

That Body Of Yours

By James W. Barton, M.D.

HOW EMOTIONS AFFECT THE LARGE BOWEL.

Two businessmen attending a convention in a distant city spoke about the effect of their trip upon their appetite, digestion, and bowel movement.

Some weeks ago I referred to the experimental studies carried out by Drs. William J. Grace, Stewart Wolf, and Harold G. Wolf, in which they were enabled to examine four patients with fistulas with large exposed linings of areas of the colon (large bowel) lying outside the body.

Measurements were made of the movements of the large bowel (colon), blood flow, secretion of juice manufactured by the colon, concentration of lysozyme (juices of body containing substances that kill harmful organisms) and condition of the mucous membrane (lining or inner coat of the colon) under a variety of life situations and emotional states.

During anger, resentment, and anxiety there was overactivity of movement, blood flow and lysozyme secretion in the bowel—diarrhoea.

Overactivity of the colon (bowel) associated with sustained feelings of anger, resentment, and hostility, in addition to increased action, was found to damage the lining of the bowel by lessening its strength together with bleeding and ulceration.

DIET SUGGESTIONS IN MUCOUS COLITIS
Many ailments such as mucous colitis require that we obtain a calm outlook on life, as the most important thing.

LIVERISH?
"Troubles never come singly" they say! So take Dr. Chase's Kidney-Liver Pills and get two treatments in one!

DR. CHASE'S KIDNEY-LIVER PILLS

The Stars Say --

By Genevieve Kemble

For Saturday, September 23

THE auguries are excellent for the development of new ideas, plans, objectives, seriously, and earnestly thought out, shrewdly organized; but with inwardly matured ways and means previewed, then pursued with vigor, zest and enthusiasm.

It is a most propitious time for seeking seriously such intangible blessings as love, artistic career, idealistic enjoyment or solid dividends.

Firm foundations bring rewards.

If It Is Your Birthday

Those whose birthday it is are urged to make preparations and plans for advancement, promotion, rewards and substantial recognition for work well and faithfully performed.

Now is the time to strike for equitable return for worthwhile efforts, whether this be in the realm of labor, business, artistic or romantic performance.

A child born on this day is well endowed for a solid and active, honored and pleasant career in business or the finer expression of his talents and initiative.

Household Scrapbook

By Roberta Lee

Cockroach Trap
Make a cockroach trap by filling a pie plate, or similar container, half-full of sugar water.

Blistered Paint
Excess moisture in wood, which is drawn to the surface by heat, either from the sun's rays or other sources, causes paint to blister.

Books

Dust the leather-bound books occasionally with a clean oiled cloth to renew some of the oil that is bound to dry out of the leather.

How Can I!!!

By Anne Ashley

Q. How can I prevent an iron from sticking to the goods?
A. If a small quantity of turpentine is added to the pot of starch, it will prevent the iron from sticking to the goods.

THE END

Cook's Corner

BREAD AND BUTTER PICKLES

Slice but do not peel 1 quart cucumbers (when sliced), 2 small onions peeled and sliced. Sprinkle with salt and let stand overnight.

CUCUMBER RELISH

Wash 1/2 bushel cucumbers, 12 green tomatoes and 8 small onions. Put through food chopper, 3/4 in and all. Add salt—1/2 cup or 2-3 tablespoons.

Better English

By D. C. Williams

1. What is wrong with this sentence? "She does not seem very anxious about it, but she's got to go."

Modern Etiquette

By Roberta Lee

Q. When taking a girl to a nightclub, should a man escort her?

Marrying Mark

By VIOLETTE KIMBALL DUNN

(continued)

She lay in his arms and continued to look up at him. He could see sleep give way to a sort of daze, and to the reality of his presence.

Mark laughed after all, what did it matter that they were asking each other? I mean, why you left, why you have to come back?

Lucy shook her head. "How?" she asked. "Children."

"What a man!" She smiled a wry little frozen smile. "I drove all night, I wanted to get to Allington as soon as I could."

"My poor little imbecile, you might have frozen. Somebody might have come along—"

"Somebody did," said Lucy. The possibilities of her fate did not trouble her now.

"Ministers?" "They marry people. I can furnish all the rest—the bride, the groom and even the best man."

"I have Chiltern back there in the car. From now on Chiltern is a national institution. The god in the machine—" he heard himself talking rubbish and didn't care.

He knew now that he had never really held a girl in his arms until now. He kissed her again just to make sure.

Lucy laughed softly. Mark loved her. She knew it now. Of course there would never be another like him.

"As soon as I have you safely married," said Mark. "I'll send Chiltern home in the Ark. Valerie can stay on with Shirley for a bit. What is your choice in honeymoon?"

"What honeymoon have you?" asked Lucy. She wondered if they had just discovered happiness. It seemed unlikely anybody had really known about it before.

