

## That Body Of Yours

By James W. Barton, M.D.

### NERVOUS CONDITIONS AC-COMPANYING ALLERGIC DISEASES

For some years physicians have been noticing that many individuals allergic to various substances—pollen, furs, feathers, animal hair, foods and other substances—also seemed to suffer with neuroathenia—mental and physical tiredness. It came as no surprise to them to learn that allergy is the underlying cause of this tiredness. In the Swedish Journal of Allergy, Dr. V. Hedstrom (of Åre, Sweden) states that many symptoms of allergic disorders may be of neuroathenic type. Fatigue is particularly prone to occur; nervousness, depression, and confusion may be seen in certain allergic conditions, particularly after administration of penicillin. Headaches, disturbances of body sensations from stomach and intestines, palpitation and rapid beating of the heart may also be prominent symptoms of patients later found to have food allergies. "If the source of the difficulty is not recognized, the patient wanders from physician to physician seeking relief; he develops feelings of inferiority, sleeplessness, anxiety and restlessness." We can easily understand why such patients, because their allergy is not recognized, can be classed as neurotics—no "apparent" cause for their symptoms.

Allergic individuals are naturally nervous and high strung, perhaps schoolteachers being the most numerous of all classes suffering with allergy. It would be only fair, then, before classifying patients—trying earnestly but unsuccessfully to get rid of their feelings of depression and fatigue—as neurotics to wait until the various tests for allergy have been made. Thus Dr. Hedstrom states that when allergic patients, who suffer from fatigue, disturbances of body sensations, headache and disturbance of sleep, have their life pattern regulated on the grounds that the neuroathenic is on an allergic basis, the symptoms and discomforts generally disappear.

While admitting that some

## The Stars Say

By Genevieve Kemble

**For Tomorrow**

THE indications are for an intriguing and challenging day, marked by unexpected adventures and, quite possibly, sudden and abrupt change of plans and objectives. It is a day, however, in which to be cautious of the interference of others. Do not permit others to discourage you once you have made up your mind what is correct procedure for you and, if you should run into obstacles, work out your own problems. Do not count on anyone's assistance for, while you may receive it, the motives behind such aid may be far from altruistic.

### For the Birthday

If tomorrow is your birthday, you may look ahead to a year of sudden and unexpected changes. These unplanned upheavals, frequently calling for sudden decisions may disconnect you by their very unexpectedness, but you will find that, in the long run, despite some curious denouements, the benefits will be surprisingly good. Real estate and property matters are especially favored this year and the early Fall augurs well for romance and social activities. You may experience some emotional tension toward the end of the year, but do not let it disturb you. The circumstances are beyond your control and, if you will relax, they will right themselves.

A child born on this day will be aggressive, emotional and, quite possibly, will lead an adventurous life. cases of asthma are due directly to nervousness and emotional disturbance. Dr. Hedstrom has been unable to find any difference in personality of patients with asthma, except for the peculiarities due to chronic illness. Of 572 patients with asthma, only 57 had nervous or emotional disturbances so conspicuous or noticeable as to warrant calling them a psychic (mental) ailment, and of the 57, only nine could be classified as having real or underlying mental disorders.

## ELLEN'S DIARY

By An Island Farmer's Wife

Sheen of bluejays' wings in the orchard, woodpecker drumming a tune on the old barn; days shadowed or sunny but patient on the hills; a ewe's longing bleat... a trickle of streamlet—on a farm things like those serve to remind us of the new season at hand. Other items too, proclaim it. "Whether we look or whether we listen," for in half a hundred ways and more, it makes itself known.

"Well," a woman with a precise coiffure offered in a convenient moment of silence at a quiet recent feminine foraging, "there's no mistake about it: we have had, and are still having, remarkable weather—so good," she laughed softly, "we can't say a word against it. But," she nodded, "they don't try to make me believe that Spring is here yet, no matter when the sun crosses the line!—wherever that is! Because our old goose hasn't commenced to lay! Whenever I find her first egg in the nest... and don't I look for it every morning! I'll say then that winter is gone. It's queer when I come to think of it, but other years... yes, mostly always, I'd find it there on St. Patrick's morning."

