Women's realm

That Body Of Yours

By James W. Barton, M.D.

ANOTHER TREATMENT FOR ASTHMA

As a medical student, I learned little about asthma. Its cause was unknown, and as it was not a killer it was not taken too seriously by physicians. As attacks of asthma usually frightened patient and family, however, a method of treatment was discovered that gave prompt relief in the majority of cases. This treatment was 10 to 15 minims (drops) of a 1 to-1,000 adrenal solution injected under the skin.

Physicians soon became dissatisfied with using a medicine to treat symptoms the cause of which was unknown. Among their first discoveries was that asthma was caused by allergy — sensitivity to foods, feathers, furs, house dust, and other substances. By treatment with tiny doses of these substances, to which the body offered resistance, a large amount of resistance was built up. This protected the individual from attacks, or lessened their severity.

It was found also that defects of nose and throat often started an attack of asthma. Later it was found that emotional disturbances were responsible for asthmatic attacks in some individuals.

Notwithstanding that allergy nose and throat defects and emotional disturbances caused asthmatic attacks, these three causes did not account for all cases of asthma and further investigation was made.

In Annals of Allergy, Dr. A Fishman, Philadelphia, states that an attempt was made to find the cause of asthma where present knowledge was insufficient and, aware of the number of attacks that occurred during and following infection (usually of nose and throat), an attempt was made to prevent severe asthmatic attacks.

Because of the success obtained in the prevention of rheumatic fever by use of sulfa drugs, this treatment was tried in cases of infectious asthma when all other forms of treatment had failed. One gram of equal amounts of surfadiazine and sulfamerazine was given daily to patients over 100 pounds and over 60 years of age. Only 0.5 Gm. daily was given to the others.

The following results were reported: Twenty patients with regular or frequent attacks of asthma who failed to respond to allergic or other treatment were given the sulfa treatment for seven to nine months. No severe attacks of asthma occurred; no general reactions occurred.

This treatment is therefore recommended for asthmatic attacks when other treatment has failed. Allergic and other treatment should be carried on even where sulfa drugs are used.

How Can I ! ! !

By Anne Ashley

Q. What are some of the uses of salt, other than as a seasoning?

A. Salt water is excellent as a throat gargle. It is also an effective spray for catarrhal infections. Salt is a wonderful tooth powder and aids greatly in making the gums firm. Salt used generously in the water will both cool and rest tired feet.

Q. How can I improve the color of a rug?

A. Add a half-pint of vinegar to a half-pint of water. Then wring a large clean cloth out of this solution and rub over the rug with wide strokes.

Q. How can I prevent cake from drying out?

A. Keep an apple in the cake box to prevent the cake from drying. Change whenever the apple becomes withered or shows signs of decay.

When Children's Eyes Are Bigger Than Their Stomachs . . .

Unusual is the child who does not get sick or upset at times from overeating candy and other rich goodies. But, Mother, there is no need now to administer drastic, old-fashioned laxatives which may shock a child's system and leave them feeling weak and listless. Try the new modern help—Children's Own Tablets—made especially for children from 3 to 15 years. They go to work at once to help sweeten the stomach, relieve distress and bring about a thorough performance of the bowels in a *gentle* manner. You never know when you will need the help of Children's Own Tablets—so be on the safe side—get a package today. Only [illegible] at your druggist. Made by the makers of Baby's Own Tablets—your guarantee of a reliable product.

CHILDREN'S OWN TABLETS

ELLEN'S DIARY

By an Island Farmer's Wife

This has been a day of shower and clearing—and quiet grey fog shrouding the far hills. And no haying. But brief spells of well-earned leisure for our farmers. And granddaughter napping on a couch, tired and somewhat lonely we supposed in this weather which so unkindly had kept her from joining the lads at the house in the road at their play, her delight of late. Nevertheless James declared "It's a million-dollar rain" that in good time had come to refresh thirsting crops and to lay the dust of road and highway, the bane of the tidy housewife . . to put a fresh sheen on grain-fields and pastures and root-lands and to stimulate the green of the aftermath along the shorn and rather desolate haylands . . . We were piped to our nap by a dark cricket —a lone one on the front verandah beyond which now odd hollyhocks grow primly and open in a pretty succession their bloom. How rhythmic was his tune! As we listened it faded in with the theme being ticked off quietly in minutes by the old clock on the shelf — only one at a time, but too soon reckoned in hours and years.

