

That Body Of Yours

By James W. Barton, M.D.

CARDIOSPASM

While the term heartburn is frequently heard, many suffer with it some of whom believe it has something to do with the heart. They worry unnecessarily. It is called heartburn because it is close to the heart region but it is not caused in any way by the heart.

Heartburn, sometimes called cardiospasm (heart spasm) is due to an obstruction of the lower end of the tube (oesophagus) which carries food from the throat to the stomach. The obstruction is not due to food or other substance but to a partial closure (spasm) of this muscular tube.

Just what causes this tube to partly close and appear to cause a real mechanical obstruction is unknown. In my own experience, a close relative was sure she had a growth in the tube because she could feel the food "sticking" in the tube just near the stomach. In order to convince her that no real obstruction was present by means of the fluoroscope (X-ray), I had her watch the food (barium) going down to the stomach by means of a mirror. While this was a number of years ago, I believed that nervousness was causing the symptoms.

In Gastroenterology, Drs. S. Wolf and T. P. Almy report that they made repeated observations of swallowed barium sulfate in 14 patients with well-established cardiospasm. They found that the obstruction in the oesophagus was often associated with decided amount of stress and strain or freedom from stress and strain in the emotional life of the patients. In short-term experimental observations, it was noted that when emotional topics were discussed, there was an increase in the obstructive symptoms, while a feeling of security and relaxation caused the symptoms to disappear.

While baking soda and other alkali give relief in some cases of cardiospasm, the fact that emotional disturbance cause tenseness of the whole body, including the oesophagus, trying to acquire calmness of spirit in the midst of stress is good treatment. Trying to avoid emotional conflict is the best treatment.

DIET SUGGESTIONS IN PEPTIC ULCER

Send 5 cents, coin preferred, and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., Post Office Box 99, Station G, New York 19, N. Y. and ask for Dr. Barton's helpful leaflet entitled "Diet Suggestions in Peptic Ulcer."

WASHINGTON, Aug. 16 — (AP) — White House talks aimed at settling the 40-hour week dispute of 300,000 trainmen and conductors in the United States broke down tonight, and the union urged President Truman to seize the railroads.

Modern Etiquette

By Roberta Lee

Q. Should cocktail glasses be engraved with the wife's or husband's initials. I've been told that all "drinking" glasses are supposed to belong to the man of the house.

A. This is optional. It is appropriate to use the husband's initials on such glasses, and it is also correct to mark the glasses with the wife's initials — to match the rest of the household glassware.

Q. Should small, dry cakes, such as lady fingers or macaroons, be broken as each bite is taken?

A. No. It is better to take small bites out of them.

Q. Is it correct to use "Dear Sir" and "Dear Madam" in social correspondence?

A. No; these terms are used only in business correspondence.

How Can I!!!

By Anne Ashley

Q. How can I detect a leak in a gas pipe?

A. At the point where a leak in the gas pipe is suspected, apply a paste of soap and water. If there is a leak, bubbles will appear. Never use matches or a flame of any kind when looking for a gas leak.

Q. How can I give the fingernail polish a higher gloss?

A. Apply the pink or red polish nail with a coat of colorless polish. It will give a higher gloss, a neater finish, and will last longer.

Q. How can I add flavor to meats?

A. Try brushing some French dressing over the meats and vegetables when they are broiled, and this will add extra flavor and help with the browning.

Better English

By D. C. Williams

1. What is wrong with this sentence: "Several hundred acres of land has been purchased."

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

3. Which one of these words is misspelled? Operetta, opinionated, oppressive, opossun.

4. What does the word "provident" mean?

5. What is a word beginning with det that means "abominable"?

ANSWERS

1. Say, "Several hundred acres of land have been purchased." 2. Pronounce vi-count, i as in vine, ou as in court, accent first syllable. 3. Oppressive. 4. Making provision for the future; frugal; saving. "The provident man can look forward to the future with equanimity." 5. Detestable.

ALRESFORD, Hampshire, England, Aug. 16 — (AP) — Sir Francis Lindley, former Ambassador to Japan, died at his home here Thursday. He was 78.

True Success Story

By F. H. MacArthur

James Aikins, LL.D., 1823-1904, a statesman, born in Toronto, and educated at Victoria College, Coburg. This remarkable man was the son of a poor farmer and began life as a farmer himself. At an early age Aikins showed great promise of becoming an outstanding man, and at 21 he was elected to represent his native country in the legislature.

At the formation of the Macdonald Government he entered the Cabinet as Secretary of State and Registrar General, and held these offices until 1873. Aikins was the author of the Public Lands Act. He also organized the Dominion Land Bureau, which is now a branch of the Department of the Interior. When the party to which he belonged was returned to power in 1878, Mr. Aikins was again appointed Secretary of State, but he exchanged the office for that of Minister of Inland Revenue in 1880. Two years later he resigned from the Cabinet and was appointed Lieutenant Governor of the Province of Manitoba, on the expiration of his term of office he was called to the Senate.