"Perhaps she has changed her Irish for Scotch!" a voice suggested. "You know what they say about the sex as a whole? We're expected... privileged to change our minds."

"But despite your goose," a third volunteered smiling, "I know it's Spring—because these days I have a desperate yearning to go to town for wallpaper for the spare-room. That," she explained, "is where I always start the clearing."

"Perhaps it's only a yen for an Easter bonnet!" a quiet one suggested—she is a farmwife with a gift for music and she can compose off-hand rhymes with a lilt in the words. "That's the first thing that comes to my mind. I would like to buy one in a pretty green shade with a posy of yellow tucked under the brim... I would if I followed my inclinations, but then I have never dared. For how long would the like of that be serviceable? So I have to settle for a more practical one... And that," she smiled, "is how Spring comes to me!"

Another took up the theme—a farmwife she is too, her special talent: her friendly welcoming ways. We say of her that if her home was only a hut in the depths of a wood, instead of the modern comfortable abode that it is, we should still find it one of the best in the world. For there we should see love and affection, an ideal family circle... And her rare smile at the door and she drawing you in with: "Well, well, aren't you the very one I've been hoping would come!"

"For me," she laughed merrily, "Spring comes in an overwhelming desire to get the kitchen done anew... Yes," she nodded with a smile, "it's a yellow I want—a daffodil yellow. How the sight of the walls now winter-scarred and dingy depresses me!"

"Telephone!" someone now calls, adding: "Hurry—it's your Boy-friend!"

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

## DOROTHY DIX'S COLUMN

### Cerebral Palsy Victim

#### Girl, Recovering Through Mother's Guidance, Resents Offers Of Help

DEAR MISS DIX: I am a cerebral palsy victim, 23 years old. For many years I had difficulty with my speech and trouble getting around, but though I still need some help, I have been able to overcome most of my handicaps. My mother has been largely responsible for my independence. I still have one trouble, however, that is hard to overcome.

People who don't understand cerebral palsy too well are inclined to offer help and suggestions that I don't need. For some reason, this sends me into a hysterical rage. I know their intentions are good, and when I have time to reflect, I realize how bad my behavior was, but at the time I can't control it.

My mother has taught me to make my own decisions, not to lean on others for aid, and has tried to teach me to control my temper—but in this last respect she hasn't been entirely successful. At home I have no trouble in this way, but when I am visiting I resent the fact that people try to assist me. I am a high-school graduate, belong to clubs and feel that every one should know I can take care of myself.

PEGGY



Marjell Nissen

ANSWER: God has certainly blessed you with a wonderful mother, and I'm sorry your entire letter couldn't be published as a tribute to her. It would be almost impertinent for anyone to add to the advice she gives you.

It is only natural that you should resent the assumption that you are incapable of making your own decisions, and caring for yourself, but as your mother points out, people who haven't had direct contact with a cerebral palsy victim will have a tendency to believe you need help. Combating this general opinion is another one of the handicaps you must overcome.

### CONDESCENDING PITY

It would be a fine thing if the general public could be educated to use more wisdom in dealing with the handicapped. Good intentions generally dictate an attitude of condescending pity and a desire to baby the afflicted one. This is the wrong tack to take in all things independence should be encouraged, rather than suppressed.

Instead of flying into a rage, Peggy, when proffered help irks you, say you have been trained to decide and act for yourself. Your mother has been training to decide and act for yourself, your independence can be a source of inspiration to anyone laboring under a handicap. Try to be a credit to her teachings in all respects, not just in the physical skills you have acquired. Both you and your mother deserve the highest tribute for the valiant manner in which you have handled a situation that might have been crushing. Don't be discouraged at the work still to be done.

DEAR MISS DIX: I'm writing to a member of the armed forces in Korea. I have never met him, but a friend who is over there gave me his address. My problem is that I don't know what to write about since I have no idea of his interests.

T. B.

ANSWER: While you are feeling your way to discover mutual interests, stick to universal themes such as sports, music, movies, radio and television. Clip amusing items from the paper and include them. Since most boys are interested in sports, items from the sports page are particularly welcome. Tell him about your home town, and describe local characters. Servicemen are very easy to write to once you have the hang of it, remembering the major theme of "newsy, cheerful, friendly."

