

Better English

By D. C. Williams

That Body Of Yours

By James W. Barton, M.D.

DIVERTICULOSIS — LITTLE POCKETS IN LINING OF LOWER BOWEL

When a physician has a patient who is sure he (or she) has a cancer of the stomach or bowel, to show the patient that no cancer is present the physician arranges a barium meal which consists of two or more ounces of barium sulphate in a glass of buttermilk. By means of the x-ray, this meal is followed down to the stomach, watched carefully at stomach and beginning of small intestine, to find if ulcer may be present, and then through small and large intestine till the barium finally leaves the body.

In a number of these cases, while cancer or ulcer is not present, there is found what are known as diverticula—little rounded, knob-like extensions of "pockets" in the lining of the large intestine or colon, commonest place being the sigmoid portion, which is a few inches above the rectum. These little pockets or pouches in time get filled with waste matter and give off gases that cause pain and distention.

Some months ago I wrote about the work done by Dr. Walter Alvarez, Mayo Clinic, on diverticula. In New York State Journal of Medicine, Dr. Eugene D. Morhous (Clifton Springs Sanitarium and Clinic) reports his experience with 274 cases. This group of 274 cases represents only one-half of one per cent (1 in 200) of the total number of cases of all diseases admitted to this hospital over 15 years.

Constipation, flatulence, pain and tenderness in the lower abdomen with or without any lump or mass that could be felt by the hands of the physician, were the commonest symptoms. X-ray examination of the colon by means of a barium enema was the most valuable diagnostic aid, giving the true diagnosis in about 83 per cent. The examination of the lower part of the colon by means of the proctoscope which shows the condition of the lowest part of the bowel was not of much help in diagnosing diverticula, diagnosis being made by the proctoscope in only 3 of 59 cases.

Thousands of individuals have these diverticula and only a few are bothered enough to have their symptoms investigated by their physician. As a matter of fact, should these little pouches become infected some real trouble may follow. Thus treatment of diverticulosis is mainly the prevention of infection. A light diet with avoidance of fruits containing fine seeds is recommended. Regular bowel habits without use of laxatives is the ideal aim. Overweight should be corrected and general health promoted. Condiments should be avoided. Cool tap water enemas once or twice a week is good treatment.

How Can I!!!

By Anne Ashley

Q. How can I make a useful glue that will stick paper or cloth to metal, wood or glass?

A. Dissolve one tablespoon of ordinary cooking gelatin in from 2 to 2½ tablespoons of boiling water; boil a few seconds and add a little sugar while it is still hot.

Q. How can I prevent olive oil from becoming rancid?

A. Add two medium-sized lumps of sugar to each quart of olive oil as soon as it is opened to keep it from becoming rancid.

Q. How can I remove perspiration stains from clothes?

A. Before laundering, soak the garments in a strong salt water solution.



THE LAST CLASS — Before leaving for England to compete on Canada's Bisley Rifle team, Miss Mary MacLennan makes a final check on the work of her young charges at West Kent School.

entering in the 1870's, arrived Thursday in Southampton for the Imperial National Rifle Association matches at Bisley. Craswell photo.

BULLETINS FROM BIRDLAND

WINIFRED E. WILSON



HOT SONGS

Oven-birds make us think of cool forests, Whip-poor-wills of nights in spring, Nighthawks of summer evenings. But Catbirds, Wrens, Yellowthroats, Song Sparrows, Red-eyed Vireo, and Indigo Buntings all remind us of heat waves. Once the nesting season is finished, and the young ones are able to move about, the majority of adult males almost cease to sing; they may still give their "territorial song" when the family is settling down for the night, but very few are heard at noon. These few, however, keep up their carolling even when all else seems to be subdued by the hot sun.

