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The Stars Say - -

By Genevieve Kemble

For Tuesday, December 20

A MOST auspicious time for advancing the interests, both public and private, is read from the prevailing planetary configurations. It is a time for pushing forward into enlarged horizons, not only by productive and progressive ideas, plans and activities, but supplemented by purely personal tactics in which gracious as well as clever programs have expanding opportunity with outstanding and fruitful rewards. There should be increase of funds, possessions and peace of mind assuring long-term security.

For the Birthday

Those whose birthday it is are encouraged to push their best efforts, talents and influences forward in a long-range plan of action in which improved place and position, public rewards, the cooperation of higher-ups. With enhanced personal as well as public relations yielding pleasurable contacts, freedom of plans and ambitious objectives, in which broadened scope and enduring riches are in sight. Reach with confidence and sagacity toward this happy end.

A child born on this day has excellent prospects for a rich, full and fruitful life, its special talents, ambitions and aspirations carving the way for its particularly fortunate endowments.

ELLEN'S DIARY

By An Island Farmer's Wife

We celebrated the anniversary of Jamie's birth today, recalling in the mild weather obtaining this balmy December day, that on his birthday, there was a snowfall, and a depth of snow and wintry conditions prevailed. There was nothing extraordinary in our forgathering, which brought the others of the family to this old house at Alderlea this evening, though we find these occasions most heartening and often amusing in details.

• • •

One lad of all was missing from the circle. He, snug and very sweet in his cot had already entered into his night's rest in the house across the lane. Nor was he left alone for any length of time, even though lights there were dim and a controlled fire burned low on the hearth. Now it was James that slipped away from the gathering to reassure himself that all was well with this small fellow and again it was the babe's parents, who made the trip, because as James commented in words sometimes used of other responsibilities: "If they're worth having; they're worth looking after!" these small ones given to our care.

• • •

In the twilight which drew this quiet and beclouded day to a close, and as one, though from different directions, the two machines came to the yard — the family truck bearing the farmers home from their work in the stump-field, and Rob's, from his farm "in" the road. With "one stone" the help at this place "kill two birds" since on their homeward trek along the fields they stop at the stacks by the line to fetch hay for the evening feeding. Not that mows show signs yet of depletion but only because as they say "this is a very good time to feed that hay — when it's easy to get!" Mr. A. who in recent years lives along with only memories for company, since his good companion of many years sleeps now her long sleep in the cemetery by Kirk-side, was with Rob's and two bright lads about Jamie's years, who live close by.

• • •

They are both manly fellows, but since we were there lending our best moral support at the younger's birth, a sturdy wide-eyed, wondering, likeable child, we shall maintain an especial interest in his career, as the years commence to shape it.

• • •

Our family gathering was the same as always, a happy occasion, and yet not without ends of care creeping in. James is apt to let his thoughts stray for the moment to speak of some concern of the farm, and the others have their problems as well. It was, we thought, the same as always, and yet changed in many directions since the day of Jamie's birth. The interval brought war's close, and the strange period that is aftermath. It has given us at Alderlea, not the small fellow of once, but a sturdy boy of eight to sit at his grandfather's side at table, one already putting off childish fancies and leaning towards adult affairs. Taking stock of the years now lying between, we think more threads of silver have come to James' hair and as well to our own crowning glory. But our days have been good to us, some exceedingly pleasant and others that could have bothered us considerably were it not that our years have given us a philosophy of living, that makes only molehills now of the mountains of doubt and indecision and perplexity, which are inevitably a part of the younger ages. Age we have learned accepts uncomplainingly what

That Body Of Yours

By James W. Barton, M.D.

ATTACK OF JAUNDICE RELIEVES ASTHMATIC ATTACKS

Some years ago it was found that certain patients with mental ailments and partial paralysis who were attacked by malaria, recovered or were found to be greatly improved mentally when the attack of malaria was over. In a Hamilton, Ontario, hospital, a number of these patients were inoculated with the malaria organisms, ran a typical course of malaria, and after treatment by the drug quinine (used in all cases of malaria) recovered their normal mental ability and paralysis disappeared. Later it was found that almost as satisfactory results in the treatmen of paralysis of the insane could be obtained by raising the temperature of the patient to 105 or 106 degrees Fahrenheit by electricity; that it was the great heat caused by malaria that cured or helped the patient.