• • • •

It was a melody of sun and shower, of heights and depths, of dancing leaves and whispering grasses. Of dawns full of promise and dusks that spelled of peace. Of twinkling stars and a harvest moon and a last load of day coming down the dim farm-lane in the twilight. The pleasant rustle of the grain as the sheaves found their rest and the friendly stamping of the horses' hooves as they waited the unloading below the eaves' door of the grain-house. An endless tune it played, a storied measure of harvests past and those to come, as we slipped away into dreamland . . . With James we did go one day to gather an end of hay from a field on this farm. "Get down, Ellen!" he showed surprise at our question. "Why, you'll get down the way you always did — step down to the back of the off-mare and jump then to the ground. Or if you would rather, just slide down the side of the load and I'll catch you!" We were nearing the buildings then, in the silence and color of the sunset. Seated directly in front of us, he drove with the same care and ease of his youthful days. And we smiled to find that according to a habit which made us feel more secure on these heavenly perches, we had taken a firm and comforting grip on his suspenders.

• • • •

And at length down we slid to be caught with, we confess neither the ardor nor ease of once but nevertheless safely in his arms. The family smiled. "It would be surprising, Ellen," he said preparing to lead the team into place for the unloading "the amount of farming you and I could still do — if we had to!" . . . Between showers, bits and pieces from the carpentry, suspended at the moment, were gathered, a woman joining by spells in the pastime. We find we still have some talent in horsemanship. We could "Back her around here now, Ellen!" "And now drive her over here!" until at length the surroundings were left clean and neat. And what farm-wife such as we has not baked a cake while assisting such labor, timing it perfectly? Or did the fates time it, and attend to the firing? Or had we been deserting too often, coming to the house to open with care the oven door? So that James remarking upon an absence said: "Never mind any b---dy old cake, Ellen —let's get this all tidied up!" It's supposed to clear tonight and if it should I'll be cutting hay in the morning!" This has been a day of shower and clearing — and quiet grey fog shrouding the far hills.

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

SANDWICHES Better with French's PREPARED MUSTARD

Better English

By D. C. Williams

1. What is wrong with this sentence? "The whereabouts of my son-in-laws are not known."
2. What is the correct pronunciation of "grovel"?
3. Which one of these words is misspelled? Charlotte russe, characteristic, charicature, charlatan.
4. What does the word "gewgaw" (adjective) mean?
5. What is a word beginning with qu that means "soft, wet land"?

ANSWERS

1. Say, "The whereabouts of my sons-in-law is not known." 2. Preferred pronunciation is with o as in on. 3. Caricature. 4. Showy; pretentious. (Pronounce gu-go, u as in use, o as in go). "The gewgaw castles of medieval times." 5 Quagmire.

Household Scrapbook

By Roberta Lee

Lime in Tea Kettle

To remove the furry lime deposit on the inside of a tea kettle put some vinegar and a little salt into the kettle and allow to stand for a while. When bubbles begin to appear on the surface, it indicates that the lime is dissolving. After it has been removed, rinse with clear water.

To Purify a Sponge

If the household sponge has acquired a "sour" smell, it can be sweetened by merely rubbing a lemon into it thoroughly; then rinse three or four times.

Laundry Hint

Clothes will have a much better color when dried slowly than when dried rapidly.

Modern Etiquette

By Roberta Lee

Q. If a man is seated with a girl at a nightclub table, and sees another man at another table whom he would like especially to introduce to his girl, is it all right for him to conduct the girl to his friend's table?