It is, perhaps, hardly fair to put the Cabird into this group, because by mid-summer it seldom sings its fine song, but sits on some favourite branch and goes through part of its varied repertoire despite the heat. The friendly Wren bubbles away just outside our homes all day long, generally raising two broods, and therefore busy and happy after most birds have given up the exciting life. And little Mr. Yellowthroat is a great family man, so continues to sing "Witchy, witchy, witch" even when guiding the children about from this clump of bushes to another, thus showing his devotion all through the hot weather.

Darkness, rain, cold, or heat are all one to the Song Sparrow. His cheerful voice rings out however intense the heat from the noon-day sun. Look for him on a fence post beside the highway. He often displays this tiny distinguishing mark, a dark triangle in the centre of a streaked breast, and as he files at your approach, flips his tail up and down.

Few birds can beat the Red-eyed Vireo for persistence. All summer long, and all day long, he sings his everlasting, jerky song. This indefatigable singer scarcely pauses for breath, even in the sizzling sun. Though he may be found on the margin of a wooded hill, or in an orchard, the roadside tree is his favourite spot.

One of the most enthusiastic summer singers is the Indigo Bunting, whose high, Canarylike voice is most often heard beside the dusty highway, although he also likes hot, brushy hillsides. He certainly sounds as though he enjoys the blazing sun. How we wish he would come down from his lofty perch, so that we might see his iridescent, deep blue plumage properly. He has the honour of being one of our few blue birds, so try not to miss him or his hot song.

Do clotheslines attract birds? HIGHFIELD Y. W. A.

The May meeting of the H. Y. W. A. met at the home of Mrs. Rae Weeks.

The devotional period, led by Mrs. Rae Weeks opened with the hymn, "Jesus, Keep Me Near The Cross," followed by the reading of Psalm 96 in unison.

The president, Mrs. Creed, presided for the business period.

It was unanimously agreed that fruit be taken to the Provincial Sanitarium, for some of the patients on Hospital Day.

The next meeting is to be held on June 27th at the home of Mrs. Stillman Prizzell and Mrs. Abbie Weeks as devotional leader.

Lunch committee: Mrs. Creed and Mrs. Stearns. Meeting closed by singing a verse "What a Friend We Have in Jesus," followed by Mtaph Benediction.

OTTAWA, June 21—(CP)—A revision of the Food and Drugs Act will be placed before Parliament next fall, Health Minister Martin indicated to the Commons today. He said the department now is discussing a number of proposed changes with the trade.

VANCOUVER, June 22—(CP)—Logging operations were suspended in neighboring West Vancouver today and travel was allowed by permit only in Vancouver Island's Sayward Forest, as 21 blazes prowled through dry timberland.

DOROTHY DIX SAYS—

Unreasonable View

Fiance Opposed To Girl Learning A Profession

DEAR MISS DIX: We have a daughter of 20 who has had two years in college. She is engaged to a nice young man, but it will be at least two or three years before he can afford to marry. We are anxious for our daughter to finish her college course, or take a business course, but her fiance strongly objects to her doing either one, as he says he will never consent to his wife working after they are married. That is all right, but my husband and I both think that every girl should be taught some way of making a living, whether she follows it or not after marriage. Is it fair for the young man to take the position he does, and should my daughter give in to him?

A MOTHER



ANSWER: The young man in the position he takes, A trade or profession is the best protection a girl can have against the rainy day that possibly may come to anyone.

A WISE PRECAUTION

It is hard to see how anyone can be so narrow and bigoted and prejudiced as to fail to see the wisdom of this. Who is so helpless as the girl who has no business experience and who finds it impossible to compete with women who are expert in some line of work? You would think that any man in the world would be glad to know that his wife could stand on her own feet and support herself if the necessity arose.

It is a fine thing for a man to want to support his family and stand between his wife and the world and keep her soft within the circle of the home. It is the way things should be, because being a good wife and mother and a good housekeeper and manager is the woman's end of a marriage, and it involves all the work that any one unmarried woman is expected to do. Besides, it leaves the jobs open for her when she is needed. Even if the wife never has to use her knowledge, it gives her poise and self-respect to know that she could make a living if she had to.

