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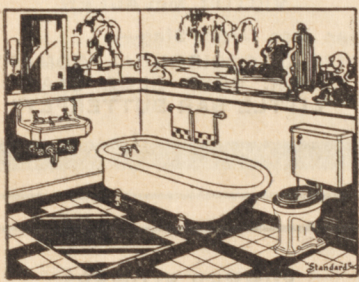
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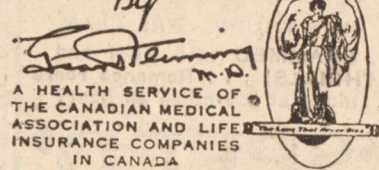
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HEALTH



HEART'S EXTRA BEATS SELDOM CAUSE TROUBLE

By Dr. James W. Barton

Whenever the slightest difference from the normal beating of the heart occurs, the average individual is quite naturally alarmed. He knows that the heart, while made up simply of muscle, and that its only work is to pump blood, that if anything interferes with that pumping it is a real danger to life.

Fortunately it is generally known now that while heart murmurs indicate trouble, careful commonsense living will give those having murmurs a good average life span.

However one of the disturbances that alarms many people is the extra beat (two quick beats in succession) of the heart at times. If the fingers are placed on the pulse at the wrist this extra beat can be noticed. The individual is often aware of this extra beat of the heart without feeling the pulse.

The first point to remember is that this is not really a heart condition, but the action of the heart is disturbed by nervousness, by fear of heart or other ailment, by accumulation of gas in the stomach or intestine and sometimes by slight infection somewhere in the body.

Dr. J. Pal, in Medical Clinic, Berlin, speaks of these extra first beats (extra systoles) that occur from time to time in persons without heart disease. He examined most of these cases after the noon meal; that is, at a time when the extra beats were most frequent. Dr. Pal says "It is necessary to convince these patients that these annoying symptoms (extra beats) are of no particular importance as they are due to swallowed air or gas in the stomach and intestines." He was able to prove this by showing that, particularly in men, the gas filled stomach can be emptied of gas through the mouth by having the patient lie on his left side. In women without heart disease the extra systoles do not occur as often as in men.

If, then, air or gas is often the cause of extra systoles in normal, healthy individuals, the treatment is to prevent gas formation, because treatment for the heart is of course unnecessary.

The immediate treatment is to get rid of the gas in the stomach and intestine by eructing (gulping up) the gas or taking a mild laxative.

Renewal Trade Pact

23—Finance Minister W. Nash announced today that New Zealand's trade agreement with Canada was renewed until Sept. 30, 1937.

Nash said New Zealand's exports to Canada last year were only about \$2,500,000, while imports from Canada were about \$10,000,000.

... OF ... Interest to Women

KITCHEN COUNSEL

Time for Currant and Raspberry Jelly Brings Up Two Methods of Cooking

There is always considerable discussion when it comes time to make currant and raspberry jelly. Some recipes tell you to add no water at all to the fruit, while others specifically state that the fruit should be covered with water.

To my mind the latter method is far more satisfactory and more logical, for water does help to soften foods and release juices. I cover the fruit generously and allow plenty of time for cooking. You'll discover the fruit becoming gray but that in no way affects color of juice. And when fruit pulp is very soft you'll put the juice into a jelly bag and let it drip undisturbed until the pulp no longer has juice to drip.

I do hope you will be able to get a regular jelly bag this year, for one is such a help in saving dispositions and calamities. You can get the kind the adjust to the size of the kettle and allows a generous amount of juice to drip at one time. The only trouble with the "bag-on-the-nail" is that there are apt to be mishaps.

So the jelly bag, at the beginning of the season, may be used for all kinds of jelly. The stain, made by one fruit, is not really harmful to the next and if it is objectionable to you it will come off with a good boiling.

So here is the recipe which you'll use when it comes time to make the delicious jelly. The currants are used for the pectin while raspberries give the predominating flavor.

Currant-Raspberry Jelly

Wash currants, but do not remove from the stems. Cover with water and cook until currants are very soft and grayish. Strain through a jelly bag. Cook red raspberries, with water to cover, until they are very soft and strain them. Combine four cups raspberry juice and four cups currant juice and boil rapidly for 20 minutes. Add eight cups sugar and continue to cook until a little drops from the side of the spoon in a sheet. Pour into jelly glasses and seal immediately.

