

That Body Of Yours

By James W. Barton, M.D.

WHY ACTH AND CORTISONE HELP SOME ARTHRITIS AND NOT OTHERS

What many of us forget is that a drug or medicine that helps one patient to get relief from an illness may give no relief to another patient suffering with the same ailment.

Another difference is in the amount of juices poured into the blood, some glands pouring just the right quantity and others too much or not enough.

Today we are hearing much about the wonder or miracle drugs, ACTH, and cortisone; some physicians report dramatic results in curing or helping cases of rheumatism and arthritis and others report poor or unsatisfactory results.

A course of ACTH, consisting of 12 injections of 25 mg. into the muscles every six hours, was given to 17 patients with rheumatoid arthritis. After a period of at least four days, a similar course of cortisone was given, using a 50 mg. aqueous suspension every six hours.

If the dose of the drug, (which is really the gland juice of a gland obtained from an animal) is much greater than the amount of gland juice manufactured and poured into the blood by the patient's own

Modern Etiquette

By Roberts Lee

Q. If a man has been invited to dinner in someone's home, and suddenly finds it will be impossible for him to arrive at the appointed hour, what is the best thing for him to do?

A. Telephone his host or hostess immediately, explain, and request that they do not wait for him.

Q. What refreshments would be appropriate following a home wedding?

A. This is more a matter of choice than of etiquette. Ginger ale, fruit juice, punch, or coffee, wedding cake, and a few sandwiches would be all right.

Q. If there is no host in the house at the time, and a hostess is seeing a couple off, should she help both of them with their coats, or just the woman?

A. She doesn't assist either of them. The man first helps the woman with her coat, and then puts on his own.

The Stars Say

By Genevieve Kemble

For Tomorrow

THERE may be a sudden lurch in the activities, probably set in motion by plans or inducements of elders or old institutions. A real spurt of energy is presaged, with much to make the endeavors worth-while and give zest to stimulated ambitions. Intentions are keen, possibly through the aid of certain feminine suggestions.

For the Birthday

Those whose birthday it is may count on a particularly lively and enterprising year, with energies and aspirations functioning at a tempo. There is an urge to drive ahead into security with far-reaching benefit, the feminine touch providing inspiration and motivation as well. Enthusiasm as well as friendship may give the open sesame.

A child born on this day is graceful and charming, as well as forceful and ambitious. Gland or glands, then this oversupply of juice (ACTH or cortisone) suppresses or reduces inflammation. If the dose is less than that supplied by the body itself, then it has no effect in reducing the inflammation.

Far Away

"My music teacher says I have a fine voice and should go far." "Splendid! I'll help you pack."

ELLEN'S DIARY

By An Island Farmer's Wife

All in the seasons' turn, the old year brought in his last day this morning. Did we not see it break in a slim shaft of dawning which widened and spread to scatter the darkness above a near hill? We regarded its appearance reverently and proceeded to spend reluctantly the gold of its passing hours.

With varied emotions, we are sure, we shall await that magic moment of midnight when that door shall move slightly ajar. It is likely that as we wait with the silver of many a year on our heads, as the hours wane, James will suggest sleepily: "Don't you agree, Ellen it would be much wiser for us to retire? We've seen years go before this — and come! And tomorrow... well, there'll be work to do. We should get our rest to be prepared for it."

But then we should know that even James, who is pleased always to pursue what he terms "sensible" avenues of living, would leave the armchair with reluctance. There is a singular fascination in bidding the Old Year "Adieu; a sweet expectancy in hailing on a solemn note the New. We meditate: The Old—could it be that we expected too much at its hands? Had allowed for sunshine only, forgetful of the shadows? Or in our anticipation had sloughed off all such uneasy thoughts?

But the New? It will be better. It comes ever bound about in a bright ribbon of anticipation. And so we await the opening door with high hearts. The hope which "springs eternal" bids us forget now every petty annoyance and disappointment of the past—and sorrow, as we look forward to the New.

Nevertheless, recalling the sound of voices "loved and lost awhile," kin and friend, we shall sigh. And James, who along his years of more than one hundred years has experienced the ebb and flow of life, the past, lingering in speaking tones on the days that are no more. And will observe: "Well, we know all about what has been. Ellen; what of the future?" And we shall venture no reply.

We know however, that inside beyond the still-closed door which will presently admit us to the New Year, we shall shed tears. We shall as well gather joy and happiness in unexpected places. And for us who dwell on farms, we, God willing, shall enjoy the return of a seedtime and harvest. We shall have our dawns and dusks; and the lovely lazy noontimes of summer.

Returning swallows we will greet; listen breathlessly to robins' matins and thrushes even-call. Love again apple blossoms and lilacs... sunlight, quiet showers, moonlight, sunsets, covenanted rainbows—These we shall have. But "We must expect too much from the New, Ellen," James will remind us, "we have had our good years."