Your daughter will be very foolish if she gives in to her young man's silly objection to her taking a business course. It will give her something to do to fill in her time while she is waiting for him, instead of sitting at home and sucking her thumb. And it will give her something to fall back on if he falls out of love with her, or if she loses her taste for him. A lot of things can happen to young people in two years that change all of their plans.

DEAR DOROTHY DIX: I am entrusted with the sending of cards (Get Well, Sympathy, Anniversary, etc.) for a club. I'd like to know if it is good taste to write a message on the inside of these cards. It has been my custom to sign the name of the club below the verse, then write a little message or appropriate poem inside the card. When a member is very ill, or hospitalized, I send a gift, such as a hankie, with the card and message. I have been told that this is wrong, and I should use a separate sheet of paper for the extra message.

KATHRYN

ANSWER: Not only is your idea in good taste, but it is a very courteous and gracious gesture to write an additional message on printed greeting cards. The warmth of your own words enhance the value of the printed poem and will certainly be more appreciated by the recipient than a plain signature.

The road to friendship is paved with just such thoughtfulness; one who has softened pain or sorrow with a personal blessing or added a cheery note to the jubulations of an anniversary is not soon forgotten.

DEAR MISS DIX: I am 26 years of age, yet my parents still try to tell me I shouldn't date and am too young to think of marriage. I am in love with a man who has been married, but his wife has been dead for two years. He has declared his love for me, too. My parents refuse to meet him and say if I marry him they will never speak to him. I love my father and mother, but how can I let them know I also love this man?

MARION

ANSWER: At 26 you are certainly old enough to marry, and as your beau seems quite ideal, I think your parents' opposition is very foolish. Better go ahead and marry the man, or you'll just grow old waiting for your father and mother to decide when you have reached the age of discretion. They'll be hurt, of course, but you have no choice except to marry and make your own life, or sit at the family hearth for the rest of your days.

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

The Stars Say --

By Genevieve Kemble

For Tomorrow

A PERPLEXING day, with conflicts and contradictions calling for much profound study, wise manipulation, discretion and long-range vision. A straightforward approach to higher-ups, employers, or those whose support is vital to important ambitions and objectives is necessary. Any show of subtlety, misrepresentation, or expediency could alienate the interest of influential persons.

For the Birthday

Those whose birthday it may have a year in which the outcome depends upon a forthright, honest and sincere approach to those influential sources essential to promoting, developing and successfully expanding on basic foundations for major ambitions. While desires and energies may be stimulated, the urge to deception or expediency may alienate interest, confidence.

Modern Etiquette

By Roberta Lee

Who stands the expense of the flowers at a wedding, that is, those for the church, for the bride, for her attendants, for the bride's mother, and boutonnières for the bridegroom and his attendants?

A. The bride's parents stand the expense of flowers used for church decoration, for the bride's attendants and for the bride's mother. The bridegroom furnishes his bride's flowers and the boutonnières for himself, his best man and ushers.

Q. When a man who does not smoke takes out a woman who does, should he provide her with cigarettes?

A. A child born on this day, while energetic and enterprising, may destroy confidence and interest of important associates by its trickiness, suavity or smugness.

Murder Is Forgetful

By WILLIAM BOGART

(Continued)

Johnny blinked his eyes against the sudden glow. Kay was behind him, urging him toward the door. "Mother!" she half sobbed. His room lights were turned on. Irene's auburn-red hair was the first thing he saw. The rest of her slim figure was beyond one of the twin beds.

Relief flowed through him as he read the woman was already trying to get up. She was pushing herself up from the floor with her hands. Her mass of beautiful hair tumbled about her face. The others crowded behind him. Everyone was talking. Kay cried out again and pushed forward to help Johnny Saxon.

Then he had Irene Smith seated on the edge of the bed. Her eyes stared at them. She seemed to know what was happening, for she tried to speak. Then her hand went to her neck.