Testing is not always an easy matter for some of you will not recognize the sheet as it falls. Watch, then for the two drops on the side of the spoon. These will come together and run off—this is the sheet.

I suggest sealing jams and jellies immediately simply because they are

sure to collect dust and fermentation is apt to start as a result. If the jelly has not set and you have to resort to some trick to get it the proper consistency, the paraffin may be lifted off easily and remelted.

Perhaps now is as good a time as any to tell you about the best trick that I know for turning jelly from the 'just-too-soft' consistency to the one that will actually stand alone.

Remove paraffin and set jars in a cold oven, with the door open. Turn on the heat, very low, and allow glasses to stand for about 45 minutes. This usually does the trick. You must be cautious, however, in keeping the heat low and not allowing too much time, since both are apt to change color.

You can make delicious jam combinations with these two berries if you like, but there are more days to tell you about them. It is menu time now.

Party Salads

Here are two salads which are specially good party ones. The first one one of my friends makes by popular demand each time her bridge club meets at her place.

Pineapple and Cottage Cheese Salads

1 can shredded pineapple.
1 pint cottage cheese.
1 small can pimento
1 package lemon jelly powder
1 tablespoon vinegar

Drain the pineapple. Add sufficient water to the pineapple juice and vinegar to make two cups. Bring to a boil. Add jelly powder and stir until thoroughly dissolved. Cool, then add pineapple, cottage cheese and chopped pimento. Mould and chill. This serves 8.

Lime and Mint Jelly

1 package lime jelly powder
1½ cups after dinner mints, crushed
½ cup crushed pineapple
1 cup whipped cream
2 cups water.

Dissolve jelly powder in hot water and let chill until slightly thickened. Beat until fluffy. Fold in mints, pineapple and whipped cream. Mould and chill. Serve with salad dressing which has a little whipped cream folded into it.

Bending Exercise

Helps Stimulate

"Slugged Liver"

I often talk about the liver because it is rightly called "the king of the organs" owing to all the different jobs it does in the body—making bile, helping to make blood, storing sugar, breaking up fats for digestion and absorbing into the blood, purifying blood, killing harmful organisms. You can readily believe that the saying "life depends on the liver" is wise and truthful.

There is nothing makes an individual so depressed, so "fed up" on life, so willing to "quit" as a sluggish liver and slow emptying gall (bile) bladder. And there is nothing makes life look so much worth living as an active liver and gall bladder.

It is believed that about two out of three individuals have, at least at times, a little slowing up of the liver processes which, while interfering to some extent with mental and physical activity, does not really endanger health or life. It would seem that this sluggishness increases gradually to such an extent that by the end of three to five weeks there may be a "bilious" attack.

The outstanding symptoms in sluggish liver—a feeling of fullness after meals, coated tongue, and belching of gas are really due to the fact that the liver is not manufacturing enough bile. It is the bile that keeps the liver active, that is the bile manufactured by the liver in turn acts on the liver again. That is the reason that "bile salts" are now being used by many physicians and manufacturing druggists (there must be 15 or 20) are now supplying these "bile salts" under their own trade name.

Some physicians are prescribing bile salts in combination with other drugs. These physicians do not look upon bile salts as a drug, but as an animal substance needed by the body to make up for a lack of it in certain patients.

DR. DAFOE TELLS WHY SCIENTIST GOT SORE ABOUT QUINTS

Eminent Viennese Psychologist Said Quins Would Grow Up 'Queer' Only Had a Peak.

TORONTO, July 24—The mix-up that ended with Dr. Adolf Adler, eminent Viennese psychologist, leaving Callander, Ont., in a rage and writing a magazine article asserting the Dionne quintuplets would grow up "queer" if brought up together, was related in an interview yesterday by Dr. Allan Roy Dafoe.

Scientist Indignant

The rotund little Austrian scientist, it seems, said arrangements at Callander were psychologically all wrong, because, making a special trip to the Dionne Hospital for observation and experiment, he hardly got to see the quints at all.

Arriving in the absence of Dr. Dafoe, he presented a letter of introduction from some one in the Ontario Department of Education to Judge Valin, with Dr. Dafoe, and Hon. David Croll, a joint guardian of the Dionne babies.

But the rule is that Dr. Dafoe must be present, and in charge at all public appearances of his jealously guarded proteges. The courteous Judge had to be quite firm, while Dr. Adler progressed from patiently explaining about his position in the world of science to spluttering indignantly. He insisted on being allowed to observe and experiment and pick up and handle the babies.

