

That Body Of Yours

By James W. Barton, M.D.

INTRACHTABLE OR UNBEARABLE PAIN

Physicians will tell you that practically all their patients consult them because of pain somewhere in the body. In most cases by hearing the patient's story, the physician is able to diagnose the underlying cause of the pain and prescribe the usual remedy, as pain is usually caused by pressure on a nerve somewhere—gas, swelling of adjoining tissues—which is relieved when pressure is removed.

There are, however, many cases where the cause of pain cannot be discovered and until it is discovered the patient expects and receives relief by quieting drugs or other forms of treatment. And when the pain becomes unbearable (intractable) the physician may find it necessary to use severe or extreme measures to relieve the patient's pain.

In The Canadian Medical Association Journal, Dr. John J. Bonica, Tacoma, Wash., states that the management of intractable pain is a difficult clinical problem and has taxed the knowledge and skill of physicians for centuries. This is because physicians do not understand the nature of pain itself nor its causes. We can thus understand why, until recently, no sound, safe, skillful management is necessary to give patient relief. We know that pain involves two factors—feeling or perception of pain and the reaction of the body and tissues to the pain. While pain can always be felt, reaction to the pain is different in different individuals and not always the same in the one individual. Some methods of pain relief try to help the patient to better withstand the pain before he feels the need of using drugs or other treatments; other measures are used to lessen the effect or reaction of the body to pain. Some drugs decrease both perception and reaction. Unfortunately some of these drugs affect breathing, digestion and the nervous system and cannot be given continuously.

Another method is blocking the nerves by injections of pain-killing drugs, such as procaine and alcohol, into a ganglion (bundle of nerves) which acts practically like a local anesthetic on the painful tissues. This nerve blocking is particularly helpful in pain due to high blood pressure, to pain in abdomen, and pain in muscles and tendons.

Finally, "the excruciating pain which is often present in malignant disease (cancer) may be adequately relieved with alcohol nerve blocks."

During past several years, Dr. Bonica states that nerve blocking has given 68 per cent complete relief and 25 per cent moderate relief. Only 6 per cent obtained little or no relief.

Economical Meals

DIVISION OF NUTRITION, DEPARTMENT OF HEALTH AND WELFARE

Christmas is coming, and with it plans for good things to eat. One of these favourite foods is fruit. Canada's Food Rules tell us to eat two servings of fruit every day—summer and winter. We are fortunate to have a great variety from which to choose: Citrus, commercial and home canned, dried, frozen, fresh—cultivated, wild and imported.

Can we afford to eat two of these fruits every day? Can we afford not to when fruits contain minerals and vitamins that are difficult to obtain elsewhere?

The food rules recommend a citrus fruit or tomato, or their juices because they supply Vitamin C. Since your body uses Vitamin C every day, and very few foods supply it, it is especially important that you eat one of these foods every day.

The most common serving of citrus fruit is one orange or 1-2 grapefruit. Small heavy oranges or medium sized heavy grapefruit are the best buy. Oranges marked "color-added" are as satisfactory as tree ripened fruit. A russet colour on grapefruit causes no harm. One orange eaten whole gives you 50% more Vitamin C for your money than the strained juice. Oranges are forecast to be very plentiful this winter.

When fresh fruits go up in price canned citrus juices may be a better buy. Five ounces of grapefruit juice or blend, equal one orange. It is best to punch only two holes in the can. The juice can be stored in the can in the refrigerator up to 24 hours without loss of Vitamin C.

Tomatoes are an excellent substitute for citrus fruits, especially when home grown and canned for winter use. Servings which supply adequate Vitamin C are one medium orange, six ounces tomato juice or 3-4 cup canned tomatoes. When the food budget runs very low, Vitamin C may be obtained by eating raw vegetables, especially cabbage, and potatoes baked or boiled in their skins. Cooking and long storage destroy Vitamin C, so unless you are prepared to eat salads and cook your vegetables very carefully, you will be wise to eat citrus fruits or tomatoes every day.

Morning Smile

Decoration

Mrs. Jones: My son got a letter in college.
Mrs. Bones: Goodness, I hope it wasn't a letter from the dean about his behavior!

Accidental Insult

Sunny: I heard that Mr. Smith isn't welcome at the Jones' house any more, and that it all started the night he accepted their invitation to dinner.
Honey! Yes, he wanted to show

his appreciation for the dinner invitation, so he brought a gift.
Sunny: What's wrong with that?
Honey: The gift was a cookbook.

Haunted

Honey: Why do you always sing that same song over and over again?
Henry: Can't help it. It haunts me.
Honey: With good reason. You've murdered it often enough.

