

That Body Of Yours

By James W. Barton, M.D.

FOODS CAUSING DERMATITIS OF THE HANDS

When the hands become inflamed—dermatitis—the first cause that comes to the mind of the physician is food allergy. The eating of certain foods to which the patient is allergic, and the first thought in treatment is the use of a strict diet. This means that the patient takes nothing by mouth except water for 24 hours and following this one simple food is added daily. This naturally requires close observation in hospital.

As this trial diet method of finding the offending food or foods may take some time, Dr. James M. Flood, Guthrie Clinic and Robert Parker Hospital, Sagre, Pa., in Postgraduate Medicine states that after investigating 100 cases by this food trial diet, a diet has been selected which is made up of foods that are least likely to cause reactions.

To make the investigation of the cause or causes in a case of dermatitis less expensive to the patient, Dr. Flood presents a low allergen diet and how it can be used on an "out-patient" basis for patients suffering from prolonged and recurrent dermatitis of the hands.

However, before presenting this low allergen diet, Dr. Flood makes (Continued on page 9 col 3)

Household Scrapbook

By Roberta Lee

White Furniture

Try cleaning the white furniture by dissolving some baking soda in warm water (in proportion of one teaspoon to a pint of water) and applying this to the furniture with a soft cloth, and rubbing with a dry cloth afterwards. Fingermarks and dirt are easily removed by this method.

Fat

If fat is being rendered from meat or waste pieces of meat, slice raw potatoes and drop in the pan until browned. This will clarify the fat and leave it like clear lard.

Flowers

To make cut flowers last longer, add two or three small pieces of white soap to the water in which they are placed.

Better English

By D. C. Williams

1. What is wrong with this sentence? "One of those circles is much rounder than the other."
2. What is the correct pronunciation of "persuasive"?
3. Which one of these words is misspelled? Cauterize, temporize, revivize, vitalize.
4. What does the word "extol" mean?
5. What is a word beginning with du that means "occasioning doubt"?

ANSWERS

1. This is impossible, since one, or perhaps both, is not a circle at all. A circle is a closed plane, all of whose points are equidistant from the center. 2. Pronounce per-swa-siv, a as in away, both s's as in so. 3. Revivize. 4. To elevate by praise. "The book extolled the many virtues of the great man." 5. Dubious.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

WHERE finances are concerned, avoid taking unnecessary chances this day. This does not mean that you should hesitate to lay out money in a venture which has been thoroughly studied and analyzed, but rather that you should restrain gambling impulses of any kind. A loss now could mean serious distress later.

Do not depend too greatly on the assistance of a co-worker during this period. Achievement results from your own resourcefulness. If you find yourself behind schedule, stop for a time and outline an efficient program for clearing up details. The time spent in outlining such a program will be worth the results.

For the Birthday

If tomorrow is your birthday, the year ahead should provide many stimulating challenges and opportunities. In meeting them you may have to modify many of the ideas you have had in the past, but this is all to the good. The development of new philosophies and the changes of mind which follow in the wake of greater knowledge denote mental and emotional growth. Meet this year's challenges, therefore, and grasp at each opportunity, for, well handled, they should lead to the fulfillment of long-cherished dreams.

Your personal life is under beneficent vibrations, too, with romance, travel and social life particularly favored.

A child born on this day will be ambitious and conscientious, but inclined toward stubbornness.

ELLEN'S DIARY

By An Island Farmer's Wife

"What's that, Ellen?" James' voice was curious as it reached us in the yard this morning where we were intent on our early choring. . . . Only odd items of outdoors, out of respect to our years, fall to our lot nowadays and these James naturally concerned for these well-being, declares contribute no small share to our state of good health.

"Better to wear out than rust out, Ellen!" he will remind us blithely, following this with a suggestion as he did this morning later. "Perhaps, Ellen," he said, "you could give Rob a hand at the set-cutting; he's anxious to get his potatoes planted so that he can commence building his barn. You wouldn't be one to keep him back, now would you?"

Or as on a recent day, "I can tell you one of the best exercises to keep you supple and at the same time rest your mind, Ellen. It's surprising the number of stones that have turned up in that last harrowing back on that bit of new land of his, and there's nothing better than gathering a few of them to keep your figure trim. . . . Oh, some evening when Rob and the boys are going back, you go along with them. You'll enjoy it! You'll have a nice change for you to have a spell in the open; I've been noticing you look a little peaked lately—it's just that you're staying too close to the house!"

"What's that, Ellen?" he repeated the question, nodding at the piece of fluff we held wonderingly in our hands. . . . James' propensity for happening into our neighborhood at inopportune moments and his frown we admit is something of a terror to the careless of the family.

"It's a chick," we replied. "Not dead!" he exclaimed. "Yes," we nodded, "and for no reason at all. . . . they were brisk as bees last evening."

"Well all I can say, Ellen," he commented in a graven-image tone "is that you're a good poultry woman! If there's a pair left by fall, you'll be doing well!"

At the same time and so far with little loss the flock continues to live and thrive and afford much pleasure to a wee lad of the place who often stops by the coop to lift one or another from his fellows to cuddle it close against a cheek. . . . to recall that "Mamma loved chicks too," before going on to some other interest of home or school.

The recently acquired milking machine, we may say is proving its worth to "the staff" these busy days. We sometimes come to the stable to find Jamie the sole operator there while Rob is off about the rest of the choring. And about the rest of the choring, "It's no work at all," No work at all!" Rob is thus given more time to devote to his cropping which happily draws now toward an ear-ful close. Of it only the planting of potatoes and corn — two acres of the latter, remain to be made of the former, neither a patch nor break" of the farmer, and a patch before efforts will be turned toward the building of the proposed barn, brand new from foundation to ridge-pole.