I have referred to the cases of two close relatives who suffered with hay fever. One had a severe attack with throat symptoms and a deep crimson rash covering the entire body; the other had light throat symptoms only, and the rash, while covering a large part of the body, was very faint. In the one with severe rash and symptoms, no attacks of hay fever have since occurred, but the other, with light throat and skin symptoms, still has yearly attacks of hay fever.

Almost a similar occurrence of one disease causing another to disappear is reported by Dr. Nathan Gorin, Boston, in "The Journal of the American Medical Association." By chance, the observation was made that the development of jaundice in a patient with chronic intractable asthma was accompanied by dramatic relief of his symptoms As an attack of jaundice has given relief to patients suffering with rheumatoid arthritis, the common form of rheumatism, it is probable that a relation between asthma and jaundice exists. Dr. F. M. Rackemann in "Allergy" stated that "Jaundice relieves asthma while the jaundice is present and for some time afterward."

Dr. Gorin presents the history of three intractable (not helped by any other method of treatment) cases of ashma, in each of which the development of jaundice caused the attacks to stop. It can thus be truthfully said that the liver is really "king of the organs" of the body, when an oversupply of bile in the blood and tissues can prevent attacks of asthma.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I read in the paper where it can be gotten second handed."
2. What is the correct pronunciation of "naive"?
3. Which one of these words is misspelled? Cocane, membrane, hurricane, terrain.
4. What does the word "peccability" mean?
5. What is a word beginning with am that means "friendly"?

ANSWERS

1. Say, "I read in the paper that it can be obtained second-hand." 2. Pronounce na-ev, a as in ah, e as in eve, accent second syllable. 3. Cocaine. 4. Liability to sin. "The common peccability of mankind." — Dr. H. More. 5. Amicable.

youth tries to battle in vain.

• • •

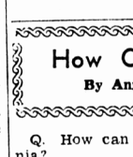
Assembling the food for our "pot-luck" forgatherings is often amusing. This evening, our part of

(Continued on page 7)

DOROTHY DIX SAYS -

Cure For Shrewishness

Reader Admits She Nags, Scolds, Asks How To Stop



DEAR MISS DIX: I am an average young woman who against considerable odds has kept her mental balance. After years of effort I have now achieved some progress against being a snob, unloving and unbelievably tactless. My reason tells me I am wrong when I nag. I have tried any amount of reasoning to overcome it, but under the stress of a strong disappointment I lose to an emotional orgy of self-pity, which breaks down all reserve. I only abuse those I dearly love, where my heart is concerned. I can reason it out this far, that it is a result of a feeling I have that I am not loved or am losing a love I have labored long to gain. Is there any cure for shrewishness?

S.

ANSWER: I do not think any people are more to be pitied than those who have the vision to see the wise and right thing to do, yet lack the strength to do it. For they are not only at odds with all about them, they are perpetually at war with themselves.

Dullards sin without remorse. They pass the buck and blame everyone else but themselves for their wrong doings and their failures. But the intelligent have no such scapegoats. They stand convicted at the bar of their own consciences and know that they have brought their misfortunes on their own heads.

WANTS TO BE LOVED

You would like to be popular, to know that you always carried your welcome with you, yet your tactlessness alienates people instead of drawing them to you. You long passionately to be loved, yet make of your tongue a two-edged sword with which you slay even those near and dear to you to the heart. You nag, even though you know that it will drive away from you those whom you would bind to you with hoops of steel.

These are common feminine faults. They are at the bottom of most of the tragedies of women's lives. A woman knows that she drives her husband and children away from her by her nagging. She knows that she makes her home a hell on earth by her temper. She knows that she has no friends, yet she goes on doing the things that are her own undoing.