Ontario Has Two New Women Mayors



MRS. B. SMITH



MRS. G. McFARLAND

Ottawa's Mayor Charlotte Whitton apparently started a new trend when she took over reins of office in Canada's capital city. Mrs. Grace McFarland, right, became Leamington's first woman mayor when she defeated the present incumbent, Mayor Jesse Sherman, by 283 votes. She defeated the present incumbent, Mayor Jesse Sherman, when she first was elected with a 2,000 vote margin. The "over 50" housewife who was alderman in 1949 and again in 1951, was aided in her bid for office by heaviest vote in Woodstock's history, which saw 65 per cent. of all the citizens go to the polls.

DOROTHY DIX SAYS—

Avoid Long Engagements

It's Better To Wait Than To Be Sorry

DEAR MISS DIX: My sweetheart is enlisting in the Marines and will be gone at least three years. I'm 16 and don't really want to go steady for that long. He wants to give me my engagement ring for Christmas. I'm quite unattractive and don't go out on many dates with boys. I haven't had much fun and doubt if I ever will because I am not pretty.



ANN B.

ANSWER: You are doing yourself a great injustice by stating flatly that you are unattractive. With magazines just bulging with articles on teenage grooming and ways to improve your looks, there's no reason why you should continue to regard yourself as plain. Not every girl rates "A" in the natural good looks department, but every one can improve her appearance to the point where she'll rate a second look from the stag line.

YOU'RE TOO YOUNG

Your own conviction of inferiority has apparently made you latch onto the first available boy and get yourself all set for an engagement you don't particularly want. You are too young to become engaged yet, or even tie yourself up to going steady for the next three years.

Long engagements are seldom advisable under any circumstances. They are particularly inadvisable for the very young, or in the face of an inevitable long separation. The fact that you haven't had many dates up to now is by no means cause for despair of the future. Do a little reading on your problem of teen-age appearance; put into practice what you learn, then watch the improvement. If your problem is a specific one, write me again, giving your name and address, and I may have information to help you.

Tell your sweetheart you think it wiser not to go steady when he is going to be away so long, and while you are so young. Get into some social activities in school, church or town, exert the effort to meet new people and make friends. That's how to have fun, and I'm sure you'll change your attitude about life in general and your own immediate romance in particular.

DEAR MISS DIX: I am "the little pig who stayed at home." I deserve no credit for this because no big, bad wolf ever "huffed or puffed" very hard to capture me. I know I am mixing my stories but I am a bit mixed up myself, therefore my appeal to you for advice. I am an old-mid school teacher. I have led a happy and useful life. My dear parents were spared to me until a few years ago and I never desire to go away from home. The husband I always dreamed of never materialized. I am now of retirement age and want very much to take my little pension and go to a foreign country to share the home of a friend. I know I would miss my friends and family here but I could come back to see them every few years. My friend lives in a large city where we can see plays and hear concerts. I spent a year there as an exchange teacher and had the happiest time of my life. Dare I do it?

ANSWER: Who of us has not at one time or another longed to kick over the traces and escape to the return of your wedding veil. Naturally you want it for your daughter, and she should have it. Your sister, being such a possessive person, probably will resent having to part with something that, by this time, she has come to regard as her own. Be as tactful as possible with your request, but make it definite.

DEAR MISS DIX: When I was married twenty-four years ago one of my sisters gave me my wedding gift. I loaned it to three sisters in turn, and the last one never returned it—that was sixteen years ago. Every time I mention that I am going to ask for it, my husband says it will only start a family argument. This sister never does return anything she gets her hands on. Now I have a 14-year-old daughter who will probably like to have the veil someday. While I don't like to have an argument with anyone, I feel my daughter has a right to the veil. How can I go about getting it back?

R. W. ANSWER: A perfectly straightforward request will be the most direct and best means to employ for the return of your wedding veil. Naturally you want it for your daughter, and she should have it. Your sister, being such a possessive person, probably will resent having to part with something that, by this time, she has come to regard as her own. Be as tactful as possible with your request, but make it definite.

Alice Brooks Designs

EASY WEAVING

A SPECIAL design to use on truck dish towels! Plus two others to use on aprons, towels, knitting bags—anything you make of huck. Easy, effective, smart!

It's fascinating to weave these designs on huck. Pattern 7161: charts; directions; three designs.

Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address.

How Can I!!!

By Anne Ashley

Q. How can I remove wall paper very easily?

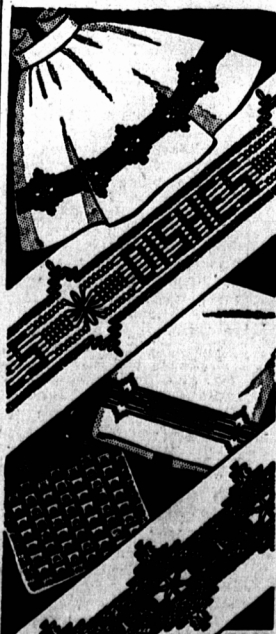
A. Use one heaping tablespoonful of saltpeter to a gallon of hot water, and apply to the paper with a brush. Keep the water hot and after a few applications the paper can be pulled from the wall very easily.