A. No. It would be much better if he excused himself, went over to his friend's table, and brought him back to his own table to be introduced.

Q. What would be some appropriate kind of music I could have for my wedding, which is to be in my home?

A. Nothing could be more beautiful than the phonograph records of organ and choir especially available for weddings.

Q. Is it all right for a man to accept a cigarette offered to him by a woman?

A. Yes, this is perfectly all right.

Morning Smile

Not Keen

"I hear your daughter is practicing the harp. How is she getting on?"

"Well, her mother isn't quite so keen on going to heaven as she was."

Deaf

"My fiancee is terribly deaf, and I'm in awful trouble."

"What happened?"

"I had to yell so loudly when I proposed to her that the woman next door has sued me for breach of promise."

DOROTHY DIX SAYS—

Should She Remarry?

Final Decision Up To Young Widow Herself

DEAR MISS DIX: I am a young widow of 22, with two children. I have been going with a boy 21 for about a year. He is a hard worker, doesn't drink, and we are very much in love. We want to be married but my in-laws are bitterly against it and are trying to turn my children against me. This boy is very fond of my children. KAY

ANSWER: Unless he is very mature for his age, a boy of 21 is too young to take on the responsibility of a ready-made family. However, the decision of a second marriage is yours, and yours alone.

THEIR INTENTIONS GOOD

Your in-laws undoubtedly have the interests of their grandchildren at heart, and are trying to advise you to the best of their ability. Consider the points on which they object to your marriage, and perhaps you will see justice in some of them. Weigh the pros and cons carefully. Your boy friend has fundamentally sound characteristics, which will not be lost by waiting. A postponement of a year or two in your wedding plans won't hurt either of you, and will give you both a better chance to know each other.

DEAR MISS DIX: My husband and I are in disagreement over this point: I believe that the Golden Rule is correct, and he says you should expect others to do unto you what you would do unto them. He believes I let people take advantage of my good nature and generosity. Actually, the things I do are small, such as minding a neighbor's child, or lending things, and I am sure the people I help would do the same for me.

This seems like a small item but it has brought on many quarrels between us. E.S.T.

ANSWER: As a code of living, no one has yet improved on the Golden Rule of "Do unto others as you would have them do unto you." If you are a naturally generous person, it is useless for your husband to try to change you; love and consideration for one's neighbor cannot be killed. They are the enduring traits of good people; the hope of the world.

Be careful that your home and family are not neglected for your good deeds. Carelessness in this respect will give your husband a basis for quarrels. Careful training on your part should bring him around to your point of view. Be sure to emphasize for his benefit every favor done you, or him, by a friend.

DEAR MISS DIX: I am 18 years old and married to a man of 20. We have been married two years and have no children. We moved to a farm a year ago and I work in the fields driving a tractor every day he works. He has only bought me two sweaters and one pair of shoes since we have been married. He never gives me any money and will have nothing to do with my family, though his mother is living with us. Shall I leave him now while I am still young or remain with him and try to make a go of it? ADA

ANSWER: You'll have to do more than just "try to make a go of it" to have any happiness with a stingy husband. You're very young now, and can demand concessions much better than you will be able to later on. Since you work in the fields with your husband, tell him you are at least entitled to a field hand's pay. You work hard to help earn the money; you are certainly entitled to at least enough of it to buy decent clothes.

Stinginess is one of the worst habits to cure in a husband. Love of the almighty dollar gets a grip on a man that nothing can loose. Few things are worse than existence with a man who has to be begged for a week to part with a nickle. Take a stand now, Ada, and stick to it!

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A PLEASANT and prosperous day, with the prospect of fulfillment of the highest hopes and wishes. This state of affairs should be put over with tact and discrimination, with no urge to display an exaggerated pressure of the feelings or emotions, based on due regard for the amenities. A time to push onward sanely.

