmed, in a brownish liquid in a cemetery adjoining the old Abbey Church of Culross, in Perthshire, England. On the case was engraved the arms and name of Lord Edward Bruce, believe it or not. . . . His country places a unique pavilion. Tables, chairs, closets, etc., are all made of crystal. The walls and ceilings are of plate glass. There is but one door that shuts so closely, that water cannot enter the building. The pavilion is 28 by 17. It is placed in the midst of a huge basin, paved and ornamented with marbles of various size and color. In hot weather the basin is filled with water until all but the roof of the building is submerged. Nothing is more pleasant than this delicious retreat. Such is the Royal Summer house in Siam.

Cook's Corner

By Roberta Lee

DOUGHNUTS
3 cups flour, 1/2 teaspoon salt, 3 teaspoons baking powder, 2 tablespoons shortening, 1/2 teaspoon nutmeg, 1/2 cup sugar, 2 eggs, 1 cup milk. Sift together flour, salt and baking powder and nutmeg, add sugar and mix to a soft dough with eggs, milk and melted shortening, cut out, fry in deep fat. Drain and sprinkle with sugar, and put 2 tablespoons icing sugar in a bag when you use them. Very good.

CRANBERRY JUICE COCKTAIL

Colorful and attractive, for the Christmas holidays or any other time when the cranberries are at hand. A delicious juice to serve before a dinner or luncheon, with quite the right appetizing qualities. Yield—8 to 10 juice glasses.
1/2 pound cranberries
3 cups water
2-3 cup fine granulated sugar
1 1/2 cups strained orange juice
Pick over, wash and drain the cranberries. Place cranberries in a saucepan and add the water. Cover closely and simmer, stirring occasionally, until cranberries are very tender—about 20 minutes.
Remove from heat and strain mixture through a fine sieve—discard cranberry skins.
Add the sugar to the hot juice and stir until sugar is dissolved.
Cool juice thoroughly, then stir in the orange juice.
Chill deeply before serving.

CAN'T SLEEP FOR COUGHING?

If you can't sleep because of gasping, and coughing—fight for breath night after night, get Templeton's RAZ-MAH today. It will loosen the stinging phlegm, give you comforting relief. A 60c box will convince you.

The Stars Say

By Genevieve Kemble

For Tomorrow
THE sudden and entirely unpredictable turn of events may prove dynamic, dramatic and exciting to the 'Nth' degree. It seems that startling turn of events may call for immediate action as well as a ready response to the peculiar or unique advantages of unusual developments. Such must be accepted and promoted with calm consideration and practical manipulation. Under excitement, a blunder, false move or tactics could be vital.

If It Is Your Birthday
Those whose birthday it is may anticipate a most stimulating, challenging and unpredictable turn of events, suddenly developing, radical and far-reaching to prove over-whelming, breath-taking and dramatic. The entire course of current situations may be awarded from the category of the dubious, experimental and problematical into concrete, although unique, climactic, acceptable, hoped for, reversing the picture of life, its desires and objectives. Change of environments, ties, and plan of life, may be thrilling, but its safety, endurance and allure could be obliterated by a mistaken decision, false or wild impulse, or emotionalism.
A child born on this day may possess exceptional, even unique, skills, talents and aspirations for a dynamic and spectacular career. Sudden change, dramatic or spectacular adventures make its life exciting.

Embroidery Used For Party Gowns In Paris Styles

By Florence Mills

PARIS, Dec. 26 — (AP) — Party dresses designed for the festive season by French couturiers vary a lot in style but all have one thing in common—plenty of embroidery in every shape or form. In addition to the usual sequins, pearls, jet beads and mock diamonds, two extra novelties have been introduced this winter—embroidery with wool and tufts of fur.

Schiaparelli plasters tufts of grey squirrel fur all over a tight fitting jacket made of champagne-colored satin which has a fluted peplum extending into the ground-length tails at the back. She speckles the fur tufts with pearls and sparkling rhinestones and smoothes the space between the autumn embroidered in silk and gold thread.

Jacques Griffe goes in for wool flowers. He makes but all have one thing in common—plenty of embroidery in every shape or form. In addition to the usual sequins, pearls, jet beads and mock diamonds, two extra novelties have been introduced this winter—embroidery with wool and tufts of fur.

