

That Body Of Yours

By James W. Barton, M.D.

ALCOHOLICS ANONYMOUS

Now that alcoholism is recognized as a disease and this disease can be cured, it is interesting and gratifying to see how governments are recognizing that alcoholics are worth saving not only for their own sakes but for the sake of the community.

In previous articles I have written about the various methods of treatment (putting drugs in coffee and tea or even an alcoholic drink, digitalis, atropine, Antabuse) which help the alcoholic fight his disease. Another method is the use of Benzdrine Sulfate (amphetamines) in which a 5 mg tablet is taken after breakfast and 5 mg. after lunch, with a quieting drug, phenobarbital, at bedtime. The Benzdrine Sulfate gives the alcoholic the strength or "pep" to do both mental and physical work, and takes away his desire for alcohol.

Recently it has been found that ACTH, the wonder drug in treatment of rheumatism and arthritis, is giving excellent results in curing alcoholism, but it will likely be years before it is generally available for this purpose.

What at present is considered the most successful and lasting method of treatment is that of the program of Alcoholics Anonymous, which method is getting such recognition that governments are awarding grants of money to aid hospitals under supervision of Alcoholics Anonymous.

DOROTHY DIX SAYS -

Rescued Marriage

Wife Makes Self Over To Suit Mate's Taste

DEAR DOROTHY DIX: I was much interested in the letter the woman wrote you about being lonely and forlorn because her husband has outgrown her. My case was similar to hers. I had no education. I disliked to read and had a bad inferiority complex. When I realized the situation between my husband and myself I lamented and resorted to tears, but that gained me nothing. Then I resolved to do my best to bring myself as near as possible to my husband's standards. I compelled myself to read. I forced myself to mix with people. I took dancing lessons. I learned how the principal outdoor games were played. I regained my looks by physical exercise and diet. It was hard work and it took ten years before I really gained recognition, but today I can meet my husband's friends with ease. We can discuss subjects of interest to both. We are companions. But I'm still struggling on, trying to keep up with him.

A WIFE WHO WON OUT.

ANSWER: There would not be so many divorces nor so many lachrymose, neglected wives if more women had the intelligence and determination of this woman.

She saw that her marriage was going on the rocks, but instead of beating on her breast and lamenting over the perfidy of husbands, as most wives do under similar circumstances, she got busy and saved it. And that is what the great majority of other wives could do when they see the same danger ahead of them, if they were only willing to take the trouble and make the sacrifices to do it.

DON'T BLAME SELVES

Most wives who lose their husbands' affections, as the phrase goes, contend that it was an act of God, so to speak. It takes more character than the average woman possesses to do as this correspondent did and recognize that if she is losing her husband it is because she no longer meets all of his requirements in a wife, and to go deliberately to work to make herself over to his taste.

But she did it and she won out, and any wife who will follow her example can attain the same results nine times out of ten. For the wife always has the advantage over any other woman, that she was her husband's first love, that he is bound to her by a thousand ties of association and habit and duty, that the hands of little children hold them together, and all the powers of convention and society fight on her side.

DEAR MISS DIX: I have three little boys, the oldest 6, who are simply driving me frantic. They are into every sort of mischief and I can't control them at all. They never obey me without a threat of punishment. People advise me to whip them soundly, but must I go through life flogging them and leave scars on their minds as well as their bodies?

MRS. R. P. R.

ANSWER: What ails your children mostly is that they are little boys and they are just following the natural impulse of the young human animal. Every mother who has three little boys under 6 is frantic unless she has a philosophical enough disposition to just accept this phase of childhood as something that they will outgrow.

Of course, it is a serious matter for children not to obey their mother. It saves people much trouble in later life to have had a respect for authority inculcated in them in their youth. You should have started in the cradle to form the habit of obedience in your children. Now you can only do it by being firm with them. Don't let them do a thing one time and refuse to let them do it another time.

But don't beat your children. Corporal punishment seldom does any good. You must rule your children by intelligence and not by fear.

DEAR DOROTHY DIX: I have been married a little more than four years to a woman I love better than anyone else on earth. She has been a true wife to me and we have been very happy together. But a few days ago she told me that there had been another man in her life before we were married. The other man had fooled her under promise of marriage. She has offered me my freedom if I want it. I feel like taking revenge on the man who wronged her. What shall I do?

WORRIED HUSBAND

ANSWER: Forget it. You are married to a woman you love and who is a good woman and a good wife. Thank Heaven for her and bury the memory of her one little sin so far down in your mind that it will never come up. Her mistake has been in telling you and thus poisoning your mind against her.

As for your idea of revenge on the scoundrel who abused your wife's trust in him, forget that, too. You would only blazon to the world something that it will never know otherwise, and get yourself into trouble. Revenge is a boomerang that annihilates those who throw it.