Yet, as the magic moment comes to set the door ajar, and hand in hand, we cross the threshold, it will be with high hopes for the days ahead. And we shall pause when barely within — just a moment it will be, but long enough to meet James' smile with an answering one as we wish each other — and everyone — "A HAPPY NEW YEAR — A VERY HAPPY NEW YEAR!"

"We eagerly await the New Year's coming. And try to guess what blessings it will give; We cast away our last year's tears and failures, And rise again, renewed with hope — to live!

We know that all our days will not be golden, We know that all our hours will not be bright; But yet we know that with the New Year's coming, We still have time to love, to dream, to fight!" — Diary — — Good-night

Better English

By G. G. Williams

1. What is wrong with this sentence? "He has no doubt in his mind that what you say is true." 2. What is the correct pronunciation of "coquetry"? 3. Which one of these words is misspelled? Tranquillity, trafficking, tonsillitis, tamale. 4. What does the word "abstract" (verb) mean? 5. What is a word beginning with cr that means "belief"?

ANSWERS

1. Omit "in his mind." 2. Pronounce ko-ke-tri, o as in no, e as in bet, unstressed, i as in it, accent first syllable. 3. Tranquillity. 4. To disengage the mind attention, etc. "His attention was abstracted from the subject." 5. Credence.

Morning Smile

Time Piece

As most people know, the BBC employs "scouts" who inquire among the public what items are popular and so forth. One of these tackled a man who stated that he didn't listen much, but usually heard "Lift Up Your Hearts."

"Then I take it you are interested in religion?" commented the scout. "Well, no—but I wait for it to start because I know by that time I ought to be shaving."



FIT FOR A KING — Beaming royally over his culinary triumph, Sweden's Crown Prince Gustav Adolph exhibits a gingerbread man which he fashioned with only a little assistance from his sister Princess Christina. The royal baker spread more flour over himself and the king's kitchens, in Stockholm, than he managed to introduce into the gingerbread dough, but cookie connoisseurs claim the confection was a princely treat.

DOROTHY DIX'S COLUMN

Sorry Plight Of Widows

Outlook Brighter For Companionship Than For Chances Of Marriage

DEAR MISS DIX: What becomes of widows? Are they supposed to slowly die—of loneliness? Are they all supposed to eat out their hearts for companionship—or should they go out and pick up friendship? I wonder!

I know of numerous widows—all alone—like myself (and I am not old by years or actions), and I feel as they do there must be some decent way we can reach companionship. I am not ready for a rocking chair yet!

Have already tried church organizations but again I run into the same deal—husbands and wives, or older people, or adolescents. So here I am still alone—and I don't like it! I am not bad looking, have no figure faults, enjoy sports, radio, shows, a good laugh and good company.

How about some of the bachelors and widowers writing to your column and giving us some pointers on how we can meet them?

Few people realize how desperate this condition has become, and those of us who do get into trouble have it brought on by just such callous attitude towards our loneliness. T. M. ANSWER: Widows today face a problem that is becoming increasingly difficult as the gap grows in the ratio of widows to widowers. There are some seven million widows in this country, outnumbering widowers by better than three to one.

As far as companionship goes, the outlook is much brighter. Since you mention the fact that you know numerous widows, can't you find among them congenial company to assuage your loneliness, at least?

I agree that most people—meaning, of course, those who are secure in their own homes with husbands—are apt to be heedless of your plight. It would be a good idea if married couples did give a little more consideration to their widowed friends, and would try occasionally to arrange dinner or cards and include the lady and perhaps an eligible male, if one can be found.

When being entertained by your married friends, you must be wary of being overattentive to the husband. Wives are inclined to regard unattached women as predatory females and will be quick to notice, and take exception to, any undue attempts to engage hubby's interest.

Since your range of interests is wide, you should be in a position to make friends easily. As a reading guide, I suggest "You Can Start All Over" by Marjorie Hillis Rouliston, which can be obtained at any book store.

DEAR MISS DIX: I have been going with a man for twelve years. Two years ago he gave me a diamond ring, which he later took back. Now I see him Tuesday and Thursday, but Saturday and Sunday he spends with a married woman. I want to get him back but don't know how to go about doing it.

ANSWER: You are very foolish, Alice, to continue wasting your affection and time on a man so utterly worthless. Every statement in your letter is an indictment against him. Do have the courage to give him up. There may be ways of getting him back, but his demands would not be met by a self-respecting young lady, as I'm sure you are. He's wasted enough of your time already.

DEAR MISS DIX: My son died a few days before his wedding. The girl has the engagement ring, and I have the wedding ring. She has asked a member of the family about the wedding ring, and our minister says that since the wedding did not take place she couldn't possibly wear it. What shall I do with it?

