

ELLEN'S DIARY

by an Island Farmer's Wife

"This moon keeps cool, Ellen!" a caller to the place offered this morning stopping his car a moment by the porch-step, which every machine on its way to the barnyard must closely pass. We were shaking crumbs from the breakfast-cloth at the time. We could see Rob at an end of feeding—bearing a sack of meal to pig-kind in an old barn and we saw Jamie disappear in the direction of the near pasture, two bottles of milk in his hand. This was supplementary drink for two lambs not so well nourished naturally as was the rest of the little flock.

A black hen, wearing an intriguing gold ruff, left her crumb-gathering beside us and marched off to a nest of her own fancy in a building of the barn-yard, there to contribute something tangible to the production end of our haphazard poultry farming. There was determination in her step, the buoyancy of willing resolve.

We could catch the scent of a coal-fire in the neighborhood mingling with that of the waking earth. A raven of the clan which claims the woodlands at Alderlea for its home flew in to this remnant of orchard in search of decayed fruit and sparrows of more than one family of them, worked and played blithely about.

"It don't seem much like cropping-weather," our visitor smiled, "though in a way, the land seems ready for it. But there's very little growth—it's cold! The haylands and pasture are waiting for a nice warm rain and sun."

"Yes," we nodded. "James was saying, the new meadows aren't showing much promise yet. . . . And it was just a week later than this that Rob put his young cattle out to pasture for good last spring. He won't likely this one. But it'll come warmer one of these days."

"Maybe the next shift of the moon—the first quarter, I mean—will warm things up."

"Surely . . . and then we'll forget all about this coolness. Perhaps you'll be taking a stroll under its light," we chuckled. It is good to laugh in the morning.

"It's quite a spell since me and 'the old one' strolled in the moonlight," he laughed. "She won't have the time—she's not finished with her housecleaning yet. Not that she's ever done—sweeping, cleaning, polishing, 'till a man's afraid to step indoors. There's no end to it. It's a woman's disease, I would say!"

We may not stroll in any moonlight with James this night. Do "Mountains divide us and waste of seas?" Neither. Only a mile of fields and woody places. But due to "Those lambs that keep busy coming" according to Mack, he will spend tonight at the House across the Lane at Alderlea to help the farmer there with such interesting items of increase as the shadowy hours bring.

"Continuing cool and mostly cloudy" the weatherman says of tomorrow. In many circumstances, it will be, we remember a brand new day.

Until tomorrow Diary
Good-night

DOBOTHY DIX

Plaint Of 11-Year-Old

DEAR MISS DIX: Perhaps you'll ignore my problem because I'm only 11 years old, but it's a serious one to me and I do wish you'd consider it. Our home is very pleasant, and my parents are just wonderful, but the trouble is they never talk to me seriously. My mother certainly looks after me well, but she does not take me into her confidence. She has little interest in what I do in school, beyond my marks, and never discusses things that happen outside our home. For instance, my girl friend's mother, who has just returned from a trip to the city, told her daughter all the things she had seen or done—the plays, shopping, dinners in restaurants, etc. My mother would not tell me things like that. This may seem trivial to you, but I would do anything to have closer relationship with my parents.

ANSWER: Your problem is not at all trivial, Ann, and perhaps the parental thoughtlessness that brought it off may profit from my reply.

Your parents, as well as those of many other youngsters of your age group, would probably be greatly amazed to realize that they are falling in any way. They provide shelter, education, food, pretty clothes, and adequate supervision. What more, they might ask, is required of a conscientious parent? Here, out of the mouth of a babe, is the answer.

UNINTENTIONAL NEGLECT The neglect of which Ann complains is not intentional; many parents simply don't realize that children want more than the necessities of life from them. No school, no friend, no outside influence can ever fill the void between a child and her unapproachable parent. Only the older folks can bridge the gap, and if they look forward to a close, mature relationship with their children in later life, the foundation certainly must be laid in childhood. The girl or boy, who has never been able to talk things over with Mom and Dad, will not acquire facility of communication in later life. Perhaps you parents who read this may regard as foolish the possibility of discussing grown-up things with your children, but, if you try it, you'll discover the youngsters have an amazing response, and their observations will amuse, entertain, and quite probably instruct you. Don't lose out on this important phase of child-rearing.