For the Birthday

Those whose birthday it is are on the brink of a very progressive and happy era, with much opportunity for the fulfillment of heart's desire. High hopes and wishes, with surprising development in the way of expansion and personal gratification are indicated. It is a time for subtle approach rather than forced issues, using strategy and subtlety rather than "sledge hammer blows." Tact and courtesy may have more gracious power.

A child born on this day has excellent auguries for a pleasant and gracious life, with advancement, perhaps a measure of renown or dignities.

Cook's Corner

FISH KEBOBS

One pound ocean (silver) perch fillets, one-half cup catsup, one-half teaspoon salt, one whole clove, two tablespoons butter, melted.

Skin fish and cut into one-inch cubes. Marinate one hour in mixture of catsup, salt and clove Arrange cubes of fish on skewers Brush fish with butter. Place on baking sheet and broil under medium heat five or six minutes, or until fish is easily flaked with a fork. Turn once Garnish with lemon wedges and serve at once. Yield: Four servings

For Smoked Flavour

1. Add one-half teaspoon condensed smoke to marinating sauce.
2. Omit regular salt and add three-quarter teaspoon smoked salt to marinating sauce.
3. Burn two or three bay leaves moving each while still flaming over surface of baking sheet. Arrange skewers with fish cubes on the smoked area before broiling

HILLY COUNTRY

Switzerland's Alps take up 61 per cent of the country's area.

With All My Love

(By Virginia Bowes)

(Continued)

• • •

CHAPTER VI.

When Franklin said that Roger Caswell had designed Clay Hanley's plane, Clare's distraught mind swung from thoughts of her father and his incredible part in the whole affair. She stared at the mechanic sitting beside her in the roadster, and slowly shook her head.

"Roger never designed a plane. He only had hopes of designing one, some day."

"Maybe," Eddie Franklin said grimly. "My evidence isn't exactly conclusive, and maybe he didn't design this one, but I'll bet everything I own, including the shirt on my back, that he did. Just look now:

"He started flying in the one way that teaches you real fundamentals of flight—by gliding. That was when he was in high school—he told me all this—and he built his own glider. Maybe you saw it —he said it was still in his workshop."

"Yes," Clare said, "it's probably still there."

"His father bought him his own plane a year later, and two years after that, while he was still in college, he got his transport license. In addition to that he read everything he could find on aerodynamics, meteorology, plane engineering and design. If you thought he was just tinkering in that shop of his, you were wrong because he was actually testing all the theories he'd read about and making up a lot of new ones of his own.

"He told me about one of those theories of his, involving a system of hydraulic balances by which the center of gravity of the plane could be changed while in flight to accommodate the change of speed. For better maneuverability the same device would enable a plane to instantly add weight to either wing, or to the nose or tail.

"I'd never heard of such a plan and I'm sure nobody else ever had —but Clay Hanley's plane has the system, or most of it, and that's what makes it the greatest plane in the air today."

It was all very confusing to Clare. She couldn't understand why Eddie Franklin would continue to work for a man whom he suspected of stealing another man's ingenious ideas, especially when, in order to get his hands on the plans of the idea, he had participated in a scheme to cause the other man's death.

"I know," Eddie said, reading her thoughts; "it does seem nuts for me to be working for Clay Hanley. But believe me, I'm doing it for only one reason; I want to stick close to him until this thing breaks, and it will some day. Then I'm going to spill everything I know about the affair. I don't know any of Caswell's relatives or who would get the money from the invention Hanley stole from him, but that doesn't matter. All I want is to see that Hanley doesn't get it."

"How well did Clay Hanley know Roger?" Clare asked.

"Not very well," Eddie replied. "Or perhaps I should say not for very long—Hanley has a faculty for getting very chummy with people in a very short time. Roger lived at a hotel near by the Billet factory the first couple of weeks he was out there and that's when I got to know him so well. He spent most of his time around the hangars, studying the planes and talking to the mechanics. I think Hanley must have got wind of the fact that the lad had some good ideas of his own, because all of a sudden they got very friendly, having lunch together and spending most of their spare time gabbing over a cup coffee in the pilots' restaurant. For the last few days before the crash they even roomed together, and I know that was Hanley's idea because I heard him suggest it to Roger."