Tulle, taffeta and satin are the main materials used, except for occasional lame or broche. In the main the luxurious look is in the embroidery more than the material. One of the most spectacular creations is shown by 25-year-old Alwynn, who embroiders black and white horse blanket check wool with glass bugle beads and jet stones. He uses it for a tight-waisted evening coat with a skirt big enough to fit over the white tulle crinoline set beneath it. The bold check wool is also used for the crinoline bodice.

Another fabulous creation by Alwynn is a white stain strapless sheath which has so much bead fringe and chunks of glass dangling from its bodice it looks like a walking chandelier. Jacques Griffe uses shaded chiffon for a knife-pleated number which starts lime yellow at the waist and ranges through grey and peacock blue to petrol at the hemline. Another called "Noel" is in thin grey lace and has its bouffant skirt overlaid with shaded old gold and turquoise chiffon. This designer also creates a snaky looking dress in rustling black taffeta, and emphasizes its leanness by balancing a gigantic, two-foot long bow on one shoulder and another on the opposite hip-bone.

Modern Etiquette

By Roberta Lee

How Can I!!!
By Anne Ashley
Q. When a girl has been dining in a public place with a young man, and they are leaving the table, should she begin immediately to put on her coat which has been draped over the back of her chair?
A. No; she should wait either for her escort or the waiter to assist her.
Q. Is it necessary for people who meet often during the course of a day to bow and greet each other every time?
A. No; this is wholly unnecessary. A smile or glance of recognition after the first meeting is all that is necessary.
Q. What type of stationery should be used by people in mourning?
A. A white stationery of a good quality is correct, and this is now preferred to stationery that is bordered with black.



Sister Elizabeth Kenny, famous Australian nurse and polio worker, is shown waving good-bye from the gangway of the Queen Mary in New York as she sailed for London, Eng. Sister Kenny, whose treatment of polio has aided hundreds of victims, has retired as director of the Kenny Infantile Paralysis Foundation because her "mission in America has been fulfilled." She will visit London, Czechoslovakia, Germany, Brussels, Ireland and France for final conferences with foundation workers in those countries, before she returns to her Australian home on Jan. 4.



Crown Prince Carl Gustaf of Sweden, with no cares of state to bother him, is seen as he obligingly clapped his hands for the cameraman in his nursery at Stockholm. The youngster is the son of Princess Sibylla and the late Prince Gustaf Adolf, who died some years ago in a plane crash.

Wool At The Cocktail Hour

Elegance, adaptability and "chic" have been the factors which have given the new fine woolen materials their success in Paris this season. Unexpectedly, the "grands couturiers" have given wool an unprecedented place—not only in the traditional uses—sport street, travel—but now for the cocktail hour as well! Never before has wool held such a prominent place in the collections of the French dressmakers. Perhaps the reason is that never before has there been anything like the choice in texture and design in wool. Ranging from woolen cloth as fine and as light as silk to a long-pleated wool that looks like nothing so much as a bearskin, designer and buyer alike have been won.

And the proof of the excellence of this material is to be found in the fact that among the "ten best dressed" woolen cocktail ensembles have won high favor—a thing that has never happened before. Absolutely new this year, and winning great popularity, is the shimmering material—jersey lame. Sometimes a lovely mixture of gold and black, of silver and black, of champagne and brown, or just plain gold or rosy beige, this material is to be found in all the great collections. Joan Dees, Marcel Rochas, Maggy Rouff, etc., have given it a prominent position without hesitation. Lending itself to beautiful draping effects, it is equally suitable for evening gown, dance skirt or the "sweater" type cocktail ensemble.

Schiaparelli has presented a fascinating black wool lace in two models, one a particularly smart afternoon dress worn over a foundation of lustrous white faille which sets off the exquisite design; another in which the wool pattern is outlined in silver thread. Among the greatest favorites are the cocktail gowns of black wool. These are particularly shown in the collection of Robert Piquet. All are without sleeves and leave the shoulders bare. The line of the skirt varies greatly, but most are slim fitting to the knee and then voluminous, either through pleats or flares.

For evening many wraps and capes are of fine velvety wool, usually black or midnight blue, and often lined with the same material as the gown. Others are velvet or lamé wool in a colour that sets off the gown. Incidentally, this combination is regarded as here to stay; it is perfect in warmth and durability for snowy winter evenings. Many fine wool jerseys will drape as easily and successfully as velvet or silk. Patou has a black wool model with applique motif on the flared skirt—in gold. Another has the ever popular scarf-stole. Lined with wool, it may be worn either side out and is regarded as the indispensable accessory for this winter's sleeveless cocktail dress.