It was Doctor Clark who said crisply, "Wait a minute!" He pushed everyone aside, bent down, looked at Irene's smooth throat. He gave a start. "God!" he said. "What is it?" demanded Johnny.

"Someone tried to strangle her!" Doctor Clark was gently massaging the woman's throat, saying quietly, "Don't try to talk yet. You are going to be all right."

She understood, nodding. And Johnny, his eyes intense, noticed that she was watching her daughter. She was looking at her in a way that was different now. Then her hand reached out and closed over Kay's own.

And Johnny thought: The shock... the fall... they've done the trick! She's all right now!

The doctor, a moment later, was holding a glass of water to Irene's lips. She sipped at it. Johnny could see faint red marks on her throat. His eyes were narrowed, and he was thinking.

"Thank you," said Irene. "Are you all right?" asked Doctor Clark solicitously. "Is there any constriction?"

She rubbed her fingers across her throat. She shook her head. "I'm all right."

And she looked again at her daughter. She said, "Kay, darling, don't look so worried. I'm all right."

Kay gave a sob and flung her arms around her mother.

Her eyes moved to Karen and then to Moe Martin and then to Johnny Saxon. She said quietly, "You've all been trying so hard to help me. Don't think I haven't known. All the time I was trying, too. It's difficult to explain."

As though I was in another world, trying to break through to yours. There was a wall between."

Karen said, eyes choked, "Who did it? Who choked you?"

And for the first time Irene Smith's eyes avoided everyone else's.

She shook her head. She said nothing.

Johnny had drawn Moe aside, said something quietly to his partner. Moe disappeared from the room. But he was back in two minutes.

He whispered to Johnny, "The door was unlocked. She isn't there at all!"

Kay turned her head toward Johnny, whispered, "Where's Nancy?" Her eyes held flickering, angry lights.

"I don't know," he said. He remembered the figure flinging past him in the dark hallway.

"We've got to find her!" Kay whispered.

And they did, a moment later. When they entered the long library Nancy was sitting there in one of the deep armchairs. She wore the wine-colored, long robe Johnny had seen a little while ago. Her expressionless features were the color of dried clay.

Johnny's gaze flicked to Irene Smith. The woman's tall, graceful

Continued on page 16

Household Scrapbook

By Roberta Lee

Metal Coffee Pot

When one uses a metal coffee pot, see that the inside is bright and clean. An occasional boiling in soapy water, in which a little washing soda is dissolved, will remove any discoloration. Be sure to clean and rinse with cold water thoroughly afterward.

Varnish

The correct way to apply varnish is to use a well-loaded brush and follow the direction of the boards. Smooth slightly across the boards, and finish with a very light stroke with the boards.

Hot Weather Powder

An excellent hot-weather bath

Morning Smile

Judge Please

"This crime" said the judge, summing up, "was carried out in an adroit and skilful manner." Blushing the prisoner interrupted: "Now, my lord, no flattery, please."

All Right But—

A young man was proudly showing an old countryman a typewriter. After a short silence the latter said, "Ah, these 'ere high class' things are all right, but for real good music you want to 'ear our Garge on the concertina."

powder can be made by mixing equal parts of cornstarch and talcum.

DON'T FOOL WITH SUNBURN!



NOXZEMA gives instant relief

Sunburn is no trifling matter — so don't experiment with untried remedies. Get cool soothing relief instantly with medicated Noxzema — a standard sunburn treatment at so many famous beaches. Remember — it's greaseless — doesn't stain clothing or bed linen. Noxzema's popular medicated formula has made it more widely used than all other sunburn preparations combined. Actually over 25,000,000 cases of sunburn have been relieved with

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-Needlecraft-

— FOR THE HOME —

BASIC NECESSITY

A good basic dress is a valuable asset! This one is soft and flattering in line, fine foil for accessories—jewelry, a lacy jabot, crisp lingerie touches, or contrasting collar and cuffs.

No. 2856 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46. Size 16, 3 5/8 yards 39-inch, or 2 5/8 yards 54-inch.

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