"Practically all brands," he assured her. "I knew being in love was like this."

He drew her onto his knee and pulled the heavy blanket robe about them. She rested against him in faithless content.

After a little Chiltern roused, got out of the car, and stood in the cold of the morning looking up the road. He even took a step or two in the direction of the Ark.

Then he smiled and shook his head. He got back in the car, shut the door, tilted his bowler hat a little, laid his head against the upholstery and again closed his eyes.

THE END

Cook's Corner

BREAD AND BUTTER PICKLES

Slice but do not peel 1 quart cucumbers (when sliced), 2 small onions peeled and sliced. Sprinkle with salt and let stand overnight.

CUCUMBER RELISH

Wash 1/2 bushel cucumbers, 12 green tomatoes and 8 small onions. Put through food chopper, 3/4 in and all. Add salt—1/2 cup or 2-3 tablespoons.

Better English

By D. C. Williams

1. What is wrong with this sentence? "She does not seem very anxious about it, but she's got to go."

Modern Etiquette

By Roberta Lee

Q. When taking a girl to a nightclub, should a man escort her?

DOROTHY DIX SAYS -

Raising A Daughter

Teach Girl Self-Respect, Self-Control, Self-Support

DEAR MISS DIX: I am rearing a family of four girls whose ages run from 8 to 18, and I often wonder if I am not neglecting some important part of their training.

ANSWER: By the time a girl is 18 she is virtually on her own nowadays, and whether she stands or falls, whether she wrecks her life or saves it, depends upon the principles that her mother has bred into her.

So I think that the most important thing that a mother can do is to teach her daughter self-respect. Teach her to keep clean, physically and spiritually, and to value her body.

Give your daughters as good an education as they will take, but see to it that they are taught some way to support themselves. Teach them how to sew and how to cook.

DEAR MISS DIX: I have one of the best wives a man ever had. She is good-looking, loving, kind, a real helpmate and a fine housekeeper.

ANSWER: Well, brother, you can't. The trouble with our foolishness is that we can never undo it. We have to go on paying for it as long as we live.

DEAR MISS DIX: Is married life supposed to be a fifty-fifty proposition, or 99 per cent woman and 1 per cent man?

ANSWER: Of course, the ideal marriage is a fifty-fifty proposition in which the husband and wife should share equally, but I am afraid it will seldom be that way as long as human nature is what it is.

first to their table before excusing himself to go to the men's room and "brush up."

Q. If a couple are entertaining a few guests for the evening, who should meet them at the door?

A. The husband should do this, bringing each guest into the living room.

Q. When introducing a relative, is it proper to use the possessive pronoun?

A. Yes; one may say, "My father, my mother, my sister, my cousin."

DAILY CROSSWORD

- ACROSS
1. Deadly
6. City in the U.S.
11. Leave off as a syllable
12. Weir
13. An upland plain
14. Harmonizes
15. Half an em
16. Sound of a goose
17. Depended
20. Prepare for publication
24. Taverns
25. Eskimo tool
26. Sleeping shelves
28. Boundary
30. Unit of work
31. Coarse seaweed
32. Enough (poet.)
34. English admiral
37. Garden town
39. International language
40. Mound over again
43. Agreement
45. Cleansing plant
46. Price
47. Muffles, as a musical instrument
48. Accumulate

- DOWN
1. Smaller number
2. Solitary
3. Sesame

YESTERDAY'S ANSWER
42. Witty
43. Knave of clubs
44. A wing (abbr.)

DAILY CRYPTOQUOTE—Here's how to work it:
A X Y Z L B A A X R
H L O N G F E L L O W

One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation
N P H A H G J D G K J N U A K D S D I
U E V J D I N C K D E N H E E J G G H P H
V D E S F S K

Yesterday's Cryptogram:
Y IN AN ARGUMENT I ALWAYS BEGIN RATHER WELL, BUT IN THE END I'M APT TO BE BEATEN—BENNETT.

Keeping The Young Folk On The Farm

By F. H. MacArthur

Frequently we hear the complaint that farmer's sons and daughters do not want to stay on the old homestead. They do not like farm life. Rural girls have the notion that pounding a typewriter or clerking in a store is better than raising chickens and growing vegetables.

Here in the garden of the Gulf are districts that do not produce to their fullest capacity. The same is true of every Province in Canada.

Many young farmers fancy that a large farm is necessary to make a decent living. This is not so. We have farms here on the Island that have supported large families whose acreage is comparatively small—40 to 70 acres—and every district can boast at least two or three such farms.

Land that is well cultivated and cropped according to nature, is capable of producing yields beyond anything visioned by present day farmers.

Two "practically" perfect aprons—each from a yard of fabric, easy as ABC to make! (Two separate patterns.)

