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GLAND DISORDERS FOUND THE CAUSE OF MENTAL ILLS

(By Dr. James W. Barton)

It was my privilege a number of years ago to make a physical examination of the boys of a reformatory school. Associated with me was a psychologist who estimated the mental makeup of these boys. Our results were sent into the government with the recommendation that a number of these boys be sent to an institution caring for children who were mentally defective.

A visit was then made to the hospital for mental defectives to see if there were any cases that might do better at home, school or business; that is by having contact with normal children. Unfortunately we were unable to find any that could have made their way in the outer world.

However this occurred before physicians knew much about the ductless glands of the body—thyroid, adrenal, pituitary and others. And so I've been thinking that in the light of the present knowledge of these ductless glands or endocrine glands as they are called, whether or not some real help in increasing mental ability might be given to more of these unfortunate children and perhaps adults also.

Some months ago Drs. Murray B. Gordon and Lawrence Kuskin in Endocrinology presented statistics upon the association of endocrine gland disturbance with mental backwardness in a group of 958 children, observed individually in detail, and treated at the Endocrine Clinics of the Long Island College hospital and Israel Zion hospital in Brooklyn.

Of the total group of 958,666 children were considered to be mentally retarded or backward, and among this number 288 (40 per cent) showed signs of endocrine gland disorder. The glands most affected were the thyroid gland in the neck and the pituitary gland lying on the floor of the skull.

The records showed that mental slowness or backwardness following an acute illness occurred more often with pituitary gland disturbances and lack of thyroid juice, than when the child was simply a fat sluggish baby due to lack of thyroid juice.

In regard to the treatment of this mental backwardness by the use of gland extracts, the results showed a continued improvement in 45 per cent of the endocrine group and only about one per cent of the non-endocrine group (those without gland disturbances). The results further showed that there was a greater degree of improvement in those with thyroid disturbances than in those with pituitary disturbances.

Grasshoppers Eat Flower Show

CHAMPION, Alta., Dec. 21—The report of Mrs. Mammie Alexander, Secretary, on the year's activities of the Women's Institute here was succinct and to the point. It read: "We planned a flower show, but the grasshoppers ate the flowers."



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Interest to Women

CHRISTMAS CAKES OUR NEIGHBORS MAKE

Four eggs, 2 cups brown sugar, 1 cup of lemon peel cut fine, 1 cup butter, 1 teaspoon soda, 1 nutmeg, 1 teaspoon salt, 1/2 teaspoon cloves, 1/2 teaspoon cinnamon, 2 cups seeded raisins, 3 cups currants, 1 cup apple sauce, flour to thicken. This makes a large cake.—Staffordshire.

White Fruit Cake
1 1/4 cups soft fresh butter, blended with 1 cup sifted bread flour, 4 egg whites and 1 1/2 cups sour milk. 1/2 teaspoon soda in 1 teaspoon of warm water; 1 cup chopped or split almonds, 1/2 cup mixed peel, 1/2 cup citron peel, 1 cup candied pineapple, 1 cup red cherries, 1/2 cup green cherries, 1 pound white sultana raisins, 4 more cups bread flour sifted 3 times, with whites of 4 beaten eggs. Beat thoroughly, add fruit, and bake in a rather warm oven. Makes 2 good cakes. Delicious and keeps well.—North Timiskaming.

My Own Christmas Cake
One-half pound butter, 2 cups brown sugar, 4 eggs, beaten separately, 4 cups flour, 3 teaspoons baking powder, 2 cups currants, 2 cups seeded raisins, 2 cups seedless raisins, 1 pound dates cut up, 1 small bottle Maraschino cherries also juice, 3/4 cup almonds, blanched and cut up, 1 cup mixed peel, 1 teaspoon each of cinnamon and mace, 1/2 teaspoon each of cloves, allspice and salt. Mix all together, and bake in moderate oven. Makes a large and a small cake.—Petroleum.

Mother's Christmas Cake
Two cups brown sugar, 1 1/2 cups butter, 6 eggs, 2 cups milk, 5 cups flour, 4 teaspoons baking powder, 1 1/2 pounds raisins, 1 1/2 pounds currants, 1/4 pound candied lemon, 1/4 pound candied citron, 1 tablespoon each of ground cloves, ginger and cinnamon, 1/2 tablespoon ground mace.
Method: Cream sugar and butter, add well-beaten eggs and milk. Sift flour and baking powder and spices.

