

That Body Of Yours

By James W. Barton, M.D.

THE DIFFERENCE BETWEEN THE COMMON COLD AND THE ALLERGIC COLD

There is more time spent in trying to find the cause of the common cold than of any other ailment except, perhaps, cancer. That a virus—a very tiny organism—is the cause or one of the causes, is admitted.

All colds are not alike, and there is, therefore, controversy among physicians as to whether the common head cold is caused by allergy or by infection. We all know that some of these colds last only a few hours or a day or two at most and remain in the head, while others last for a week and there is coughing with accumulation of mucus in nose and throat.

Generally speaking, the cold that lasts only a short time is believed due to allergy or sensitivity to certain substances—dust, feathers, furs, foods—and the cold lasting the week or more is a genuine infection.

In his book "Clinical Allergy," Dr. Louis Tuff states: "Colds are not acute infective colds unless they begin with an irritation in the nose, obstruction in the nose, general tiredness and weakness, discharge from the nose, at first a thin mucus and later becoming like pus, and there is a rise in temperature. The thick mucus with pus and a rise in temperature are considered infection."

"Colds beginning with sneezing, followed by a water discharge from the nose, obstruction of the nose, perhaps a slight cough, with no fever, are more likely to be due to allergy—allergic rhinitis, due to allergy or sensitivity to various substances, possibly associated with asthma."

The time of the attack of the allergy or asthma cold is important. If it occurs at night there may be something in the bedroom—dust, talcum powder, feathers from pillow—causing the symptoms, whereas if the attack occurs shortly after a meal, food allergy is likely the cause. Remember that the genuine common cold may begin with nose irritation just as with the allergic cold, but the genuine common cold prostrates you, the discharge from nose is thick, there is cough and profuse spitting, and there is fever or rise in temperature.

A final point is that in the allergic cold, the lining of the nose is pale while in the real or common cold, the lining of the nose is red.

Nova Scotia Woman Dares to Tell Her Story

Mrs. M. H. Bell, Liverpool, N.S., dared by friends to tell her story, said: "I suffered with arthritic pain in my shoulder, arms and ankles for three years, but it wasn't until I took Sarnak that I got relief."

If you suffer from rheumatic, neuritic, or arthritic pain, sciatica or backache or from some stomach, kidney or liver disorders, nutritional anemia and nervousness, try Sarnak for one week, prove that Sarnak can help you. \$1.35 at all drug stores.

Mrs. M. H. BELL

Mrs. Frank L. Ross, Charlottetown, gives top marks to Fleischmann's Yeast.

College Teacher Wins Baking Honors at P. E. I. Fair

A teacher of teachers-in-training at P.E.I.'s Prince of Wales College, Mrs. Frank L. Ross, won the apron at the annual Saturday morning baking contest. Last summer she took a third at baking for the women's institute exhibit at the Charlottetown fair—with the highest of results. And she was the winner of her lesson on baking. "You may not know it, but Mrs. Ross," but you couldn't get anywhere without fine, dependable ingredients. If you start with Fleischmann's Yeast you know you're going to get fast-rising action and light, tender baking. That's my experience with Fleischmann's—that's why I recommend it."

Cook's Corner

NUT LOAF CAKE

One cup dates, 1 teaspoon soda sprinkled over dates, then pour 1/2 cup hot water over dates, let cool. 1 tablespoon butter, 1/2 cup white sugar, 1 egg yolk, 1/2 teaspoon vanilla, 1/2 cup walnuts, 1 1/2 cups flour. Add to first mixture, then beat egg white with pinch of salt until stiff. Add last. Bake at 325 deg. F. for 45 to 60 minutes.

PEACH GLAZE CAKE

Quick new way to make old fashioned upside down cake. 1/2 cup butter or margarine, 1/2 cup brown sugar packed, 1/2 teaspoon corn starch, 1 1/2 cups sliced canned cling peaches, 5 to 6 maraschino cherries, 1 cup milk or water, 1 package cake mixture. Spread soft butter in bottom of deep round 9-inch pan or skillet. Blend brown sugar and corn starch together thoroughly and sprinkle over butter arranged well. Drained peach sliced and halved cherries in pattern on sugar. Stir 1/2 cup milk into contents of package of white cake mixture. Beat 1 egg white longer. Bake in moderate oven 350 degrees F. 60 to 70 minutes. Invert pan immediately to remove cake. Serves nine.

Morning Smile

Matter of Opinion

Lawyer: "So you want a divorce. Aren't your relations pleasant?" Client: "Mine are, sir, but hers are terrible."

Teacher: "Do you know why the earth turns round the sun on its axis?" Student: "Yes, sir. Because it doesn't want to be roasted too much on one side."