DEAR MISS DIX: I'm a girl of 20 planning to be married in June. The boy is only 18, and the problem is that he thinks I'm only 19. I hated to admit I was so much older than he, but since we've become serious the difference has become important.

ANSWER: The boy won't resent the age difference nearly as much as he will the deception, but since age is always such a delicate point, he'll undoubtedly appreciate your dilemma and forgive it. Tell him as soon as possible, and don't make too much of the issue yourself.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

## Morning Smile

He Got It

A hotel guest had spent a restless night due to a full-scale attack by some visitors from the insect world. The guest was quite angry by morning and wrote a strong letter to the hotel management.

The reply came back quickly to his home. This was the first such complaint the hotel had ever received. Their investigation had failed to reveal any explanation for this unprecedented occurrence. Nevertheless, the letter concluded, the stringent precautions in the past would be redoubled in the future.

Seeing that something was still in the envelope, the calmed-down guest pulled out a slip of paper on which was scribbled: "Send this jerk the bug letter."

## Household Scrapbook

By Roberta Lee

**Tooth Powder**

To make a good tooth powder use 4 ounces of precipitated chalk, 1 ounce of powdered myrrh, 2 ounces of pulverized borax, and 1 ounce of powdered orris, mixing it through a fine bolting cloth.

**Acid Stains**

To remove acid stains on fabrics, dampen and then cover with salts of wormwood. Allow the salts to remain for about five minutes, then rub the stain with a dry cloth.

**Meat**

A spoon should be used when turning meat that is boiling, as a fork will prick it and make the meat dry and insipid.

**BRAINTREE, England, (CP)**—Sale of entries from old Essex council records put on microfilm has brought \$3,204 in the last two years, mainly from Canadians and Americans anxious to trace their ancestors.

## A Country Garden

By Mrs. Gordon MacMillan

Spring comes to us in hesitating way; Shyly, with lingering and backward glance— O'bliging to Winter's cloak; her slow advance Is that of one who has no mind to stay; A willful one, at morn all glowing— Eay. At noon as cold and cutting as a lance. We hold our hearts and listen for, perchance, Tomorrow she may sing a roundelay:— Tomorrow she may call the crocus up, And drape the birches in a tender green, And give the sun's own kiss to daffodils; Then, when gold glistens in the lily-cup And meadows verdant wear a deeper sheen, She'll vanish looking backward from the hills.

—Lucy Gertrude Clarkin.

Continuing our visits to gardens in other lands, we shall journey from New Orleans, seven feet below sea level, to Denver, Colorado, a mile above. Houston is remembered for the generous landscaping around the industrial buildings; Dallas for its extraordinarily well-groomed and spacious gardens and their love for caladiums; Fort Worth for the number of city parks and fine individual gardens. Denver, a little over a century ago, was a stretch of high, arid desert country.

Today it is a city of gardens, of predominantly green-grassed front gardens and tree-lined streets. Irrigation is costly in a climate where the sun shines on an average of 304 days in the year, and where the rainfall is correspondingly meagre, giving but ten inches to fourteen annually so that the natural water supply depends mostly on snow. In Colorado Springs the trees are watered by open canals running between the pavement and the road, and sprinklers forever play on the grass.

The two main influences of the west meet in Denver. There the Spaniards brought their Spanish patio north to Santa Fe, and the English and the Cornish miners brought their love of English gardens and green grass to Colorado. The present-day gardens there take something from each, and there are fine ranch house gardens where the owners may enjoy shade in the summer, and yet have shelter to enjoy the winter sun.

In southern California you can spend sunny days among the orange groves, watching the humming birds in the eucalyptus blossom and staring in wonderment at the geraniums that grow as rank as weeds, climbing high around the stocky trunks of palm trees and to the tops of first-floor windows.

In Santa Barbara, where the great shoulders of the foothills behind them; flowers of color and fragrance riot all the year round. About many of these gardens there is a strong Spanish atmosphere—a patio garden with pots of pelargoniums, cactus and vivid patches of succulents. The live oaks spread their shade-giving branches, the mimosa or acacias give a succession of showers of gold.

