

That Body Of Yours

By James W. Barton, M.D.

FINDING IF LIVER SYMPTOMS ARE DUE TO DISEASE OR THE EMOTIONS

From the standpoint of deaths from disease, the death rate for heart and blood vessel disease stands first and has been gradually increasing owing to the lengthening of the life span in men and women. However, from the standpoint of actual health, the diseases of the liver account for much ill health and unhappiness. This is not so wondered at when we remember that the liver is not only the largest organ in the body but does more jobs than any other organ. Although nature has endowed us with a liver that can withstand much abuse and much of it can be removed without endangering life, even one of its several jobs, various methods of learning the working ability of the liver, one of which is the dye test which shows whether or not the liver is filtering out poisons or waste products from the blood.

However, there are other conditions such as hardening of the liver cells and growths such as cancer in which, heretofore, an operation was necessary to learn the condition of the liver cells. I have written before about the simple surgical method of punching out a small piece of the liver by means of a specially designed needle. This small surgical method is called biopsy.

In "The Journal of the American Medical Association," Drs. Victor M. Shorovind and J. M. Blumberg, U. S. Army, give a history of biopsy which, while first reported in 1895, only came into general use in 1940. These physicians make the following comments: Liver biopsy has now been demonstrated as a useful tool in the diagnosis and prognosis (likely outcome) of liver disease and also to estimate the progress of the disease, this method should result in material benefit to the patient in a wide variety of cir-

The Stars Say

By Genevieve Kemble

For Tomorrow

DIPLOMACY should be your byword this day, especially when dealing with those who may be in a position to aid you in the future. Generally speaking the morning and afternoon hours will pass far more favorably if you will constantly remember the proverbially golden rule of silence. Confide in no one and keep future plans to yourself, for there is a tendency on the part of some to interfere. The configurations for the evening hours are more beneficent, and hobbies or social activities shared with loved ones should be most enjoyable. Avoid functions where you may have to deal with strangers, however.

For the Birthday

If tomorrow is your birthday, the next six months should find you gradually resolving some of the pressures and conflicting conditions which have existed since the beginning of the year. At present you may be experiencing some domestic tension, but the entrance of Saturn into the sign Scorpio in October should free you from this stress.

Creative and financial affairs are under particularly beneficent aspect, and your horoscope promises many rich and significant emotional experiences. During the early winter you may meet someone who will have great influence on your future, and there is also the possibility that you will journey afar. A child born on this day will be endowed with wit, wisdom and a magnetic personality.

What is equally important to physician and patient in finding disease and the nature of disease present is that biopsy tells when the liver is normal. When liver biopsy is done in a patient with complaints and biological evidences of liver disease and yet no evidence of disease is found by biopsy, it means that the symptoms are likely to be caused by functional (mental and emotional) disturbances and not by true or organic disease of the liver.

Seven Days A Week

By Anne Shannon

1. MONDAY: And now it seems that July just won't be the same for yesterday we lost the best of doggies. In a completely unavoidable accident, (the driver of the car is one of the kindest of persons), Happy's five years of happy doggy life were all over. Cars held no fascination for him and he never condescended to chase them. Horses were a different story and yesterday when he ran out to the road to meet Ken with the team in the wood sleigh, he never worried about the approaching car until it was too late. He loved the drives up and down the field and if he could get a toe-hold at all, he "thumbed a ride." Just a couple of weeks ago he spent hours riding up and down the potato field on the marker. Gladys Taber says: "People who never give their hearts to a dog miss, the heart-break, but also miss the pure joy of a love without self-interest, a loyalty that never wavers and a companionship that nothing can tear apart. How true! Ron said that evening at the window in a sad, bewildered frame of mind. Moments before he laughed at Happy's antics as he tried to lick an ice-cream container as it rolled across the yard in the breeze. No doubt across his boyish mind flashed in quick review the happy hours spent with the little furry friend he raised from "puppy hood." He said today as he walked across the field from the spot where a small dog lies in the red earth beneath tall spruces: "Mom, I know when a dog dies that's all there is to it, but I'd like to think Happy was some place where there are fields of tall green grass to roam through, some rabbits to chase and lots of nice things to eat." "And a small boy who can play a guitar, to love him with all his heart," I amended silently. "A pure-bred dog was this one — just a brown and tan fellow of uncertain lineage — his only claim to fame — love unlimited."