ANSWER: If the ring has no sentimental value to you, I would advise taking it to the jeweler who sold it, and asking if he would buy it back, explaining, of course, the circumstances. M. G.



SHE'S GOT A FUR COAT — The penguin at right, seems to be the topic of jealous conversation for her more formally-clad companions at London's zoo. (The very idea. Wearing a fur coat and putting airs!). Actually, the furry bird isn't being high-hat. All young penguins are covered with down before acquiring their soup-n-fish of feathers.

False Face

By E. C. Buley

"Did you skip across the border from Canada?" the man went on. "We are trying to tighten up all round, and keep out the gate-crashers. You can tell us how immigration laws are evaded, and why."

"But I came in with a passport, in the ordinary way," Peter said. "Does it not occur to you, after reading those clippings, that you are not Marchant, but somebody else?" the doctor asked.

"If I say 'No,' you'll conclude that I'm hopelessly mad," Peter answered. "If I say 'Yes,' to please you, you'll catch me out, as admitting to delusions. Why not deport me, and let my own country worry out the exact degree of my lunacy?"

"Why not come across 'clean?' the doctor replied. And there the matter rested for weeks, which soon stretched into months. Peter had the assurance of his custodians that he could not be kept there for ever, and that was his only solace during that period of interminable waiting. He had been trapped somehow, for some reason which was completely hidden from him. Beyond the fact that Lola LePhone had been the instrument of his undoing, and had certainly stolen his papers, Peter knew nothing at all.

He had to put himself under strong restraint, at all times. His great fear was that he would be transferred to some asylum as a lunatic, or that his deportation would be accompanied by some report which would make it very difficult for him to obtain justice, even in England. For that reason he exerted himself to the utmost, in complying with all the official requirements, and in presenting the appearance of a reasonable being, in all respects except one.

His reward came—although he did not realize it at first—when a new and younger doctor came to his pen, for the periodical examination. This man began by subjecting Peter to a physical examination, more searching than anything he had yet undergone. Peter noticed that he referred frequently to a file of papers, and that he seemed at once interested and a little baffled at the same time.

"You are the Englishman who claimed to be a well-known artist, aren't you?" he asked at last. "My name is Peter Marchant," Peter replied. "I was an artist of some repute; a claim easily tested, as I have often tried to show."

"Why, yes," the young doctor agreed. "That interests me a lot. Now an artist has got to be able to draw and paint, hasn't he? And do you say that you are able to do things like that? Could you draw me, for instance, so that I'd

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Household Scrapbook

By Roberta Lee

Paint Brush

To soften a used paint brush, boil it in vinegar. If very hard, repeat the operation.

Soaking Clothes

Do not soak clothes so long that the dirt is distributed through the

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Cook's Corner

POULTRY-HAM PIE

Yield—4 servings.

1 1/2 cups 1/2-inch cubes cold cooked poultry

1/2 cup 1/2-inch cubes cold cooked ham

4 tablespoons butter or margarine

1/2 cup chopped onion

2 tablespoons chopped green pepper, optional

2 tablespoons corn starch

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon dry mustard

Few grains ground mace

1 cup stock made from poultry bones

1 cup light cream

1 1/2 cups prepared biscuit or baking mix

2 tablespoons chilled shortening

1/2 cup milk (about)

Prepare the cubed poultry and ham. The amounts of either may be varied to make up the total 2 cups of meat.

Heat the butter or margarine; add onion and green pepper (if used) and fry gently, stirring often, until vegetables are tender.

Remove from heat and blend in the corn starch, salt, pepper, mustard and mace.

Gradually stir in the poultry stock and light cream.

Cook the sauce, stirring constantly, until smoothly thickened; add the prepared poultry and ham and combine lightly. Turn into a 6-cup casserole.

Measure the prepared biscuit or baking mix into a bowl; add the chilled shortening and cut it in finely. Gradually mix in sufficient milk to make a soft but not sticky dough.

Pat dough out to fit the top of the casserole; place over poultry mixture and seal the edges.

Bake in a hot oven, 450 degrees, about 15 minutes.

Serve hot.

Eggs

Eggs will not burst while boiling them, if one end of each egg is stuck with a needle before placing them in water. This makes an outlet for air and keeps the shells from cracking.

4577 12-30 30-42 by Anne Adams



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7080 by Alice Brooks

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How Can I!!!

By Anne Ashley

Q. How can I mend broken marble?

A. Make a very stiff paste by mixing Portland cement with water. Clean the edges of the marble thoroughly, then put the cement on both edges, press together very tightly and tie together until the cement has set.

Q. How can I avoid knotting the end of darning cotton when mending stockings?

A. A knot is unnecessary if the end of the darning cotton is moistened to prevent its slipping through. Avoid making knots in the thread, as they are hard on the feet.

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