DEAR MISS DIX: I am 16 and have a four-month-old baby. I love her father very much and would like to marry him, but whenever I mention it, he puts me off. I think his trouble is that he's not ready to settle down.

ANSWER: You should have the help of someone older and better able to cope with problems like yours. If your father won't help you, consult your pastor, or a representative of the Family Service Association. You'll find their address in your telephone book. Someone must show the young man that he has acquired a responsibility that cannot be shirked.

Morning Smile

"Hoskins, call the dentist and make an appointment for me will you, and Hoskins . . ."
"Yes, sir!"
"Don't urge him."

WOMEN

Page 8 The Guardian Thursday, May 13, 1954

Sixty-fifth Wedding Anniversary



Mr. and Mrs. Leonard Wood of Bunbury, (above) marked their 65th wedding anniversary on Saturday. They were married at Pownal Parsonage by Rev. George Steely on May 8, 1889.

That Body of Yours

By James W. Barton, M. D.
INFORMATION ABOUT ALLERGY

I write often about allergy because the word allergy is now a commonplace word in our language. Probably about ten million persons in the United States have complaints that are now accepted as allergic diseases.

In his book, "Allergy—Facts and Fancies," Dr. Samuel L. Feinberg, Associate Professor of Medicine, and Chief of the Section of Allergy, and Director of Allergy Research Laboratory, Northwestern Medical School, says this about allergy: "One or two millions of these are ill enough to lose time from school and work. Five to seven millions have hay fever, have urticaria (hives), eczema, sinus inflammation, disturbances of the stomach and intestines." Allergic headache and what we call head colds are often due to allergy.

Other allergies not so common are contact eczema, certain blood conditions, drug allergy and eye inflammations. Dr. Feinberg further states that infectious diseases are now considered closely related to allergy, among them being pneumonia, scarlet fever, rheumatic fever, nephritis and others.

Allergy is derived from the Greek word meaning "changed." The implication is that in certain body states the functioning of the tissues is changed in that certain substances, which ordinarily do not cause symptoms, in the allergic state are so changed that reactions occur, and the tissues do not tolerate them.

"This intolerance of the tissues for substances such as foods, dust particles, medicines and serums results in responses that produce definite symptoms. Such reactions due to the reaction between the allergic substance (allergen) and the specific substances in the blood and tissues (the antibodies) create disturbances in various organs of the body.

"These disturbances may be rashes or swellings of the skin, overactivity of muscles and inflammations, swellings on the skin after eating strawberries, the sneezing and snuffling after breathing in the pollen in the air, the coughing and wheezing after eating a particular food or taking a particular drug. Any or all of these symptoms are examples of altered reactivity. These are not the normal reactions of most persons to substances that ordinarily are considered harmless."

However, two Frenchmen, Drs. C. Richet and J. Héricourt were able to demonstrate that reactions could be induced in animals by an injection of protein—containing substances such as egg or dog serum. This alteration of the dog's reaction by the injection caused the animal to react peculiarly when the substance was injected a second time.

The part of the body in which the allergic reactions take place determines the nature of the symptoms. If the reaction is in the nose,

The Stars Say

By Estrellita

CONFINE yourself to routine duties and regular schedules during the a. m. since the configurations then do not favor new ventures or the execution of daring ideas.

Try to avoid argument and keep all discussions in an impersonal level so as to avoid discord. The evening hours favor courtship and romance, domestic activities and participation in large-scale social functions. There are also splendid aspects for beginning long-range projects.

For Tomorrow If tomorrow is your birthday, the months ahead may bring both changes and challenges. Plans you have made may meet with some opposition during the summer months, but a program of give-and-take will win out.

Compromise where you find it practical, but do not yield on any point which involves your ideals or integrity.

The fall months should bring an improvement in your working and financial set-up, but be careful of hasty decisions or uncontrolled impulses give you a reputation for being emotionally unstable.

During November and December, guard against extravagance and do not engage in speculative ventures. Social and domestic matters should prosper for the balance of the year.