2. TUESDAY: Names of several fruits are so ancient that their origin is lost in antiquity. That is the case with the apple, fig, lemon, orange, lime, olive and pear. Other fruit names, however, tell something of their own stories. At the dawn of modern times, a number of trees were imported from Persia by the Greeks. Fruit from the "Persian tree," was known as "persicum," passing through several languages the name entered English as "peach." Some centuries after the peach episode, about 100 B. C. a Roman general discovered another delicacy. It grew in Cerasus, a city in Pontus, and was soon being shipped to Rome for imperial banquets. Called ceraseus in this era, it eventually became cherry. This type of name formation was repeated when oranges from Tangier, in Morocco came to be known as tangerines.

3. WEDNESDAY: Glancing over an old cook book the other day I saw this item: "A good cup of coffee is a meal in itself. First buy the best and buy a pound at a time. Go to the tinner's and have him make you a large tin pot. This expensive. It will cost you about 35 cents. But it pays to have the best! Another item says re table manners: "One should keep one's plate in as orderly a condition as circumstances will allow. Women should place their gloves in their laps and not in the wingcases." Another item from a newspaper of 55 years ago says: \$500 should be sufficient to enable you to spend three months vacation abroad."

4. THURSDAY: A grandmother who was 90 years old lived alone in a cottage in Winchester, Kansas. Her family was greatly concerned about her living alone in case prowlers or tramps might harm her. One evening one of the relatives went to visit her and noticed the key hanging by a cord to her front door. "Grandmother, you forgot your key," said the visitor. "Heh, heh, heh, try to get in with it," laughed Grandma. "Go on, try the key in the lock." He tried the key this way and that, but it would not work at all. Still amused, Grandma explained, "That's just to fool them as tries to get in. I figure that by the time they find out the key don't fit, I'll have time to scoot out the back door and come around behind 'em with my shotgun!" The family stopped worrying about Grandma!

5. FRIDAY: Corn starch pudding comes in to its own if you fill it into molds. Scoop out the center and fill with fresh strawberries. Top with whipped cream or just plain cream and sugar. You might fill the cornstarch into a flat bowl or glass dish. Set 4 small tumblers in the dish before you pour in the corn starch. When cold remove the tumblers —d you have four neat "hollows" in which to heap berries or what have you!

6. SATURDAY: Corn starch pudding comes in to its own if you fill it into molds. Scoop out the center and fill with fresh strawberries. Top with whipped cream or just plain cream and sugar. You might fill the cornstarch into a flat bowl or glass dish. Set 4 small tumblers in the dish before you pour in the corn starch. When cold remove the tumblers —d you have four neat "hollows" in which to heap berries or what have you!

7. SUNDAY: Gone is the week now — into the dim realms of the past. "Summer's lease hath all too short a date." The garden thrives and how disappointed the black-birds are that now the corn is too high for them to pull! Yesterday, quite unexpectedly, we came upon a mass of rose trees. Out looking for berries, Mary and Mavis came home with their arms full of the double pink blossoms. So we have

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BACKACHE
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DOROTHY DIX'S COLUMN

Dating Comes Late

Sheltered Woman, 25, Disillusioned By Interests Of Men She Meets

DEAR MISS DIX: Perhaps you can straighten me out on something. I'm in my late 20's, and until about two years ago, led a very sheltered life. Almost all my time was spent with my parents. However, after they passed on, I began dating, and here's my problem. Are all men the same? Those I have met seem to be more interested in talking about sex, than in anything else. I thought a man would appreciate a girl who could converse on books, art or music. Am I wrong? Am I old-fashioned?