Household Scrapbook

By Roberta Lee

Splintered Wood

If there are rough spots on the chairs or table sandpaper the rump until smooth or wrap a piece of adhesive tape around it. The little time it takes to do this might prevent ruining a pair of good stockings.

Fruit Stains

Fruit stains may be removed from table linen by rubbing them with ammonia. Do this before wetting the stains with water.

Polishing Cloth

A piece of old velvet makes an ideal polishing cloth for furniture, leaving no lint.

How Can I!!!

By Anne Ashley

Q. How can I peel oranges more easily?

A. Pour boiling water over the oranges and let them stand for about five minutes. When they are peeled, the white lining will come away with the skin. This same thing can be done with grapefruit.

Q. How can I sweeten cream which has turned slightly?

A. The cream may still be used for coffee without curdling or tasting sour, if a very small quantity of baking soda is added to it.

Q. How can I remove blood stains from linen?

A. If the stains are fresh, merely hold them under cold running water.

CRESCENT CARNIVAL

FRANCES FARRISON KEYES

(Continued)

He wanted to ask her to let him speak to Yates himself, and not to reveal that it was her money instead of his that was making the barbed wire possible. But, after all, that was something else he couldn't do. Not under all the circumstances. The barbed wire was bought the next day. Anna did not resent Breck's impending absence; in fact, he gathered that she rather welcomed it, since it would give her a chance to continue her "improvements" without suggestions or supervision.

As the crow flies, the distance between Donaldsonville and Abbeville was comparatively short, but he did not get into New Iberia, where he was to spend the night of the evening. He found that Omer de Hauterive, who had apparently begun his celebration betimes, had arrived before him, and was already installed at his brother-in-law's house.

Two other members of the fishing party were waiting to meet them at the station in Abbeville, and hearty greetings, in which Breck felt himself included through courtesy rather than through cordiality, took place among them. The stranger, up as he stood a little apart, after the introductions making them known to him as Mr. Clement Perez and Dr. Placide Anconi had taken place. Mr. Perez wore his black hair brushed back from his high forehead in a stiff pompadour and had a bluish chin. He was very brisk in his manner, and was clad in what was apparently the local version of the latest style in outing toggery. Breck understood that he was the highly successful manufacturer. Dr. Anconi, the parish coroner, was a tall, rangy man with a bald head and a sandy mustache. After the first greetings he looked rather vaguely into the distance, while Mr. Perez waxed more and more voluble. Breck could well understand that the coroner might find it difficult to get in a word edgewise; but at last he did break in with the announcement that Bob Broussard and Dan O'Meara were over in the bar at the Verandah Hotel, and that perhaps it might be just as well to join them for a couple of drinks before it was time to shove off. Dr. Anconi reminded the others that Odilon Dupre was already aboard the S. S. Boy, fussing around among the chicken coops and sputtering at King. He would be more fussy than ever if they were late, but it was after three o'clock when they were finally shepherd aboard the U. S. Boy, which glistened with a coat of fresh white paint and was adorned with a broad blue stripe. Their host, Mr. Odilon Dupre, an officer of the Abbeville Bank, short, wearing a white linen suit, was standing watchfully on the open foredeck, with an expression of ill-concealed impatience on his ruddy countenance. He could not forbear from reproving his guests as he greeted them.

"Dan, you specie of animal, you never were on time for anything in your life. Mr. Breckenridge, welcome to my yacht. Allain did good, him, suggesting you should come along. I'd know you any place, yes, for Andy Breckenridge's boy. I suppose you hear that plenty of times. All of us along the bayou were good friends of his."

"I believe he had friends in every part of the country, sir. It's a great privilege for me to keep meeting more and more of them."

"Well, make yourself at home. Don't stand on ceremony. Coffee's most ready now. But I want to point out my little dwelling to you as we go by it. The grounds slope right down to the bayou."

Breck murmured something appropriate and stood attentively watching for the "little dwelling." He expressed his appreciation of its ornamental grounds as the U. S. Boy chugged slowly by it, and by a large sugar and rice warehouse. Gradually the houses became less pretentious and farther apart.

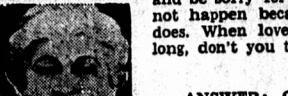
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DOROTHY DIX SAYS—

May And December

Only Miraculous Love Can Span 31-Year Age Gap

DEAR MISS DIX: I am 19 years old and am in love with a man who is 50. I have known him all my life and loved him from the time I was a small child and have always said that when I was grown I would marry him. I have been going around with him to places ever since I was 14 and he has always been good to me. We have talked over marriage and both our families agree to it, but he is afraid that I am too young and that when I am older I may find a younger man and be sorry for having married him. But that will not happen because he fills my heart as no boy does. When love is this strong and has lasted so long, don't you think we can make a go of it? VENITA.



ANSWER: Ordinarily I should say that a gap of thirty-one years between a husband and wife is too much even for love to span, and that there is small chance of happiness for either one in such an unequal marriage.