WARMTH IS FIRST REQUISITE FOR CHILL WEATHER UNDIES

Footies to Match Pyjamas, Red Jackets, Gowns
Come in Variety of Colorful Materials

(By Sally Lewis)
It's smart to be warm, asleep or awake, and foolish to be the woman who shivers through a winter when the shops are snugly stocked with fashionable undies and pajamas which cheerfully defy the thermometer.
True, grandma's knitted netting, the teeny flannellette nighties and the warm but awful to look at union suits have long disappeared from the lingerie picture, but in their place have come the modern and welcome tailored slits, balbriggan pajamas and gowns and woolies of silk and wool. The pajamas are only a model of the "keep warm and like it" school of nightwear. Representative of the balbriggan family is the man-tailored, two-piece type in dubonnet piped in white. The long sleeves, lastex topped pants, and trim necklines made cold weather nothing to have a chill about.

Materials Washable
Colors in this material, which washes like a hanky and needs no ironing, range from pink and blue and yellow to brighter scarlets, orange and wine shades. The necklines are throat hugging turtle necks, boat necks, round, mandarin, polo or turtleneck. The pants are for the most part ski types with cuffed ankles and lastex tops.

The balbriggan original this season has flowered nobly into a variety of weaves with the tuckstitch, plain knit, pique weave and crewel knit getting a warm reception.
Flannellette is likewise having a big day. The pajamas is in blue print modelled after the cradle-snatcher—the kind junior has monopolized in his extreme youth.
These one-piece pieces have knitted round neck, cuffs and ankles. They button down the back and are belted around your middle. And because the manufacturers knew all the time that half the country has cold feet, there is included in the ensemble some "footies," with flannellette soles and knitted tops. They come in pink and blue and aren't budget breaking.
Footies Knitted
Other cold feet complainers can slon their woes with a variety of knitted bed sox in dainty pinks and blues or more sturdy shades. You can even have a dash of marabou around the top as a very feminine touch.
Other little comforts for those who sleep late and breakfast in bed, or who are afflicted with cold shoulders are matching bed jackets, short or three quarter for the tuckstitch models. In fact, if you freeze, it will be your own fault.
For those who prefer gowns, there are both flannellette and balbriggan available in the same shades, necklines and styles as the pajamas. If you're a complete sissy and admit it, there are even warmer nightwear with almost any percentage of wool you require.
Undies which are warm but not unbecomingly and won't make you look like you'd earned ten pounds are in ribbed and tuckstitch trunks, brief or knee length, with lastex tops.

THROAT IS FIRST TELLTALE OF AGE

So Treat It Almost as Carefully as You Do Your Face

The throat is the first telltale of age. Unless you treat it as carefully as you do your face, it is almost certain to get wrinkled and crepey long before you have even one line under eye or around mouth.

Your neck must be cleaned, creamed, and patted with cold tonic or ice water every night. Scrub it thoroughly with a rough wash cloth or a complexion brush, pat on night cream, allowing it to remain on at least ten minutes. Remove the cream and finish with ice water. In the morning cleanse throat as well as face, with cream, remove with a wash cloth that has been dipped in very hot water

Keeping out part of flour to mix with fruit, lastly add fruit, and bake in a slow oven or steam.—Niama.

Christmas Cake

One pound butter, 1 pound brown sugar, 7 eggs, beaten; 1 pound sifted flour, 2 teaspoons nutmeg, 2 teaspoons cinnamon, 2 teaspoons allspice 2 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons milk, 2 tablespoons lemon extract, 2 tablespoons vanilla extract, 2 pounds seeded raisins, 2 pounds seedless raisins, 1/2 pound dates, 1/2 pound walnuts, 1/2 pound mixed peel.

Cream butter, add sugar, add beaten eggs. Add milk, lemon extract and vanilla extract. Add chopped walnuts, fruit and peel, which have been floured. Lastly add well-sifted dry ingredients (flour, spices, baking powder and salt.) Beat mixture thoroughly and place in deep, round cake pans lined with several thicknesses of heavy oiled paper. This amount is enough for three cakes—one large, one medium and one small. Put in a slow oven and bake. The small cake takes about 1 1/2 hours, the medium cake about 2 1/4 hours, and the large cake about 3 1/4 hours. If the oven is difficult to regulate, cover the cake with several thicknesses of oiled paper the last hour of baking. A good plan is to set a dish of warm water in the oven to keep the cake moist. Have the oven about 150 degrees to 200 degrees F.—Nicky.