No. 2910 is cut in sizes, small, medium, large. Medium, 1 yard 35-inch.

No. 3086 is cut in one size, takes 1 yard 36-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 zone number in your address.

Address: Pattern Department, The Charlottetown Guardian.

Pattern No. 2910 and No. 3086

Name

Address

City

Province

Morning Smile

Stubborn

Teacher—Haven't you finished washing that blackboard?

Betty—The more I wash it, the blacker it gets!

After all is said and done, how does it taste in the cup? That is what counts!

"SALADA" TEA BAGS

yield the perfect flavour.

Just scrambled eggs?

...a feast

SERVED WITH

Aylmer PURE Catsup

Your Family Deserves AYLMER Quality

9-24

The landlord was right about this being a quiet street.

When the neighbors quarrel I can hear every word.

Middle Musquodoboit Cook Wins County Fair Awards

In the Musquodoboits the art of fine home baking flourishes. You'd go a long way to see a more inviting display of good things than the ladies show each year at Halifax County Fair, Middle Musquodoboit.

-Needlecraft-

FOR THE HOME

EASY TO MAKE

Two "practically" perfect aprons—each from a yard of fabric, easy as ABC to make! (Two separate patterns.)

No. 2910 is cut in sizes, small, medium, large. Medium, 1 yard 35-inch.

No. 3086 is cut in one size, takes 1 yard 36-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 zone number in your address.

Address: Pattern Department, The Charlottetown Guardian.

Pattern No. 2910 and No. 3086

Name

Address

City

Province

Morning Smile

Stubborn

Teacher—Haven't you finished washing that blackboard?

Betty—The more I wash it, the blacker it gets!

After all is said and done, how does it taste in the cup? That is what counts!

"SALADA" TEA BAGS

yield the perfect flavour.

Just scrambled eggs?

...a feast

SERVED WITH

Aylmer PURE Catsup

Your Family Deserves AYLMER Quality

9-24

The landlord was right about this being a quiet street.

When the neighbors quarrel I can hear every word.

Cashmere Bouquet BEAUTY SOAP
Presents 'OUR MISS BROOKS'
Starring Glamorous EVE ARDEN
Next Sunday CFCY 6:30 to 7:00 p.m.
You'll love Cashmere Bouquet More Fragrant... Milder
...to help keep your skin soft, flower-fresh and younger looking.
The delightful fragrance of Cashmere Bouquet Beauty Soap comes from a secret wedding of rare perfumes, far costlier than you would expect to find in any soap.
And recent laboratory tests conducted under the severest conditions on normal, dry and oily skin types, prove that fragrant Cashmere Bouquet Soap is milder.

Better English
By D. C. Williams
1. What is wrong with this sentence? "She does not seem very anxious about it, but she's got to go."
2. What is the correct pronunciation of "fricassee"?
3. Which one of these words is misspelled? Repellant, jubilant, vigilant, repentant.
4. What does the word "plaintive" mean?
5. What is a word beginning with "an" that means "to furnish with notes"?
ANSWERS
1. Say, "She does not seem very anxious about it, but she must go."
2. Pronounce frik-a-se, i as in it, a unstressed, e as in see, accent last syllable.
3. Repellant.
4. Expressive of sorrow or melancholy.
5. The melody was sweet and plaintive."
5. Annotate.

DAILY CROSSWORD
ACROSS
1. Deadly
6. City in the U.S.
11. Leave off as a syllable
12. Weir
13. An upland plain
14. Harmonizes
15. Half an em
16. Sound of a goose
17. Depended
20. Prepare for publication
24. Taverns
25. Eskimo tool
26. Sleeping shelves
28. Boundary
30. Unit of work
31. Coarse seaweed
32. Enough (poet.)
34. English admiral
37. Garden town
39. International language
40. Mound over again
43. Agreement
45. Cleansing plant
46. Price
47. Muffles, as a musical instrument
48. Accumulate
DOWN
1. Smaller number
2. Solitary
3. Sesame
YESTERDAY'S ANSWER
42. Witty
43. Knave of clubs
44. A wing (abbr.)
DAILY CRYPTOQUOTE—Here's how to work it:
A X Y Z L B A A X R
H L O N G F E L L O W
One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.
A Cryptogram Quotation
N P H A H G J D G K J N U A K D S D I
U E V J D I N C K D E N H E E J G G H P H
V D E S F S K
Yesterday's Cryptogram:
Y IN AN ARGUMENT I ALWAYS BEGIN RATHER WELL, BUT IN THE END I'M APT TO BE BEATEN—BENNETT.

Just scrambled eggs?
...a feast
SERVED WITH
Aylmer PURE Catsup
Your Family Deserves AYLMER Quality

The Neighbors
By George Clark
The landlord was right about this being a quiet street.
When the neighbors quarrel I can hear every word.