But your case is such a very peculiar one that the general objections to a May-and-December wedding do not seem as valid as they are in most cases. Your love for this man so much your senior seems an obsession. For a little child to have fallen in love with a man older than her father and for this love to have grown with her growth and strengthened with her strength, and for her never to have faltered in her determination to marry him is an almost uncanny romance.

IT MIGHT WORK

Evidently you are an old soul, or you theological friends would say, or else youth would call to you instead of age. So perhaps your calendar age does not matter.

The danger of an old man marrying a younger girl is very real because as a general thing they not only have nothing in common but their point of view is antagonistic.

It is easy to see why a girl of 19 and a man of 50 may find it hard to adjust themselves to each other. Nothing but a great and miraculous love can do it.

DEAR MISS DIX: What questions should be settled between an engaged couple before they get married? X. Y. Z.

ANSWER: About everything on earth, and then some, because no matter what problems they settle before marriage new ones that they never dreamed of will crop up every day.

But here are some of the things they should talk over in the intervals of telling each other how much they love and how they are never, never going to argue or disagree on any subject as their married people do.

When and where and how they are going to live and whether or not there are to be any in-laws on the premises. Neither one has any right to ring in any of his or her relatives without the other's full consent. Whether the girl is to continue on with her job after marriage, and if so, is she expected to fill a two-time job alone or does husband covenant to help with the dishes and do the vacuum cleaning?

The money problem. The husband's views on this are all-important. Does he agree to give his wife an allowance and, if so, how much? Or is she supposed to work for her board and clothes and panhandle him for carfare? Does the wife agree to give the husband an evening off once a week? Or is he expected never to stir out of his own door without her?

What about amusements? Does the husband think that the wife should emulate the small and carry the house on her back all the time? Or does he think that she needs to step out two or three times a week and occasionally eat something that she didn't cook herself?

What about religion and politics? Do they agree on these two vital questions? Or are they to be fighting words for the next thirty or forty years? And, above all, how about babies? Does one think they are little angels that heaven sends to bless a home and the other regard them as brats that are best avoided? Many a marriage is wrecked on the baby proposition, and no man and woman should marry unless they are in accord on it.

DEAR MISS DIX: What do you think of Dutch treats? LIL.

ANSWER: Fine. It makes for friendship and good feeling when girls go out together for each to pay her own way. And when boys and girls who earn about the same amount of money go Dutch treat, it is nothing but fair and it enables them to have more parties.

Modern Etiquette

By Roberta Lee

Q. When children are planning a party to celebrate their parents' twenty-fifth anniversary, what kind of party should it be, and whom should they invite?

A. Make the party a reception, and invite their friends, not yours.

Q. When a young man takes a girl to the theater, does she stand in line with him at the box office until he procures the tickets?

A. No; she should step to one side and wait for him.

Q. What should a girl do or say when she has completed a dance with a young man and he thanks her?

A. A nod, accompanied by a smile is sufficient.

Q. What should a woman do when calling, if she finds that her hostess is ready to go out?

A. She may say, "I see you are ready to go out; I won't keep you." However, if the hostess insists that she stay for awhile, it is all right for her to remain, but not longer than ten or fifteen minutes.

ELLEN'S DIARY

By An Island Farmer's Wife

"It's laughing!" granddaughter said, admiration in her voice as following her black dog and she a few steps ahead, we had set out to fetch the mail from lane's end this morning. There is no appointment for the outing. We come to a verandah—it may be to that which overlooks the pond and mill, deeper-set in the valley or to that at the rear not so impressive in a sense, but at the same time best favored by family and guests. We recall that once when we had received in advance, tidings of the impending visit of a visitor of note to this farm, as housewives will, we at once commenced a season of cleaning so that all might be in order for his entertainment. Even the upstairs closets were dusted and tidied and all the way down and along and about, ceiling, wall, floor, and every stick of furniture, until all was spotless and in place to the doors. The front verandah was scrubbed, the back swept not too carefully. Then broom in hand we tottered over to the one backless chair here beside the wood-box and sat down.

We were weary from the feverish spell of cleaning but happy and well satisfied with the results. Let him come this afternoon! He would find that we had let no former chateleine of this old house down, nor had we neglected one of the articles much stressed in our rearing. ("Mother, what's the meaning of hieroglyphics?" we remember looking up from a school book to ask. "Hieroglyphics" this always busy mother-of-eight replied as she continued to polish vigorously an already clean stove. "Oh, I can't say off-hand. It has something to do with writing... hadn't you better get the dictionary?" "But that will take me too long altogether!" we grumbled. "Then" she said stepping off briskly to some other item in her everlasting round of cleaning "you'll just have to get your father to help you!"