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

New touches for old dresses



Did you ever think of revamping your old fall dress with a becoming crocheted collar? Here are two suggestions for brightening your neckline. On the left is a trim Peter Pan collar with matching buttons and frogs in delicate pastel blue mercerized cotton. And, on the right, a basic wool dress is the background for a buttoned-on crocheted yoke. Directions for both these collars are available if you will send a stamped, self-addressed envelope to the Needlework Dept. of this paper asking for CROCHET COLLARS Leaflet No. PC 5173.

Modern Etiquette

By Roberta Lee

Q. Should a boy or girl who is entering college ask a fraternity or a sorority member for a recommendation to any group?

A. Never. Such advances must be made by a member of the fraternity or sorority. To make such a request would be the same as asking for an invitation to some social affair.

Q. When one receives an announcement of a birth, should a note or card of congratulation be sent?

A. Yes, and as promptly as possible. It is also customary to send a gift to the baby, depending, of course, upon your wishes in the matter.

Q. How far in advance of the wedding should the invitations be mailed?

A. These should be mailed out two or three weeks in advance.

Household Scrapbook

By Roberta Lee

Removing Lint

Clothing will often leave lint on freshly varnished surfaces which have not fully hardened. Rub these spots with a cloth moistened with turpentine and follow with furniture polish.

The Fountain Pen

Unscrub all the parts of the fountain pen and allow them to soak in vinegar for a while. Then rinse them in a bit of lukewarm water. The pen will be as clean as when new.

Ham

Ham can be kept for an indefinite time without danger of becoming moldy, if melted paraffin is poured over the cut end of the ham.

How Can I!!!

By Anna Ashley

Q. How can I clean plaster busts or ornaments?

A. Try dipping them in thick liquid starch. Brush off the starch when dry and the dirt will come off with it. The plaster will be as spotless and clean as when new.

Q. How can I thicken fruit or berry pies, other than by the use of cornstarch or flour?

A. Try using a scant tablespoonful of quick-cooking tapioca. This not only adds flavor to the pie, but absorbs the excess juice.

Q. How can I remove fly paper from fabrics?

A. By saturating with turpentine, alcohol, or kerosene.

Better English

By B. C. Williams

1. What is wrong with this sentence? "I cannot hardly see how it is done."

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

3. Which one of these words is misspelled? Oculiate, orthodox oculiate, opprobrium.

4. What does the word "inconceivable" mean?

5. What is a word beginning with re that means "neglectful; indifferent"?

Cook's Corner

FRENCH SOUPS

Haricot Soup:

Boil 3 handful white dry beans, 4 small or 3 large potatoes, 3 ounces butter and 2 pints water together with pepper and salt. When beans are soft (in 2 hours) the soup is ready. Pour over thinly sliced French bread. (Cabbage and potato soup the same way.)

Potato Soup:

Boil potatoes in water (quantity proportioned to your family—say from 4 to 6.) When soft, force them through a coarse sieve. Add pepper and salt and small lumps of butter. Pick some leaflets of chervil and pour soup over them in tureen. If chervil is un-come-at-able, then parsley not too finely chopped is a nice substitute.

Panade:

Boil together 2 ounces butter and a quart of water. Slice 1/2 lb. bread crust and crumb. (The crust of French bread is best.) Boil until bread is gelatinous. Whip the yolks of 1 or 2 eggs and add to the scalding liquid, stir in well and serve. Sometimes stir in 1/2 teaspoon meat extract instead of the egg.

Sorrel Soup.

Put 4 handful of well-washed sorrel into earthenware pan over fire. When soft, add 2 to 3 ounces of butter. Slice 1/2 lb. French bread, add to sorrel and butter. Then fill with water till bread covered. Season with pepper and salt. Cover and stew until bread becomes gelatinous (1 1/2 hrs) Whip 1 or 2 yolks of eggs in soup tureen and stir in the boiling soup.

Onion Soup

Slice 1/2 lb. onions in 2 ounces butter. Let onions become slightly red. Add 3 pints cold water and boil 1 1/2 hours. Salt to taste. Into the tureen slice 1/2 lb. French bread and 2 1/2 ounces gruyere cheese. Pour scalding contents of saucepan over and let soak a few minutes before serving.

The Stars Say - -

By Genevieve Kumbie

For Thursday, September 7

THE fulfillment of dreams, aspirations, hopes, wishes, as well as practical constructive efforts, could gain by an allowance for weekend incubation, since the deeper phases may take longer time for the hidden and elusive development of subtle techniques or perplexing problems.

If It Is Your Birthday

Those whose birthday it is, are encouraged to carry on for the fulfillment of its most cherished ideals, dreams, plans and desires. This, perhaps, by a period of incubation while curious, illusive or subtle ideas, hopes, ambitions, take on tangible form, for concrete and workable expression. Unique or unfamiliar drives, emotions, feelings may gain by broader perspective, when something of the wondrous and chimerical may fall into practical patterns. Relaxation, meditation, may assist.