Muriel Nissen

BROADEN YOUR CIRCLE OF FRIENDS

ANSWER: You are still finding it difficult, and frightening, to adjust to conditions in a world that was completely remote from you for 25 years. Complicating the over-protectiveness of your early years is the fact that you are now meeting just one type of man—and that the wrong one, especially for you. It seems almost impossible that in two years you have met no young man with honorable intentions or of respectful attitude. There are certainly lots of them around, and perhaps you're looking in the wrong places. To broaden your circle of acquaintances, I suggest a complete change of interests. You don't mention what your activities are, or where you meet the men you have dated, but look elsewhere. Your city abounds in social, cultural, and athletic groups; carry your search there.

DEAR MISS DIX: I'm 22 and have been married to a railroad man for three years. We have two children. My husband is away all week and comes home only on week ends. When he's here he won't take me any place. He won't get a job where he can be home all the time. Our other trouble is that he won't make enough effort to pay his debts. We owe quite a lot of money, but he pays very little of it off. He won't let me get a job to help, either.

ANSWER: As a railroad worker, your husband should be earning enough to keep his family comfortably and pay off his debts. It would be foolish for you to try to work and care for two young children while your husband has a good job. Instead of nagging him all week-end, suppose you see what you can do to make life more pleasant for him. You make his time at home so disagreeable that it's no wonder he doesn't relish a steady diet of the same. Do try being more reasonable!

DEAR MISS DIX: Will you please tell two perplexed girls how to meet a couple of servicemen without seeming to be "pick-ups"? We have just come to the city to work, and we have our parents' permission to go out with servicemen.

ANSWER: Why not combine service with pleasure and help out at a servicemen's canteen? There are lots of them around and most of them could use reliable, voluntary assistants.

DEAR MISS DIX: I am 38 years old, a divorcee with three grown children. I've been corresponding with a widower in his fifties for the past six months, during which time we have become fond of each other. We have never met, but plan to this summer. Do you think there's a chance of happiness for us together?

ANSWER: Why not? Just don't be too hasty about becoming serious until you have met, and have had sufficient opportunity to become acquainted.

How Can!!!

By Anne Ashley

Q. How can I clean playing cards?
A. Rub the cards gently with a small sponge which has been dipped into spirits of camphor. This will restore the newness.
Q. How can I make soup as quickly as possible?
A. When pressed for time, try cutting the meat for the soup into pieces the size for stew. It will hasten matters.
Q. How can I make an even break in a glass bottle just above the neck?
A. Wrap a piece of twine that has been saturated with turpentine or kerosene around the bottle at the point where the break is desired. Ignite the twine and let it burn until consumed; then pour cold water on the bottle and it will break where the twine was tied.

Better English

By D. G. Williams

1. What is wrong with this sentence: "Let us go with them before these two people arrive."
2. What is the correct pronunciation of "referable"?
3. Which one of these words is misspelled? Momentary, monarchy, monalogue, monitory.
4. What does the word "credible" mean?
5. What is a word beginning with exc that means "to strip or wear off"?
ANSWERS
1. Say, "Let us go with them before these two persons arrive."
2. Accent first syllable, not the second.
3. Monologue. 4. Capable or worthy of being believed. "The story does not seem credible."
5. Excoriate.

ELLEN'S DIARY

By An Island Farmer's Wife

This we now recall was a day that begged one to rove. There was invitation and subtle involvement in the low laughter of the light breeze of morning quite difficult to resist.

"Remember, Ellen, those ferny banks in the stump-land at Alderlea — and the wealth of blossoms of the Maytime?" It whispered mildly. "Wouldn't you love to come strawberrying there? They are ripe, we can assure you, because we have seen them ourselves: there where the scent of spruce and bracken is so good... where every last care may be forgotten."