The only way to reform is simply to reform. Quit sinning. Quit doing the thing that hurts you and brings suffering on others. There is not one of us who cannot conquer our faults if we really desire to do so. It is because we want to enjoy our weaknesses and not have to pay for them that makes us coddle our faults without trying to get rid of them.

DEAR DOROTHY DIX: I am a man of 35, with steady habits, and the vice-president of a small but money-making concern. I am in love with a beautiful woman of 30, who is gay, sympathetic, intelligent and companionable, and who says she cares for me. She refuses to marry me, however, on the grounds that life is so tragic that she would never bring a child into the world to face it. How can I cope with such pessimism?

GEORGE

ANSWER: Your best weapon will be a good liver pill. A wit once said that whether life was worth living or not depended upon the state of the liver, and nothing but a case of extreme biliousness can induce such a jaundiced view of the world as your ladylove takes.

Of course, there is rain, but there is also sunshine. There are sickness and suffering, but there are likewise strength and health, and there are more people running and leaping about than there are on crutches. There are tears, but they endure but for the night, and laughter comes with the morning. Even our hardships bring us pleasure because there is a sacred joy in working and struggling.

Now and then, perhaps, but very rarely, you can find a man or a woman who regrets ever having been born. Occasionally there is one who finds life intolerable and commits suicide, but that most people

(Continued on page 7)

How Can I ! ! !

By Anne Ashley

Q. How can I overcome insomnia?

A. Deep breathing exercises before an open window often help greatly if one has difficulty in getting to sleep. Always be sure the feet are warm. Don't read or study to try to produce sleep; this only makes the brain more alert. A glass of hot milk just before retiring has a soothing effect on the nerves.

Q. How can I clean a suede jacket?

A. By rubbing thoroughly with a mixture made of equal parts of fuller's earth and alum. Then brush the jacket off. This often proves very effective.

Q. How can I avoid having frozen water pipes?

A. It is claimed that painting the exposed parts of the pipes with a mixture of equal parts of glycerin and melted paraffin will prevent them from freezing.

Modern Etiquette

By Roberta Lee

Q. How should a woman be governed about rising from a chair to show respect to an older woman?

A. In most cases, she should rise for a woman more than double her own age. Much depends, of course, upon the "older woman." Older women who are trying to appear very young might resent any such show of deference. Old-fashioned, comfortably elderly women would probably like it very much.

Q. Do you consider it necessary to have the approved "salad forks," or do the medium-sized regular forks serve the same purpose?

A. One may provide any shape or size of fork she wishes. The medium-sized fork is in very good taste.

Q. Should a woman wear gloves to a formal dinner?

A. Yes; she should take them off at the table and place them across her lap.

Christmas Suggestions

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Morning Smile

UNLUCKY

Aunt: "You mustn't have any more cakes, Bobby."

Bobby: "Well, Auntie, if I am ill, it will be all your fault, 'cos you've stopped me at the thirteenth."

Household Scrapbook

By Roberta Lee

Cleaning Jewelry

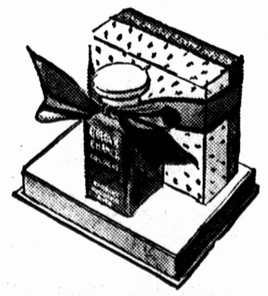
A teaspoon of ammonia, added to a cup of water and applied with a soft cloth will clean gold or silver jewelry. Crystal beads strung on a chain that has tarnished may be renewed by placing in a wide-mouthed jar half-filled with warm suds to which a teaspoon of baking soda has been added. Shake occasionally and dry in jeweler's sawdust.

Rusty Screws

Rusty screws can usually be easily removed by first applying a red hot iron to the head for a short time, then removing with a screw driver while the screw is still hot.

Cocktail

Chill equal portions of tomato juice and pineapple juice almost to the freezing point, and this will make a delicious cocktail for the luncheon, dinner, or supper.



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