That doughty old warrior William Lyon MacKenzie, was born in Scotland, March 12, 1795. His father died before William was a month old, leaving the family in dire poverty.

In 1820 young MacKenzie headed for Canada, where he soon found his way into the business world, first at York (Toronto), and later at Queenston. Like most of his countrymen, MacKenzie cast about for a means to supplement his earnings. This was achieved by the launching the Colonial Advocate, in which the Tories were violently attacked. That there was much good horse sense in these attacks goes without saying, as most of the changes he recommended have since been adopted, but the bitterness of his attacks aroused great opposition among the extreme Conservatives then headed by Sir John Robinson.

In 1828 MacKenzie was elected member of the House of Commons for York, but he was expelled on the technical ground that he had published accounts of the proceedings of the House without permission. But this did not prevent him from being elected five times and five times expelled, till the Government refused to issue a writ and York was minus one of its representatives.

His visit to the Mother Country in 1832 resulted in many important reforms for Canada. Upon his return to Canada, two years later, he became Mayor of Toronto. For one year he served in parliament, but two years later the Tories won a brilliant victory and MacKenzie together with most of the other reformers went down to defeat.

The bitterness which followed their defeat was one of the chief causes of the revolt in 1837. MacKenzie gathered about him a mob and tried to set up a provisional government, but the attempt ended in failure and he was forced to flee to the United States for sanctuary. When the tumult and the shouting had died down Mac-



KOREA CARRIES ON—Mrs. S. M. Pal, right, of Seoul, Korea, shows Miss Joyce Kooler of Chicago, Ill., a handsome Korean doll at the first U. S. Trade Fair now being held in Chicago. A small group of South Koreans take an optimistic view of their country's future and have leased 900 square feet of space for exhibiting merchandise at the fair.

Household Scrapbook

By Roberta Lee

Prevent Meringue Shrinking

To help prevent meringue on cream or fruit-filled pies from shrinking while cooking, be sure that it covers the entire top of the pie and touches the rim of the crust. Bake the meringue for about 15 minutes in a slow oven and keep it out of a draft while it is cooking.

Whitening Sport Shoes

Why not try using some ordinary painters' masking tape for protecting any colored leather while whitening sport shoes?

Father Pillows

Don't sun feather pillows, as the heat brings out the oil of the feathers. Instead, hang them on the line on a windy day so the air can penetrate.

Kenzie returned to this country and was again elected to parliament, however, he refused all offers of government positions. In 1858 he had to resign his seat because of ill health. Three years later he passed away. It has been truly said of William Lyon MacKenzie that he was an agitator, and tended to exaggeration and misrepresentation, "but he could be neither bribed, bullied, nor cajoled" something to be chalked up in his favor.

Cook's Corner

BLACK MIDNIGHT CAKE

Half cup shortening, 1 1/4 cups sugar, 2 eggs, 1/2 cup cocoa, 1 cup hot water, 1 1/2 cups sifted cake flour, 3/4 teaspoon salt, 1 teaspoon soda, 1 teaspoon baking powder, 1 teaspoon vanilla. Mix in this order. Cream shortening, add sugar gradually and cream until fluffy. Blend in well beaten eggs. Combine cocoa and hot water. Stir to dissolve completely. Sift flour, salt, soda and baking powder together and add to creamed mixture alternately with hot water and cocoa mixture. Blend in vanilla. Pour into an 8-inch square pan (2 1/2 inches deep) which has been greased and lined with paper. Bake 50 to 55 minutes in a moderate oven 350 degrees. When cool, spread with 7 minute icing.

THE LAKE OF SHINING WATERS

As the sun was slowly sinking I cast a lingering ray, On the Lake of shining waters At the closing of the day.

This beauty spot of P. E. I. Is wondrous to behold, As the leafy branches cast a shade, On this lake of shining gold.

Anglers perfect paradise And he so often loiters As he catches there the speckled trout From the lake of shining waters.

Lucy Maud has oft times told In her book of Ann, and others, Of this place enchanting, fair, This lake of shining waters.

There the lovers wend their way, As hand in hand they wander, To watch the moonbeams shining on The lake of shining waters.

The beauty of our Native Isle Is dear to sons, and daughters, And the memory of this lovely spot The lake of shining waters.

—Mrs. Edgar Gillespie

PEOPLE ARE TALKING!