A child born on this day, may be rich in phantasy, dreams, the unique and elusive, which could be rendered objective and profitable by proper development, a training in realism.

Clean Your REFRIGERATOR

for 1/2 cent a week!

Baking soda banishes food odors and insects by emulsifying the greasy film that holds them. Keeps interior and ice cube trays sweet and fresh too. Just sprinkle a little baking soda on a damp cloth and wipe all inside surfaces every week.

COW BRAND BAKING SODA

50¢

ELLEN'S DIARY

By An Island Farmer's Wife

"I just came over to tell you that the name of the little Princess is not 'Mary Margaret' granddaughter appeared at our doorway this morning to announce 'It's Anne—Princess Anne. Isn't that a nice name for a little girl?' 'Anne with an e?' we inquired idly. 'I don't know that' she replied 'I'll have to ask my mother.' Back she came presently with the reply as promptly as if it had been a required drawing of tea, an egg for James' breakfast or any of the dozen and one items she 'ferries' for us, when in the mood. 'Yes—it's Anne with an e. For Anne of Green Gables!' we commented. 'That's what mother said' the small one nodded. There then is her name, this babe whose rearing and weal we shall follow with much interest—Anne Elizabeth Alice Louise, old names out of history, not at all worn with frequent use, but on the contrary perpetual new and lovely.

We should like to mention our visitors if we may, especially those housewives and girls from a distance— from ours and the other counties, who have brought us a glimpse of their interests... kindly, pleasant women, older and younger, who look upon our hills, the gables of the old mill in the valley, the pond and 'up the creek.' The children too, winsome small ones... the five in a row, 'we're going to try to educate if we can,' and the wee brown-eyed toddler reared and cherished by her grandmother, during her mother's illness and convalescence; the war bride, she who 'loves it here' but looks forward to 'going home for a visit' and has served to link the new land with the old by her two children. Aunt to them with none of her own, but obviously a broad place in her affections for these young kin-folk. Other visitors we enjoyed too—technicians, most conscientious, one felt in the discharge of their duties... gifted and good. And she whose son is most fortunate in having her for a mother... one who can look back to the old days and laugh about those items of living which then were something of 'a thorn in the flesh'—look back with a chuckle but with a little nostalgia too, recalling that never again can those times of child and girlhood, and the people come together again.

And should we say that once more at Alderlea, romance walked these old rooms? Fate perhaps is a better name, one which in the war-years brought two together in a Maritime city, he and she, members of the Services. 'Just friends of course' but with every tie of it severed during the interval since. A car light in the yard, a chance step on the threshold... and friends were re-united. 'Fate?' we queried. 'I wouldn't say, he is a bit too certain he is 'a confirmed bachelor' we chuckled, 'I'd say the like of that only proves this to be a small world after all!' Meanwhile Alderlea marks time— and dreams.

Meanwhile too, August ripens to the gold of the harvest-fields, 'It's slipperin' away fast!' said of the month today 'lak 'a streak av late' or she smiled, 'a cat after a swallow.' And again as suddenly as always we discovered our swallows packed and gone, gone from ridge-poles and wires, from field and yard and pond, leaving deserted nests and hearts somewhat lonely over their flight. 'But they will come back again' granddaughter commented 'they must— who else can live in their houses?' And who else we echoed can bear us the essence of Spring?

And these days beneath the azure of the harvest-sky, fields are coming into the stock. A sheaf beneath either arm, a red-shirted Pat set orderly rows in place today, just beyond a hilltop. 'Any day now' our farmers plan to commence their harvesting, but filled an interval of waiting for the golden shades of it to deepen at a spot of clearing in a stump-field. ... a vast undertaking, we are sure a challenge to stout hearts. And the best news of all! The Railroad Strike is about over! Tomorrow morning the iron horses will once more make their way along glimmering rails, to and from the four corners of the country. We think the harvest moon caught now in the topmost boughs of the white birch on the lawn smiles down more broadly tonight, and we can retire knowing that if 'all's' not exactly 'well with the world' at east, all is much better.

Until tomorrow...Diary... Good-night.....

True Success Story

By F. E. MacArthur

This is the story of a Russian peasant boy who came to America and made good. Ben Borson, the boy's father, asked out a living on a plot of land behind the 'iron curtain'. There being no schools then for poor children, he dug up a few rubles each year to have his boy tutored in reading, writing and arithmetic. These were evil days for the poor and one night a party of looters left their neighborhood in ruins. It was this incident that led Sam to persuade his family to come to the New World.

The first to go was the father, who finally made his way to St. Louis. Two years later (1906), he had saved enough of his small pay to send for his wife and children. Sam, now 16, was the oldest of the group.