Likes Designing Ballet Clothes

WINNIPEG, Dec. —(CP)—For 26 years Mme. Pauline Boutal has designed sets and costumes for Le Cercle Moliere, Winnipeg Theatre task of designing children's ballet group. Now she has taken on the costumes for a special presentation of the Winnipeg Ballet. The request to design sets and costumes for "The Rose and the Ring" gave Mme. Boutal "one of the greatest joys I have had in my career," she said. She explained her methods. "I read several times the play or the story before starting a few little quick sketches about two inches high. Then when I think these little people are beginning to look real in my imagination—I then is the time to draw and paint them, with their expression and their attitudes. "The composition and designing of sets and costumes is very close to illustration. . . . In a ballet, the costume must be very light, graceful, and yet real enough."



ELLEN'S DIARY

By An Island Farmer's Wife

By today we had accepted with more resignation the disturbing aftermath of the Winter's first storm. As yet we have no telephone connection with either the neighboring or outside world, and we were without electricity until suddenly while we were at supper in the lamp-light, in a burst of glory the lights shone again, their return hailed joyously by all the family. "You know" James looked up to smile "it was as though we were eating by candlelight!" And Jamie, who with his folks chanced to be present, reminded him with a chuckle: "One time you wouldn't have said that. Don't you remember? You used to say, you could scarcely see them at all!" Of all, Rob, was the one who stood to suffer most at any extended absence of power. "It was on for a few minutes this afternoon" Jane of us offered and his eager "For how long?" indicated that the matter was of much concern to him. "Would the cattle have time to get a drink?" That was it: the pump there which waters all the stock depends now on the energy borne to it on the tall new poles that march in along snowy fields and woodlands from beyond the hill. True, ours do too, but a plentiful supply had been pumped to the piggeries just before the disruption and cattle-kind still make their daily trek at watering time to the stream.

"When the Outlook is dark, try the Uplook!" someone has written with good philosophy. And today it was obvious that most of the family at Alderlea, unconsciously followed this sentiment to the letter, though not entirely from choice, James carrying baskets or pails, forgot their weight to look up; the younger farmer, watering the young horse at the tub raised his eyes, while he awaited the animal's pleasure; Jeanie too, taking in her wood, the small borrow out of place in its surroundings. . . and granddaughter who declared she "didn't see how the wind could do the like—there wasn't one solitary place where it could get in!" And sometimes in the midst of our household work we came to an eastern window to view too, the marks of the storm as left on the heights of a barn.

We recall now that at morning it came to mind that we were trying to follow the example of a brave Canadian woman of history, who in the time of her country's woe, drove her cow before her to carry out a self-imposed mission in the face of grave danger. We too were obliged to keep tryst with ours, in spite of some risk when we came to the milking. The fact that lofts above were full reassured us somewhat but we feared that perhaps the heavy supporting beams disturbed during the storm might fall, and all milk, cow and woman would be crushed in consequence.

James, extremely busy, answering our concerned query in an absent-minded manner. "Safe, Ellen? Oh I think it is—there's nothing on the roof to fall now. We tidied that yesterday. And you won't be long, will you? You can dodge if you see any danger. And mind, don't wait to see what's happening! Cut and run! Then pausing a moment there in the barnyard to look up appraisingly he added: Just be careful, Ellen, that she doesn't kick — they don't seem as content as they were. And the milk's getting scarce enough, with all those calves to feed!"

But bless them all! There was a scurrying about today on the part of the farmers, a collecting and borrowing of boards and with the help of Mr. C. from the house on the hill, a spell of lumbering for required sticks. Spikes and nails in supply were brought in, and all is now in readiness for the arrival of the carpenter, in the morning, when a period of mending begins. . . . And in our "Uplook" some of us were not unmindful that Winter lay fetchingly over the land, wide and white and silent with that far-reaching silence that belongs only to the season. Tonight a million frost-diamonds glitter in the moonlight, sparkling, beautiful. And the old clock strikes, "Ellen!" James exclaims, actually aghast, "what did I say at Supper-time? Wasn't it that we should get to bed early—because we're going to have a very busy day tomorrow!"