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CUTICURA

The Stars Say --

By Genevieve Kemble

For Tuesday, August 22

THE auguries for this day reveal a curious turn of events, an intriguing situation, or some inspired and challenging development that may call for particularly brewed insight and clever handling. A matter-of-fact solution seems to be less realistic than a peculiar lead, a hunch, or an intuition. Higher-ups or others in influential places may precipitate a crisis yet be of scant help in solving riddles.

For the Birthday

Those whose birthday it is, may find themselves deep in the coils of some irregular or intriguing set of circumstances from which it may be difficult to work out, unless by the adoption of clever strategies, or by inner guidance, hunch of intuition, where the emotions and feelings dictate a curious course of action. Superiors or others supposed to possess more realistic insight into puzzling factors may not be of much aid in a predicament or crisis. Inner forces may work favorably.

A child born on this day may possess some strange or unusual vision, insight or guidance, which may be called on in critical or unrealistic situations.

Morning Smile

Time Marched On

"You're a fraud, you are," yelled the irate, old man as he stamped into the doctor's office and pounded his cane on the floor.

"Why, what do you mean?" asked the stunned medic.

The old man was still fuming. "In 1904 I caught cold and came to you for treatment, and you charged me three dollars." He wheezed.

"So I cured you, didn't I?" replied the doctor.

"Cured me? Cured me?" echoed the old man. "Just look at me I'm sneezing again."

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ELLEN'S DIARY

By An Island Farmer's Wife

Lay it to the general excitement of the week at hand, or perhaps in a way to the preparations in anticipation of the days ahead—baking an extra cake or loaf "to do over", pressing James' best trousers, or our other dress, in any event we barely made it tonight, to this our study-of-sorts. As it is, James is relieving us of a stint of duty at the house across the lane, from whence the parents there, joy in their steps and a matching light of it in their faces, set out past dusk to the city to enjoy the initial festivities of the Old Home Week there. An added glow against the eastern sky, to which even our eyes involuntarily turned as we made our way from the wee house to this one moment ago, proclaimed the tidings that once more the Fair is into it's magical swing. Our task is an easy one as duties go — only to see that all is well with our small ones and to be present in the event of any awaking. It is small in our combined stewardship for James to stretch his length beside granddaughter in her bed, while in another we assume the care of the liddle in his cot. Any stirring gives rise to a concerned and muted: "Ellen, have you gone and fallen asleep." But presently even this is dissolved in the deep and tranquil peace which by night envelopes this resting farmstead.

The return of Exhibition Week — call it by what name you will — always returns reminiscences to those of us who have known it "forever." Not that James in childhood located nearer than we to the scene of it has not the edge on us in attendance, but for many years now, we two have known the joys and concerns of it together. At supper with granddaughter an attentive listener our conversation turned to this. James is one who while giving due merit to the advances and improvements intervening years have brought to farming and farm-folks, still lets his mind return a bit wistfully at times to those days of the long ago. We fancy that he would like to turn back the pages of time and attending the event — perhaps a hand tucked into his father's, meet again those people "from out the storied past."

Or coming at length to his mature years, when competition was keen among the farmers of our district, and a friendly rivalry existed when they paraded the best offerings of their stables in the show-ring they knew so well — we are sure James would like to go back for at least a day to this. To admire and encourage and chaff with these older men, only names now, vague ones even to our sons, but often appearing in the conversation of those of us of the older generation, especially when Exhibition time appears again. Princes they were in their own rights, we know now, those discerning, canny pioneer farmers we knew. It is a pity, we think that machinery has taken away most of the pride and glory from the knowing lovable horses, so well esteemed, so much a part of the life and living of those farmsteads of the long ago.

"Do you mind Ellen," James lingered over the subject at supper, "the long string of teams we would join as we neared the city — at Exhibition time in the long ago? Do you remember . . . from every road?" It was easy to reconstruct the scene from the past. The sun of the fresh day, new and mellow would be beaming it's blessing on the way ahead. Dust? Sometimes, but of what moment when one wore a duster over one's best, and those most careful of appearance could save a treasured hat in it's wrapping beneath the seat of the carriage. That is right! Along with the tie-rope . . . the feed, or so of oats, and for the thrifter from choice or circumstances — the neat bundle of hay. And often the "bite to eat." But not in the season or years of courting. Not then! What should granddaughter think of those days now gone, when admirer of hers, swoops down like a bird or wing to bear her off to the Fair in his light fleet plane? What will James say? . . .

But James is at the door now to say: "Ellen, the young lad's stirring . . . and she has a bit of a cough. You don't think she'd be taking the croup, do you? And do you know where the tablets are? Perhaps he wants a drink . . . well anyway you'd better come!" So.

Until tomorrow — Diary—Good-night . . .

TORONTO, Aug. 18 — (CP) — Joseph Deyman, 65, retired yesterday after 38 accident-free years as a Canadian National Railway engineer. He said careless motorists gave him many a scare at the thousands of level crossings he passed in his 1,140,000 miles of

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DOROTHY DIX SAYS -

Selfish Adolescent.