San Francisco is "the City with a flower in its buttonhole." It is a flower-minded, flower-loving city; its citizens buy more flowers, so they say than the people of any other American city. The flower shops are extravagantly beautiful, the flower stalls along the streets one of the city's prizes. I think spring really comes when they deck Maiden Lane with daffodils at Easter-time (they use 300,000 each year); when Union Square is thicket with pansies and polyanthus, and the Japanese cherries are in bloom in Golden Gate Park. But spring sweeps on into early summer without a moment's respite.

The streets are scented with the warm honey-scent of the genista bushes, with jasmine and heliotrope. The small city gardens,

## Better English

By G. C. Williams

1. What is wrong with this sentence? "We are sure you have no doubt in your mind that he will come."

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

3. Which one of these words is misspelled? Giraffe, gazelle, hipopotamus, hyena.

4. What does the word "portentous" mean?

5. What is a word beginning with ant that means "settled aversion or dislike"?

ANSWERS

1. Omit "in your mind." 2. Pronounce roth, o as in rot. 3. Hippopotamus. 4. Of the nature of a portentous warning; ominous. 5. Antipathy.

## Modern Etiquette

By Roberta Lee

Q. If a girl is to be married in church wearing only an afternoon dress and having only one maid of honor, is she supposed to invite only a very few friends and relatives to a wedding of this type?

A. There is no limit to the number of guests she may invite to her wedding, provided, of course, there is ample room for everyone.

Q. When a man is dining with a woman in a restaurant, should he give his own or the woman's order to the waiter first?

A. He should consult his companion and give her order first, followed by his own.

Q. Is it proper to send formal invitations to a christening?

A. No; because only the family and a very few intimate friends are supposed to be asked.

## How Can I...

By Anne Ashley

Q. How can I save gas when boiling liquids?

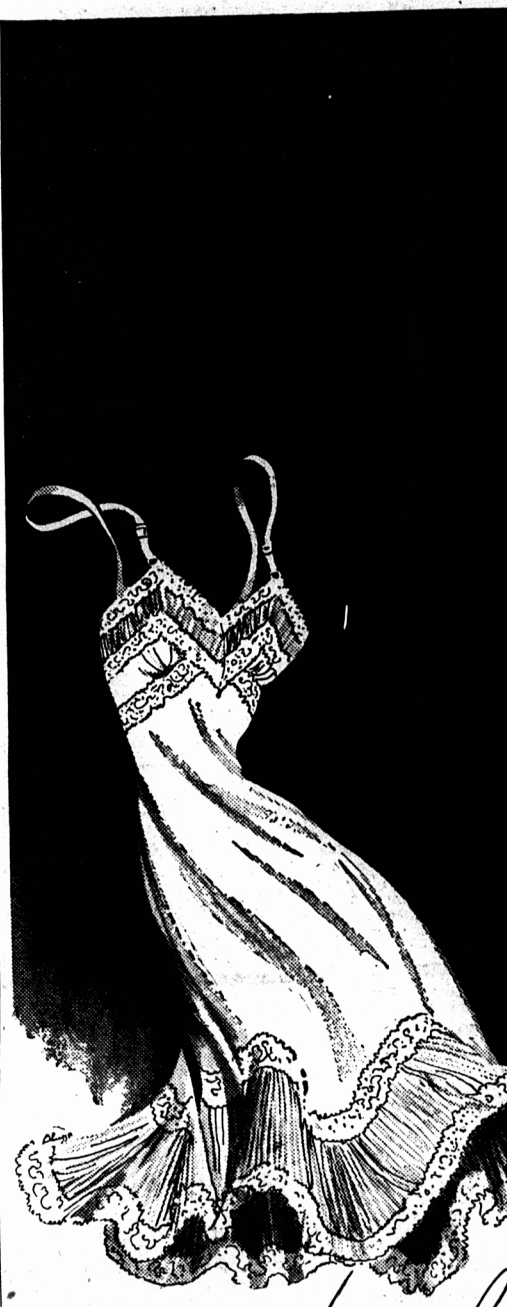
A. A good thing to remember is that boiling liquids are no hotter when boiling rapidly than when boiling slowly. Have just enough flame to keep the liquids at the boiling point, and this will aid greatly in lowering that gas bill.