Down we dropped to sit on the backless chair, on the back verandah, at the close of our cleaning. It is a pleasant spot in summer. Little winds play along the yard and ruffle the leaves lightly in the old orchard trees nearby. In their shade, since our time was, a sow has lazed about, or nosed along with a playful company of piglets. One could always catch sight of a calf or a horse across the yards at the stables. Swallows darting, robins busy and summer warm and lovely along the reaches of field and woodland. "Do come in!" we beamed to our visitor when with James, horse stabled, buggy backed in the shed to save it from the sun's rays, their steps brought them to the back door. "But let's stay here on the verandah" he suggested. "It's pleasant here — and cool and nice. Yes, let's stay here!" And it was there on the stoop so sketched he on the backless chair and this family arranged here and there about. There too, refreshments were brought, and we remember that the hours fast slipped away. "But he never knew how clean our house was... and that place not even scrubbed!" we complained to James that evening at the milking. "You've got a lot to learn, Ellen" James laughed "if you think that hospitality depends on the like of that! That, to my mind, is the least of it!"

No there is no appointment made for the outing which often takes three of us to lane's end of a morning. We appear on a verandah. A small maid, blue of eye with "sun's kisses" along her nose comes then from somewhere about. A black dog scents the trip, to join us, and we are off! "It's laughing!" she commented. "What's laughing?" we queried. "This little brook" she replied. "Don't you see? It's laughing just like Blackie does when he's happy about something!" March streamlets were laughing today as they hurried pond-ward, glad in the approach of Spring.

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

Better English

By B. C. Williams

1. What is wrong with this sentence? "Your speech is different than mine, although mine is always accompanied by laughter."

2. What is the correct pronunciation of "strata"?

3. Which one of these words is misspelled? Resilible, residential, resuscitate, resilience.

4. What does the word "despicable" mean?

5. What is a word beginning with per that means "highly injurious or destructive in character"?

ANSWERS

1. Say, "Your speech is different from mine, although mine is always accompanied by laughter."

2. Pronounce first a as in stay, not as in at. 3. Resilience. 4. Contemptible. "His cruelty was despicable." 5. Pernicious.

The Stars Say

By Genevieve Kemble

For Tomorrow

A DIFFICULT day is forecast, with new problems coming up for decision and but little light, guidance or inspiration from within to assist in forming sound opinions or arriving at proper conclusions on vital issues. It is probable that too serious an attitude, a rather timorous approach, may hamper the mind in seeing the constructive course to pursue. It may be prudent to postpone major decisions.

If It Is Your Birthday

Those whose birthday it is, may find new matters coming up for prompt decision, since an unexpected move or change is involved. As well the thinking processes are slow, the judgment beclouded and the general tendency is to "see through a glass darkly." It would be easy to make mistakes under such gloom or constricted ideas, feelings or emotions.

A child born on the day, may be subject to mixed feelings, emotions and ideas, with urge for change and new activities, yet finding it difficult to grasp situations or to make up its mind.

TEETHING TROUBLES

Bring quick relief to fretful, feverish, teething baby with Baby's Own Tablets.

Thoroughly dependable, sweet little tablets, used by mothers for over 50 years. No "drowsy" side-effects, no dulling effect. Get a package today at your druggist, 25¢.

BABY'S OWN TABLETS

YOUR EASTER BONNET awaits you at ADELLA'S MILLINERY. HATS Our Specialty. A wide selection in all the newest trends and colors. Prices From \$3.95 up. Includes an illustration of a woman wearing a hat.

Excitingly formal — a metallic lace tulle emphasizes the elaborate splendor of a shimmering satin skirt. For brochure showing 4 creations in this series and where-to-buy information write: Bridal Wreath, 25 Main St. W., Hamilton. Includes an illustration of a woman in a wedding dress and a ring.

-Needlecraft- FOR THE HOME - A COMPLETE COSTUME. The style-wise ensemble is a practical suggestion for daughter's wardrobe. Her very first costume could be this panel coat and dress — both with heart shaped pockets. No. 3036 is cut in sizes 1, 2, 3 and 4. Size 2 dress, 1 1/2 yards 36-inch, 1 1/2 yards ruffling. Coat, 1 1/2 yards 54-inch. Send 35¢ for each PATTERN which includes complete sewing guide. Print Your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address: Pattern Department, The Charlottetown Guardian, Pattern No. 3036. Includes an illustration of a dress and a coat.

College Teacher Wins Baking Honors at P. E. I. Fair. A teacher of teachers-in-training at P.E.I.'s Prince of Wales College, Mrs. Frank L. Ross, won the apron at the annual Saturday morning baking contest. Last summer she took a third at baking for the women's institute exhibit at the Charlottetown fair—with the highest of results. Mrs. Ross speaks from experience. Prize-winning bakers everywhere depend on Fleischmann's Yeast for super results. Includes an illustration of Mrs. Ross.