Three-Minute Look

At last, since the Viennese seemed to be so serious about it all, Judge Valin said he would be allowed to look. In a moment they were standing before a big sheet of glass. Beyond it would be seen the five, quite unconscious of their visitors, and engrossed in some toys. Still breathing heavily with indignation, the psychologist looked.

Three minutes elapsed. Then very politely, but very firmly, Judge Valin took him by the arm. The look was over. In another minute Dr. Adler was outside the hospital, his observations and experiments finished.

The sequel was a learnedly worded article in a popular United States magazine, which roundly stated that bringing the five Dionne girls up together would produce all sorts of complexes and neuroses and psychoses. They should be separated at once, the article said, and brought up in separate families, and never see one another.

"And that's why he wrote that article," chuckled Dr. Dafoe yesterday. "He was sore when he found the rules were real rules, and he couldn't break them no matter who he was."

"I hear he got \$500 for the article. They came and offered me, I think it was \$100 for an answer, but then there'd only be an answer to that, and so on. One thing I've found out is that it's best to keep quiet, no matter what is said, and people soon forget all about it," he said, recalling the early days when all connected with the quints were objects of all sorts of criticism.

Complex Institution

But though the Northland country doctor who rose to the greatest opportunity in modern medical practice is quite willing to talk about those early days of danger and struggle, when the fate of the five little girls still hung in the balance, his real interest today is in their present condition and chances of progress.

He talks proudly of the fact that they always call him "Docteur," when he comes into the room; he speaks of their daily periods of listening to good phonograph records.

From being a country practitioner, who rose to world fame by his handling of a single case, Dr. Dafoe has become the alert and energetic executive, managing one of the most complex and regulation-bound institutions on the continent.

PIG HAS BEST EAR FOR MUSIC TESTS AT CORNELL SHOW

ITHACA, July 24—Pigs are good music critics.

A pair of them, in a physiological experiment announced today at Cornell university, were placed in a room with a phonograph playing the Brandenburg concerto No. 3.

They uncured their tails and walked round and round, waving them in fairly good time to the music. But when "The Music Goes Round and Round" was played, the pigs curled up their tails and walked out.

The experiment, directed by Dr.

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Price, 50c. a bottle at all druggists or dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Howard Scott Liddell reveals the pig as an unusual animal, subject for getting at the physiological machinery on which are based the esthetic experiences of hearing and performing music.

These pigs not only uncured and waved their tails at good musical rhythm, but they also breathed in tune to the music. Their breathing seemed to grow progressively shallower and shallower.

The pigs' music test was incidental to a study of nerve reactions which the physiologists have been conducting with animals for several years. The experiments show there is a sound basis for the musical appreciation of the pig.

His ear appears more discriminative of tones than a dog's.

DURHAM BRIDGE

DURHAM BRIDGE, July 21—Everybody is busy in the hayfields now and it is a good yield if we are only favored with sun and wind to cure it.

Mrs. Lyman Austin and her two children of Portland, Maine, are the guests of her parents, Mr. and Mrs. W. McNeill.

Harry McNeill went to Montreal on Saturday to meet his sister Miss Pearl McNeill who will spend her vacation with relatives.

Mr. and Mrs. E. E. Cameron and daughter of Fredericton were Sunday guests at the home of Mr. and Mrs. Jack McLean.

Mrs. J. W. Smith who has been confined to her room with an injured limb, is able to be downstairs.

Mr. and Mrs. Alex. White and daughter Miss Sara White of Marysville, were guests at Hillview Lodge on Sunday afternoon.

Mrs. Nanen Smith returned home on Sunday having spent several weeks at Knoxford, Carleton county, with her daughter Mrs. M. Wolverton and Mr. Wolverton.

Rev. J. T. Shanklin, Mrs. Shanklin and daughter Miss Evelyn Shanklin are away on their vacation. Rev. Mr. Gregg of Fredericton will take his appointments on this circuit on Sunday.

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"NOVELTY SHOP"

Just received a shipment of Brentleigh Ware including Jugs, Vases, "Pot-Pouri" Bowls and other gift suggestions at moderate prices.

Also received the New Coates PEBBLE TWIST which comes in popular colors suitable for dresses, blouses, collars, etc.

New Knitting Books of interest. Call and see them.

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Clark's Soup 3 for 25c
Tomato or Vegetable
Large pkg. of Lux and 1 cake
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