Good-night. — Diary



Ocean Travellers Are Party-bound



Shane Alexander, left, and Miss Barbara Bevan, sister of Princess Margaret's lady-in-waiting, are shown on the boat train just before they left London, Eng., on the first leg of their trip to Canada to attend the coming-out party of Rose Alexander, Shane's sister and daughter of Lord Alexander, governor-general of Canada, in Government House, Ottawa. They are two of six young guests making the trip as guests of the Alexanders.

DOROTHY DIX SAYS— Hesitant Bachelor

Man Afraid To Marry Because Friends Warn Him Against It

DEAR MISS DIX: I am very much in love with a girl who is about as perfect as any girl could be. I have been engaged to her, but I have broken it off because I have had such a fear of marriage instilled in me lately by different friends that I dare not risk it. Virtually all of my men friends have been married from one to five years and they warn me not to even think of giving up being single. They say that everything is perfect before marriage, but afterwards it all changes and everything is wrong. Several of the marriages of some of these fellows have gone completely on the rocks and they are either separated or divorced from their wives. I feel that a home with a wife and family of my own would be a wonderful thing, yet the experience of my friends makes me afraid to try it. What do you think? BOB

ANSWER: I think you are a coward to let your friends panic you with their dismal croakings about marriage. Suppose they did fall to make a go of it. That is no indication that you will. Of course, there is a risk in marriage. So there is in everything else in life. You have got to have enough backbone to take a chance. If you never do anything that someone warns you against doing, you will have to sit down on the do-nothing stool the remainder of your life. There are failures in every line of human endeavor. There are ministers who can never keep a pulpit. Doctors who have no patients. Lawyers who never have a client. Clerks who are always out of a job. Merchants, bankers, brokers who go bankrupt.

DON'T HEED FAILURES

Every one of them would warn you against following his occupation and tell you there is nothing in it, but would you let yourself be kept from doing any kind of work because some other man had failed in it? Not at all. You would look around and see hundreds of men who were successful among those lines and who had made fame and fortune, and you would roll up your sleeves and jump in and show them that it is the man and not the job that counts. Well, that is just the way it is about marriage. It is no sure thing, but it is a good sporting proposition, and how it turns out depends altogether on the individual man and woman who go into it. They can make it an earthly paradise or a hell, whichever they choose, and what other people have done has no bearing on their individual proposition. It is up to them. Don't be afraid to try it. The pessimists who cry out that marriage is a failure are those who have never really tried to make it a success.

DEAR DOROTHY DIX: I am approaching middle age and have been very active in the business world for more than twenty years. Now I find myself drifting away from some of my old friends. For instance, yesterday I met a girlhood chum who married when we were quite young. I used to consider her the most beautiful and interesting of my friends, but frankly she bored me stiff. Her conversations were just silly gossip and childish comments. Then recently I met an old friend, the very sight of whom used to thrill me through and through. He it now an old playboy and his talk is all of the parties he goes to. I cannot but compare these two with the men and women I meet in the conduct of my business and its social side and with the young people I employ. What has happened to me? Have I become a sour old maid, or so absorbed in business that I have cut out of my heart these two dear old friends? I am sorry to have lost them, for this is what has happened. A CYNIC

ANSWER: There is nothing the matter with you. There is nothing the matter with your old friends. It is only that you have gone different ways, developed in different directions, had different aspirations and experiences, and that now you have nothing in common. We can't go back to our friendships any more than we can go back to any other condition in life. Most of us find when we meet our old

(Continued on Page 3)

-Needlecraft- FOR THE HOME

Advertisement for Needlecraft dresses. Includes text: "DRESS-UP" DRESSES. These little bits of fashion make pretty silhouettes for young set parties! One, a pleat-treated frock. The other, the basque-dirend dressed up with a tiered skirt. (Two separate patterns). No. 2002 is cut in sizes 6 months, 1, 2, 3. Size 2, 1 1/2 yards 35-inch. The applique is included. No. 2815 is cut in sizes 6 months, 1, 2, 3 and 4. Size 2, 2 yards 35-inch; panties, included in pattern, 1/4 yard 35-inch. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address: Pattern Department, The Charlotteville Guardian. Pattern No. 2002 and No. 2815. Name: Address: City: Province: