



ELLEN'S DIARY

**Days Become Shorter
As Autumn Approaches**

Now with the tangy aroma of scents of the ripenings" was first relishes and pickles in the making in the kitchen, with the sight of lads coming up from the orchard, munching harvest apples, we commence to notice that days are shortening. Dusks fall earlier. The evening star, our inland beacon of lighthouse, soon appears and the richness of the afterglow fades to amber and the coral-pink, the inner shade of an old-time parlor shell.

"Once our Old Home Week is over, that autumn feeling is in the air, and its look on sky and field," a farmwife remarked recently. "True, we will still have warm lovely days and summery but there will be a different quality to them."

"A mellowness, scenes and

**Ragweed No
Only Villain**

Hay fever victims, now entering their annual "peak period of torment" may be blaming all the wrong things for their misery, says Alan Morrison in an article in the Hamilton Spectator.

Ragweed, today spewing its clouds of pollen on to the wind, is the traditional and biggest villain. But is not the only one. Many sufferers who curse ragweed might do better to check on the amount of field tomatoes, peaches and corn they are eating at this season, how much pop they are drinking if the weather is hot, or whether the furnace has been switched on if it is cold.

THESE ARE the views of Hamilton allergist Dr. John G. MacLennan, speaking from experience in one of the worst hay fever centres in Canada.

"It's very unusual to find that a patient is sensitive to only one pollen, that is ragweed," he declared. "They are usually sensitive to ragweed — plus dust, molds and maybe other weeds."

Sudden changes of weather, such as storm or cold snaps, can be significant in triggering hay fever attacks. Windy days are bad for hay fever sufferers, by over-exposing them to stirred-up "allergens".

GOLDENROD, on the other hand, is often wrongly blamed for trouble actually caused by ragweed.

Many hay fever sufferers do not recognize the nondescript-looking ragweed when they see it, Dr. MacLennan said.

"But they mistakenly blame goldenrod, a beautiful yellow weed seen in fields right at the time they're having their misery."

Although goldenrod can and does cause some hay fever, its importance ranks fairly low. It is basically an insect-pollinated plant — its pollen is sticky, heavy and not likely to hang for long in the air.

"It's the wind-pollinated plants — weeds, trees, grasses and hay — that do the dirty work," the doctor said.

WHAT can be done for hay fever?

For the very severe cases — people with really bad asthma, off work, up all night — there are the hormones and steroid drugs, especially cortisone and adrenalin.

ANTI-ASTHMATIC drugs, available on prescription, are commonly used for patients who are slightly worse off than the mild cases.

But medicine's main attack on hay fever is, through prevention — stirring up the body's own defence mechanism to produce "neutralizing antibodies". This immunization consists of a series of injections — small doses of extract from the pollen or whatever agent brings on the hay fever.

One version of this treatment can be done actually during the hay fever season, each injection giving the patient a few days' relief.

But the standard use of the "hypo-sensitization" technique consists of 20 or more shots given in a series once a week from around April to mid-August.

A METHOD which falls midway between these is one using the so-called alum precipitated allergy extracts.

"You can reduce your treatment to eight or 10 a year with this," the doctor said, the injections being given at regular intervals all the year round.

If the standard ragweed injections do not work, the treatment boils down to medical detective work — tests and questions about the patient's daily life — to pin down the real culprit. After that the dose strength has to be worked out, because if it is too strong or too weak it may not be effective even if the allergen has been correctly identified.

"But I'd say that with good management, 85 per cent of hay fever sufferers can be given good relief," Dr. MacLennan said. "And by that I mean reducing their symptoms by 50 to 100 per cent."

What can the hay fever sufferers do on their own to dodge his trouble?

"Close the bedroom windows at night and, if necessary, close up the house during the day."

"Avoid long car drives. When you drive 150 miles with the car windows open you can imagine the exposure you get."

"Air conditioning helps — it dehumidifies the air and allows you to keep the house close up."

"Avoid alcohol and fatigue. They are both triggering a aggravating mechanisms for hay fever."

Plaza Apartments in Halifax, where the bride is a public health nurse and the groom is employed by the dept. of agriculture. (Photo by R. B. Hambley)

**MR. AND MRS. FREDERICK HYNDMAN
SUMMER WEDDING**

Amidst the most picturesque setting of Christ Church, Cherry Valley, the marriage of Shirley Lillian Gammister and Frederick Earle Hyndman was performed by the Rev. James Ibbott, brother-in-law of the groom. The bride, youngest sister of the bridegroom, was in a traditional wedding dress, with short chapel train and veil. She carried a white prayer book with small cascade of white rosebuds. Her only attendant, Agnes Nelson of Guelph, was crowned in raspberry-sheer with matching veil. Alan Holman was the best man. During the signing of the register, Beatrice Gammister, youngest sister of the bride sang "O Perfect Love". Following the church ceremony, a reception was held at the Charlottetown Hotel. Mr. and Mrs. Hyndman are residing in Summerside.



**MR. AND MRS. JOHN REDDIN
Cherry Valley Is Scene
Of Summertime Wedding**

In a floral setting at St. Joachim's Church, Vernon River in July, Norma Eileen only daughter of Mr. and Mrs. John E. Morrisey, Cherry Valley and Louis John Reddin, son of Mrs. John Reddin, Southport and the late Mr. Reddin, were united in marriage by Rev. Frank Havelly, Edmonton, Alta., cousin of the groom.

Nuptial music was played by Elmer Power with Eileen Grant as soloist.

Escorted to the altar by her brother, the bride wore a floor-length gown of white Norganza featuring a scoop neckline, long sleeves ending in point over the hands and an A-line skirt, with empire waist trimmed with lace appliques and floor-length train. Her hairpiece was of three-fabric roses attached to a four-tier shoulder-length veil. She carried a cascade of pink roses centered with a white eucalydium orchid.

Miss Clara Morrisey, sister-in-law of the bride, was matron of honour and Mrs. Eldred Farmer, sister of the groom, and Ellen Reddin, cousin of the groom, were bridesmaids. They wore floor-length gowns of pearl de-lan pastel shades of pink, green and yellow and large white monach hats, and carried bas-

ketts of pink, yellow and white carnations.

Clayton Morrisey, brother of the bride, was best man and the ushers were Eldred Farmer, Beverley and Dale Morrisey, and Richard Reddin.

A reception followed at the Basileia Recreation Centre in Charlottetown. The bride's table was centered with a three-tiered wedding cake made by Mrs. J. J. Curley, grandmother of the groom. The guest book was circulated by Juanita MacDonald R.N.

Robert Bradley, master of ceremonies read congratulatory telegrams and proposed the toast to the bride.

The bride's mother wore an aquamarine silk crepe dress with lace jacket, flower hat and white accessories. Her corsage was of yellow roses. The mother of the groom wore a champagne beige costume of French lace with matching flower hat and accessories. Her corsage was of pink roses.

Immediately after the reception, the couple left on a honeymoon trip through the New England States and Quebec. For traveling, the bride chose a two-piece white lace suit, navy and white hat and navy accessories. A white orchid-completed her costume.

Mr. and Mrs. Reddin will take up residence at the Village

Women

The Guardian Charlottetown, Mon., Aug. 29, 1966. 7

HAPPENINGS

Audrey Jenkins, Women's Editor. Phone 4-8506

LAC and Mrs. Tidmarsh and daughters Jo-Anne and Roxann have been spending several weeks with Mrs. Tidmarsh's parents, Mr. and Mrs. Albert Perry Freetown, and with other relatives and friends. They are returning Monday to Trenton, Ont.

"And we catch the ripeness in the air — that winy fragrance poets write of," we recalled. "And we look up the valley un- easily, not wishing to find if some maple is already changing its dress."

"I like the smoky tang all about, that warm scent of dried spruce, and fir and pine needles on the woods' floors."

"It all makes one remember that verse learned in childhood" we said.

"A haze on the far horizon, the indinite tender sky. The rich ripe tints of the corn- fields, and wild geese circling high; And far over upland and low- land the charm of the golden-rod. And some of us call it 'Autumn'."

"And," she smiled, "others call it God. In any case, it's a time of year I always enjoy."

"With a squirrel, cheeks full, busy storing?" we queried, chuckling.

"Yes," she replied, "despite signs of the winter's approach I love the shortening summer and autumn days. It's a golden dreamy time of year."

Taking advantage of this ideal day for a new chore, our farmers suspended their carpentry beyond deciding on the wanted pitch of roof and in a trek along the fields, joined those of the name from their farms further up the valley, at a most unseasonal work. This is the long deferred wood-sawing, that phase of the wood-harvest which pro- duces the lengthy sticks into fire- wood, ready for the several stoves concerned.

James brought home an armful of the little round "cat-sticks", as has been his custom at our sawings up the years, to be a symbol to us of continuing comfort throughout the varying weath- ers ahead. It is a matter of some satisfaction to record here, probably by way of setting a commendable goal for those wood-cutters of the line who "come after", that we still have a nice backlog in woodshed and cellar left from our last year's work. It is good in our storages on the farm, to allow, as best one can, for the extra lot just as we say, "to come and go on."

"Well, Ellen, whatever else we may or may not have," James grinned boyishly at supper, "we'll have wood in plenty to see us through the winter and spring months ahead."

We had too, we remember gratefully, "strength for our day", one of August's pretty ones, a bit shorter as to daylight hours, withal very pleasant.

Until tomorrow — Diary —
Good-night . . .

Mr. and Mrs. R. Petrie and their children Susan, Bruce and Scott of Whitby, Ontario, while holidaying in the province were recent visitors at the home of Mr. and Mrs. William Murphy in Georgetown.

James David of Toronto, Ontario, accompanied by his friend Glen Meszda were recent guests of Mr. David's parents, Mr. and Mrs. Clarence David, Mr. David and a Mr. Meszda motored through a number of American States and Canadian Provinces where they tented enroute to and on return from Georgetown.

Mr. and Mrs. Charles Currie and family of Moncton, N.B., recently vacationed in Georgetown as the guests of Mrs. Currie's parents, Mr. and Mrs. John C. Gotell.