They had been so engrossed in conversation that neither had noticed the passage of time, or the fact that the practice golfers had all departed. The sudden darkness when the flood lights went out wakened them to the fact. Again Clare started the engine. "You'd better not tell me any more," she said shakily, "I've had enough for one night."

Eddie nodded unsmilingly. "One thing more, I'm curious. Did your father approve of your going with Roger?"

Clare turned the car around and started toward the highway before answering. "No, he didn't," she said. "But if you knew Steve you'd know he couldn't possibly have had any part of this thing. Anyway, I still can't believe it wasn't just an accident."

Eddie said nothing. They turned onto the highway and headed toward town. He wondered if, maybe, he had talked to the wrong person after all. He couldn't advise the girl not to discuss the matter with her father; she'd have to be loyal to his own parent, at least until there was positive proof that he had taken part in Roger's —yes, in Roger's murder.

(To be continued)

YOUNG SINGER

Gracie Fields, popular British entertainer, entered the theatre when she was only seven years old.

Anne Adams Patterns

BEAUTY UNDERNEATH

The easiest slip in the world to sew! Body of slip is one piece! Add flared flounce, or if you prefer, that gathered ruffle. Either of them makes your new bigger skirt stand out beautifully!

Pattern 4892 sizes 12, 14, 16, 18, 20; 40. Size 16 takes 3 yards 39-inch. Transfer included

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, c/o The Guardian, 60 Front St. West, Toronto, Ontario

OFFICERS SENTENCED

PUSAN, Korea, Aug. 14—(Reuters)—Five Republic of Korea army officers sentenced to death last month on charges of inhuman treatment of army trainees and embezzlement of $2,000,000 of government funds were executed at Taegu yesterday. South Korea newspapers reported.

CANNED SALMON

A GOOD SOURCE OF ESSENTIAL FOOD ELEMENTS ★

Canned SALMON

CUTICURA PROVES HIGHLY EFFECTIVE!

Pimples, rashes start to clear up in just 7 days

You too may be delighted the prompt way Cuticura Soap and Ointment help clear up blackheads, eczema, rash, relieve itch. Fragrant, scientifically medicated. 70 years' success. Buy at your druggist today.

KENNEDY'S

Summer Clearance Sale Continues

1-3 OFF ENTIRE SUMMER STOCK

Coats, Dresses, Bathing Suits

KENNEDY'S LADIES' WEAR

166 Queen Street Next Door to Bus Stop

HERE'S WHAT YOU'VE BEEN WAITING FOR — SO AWAY WE GO

drop whatever you're doing and rush to—

NORMA'S

1/3 and MORE OFF ENTIRE SUMMER STOCK

which Includes

SHORTIES, SUMMER SUITS, T-SHIRTS, SHORTS and SKIRTS, DRESSES, and lots of them in Silks, Sheers, Crepes and Cottons.

All new stock that must go to make room for fall clothing now arriving. Take advantage of these greatly reduced prices and celebrate Old Home Week with us.

NORMA'S LADIES' WEAR

160A KENT ST. PHONE 3058

SPECIAL SALE

LADIES' NYLON HOSE

FOR OLD HOME WEEK ONLY

THIS SALE IS FOR FIRST QUALITY LADIES' NYLON STOCKINGS

All good shades. Consists of all sizes. Gauges 42, 45 and 51. Prices away below present-day values.

42 GAUGE	45 GAUGE	51 GAUGE
Reg. value $1.59 for $1.19	Reg. value $1.79 for $1.39	Reg. value $1.89 for $1.49

CLEARING OUR STOCK OF LADIES' SUMMER DRESSES— OUT THEY GO AT ½ PRICE — ALL SIZES

PROWSE BROS. LTD.

For Better Values