A child born on this day will be versatile, self-reliant and possessed of a ready wit.

Between Tibet and Assam, in northeast Indian are large areas of unexplored country.

The symptoms may resemble hay fever. If in bronchial tubes breathing is obstructed (asthma), if in skin, may have hives and eczema.



COOK'S CORNER

DANDELION CORDIAL
2 quarts dandelion blossoms
18 cups boiling water
3 cups boiling water
6 cups granulated sugar
2 oranges
1 lemon

Pour the 16 cups boiling water over blossoms and let stand overnight. Dissolve the sugar in the 3 cups boiling water.

Strain the dandelion mixture and add sugar syrup. Slice the oranges and lemon thinly and add them to the other ingredients. Let stand three days and strain before serving.

—Mrs. Charles Bird, Suffolk W. I.

Modern Etiquette

By Roberta Lee

Q. I know that the salad plate is placed at the left of the dinner plate. If, however, a woman is wearing long loose sleeves which are apt to get into the food in her dinner plate while she is reaching across it to the salad, may she move the salad plate to the right?

A. If there's space at the right, this is perfectly proper. The reason the salad plate is put at the left is that there is more room on that side.

Q. Should an applicant for a job offer immediately to shake hands with the man who is to interview him?

A. No. Shaking hands is not usual, but in any case the applicant should wait for the one who receives him to offer his hand.

Q. Is it obligatory for a bride to entertain those friends who have given her wedding gifts?

A. While not exactly obligatory, most brides would wish to entertain their friends.

Canada produced 6,882,000 pounds of wool in 1951 but imported 69,000,000 pounds.

Skinny men, women gain 5, 10, 15 lbs.

Get New Pep, Too. Be Thrilled With Results—or Pay Nothing

What a thrill! Bony arms, legs fill out; ugly hollows fill up; neck no longer scrawny; body loses half-starved, sickly look. Thousands who never could gain before, are now proud of shapely, healthy-looking bodies. They thank the special vigor-building and flesh-building tonic, Otrex, its tonic, stimulants, invigorators, iron, vitamin B₁, calcium, enrich blood, improve appetite and digestion so food gives you more strength and nourishment; put flesh on bare bones. Mrs. L. Savard, Mattagami Heights, Ont., writes, "I gained 13 lbs. I feel feeling, nervousness gone, too." Another user, Mrs. Marc Gagnon, Cap Chat, P.Q., writes, "I gained 13 lbs. Health fine. My run-down husband gained 15 lbs. New pep."

Don't fear getting really fat. Stop when you've gained the 5, 10, 15 or 20 lbs. you wish. Money back if you're not delighted. 60¢. Refuse substitutes. Otrex has given results where other tonics failed. Try famous Otrex Tonic Tablets for new vigor and added pounds, this very day. At all drugists.

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How Can I?

By Anne Ashley

Q. How can I keep fish from losing its shape while boiling it?
A. Place a wire rack in the kettle in which the fish is to be boiled, place the fish carefully on the rack, and it will avoid the necessity of wrapping it in cheesecloth to retain its shape.

Q. How can I keep nickel and chromium articles clean?
A. These articles should be cleaned by wiping with a damp cloth. Do not scour. If they are to be stored, coat the polished surfaces with mineral oil.

Q. How can I easily undo knots in children's shoe laces?
A. Keep a pair of tweezers in a convenient place for this purpose. It is much easier than using just the fingers.

Better English

By D. C. Williams

1. What is wrong with this sentence "My wife thinks like I do about living in healthful climates."
2. What is the correct pronunciation of "leisure"?
3. Which one of these words is misspelled? Promenent, promnent, promissory, promiscuous.
4. What does the word "ferret" (verb) mean?
5. What is a word beginning with pa that means "to indulge to excess"?

ANSWERS
1. Say, "My wife thinks as I do about living in healthful climates."
2. Pronounce le-zher, first e as in lee, accent first syllable. 3. Prominent. 4. To search (out), as by shrewd questioning. "The police were able to ferret out the hiding place of the bandits." 5. Pamper.

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