"There is sanctuary there... don't you mind? And this other world with its legion of demands is so far away it enters there only vaguely. And the thrushes, Ellen—the very soul of summer, as you say with their lovely, lonely notes! Why, you haven't heard one yet this year, now have you? Their song will reach you there in the stillness—a tinkling measure, a little solemn and sweet, like the notes of a remembered Church bell."

"You will come, won't you, Ellen? Never will this day come again! And we spread small and larger shirts on the line to the tap of Mr. D.'s hammer on wood; and as well with a memory of the little truck which had borne — how many helpers in all over a hill to the wedding? With James calling back kindly: "You shouldn't have bothered with the wash today Ellen; you would have done well to make us a bite of dinner only; there would come another day for the washing."

Another day? Yes, but certainly none more fair... Tablecloths, towels — how quickly and well the electric washer did its chore!

"Ellen," raggedy sparrow, a strange mixture of fellow with unsuspected depths of feeling in his make-up, greeted us from the heights of an apple tree beside, "it's a great morning, isn't it! If you were just up here — I mean if you could climb to this height and look out over wider reaches of the countryside, you'd be charmed with the view: the fields so cleanly green, the woodlands and hedgerows darker; there are pools of sunlight in the hollows on the other slope and shadowy nooks to rest in; low white clover is carpeting the meadows... and the haylands, Ellen, they're — but I needn't try to describe them to you, who know! Come," he smiled whimsically, "where my love lies dreaming..."

But there was much to detain, even to shackle us to our affairs of housewifery this morning. "It's no use to consider it," we said with useful civility to breeze and bird, if this were to be our last day on what the Deacon of our young years used to term "the active side of Eternity" it must needs be spent about here. Some other day," we promised, "some other day!"

In the afternoon with Mr. and Mrs. A. and three of the Grandchildren we attended the District's Annual School Picnic. East and north we rode to come at length within sight of reaches of sea. "So blue!" Jamie said softly into a silence, "was there ever sea more blue!" "And see," Granddaughter pointed, "how it goes right up to meet the sky! You can scarcely tell where the two join." Now instead of the scent of farm-lands was tang of the deep, as

Household Scrapbook

By Roberta Lee

Holes in the Lawn
Clothes props often make ugly holes in the lawn, which finally result in bare spots. To avoid this, place a discarded box, or cardboard carton, on the ground and stand the prop in this.

Eyelashes
The growth of the eyelashes and brows can be stimulated by rubbing with pure Vaseline petroleum jelly every night before retiring.

Table Silver
One of the easiest methods of washing table silver is to put it in a draining basket, having a handle. Place the basket in hot sudsy water and wash the silver with a hand mop. Then rinse with hot water and allow to drain.

waves edged with spindrift of white lace drew the tide steadily toward the sands of the shore. "Wouldn't it be nice," Gage's smile was a bit weary at bedtime, but engaging in the recent loss of a front tooth "if this afternoon could have been twice as long?" ... To take in, in detail, more of the enchantment of its hours! Until tomorrow — — — Diary — — — Good-night

Modern Etiquette

By Roberta Lee

Q. When a person is using both knife and fork for cutting his meat at the table, is it necessary for him to transfer the fork to his right hand before taking the morsel into his mouth?
A. No; the "criss-cross" manner of eating is no longer considered necessary. It is perfectly all right to convey the food to the mouth with the fork in the left hand.

Q. When a man and a girl are dancing, and another man wishes to "cut in," is it permissible for either the girl or her partner to refuse?
A. This would be very rude, and also extremely embarrassing to the other man.

Q. How should one take the olive stone from the mouth?
A. With the thumb and forefinger, and placed on the plate.

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Morning Smile
Pupil's Version
The class had been told about the amazing speed at which light travels. "Just think of light coming to us from the sun at all those thousands of miles a second!" exclaimed the teacher. "Isn't it wonderful?" "Not so very," said one pupil. "It's downhill all the way."

7136
by Alice Brooks

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