Teen-Age Boy Resents Making Contribution To Household

DEAR MISS DIX: I am a boy in my middle teens and find it hard to get along with my father. He is 60 years old with many silly ideas. For example, when I leave the house in the evening, I must state where I am going and must put up with a big fuss. Another thing, he demands that I give up most of my money when I work for household expenses. He earns a meager salary himself. I graduate next year and am in need of money for graduation and clothes. What percentage of my earnings should I give him? After I graduate and am on my own, would you advise me to leave home and go out into the wide world alone?



ANSWER: Your father is making a mistake that most fathers make in using force and authority instead of tact in dealing with an adolescent boy.

For at no other period during his whole life is a boy so cocksure of himself, so certain that he is embodied wisdom, so absolutely confident that he is perfectly capable of managing his own affairs without any suggestion from his elders as when he is 16 or 17.

USE SOME HEART

But while I appeal to your father to use more intelligence in dealing with you, I appeal to you to use heart in dealing with him. Have you ever thought of how he works and how much he denies himself to support you? And keep you in school? His is a hard life whose many sacrifices you've never appreciated because you are so unaccustomed to them. Dad's always tired, always worried about bills, always sort of sunk and hopeless. Can't you visualize this and be glad that before long you are going to be able to put your strong young shoulders under the family load and help him carry it?

Just what percentage of your earnings you should pay into the family fund I don't know, because you can't figure it out on a cold mathematical formula. There are such arrears of debts that piled up during the long years when you were little and helpless, that no one can say how much a child owes its parents in dollars and cents. But believe me, D. D., family solidarity is a beautiful thing and there is nothing from which you would get more happiness than in working shoulder to shoulder with your parents, making their lives easier and giving your little brothers and sisters advantages which perhaps you have never known. Try it.

DEAR DOROTHY DIX: We are several 14-year-old girls and want to know why our mothers will not permit us to correspond with boys. We know a girl who had been writing to a boy and when her mother found it out she took all the letters and would not let her write to him any more.

JUST US

ANSWER: The reason that mothers object to their daughters corresponding with boys is because they are trying to keep them from doing something they are sure to be sorry for. If Mother could be certain that you would write to Tom, Dick or Harry about nothing except the state of the weather and the baseball games and the crowd you met at the soda fountain, she would not object.

But mother has been a girl herself and she knows that a pen in a girl's hand is just as dangerous as a loaded pistol—that it is pretty sure to go off and explode, and there is too much danger of its wrecking a young life for her to be permitted to play with it.

Mother knows that a girl makes herself cheap when she writes to a boy before he writes to her and when she writes him half-a-dozen letters to his one, and she doesn't want her little girl to do that. Mother knows that a girl will write things to a boy that she would never say to him in the world, and Mother doesn't want her daughter to throw herself at a boy's head.

And Mother knows that boys show the letters girls write them around, and she doesn't want her daughter to be subjected to the humiliation of being jeered at by other boys and girls.

So Mother is quite right when she tries to keep her 14-year-old daughter from corresponding with boys. It is one thing to say a thing and another to put it down in black and white. A great flirt once boasted that, no matter what she might have said to men, no man had ever had a scrap of her handwriting. That is a good tip for all girls.

DEAR MISS DIX: I have been married six months. My husband and I have never quarreled and have been very happy together. I cater to his moods and whims. I never scold or criticize him for things he does that I dislike. Now my sister, who has been married for a number of years, tells me that I am spoiling my husband and making a mistake by letting him have his own way, and that I should stop it. What shall I do?

TROUBLED YOUNG WIFE

ANSWER: Tell your sister to mind her own business and let yours alone. Every wife has to learn by experience how to get along with her husband. No two men can be managed alike, and, if you enjoy spoiling your husband and he purrs under your hand when you do it, keep up the good work.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

-Needlecraft-

FOR THE HOME

SEW FOR SCHOOL

With school days ahead, the wise home sewer will start now to think about classroom clothes. Here, an easily made ensemble — tunic, bolero, and blouse — with the grown-up styling little girls love.

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All I Wanted Was a Drink of Water

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"M-m-m. No water. It always spoils when daddy uses it."

"Maybe I'd better connect it. That'll make it work better."

"Hey! I want a drink, not a shower!"

"Ma-Ma! I want my MA-MA-A-A-A!"

When a thirsty boy on a hot day finds a garden hose at large in the back yard, anything can happen—and did. To two-year-old Neil Walsh, of Cleveland, O. But when catastrophe catches him, Neil, like any two-year-old knows exactly what to do. Flop on the ground and cry real hard. That brings mother to the scene and mother can fix anything—even a mess like this.