Q. How often should the water for the goldfish be changed?

A. When the goldfish comes to the top of the bowl for air it is time to change the water. Use cool water, as goldfish do not like the temperature warm, with the exception of the tiny tropical fish.

Q. How can I make the mouth appear longer?

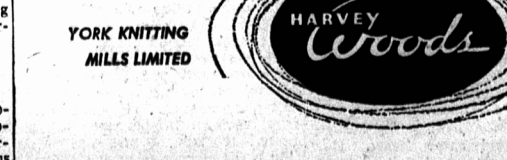
A. Application of lipstick to the corners of the mouth actually elongates the line of the mouth. Remember this if you wish to make the mouth seem larger or smaller than it actually is.



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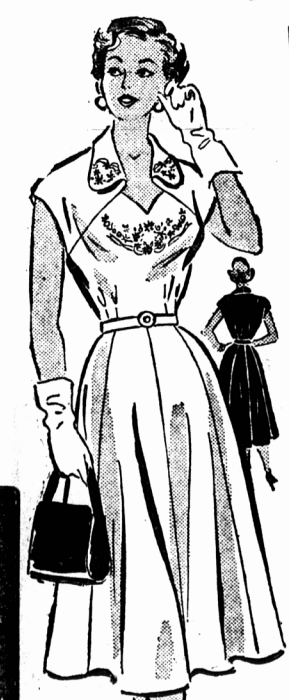


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## Cook's Corner

### BANANA CUP CAKES

Yield—about 2 dozen cup cakes.

2 cups once-sifted pastry flour or 1½ cups once-sifted all-purpose flour

1 cup dry granulated sugar

2 teaspoons baking powder

¼ teaspoon baking soda

¼ teaspoon salt

3 tablespoons quick-mix shortening, at room temperature

2 eggs, unbeaten

1 cup mashed ripe banana

½ cup milk

1 teaspoon vanilla

Measure into sifter the flour, sugar, baking powder, baking soda and salt; sift together twice, then sift into mixing bowl.

Add the quick-mix shortening to flour mixture; add eggs and ½ cup of the mashed banana. Beat with mixing spoon for 300 strokes, or in an electric mixer at low speed for

2 minutes, scraping bowl and beater often.

Add the remaining ¼ cup mashed banana, milk and vanilla; beat 150 strokes with mixing spoon, or 1 minute in electric mixer.

Spoon batter into greased averaged-sized cup pans, filling them about two-thirds full.

Bake in a moderate oven, 350 degrees, 20 to 25 minutes.

Let cup cakes stand in their pans on a cake cooler for 5 minutes, then loosen edges and turn out.

When cup cakes are cold, top with creamy banana icing and decorate attractively.

### CREAMY BANANA ICING

½ cup mashed ripe banana

¼ teaspoon lemon juice

3 tablespoons butter or margarine

2½ cups once-sifted icing sugar (about)

¼ teaspoon vanilla.

Combine the mashed banana and lemon juice.

Cream the butter or margarine until soft. Add the sifted icing sugar alternately with the banana, beating well after each addition and using sufficient sugar to make an icing of nice spreading consistency. Beat in vanilla.

SHIRRIFF'S SHIRRIFF'S SHIRRIFF'S SHIRRIFF'S

# SECRET-CENTRE Chocolate Roll

It's a festive dessert that's a breeze to bake with Shirriff's delectable Chocolate Cake Mix. Real deep, dark chocolate goodness! Moist, tender, fine-textured! To make it, you simply add milk to Shirriff's Mix. Nothing else, for all the pure, quality ingredients are measured, creamed and blended for you.

If you want a fresher, tastier cake, get yourself a package of Shirriff's Chocolate Cake Mix.

SHIRRIFF'S Chocolate Cake Mix

Bake Shirriff's Chocolate Mix in loaf pan 9" x 4½" x 4½". Cut 1" slice off top. Cut a strip from the centre 1" x 1". Spoon in filling mixture. Replace slice on top. Frost sides with whipped cream, with top with remaining filling and cherries.

FILLING:

1 cup sweetened whipped cream

¼ cup drained crushed pineapple

¼ cup marshmallows cut in ¼ths

¼ cup chopped walnuts

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