Q. How can I avoid cracking glassware when washing it?

A. Slip the glass into the water, edgewise. Never put it into hot water bottom first, which causes sudden expansion.

Q. How can I clean black felt?

A. Use a teaspoon of ammonia mixed with a half-cup of cold tea



by Alice Brooks

ELLEN'S DIARY

By an Island Farmer's Wife

With their funds appreciably increased by the two presentations of their Play in the hall down the river road, the community W. I. is content for the present to rest on its laurels. It comes to mind now that tonight as we carried, with others of the family, odds and ends of our furnishings to the truck parked for convenience on the highway in the vicinity of the corner store, we brought away as well only pleasant memories of the undertaking. Nice memories of those bright nights of practice that personally or we suspect as a company, the cast shall long remember. At Alderlea, we were careful to hurry our after-supper chores and then leaving this old house a mile lonely we fancied, coming through moonlight and star-shine or the dusky dim of a fall night to join presently other farmwives of the neighborhood and converge then in a body to our chosen place of meeting. Laughing with them over some amusing happening of the day, sad over some care or misfortune and incidentally gleaming lovely pictures of the happy living that is enjoyed in the homes about.

Hearing about the other housewives' interests and doings—how "I couldn't have come at all tonight only mother came in to give me a hand with the week's mending, so that I could practice" with an easy mind" to remind one of the incidental items often overlooked but necessary and most helpful in the successful presentation of such a community endeavour. We remember these now, and how willingly and with the best of good-fellowship all worked—as together will have it, or as James told towards the fulfillment of our common interest. Finding time in extremely full and busy days to learn their lines, to plan costumes and attend to the many items which are required in presenting a Play... kindling a fire, contributing fuel, papering a wall, making a quilt for the quilting bee, fetching great grandmother's picture and his, in old-time enlargements for scenery—she gave as was becoming in the responsibilities she must face in those pioneering days... steady-eyed and serene; he bewhiskered and handsome, an intriguing twinkle in his.

Then at practice patiently repeating a tricky part of a scene or resting in a moment to enjoy a laugh or a yarn, to return to it then, refreshed and better for the pause. And at our parting tonight when the lights in the hall were about to be turned out and we to separate to our various homes, one member of the cast queried with a noticeable sigh: "And what shall we do now? We'll be lost without coming here our night-a-week!" A second one offered with a merry chuckle: "Well, we can have another!" But now thoughts are on Christmas; names come to mind of those most loved whom we would remember with gifts. "What's all this whispering about these days?" James questioned grand-daughter as the two stepped off to some piece of choring this morning. She smiled and reached to catch his hand. "That is a secret!" she offered. "But" she nodded, "you'll know—and everybody will know on Christmas!"

Until tomorrow — — Diary— Good-night

The Stars Say --

By Genevieve Kemble

For Tomorrow

A DAY on which unusual factors may incite to fresh attack on important affairs of vital consequence is forecast. While these major interests may eventually lead into new pastures, with aspects at once intriguing and curious, it is definitely to the advantage to act according to such insidious urges or possibly downright "hunches" or flashes of genius. At base there may be peculiar factors, inspiration or intuition to incite action. Some dreams come true under such incitements.

For the Birthday

Those whose birthday it is may be greatly benefited by strange inner urges, in which peculiar situations seem obscure or risky because of unusual factors. In the long run such may have startling or unpredictable denouements. Practical results could come from some unusual lead, strange appeal, even intuitive illumination. Emotional or spiritual drives could culminate in very tangible results.

A child born on this day, while having sound and practical talents and ambitions, could find their culmination by means of ideas, inspirations or spiritual leads.

FACE COVERED WITH PIMPLES

Miss B. Green, Box 361, Davis, Okla., writes: "For three years my face was covered with large pimples. I decided to try Cuticura Soap and Ointment. After using them for three weeks I was greatly relieved; and now the pimples are entirely gone." Cuticura Soap and Ointment may help you too! Buy Cuticura at your druggist today!

Anne Adams Patterns

SIZED TO GO

HERE'S HOW to have plenty of new lingerie! This is the easiest slip in the world to sew—only TWO pattern parts! Sew side-seams, hem, darts—and WEAR it! Panties are easy-sew, too. Make a set for you, one for a gift!

Pattern 4838 in sizes 34, 36, 38, 40, 42, 44, 46, 48, 50. Size 36 slip requires 2 1/2 yards 39-inch fabric; the panties, 1 1/2 yards.

This pattern easy to use, simple to sew; is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS care of The Guardian, 60 Front St. West, Toronto, Ontario.

Household Scrapbook

By Roberta Lee

Photographs

Often photographic prints are framed without glass, and in this case it is a good idea to give them a coating of transparent, protective varnish, in order to prolong their life. A simple solution of white shellac has been found suitable for this purpose.