Their flight from Russia was not attended without much difficulty, for then, as now, nobody possessed the right to leave the country. But they managed it somehow and three weeks later their ship nosed its way into New York harbor. They had been cooped up in the steerage so long, eating stale bread and water, that they prayed on the quay.

Sam landed a job in a biscuit factory the day after the family reached St. Louis. He got \$3.00 a week.

The second week he enrolled in a night school, determined to pursue his studies at every opportunity.

At first Sam's broken English brought him in for numerous jibes, but before long he'd organized the neighboring boys into a club for ball and other games.

From the biscuit factory Sam stepped into a printing office, at a higher rate of pay. At the end of four years he had saved enough money to go on a vacation across the Missouri hills. This brush with the wide open spaces decided Sam's life work.

Back in St. Louis, this ambitious youth set himself to the task of studying everything having to do with agriculture. Oh for the money to go to college! Finally, a small institution at Woodbine, N. J., took the boy under its wing. Sam worked his way East and studied for one year. Every morning he tumbled out of bed at cock crow to do chores, work another eight hours in the fields, and spend two hours in classes.

The following winter Sam attended Michigan Agricultural College and studied more about farming. The knowledge gleaned from his winter at college earned him a job managing a stock ranch in Montana. When the big boss died, two years later, Sam 'filled' on a sizable farm five miles from Newell, S. D. Here he built a crude shack and sunk a well, which ate up all his ready cash, so the young immigrant went to work for the U. S. Experimental Farm at Newell.

By 1916 he had saved enough money to marry. The first winter was a struggle to exist, but came the spring and things began to mend rapidly.

Sam organized the first co-operative telephone line in Western Dakota, and showed the local farmers how to make a better living by becoming up-to-date farmers. All the while he kept studying improved farming methods and adding to his holdings until he could proudly point out his 10,000 acres—3,000 acres were devoted to growing crops for seed.

Farmer Sam showed his neighbors how to grow two blades of grass where only one grew before. He also introduced new grains and grasses which he had picked up from other plant breeders. From this beginning he devel-

-Needlecraft-

FOR THE HOME

TWO VERSATILE BLOUSES

No. 3054, the yoked blouse, is cut in sizes 10, 12, 14, 16, 18, 20. It takes no more than 1 1/2 yards 39-inch fabric in any of its sizes. No. 3053, the tailored blouse, is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30. Size 16, 1 1/2 yards 39-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 some number in your address. Address: Pattern Department, The Charlottetown Guardian, Pattern No. 3054 and No. 3053.

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

oped a wholesale and retail seed business with customers in every state of the Union.

The venture made him a very wealthy man, and his knowledge of agriculture gained for him a personal visit from the late President Roosevelt who wanted some choice seed for his Hyde Park acres.

About this time Sam became active socially, filling the offices of president of the Community Club and Chairman of the local Red Cross.

Today Sam can look back over the years with pleasurable pride for he has sown the seeds of good citizenship along with his grains and grasses.



Prize Bread Baker at Antigonish County Fair

As a busy young farmer's wife, Mrs. James Fraser has lots to do besides cooking. But she knows how to turn out batches of prize-winning baking! "When people ask me how I get such fine results in my baking, I tell them you have to use the finest ingredients," says Mrs. Fraser, who lives at Briery Brook, N.S. "For instance, yeast. Unless you have a good lively yeast your bread just won't be up to the mark. That's why I'm sold on Fleischmann's Yeast. It has always given me splendid results." Young and old prize-winners agree! You can't beat the dependable fast rising action of Fleischmann's Yeast. It's been proved by Maritime housewives for over 30 years!

Amazing! New PRE-COOKED potato... rich in flavor and food value



Mashed Potatoes in just 1 minute—Boil water, add milk and French's Instant Potatoes according to directions on package. Stir briskly for a few seconds until potato has thickened, add butter and whip until light and fluffy.

Stuffed Frankfurters—Prepare two cups mashed potato. Season as desired with parsley, onion, pepper. Split 8 cooked frankfurters and spread with French's Mustard. Stuff with potato. Brush with melted butter and broil 10 minutes.

Shepherd's Pie—In a casserole, combine 2 cups diced leftover meat with 2 to 3 cups cooked mixed vegetables and leftover gravy. Arrange ring of mashed potato around edge. Brush with melted butter and brown in a hot oven. Serve 4.

No washing! No peeling! No cooking! No mashing!

Like magic! Now it's so marvelously quick—many—to make these and many other wonderful potato dishes. French's Instant Potatoes give you top-quality potato pre-cooked by a special process that preserves the rich nutritional values and flavor. Use it to make delicious mashed potato in just one minute, to prepare potato quickly in other exciting ways. Look for it in the canned vegetable or baby foods' section at your grocer's.

Economical—there's no waste!