Const. and Mrs. J. W. Lavers and two children, John and Troy left on Tuesday by car on return to Carbonear, Newfoundland, after spending three weeks in Georgetown as the guests of Const. Lavers' parents, Mr. and Mrs. J. W. Lavers.

Mr. and Mrs. Cullen DeLory and family left early in the week on return to their home in Halifax, N.S., after vacationing in Georgetown, where they visited Mr. DeLory's parents, Mr. and Mrs. F. J. DeLory.

Mr. and Mrs. Stewart Hansen and two children, Nelson and Sheila left on Sunday to return to their home in Saint John, N.B., following a visit with Mr. Han- son's parents, Mr. and Mrs. Nelson W. Hansen.

Mr. and Mrs. Gerald D. Mur- phy, recent guests of Mrs. Rhoda MacKenzie, Commerce Avenue Summerside.

Mrs. Allan Morrison and four children, Cathy, Shirley, Danny and Kenny returned to Hamilton recently after visiting with the latter's grandparents, Mr. and Mrs. Peter Morrison, St. George's, P. E. I.

Mr. and Mrs. Thomas LeMa- surier, Chelmsford, Mass., were

GEORGETOWN

Mr. and Mrs. J. J. Stewart and Mrs. J. J. Stewart Montague.

Catherine Robertson, Montague, left recently for Nova Scotia where she will visit in Sydney and Yarmouth.

Mr. and Mrs. C. D. Carle, Summerside, were recent visitors to Montague, guests of their parents, Mr. and Mrs. J. J. Stewart. They were accompanied by their children Heather and Lynn.

Mr. and Mrs. John Clark and family, Jasper, Alberta, are visiting the former's parents, Mr. and Mrs. George Clark, Al- berton.

Mr. and Mrs. Irwin MacDou- gill and three children have ar- rived from Worcester, Mass., to visit the latter's parents, Mr. and Mrs. Stanley Arthur, Alberton.

John Matthews, Mrs. Mat- thews and their family have ar- rived from New York to spend holidays with relatives in Elms- daie.

Mrs. Austin Murphy has re- turned to Alberton after visit- ing of her family in Charlottetown.

Mr. and Mrs. Cecil Mosher, accompanied by their sons Ian and Braddie, have returned to their home in Don Mills, Onta- rio, after spending a holiday on the Island where they were the guests of their parents Mr. and Mrs. Alan Mosher, Montague.

Mr. and Mrs. R. L. Marshall accompanied by their sons, Robert, Andrew, and John have re- turned to their home in Port Hawkesbury, N. S. after a pleas- ant holiday on the Island where they were the guests of their pa-



**CAROL HOWATT JOHN MYERS
TO BE MARRIED**

Mr. and Mrs. Asher Howatt, Tryon, announce the engage- ment of their daughter, Carol Lynn to John Franklin Myers, son of Mr. and Mrs. phy of Cornwall, Ontario are vacationing in Georgetown as the guests of Mr. Murphy's par- ents, Mr. and Mrs. William Mur- phy.

Mrs. Margaret Jeddy who has been visiting her mother, Mrs. Clementine Campbell and her sister, Mrs. Raymond Solo- mon and Mr. Solomon, left re- cently on return to her home in Somerville, Mass.

Mrs. Ernest Steele and fam- ily of Moncton, N.B., were re- cent guests of Mrs. Steele's par- ents, Mr. and Mrs. Spurgeon Walker.

Juanita Gotell left recently on return to her home in Boston, Mass., after visiting with her uncle Mr. Kimball Gotell and Mrs. Gotell.

Mr. and Mrs. Aeneas Batch- ilder and son of Barrie, Ontario, who recently vacationed in the Province, spent some time in Georgetown at the home of Mr. and Mrs. John P. MacDonald.

Mr. and Mrs. John Boyce and family of Halifax, N.S., were re- cent guests at Garrett's Tourist Court, at Morrison's Beach.

Mr. and Mrs. John DeLory and family have returned to Hal- ifax, N.S., after visiting with Mr. DeLory's parents, Mr. and Mrs. F. J. DeLory.

Mrs. Ronald Smith and fam- ily of Kingston Ontario, are vis- iting with Mrs. Smith's parents, Mr. and Mrs. Phillip Boudreaux.

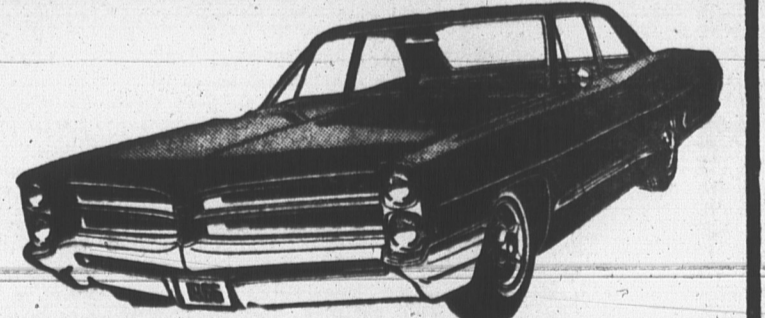
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