Keeps Out Cold

Old stockings plaited together to form a flat cord will keep the breeze from coming under that ill-fitting door.

Removes Grease

A teaspoon of borax in warm water when washing the hair removes grease and improves the appearance of the hair.

Modern Etiquette

By Roberta Lee

Q. When should the clergyman be consulted about a wedding?
A. He should be consulted as soon as the plans for the wedding are discussed, in order that his time and the church may be reserved for the date of the wedding.

Q. Should the first page of a social letter be numbered?
A. No, this is never numbered. Only the following pages are numbered.

Cook's Corner

BAKED CELERY SAUTERNE

(6 servings)

One stalk celery, 1 1/2-cup water, salt to taste, 3 teaspoons butter or margarine, 3 tablespoons flour, 3/4 cup canned consommé or bouillon-cube broth, pepper to taste, 1/3 cup grated Parmesan cheese, paprika.

Trim root end and leaves from celery. Separate branches. Wash and cut in 2-inch lengths, splitting wide branches in half lengthwise. Place water and salt in saucepan and heat to boiling; add celery; cover and cook for 15 to 20 minutes, or until celery is tender. Drain, reserving liquid. Arrange



4858 SIZES 34-50 by Anne Adams

celery in a greased shallow baking dish (10 by 6 by 2 inches is a good size). Melt butter and stir in flour; add consommé and 1/2 cup of the reserved celery liquid; cook, stirring constantly, until mixture boils and thickens. Season to taste with salt and pepper. Pour sauce over celery; sprinkle with grated cheese and dust with paprika. Bake in a moderately hot oven (400 Deg. F.) for about 24 minutes, or until bubbly and delicately browned.

When Your Children need a TONIC

GIVE THEM HIGH ENERGY SCOTT'S EMULSION

Helps build stamina—helps maintain resistance in youngsters and adults. Scott's is a high energy TONIC—with natural A & D Vitamins in natural oil and added minerals. Easy to take. Scott's is highly recommended. Buy today at your favourite store.

SCOTT'S EMULSION HIGH ENERGY TONIC

MORE than just a tonic



Prepared for you from the WORLD'S CHOICEST COFFEE BEANS

Choicest coffee beans from the world's finest plantations are selected for preparing Nescafé. First the coffee beans are freshly roasted. Then the coffee is brewed and the soluble coffee solids, the part that contains the aroma and flavor, are extracted and carbohydrates are added solely to seal in all the coffee goodness.

All you do is just measure one teaspoonful right into the cup—pour on boiling water—and stir. One taste and you'll know why more people drink Nescafé... for pure coffee enjoyment. No fuss or bother—no wait. More economical, too, than ordinary coffee making. You save up to 40¢ a pound when you enjoy Nescafé.



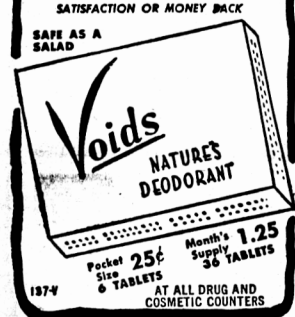
NESCAFÉ

Nescafé (pronounced NES-CAFAY) is the exclusive registered trade mark of Nestlé's Milk Products (Canada) Limited to designate its soluble coffee product which is composed of equal parts of pure soluble coffee and added pure carbohydrates (dextrin, maltose and dextrose) added solely to protect the flavor.

SWALLOW AVOIDS TABLET - STOP! BREATH & BODY ODOR 18 HOURS



READER'S DIGEST REPORTS ON NEW AMAZING TABLETS Following R.D.'s article on how a chlorophyll tablet swallowed daily actually stops all trace of perspiration odor from all parts of the body, Avoids was the first to offer the public a low-priced chlorophyll tablet.



Swallow a Voids for Head to Toe odor protection! Lasts 18 hours or more. Chew a Voids after drinking, eating garlic, onions or spicy food.

SAISFACTION OR MONEY BACK SAFE AS A SALAD

SAVE! by Serving ST. CROIX VALLEY STEAMED BROWN BREAD

Especially Delicious

Save Time! Save on Your Budget!

Just heat and serve For a Tempting, Healthful Dessert Pudding!

With ST. CROIX Oven-Baked Beans

Makes a satisfying and economical Saturday night supper, or lunch, any day, 50 cents.

PROCESSED BY ST. CROIX VALLEY PRODUCTS LTD., ST. STEPHEN, N.B.

Out-of-this World Flavor

because they're really brick-oven baked for fourteen hours!

Ask for ST. CROIX VALLEY BAKED BEANS

Healthful So Quick and Easy to Serve

Choice Quality Fine Flavor

ST. CROIX VALLEY CUT CARROTS