Maple Walnut Icing

One cup maple sugar, 2 tablespoons granulated sugar, whites of two eggs, 1/2 cup walnut meats.

Cook syrup with sugar until it spins a thread, then pour it over beaten egg whites. Continue beating until it is just the right consistency. You may add the nut meats to this, finely chopped, or you may ice the cake, crease in squares while the icing is soft, and put a whole nut meat in the centre of each square. There is no more powder icing for a spice or nut cake than this.

1936 PEACE MOVES FIND 1915 PARALLEL

Pan-American Solidity
is Favored By Wilson
as Means to Prevent
War.

WASHINGTON, Dec. 22—Turn the pages of history backward just 21 years, and a strange parallel for much that is happening in the world today will be found.

Then, as now, American policy under President Wilson was directed toward keeping this country out of war. Then, as now, the conception of an implemented Pan-American peace solidarity, a one-for-all-and-all-for-one elaboration of the Monroe Doctrine, bulked large in presidential eyes as a means of peace.

And then as now it was apprehensions aroused by imperialistic tendencies of nations across both oceans which underlay the making of high policy in Washington and other American capitals.

Turn back to the news files of December, 1915, and you will find President Wilson through Secretary Lansing specifically urging on a Pan-American scientific conference in Washington this united front conception of the Monroe Doctrine.

It was to take shape that month in formal Washington proposal to nations of the Pan-American union for multilateral arbitration treaty that also proscribed shipment of armaments by any party to the pact to revolutionary groups within any of the nations.

Meanwhile in this country an administration that had come into office with modest ideas of what defensive equipment afloat or ashore the nation needed, had in process of formulation a billion dollar national preparedness expansion programme.

President Wilson was to carry that proposal to the country in a matter of months. That it was part and parcel of his conception of the position in which not the United States alone, but all Pan-America might find itself at the close of the war in Europe was sufficiently clear even then.

Against the actual European war of that day may be set off the rumors of war today. Against such matters of two decades ago as Japanese seizure of former German holdings in China and the famous Japanese "21 demands" on China, stand the Manchurian adventurer, the new German-Japanese pact.

In 1915-16, young Franklin Delano Roosevelt as assistant naval secretary sat close enough to the table where highest administration policy was shaped to know intimately what it was all about.

Like Wilson he dreams of world peace; but like the Wilson of '15-16 he moves to keep his powder dry at home and to rally American constitutional democracies to united action to protect their peace as well as to keep it between themselves.

Christmas

(Continued from Page Two)

As the Swedes start off their Christmas meal with rice porridge. Then comes the main dish, goose, always served with red cabbage, and finally the 'Christmas candy,' a basket of fruit, candy and nuts eaten as dessert.

The festive board in Denmark is decorated with Christmas gnomes, just as it is in Norway, but gnomes of Denmark are useful as well as decorative. They are of clay, and the single ones hold the candles with which the meal is lighted, while the groups of three support tiny baskets of nuts and candies.

In Poland

Before the Christmas meal is served in Poland, the housewife places wisps of hay under the tablecloth to remind everyone of Bethlehem and the humble origin of Christ. Guests are always offered 'oplatki,' or blessed water, by their host and hostess, and members of the family, guests and servants break these before the meal. Either beet or almond soup is served first, then fish, cabbage, rice bread and penny seeds, meats and composites of various kinds.

For dessert, the Poles have a specialty, a telly made of two colors, red and white, and formed into a miniature Polish flag. After it is eaten, everyone makes a wish, then removes a wisp of hay from beneath the tablecloth. If the wisp is long, the one who gets it is considered lucky indeed for his wish will surely come true.

move with tissues, but don't wipe away all of the cream. Now dip your fingers in plain lemon juice and pat it on right over the thin coat of oil. Massage lightly with rotary motions until you feel tiny rolls of skin under the fingertips. Keep on applying lemon juice and rubbing around and around until no more skin seems to peel off. Wipe again with cleansing tissues, put on a bit of night cream and go to bed.

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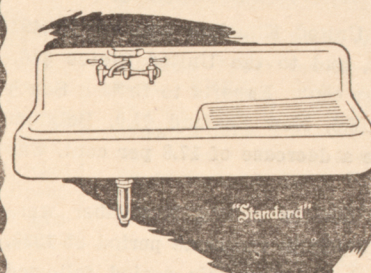
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