And it is a brand new day tipped we hope with a warm sun which now awaits in the starlight, its dawning, beyond a quiet hill-top of night.

Until tomorrow—Diary — Good-night . . .

Morning Smile

Warning

A farmer, tired of being single, went to town, chose a wife, married her, put her on the back of his horse and started home.

Suddenly the horse stumbled.

Newly Weds To Reside In Bermuda



Mr. and Mrs. Lloyd Gavin Murdock are shown above following their wedding, with their attendants Miss Joan Jenkins and Mr. John Hartnett. (Craswell Photo)

A very pretty June wedding was solemnized on Thursday morning, June 4th at St. Paul's Church, Charlottetown, when Rev. J. T. Tibbott united in marriage Florence Joyce, daughter of Mr. and Mrs. W. H. Jenkins, Pownal, Prince Edward Island, to Lloyd Gavin Murdock, Hamilton, Bermuda, son of Mr. and Mrs. D. M. Murdock, Long Island, New York.

The bride, given in marriage by her father, looked very charming in a ballerina-length dress of white satin, with a nylon net skirt and a lace bolero with fingertip sleeves and Peter Pan collar studded with pearls. Her headpiece was a coronet of white net trimmed with orange blossoms. She carried a bouquet of red roses with a white prayer book.

She was attended by her sister Joan who wore a light blue dress of matching material and similar in style. Her headpiece was a coronet of blue net and she carried a nosegay of mixed roses.

The bridegroom was attended by his cousin, John Hartnett of Long Island, New York.

The bride's mother was attired in a navy blue dress with white accessories. Her corsage of white mums. The mother of the groom wore a pale rose dress with black accessories and a corsage of white roses.

Following the ceremony a reception was held at the home of the bride, where the table was arranged with a three tier wedding cake. The toast to the bride was proposed by Mr. Murdock and responded to by the groom.

Amid showers of confetti and rice the bride and groom left by motor for a short honeymoon in Maine and New York, before leaving for Bermuda where they will reside for a time.

"That's once," said the farmer, and went on his way. The horse stumbled again. "That's twice," said the farmer. The third time the horse stumbled the farmer said, "That's three times." He and his bride dismounted, and he took his rifle and shot the animal.

"Whatever possessed you to do that?" the bride asked; and she thereupon began a long-winded tirade about the farmer's stupidity. He listened for several minutes, looked steadily at his wife, and remarked, quietly, "That's once."

Built on reclaimed land, the pentagon, military headquarters at Washington, rests on 41,492 concrete piles.

DOROTHY DIX'S COLUMN

Teen-Ager's Problem

She Is Advised To Steer Clear Of Would-Be Young Wolves

DEAR MISS DIX: Is it right for a teen-ager to pet? A few weeks ago my girl friend and I went out with two 19-year-old boys. Flossie and I are 16. They drove us home from a dance, and just before we got to the house, they stopped the car and wanted to kiss and hug us. When Flossie didn't mind, but I did, although I let the boy kiss me. When I got home, I felt so ashamed of myself, as it was the first time I was kissed by a boy. I had always thought my kisses would be saved for someone special.

ANSWER: You practically answered your own question, Janie, with the realization that your actions had cheapened you in your estimation. You may be sure that others will hold no higher opinion of you than you do yourself. Your instinctive standards are good; be guided by them. You realize that your kisses should be kept for someone special; stick to that ideal. You wouldn't go out a second time with a boy who wolfed his food, would you? Well, a boy who lacks the same discrimination in love is an equally undesirable companion.

EARN RESPECT

Don't worry about hurting a boy's feelings by refusing to pet. If he's the right kind of boy he'll respect you all the more; if he's the wrong kind, you're better off without him.

Promiscuous petting blocks the development of the right friendships at the very time when social contacts are all-important. Teen-agers need the proper companionship in order to develop into the right sort of people; settling down to a steady diet of petting with one boy after another will eventually narrow your friendships, if they may be called that, to a very few unworthy boys. Stick to your guns, Janie; save your kisses for the boy who is willing to wait for them until they are earned.

DEAR MISS DIX: I am the young mother of two children, the older not yet two years old. We are buying our home, and have a large yard that needs lots of care. Everything seems so hard for me and I never have any spare time. I don't seem to accomplish anything, which makes my husband exasperated. I'm 27 and have been married four years.

ANSWER: Two babies involve plenty of work; perhaps if your husband had them for a few days he'd realize that their care doesn't leave too much time for other things. Your fatigue may have a physical basis, and I think a visit to the doctor might be helpful in building up your general health. Plan your day so that you have at least a short rest period in the afternoon while the babies nap, and get out with your husband at least one evening a week. Someone in the family should be willing to baby-sit for you.

DEAR MISS DIX: My husband's children are very kind to me but they introduce me as "My father's wife". Is this correct?

ANSWER: The form of address, or title of introduction, for a step-mother is a fustian proposition. The youngsters naturally feel that "mother" wouldn't do, especially so soon after their father's remarriage. "Mrs. T." is too formal, and they may think that "my stepmother" has unpleasant implications, as most people do. Actually, the form of introduction they use is about as comprehensive and easy as any. Why

Anne Adams Patterns

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Modern Etiquette

By Roberta Lee

Q. When a guest is leaving his hotel for an hour or two, it is considered all right for him to take his room key with him?

A. It is much better for him to leave the key in the main desk, then ask for it upon returning. This is the only method by which the clerk knows whether or not he is in his room, should there be any calls for the guest at the desk.

Q. Is it a matter of etiquette for a new father to give out cigars and candy to his friends?

A. This is not required by any rules of etiquette. It is just an old widespread American custom.

Q. When a girl and her escort are attending a buffet supper, does the girl find her own plate or does she allow her escort to take care of this for her?

A. It would probably be better for her to take care of her own plate, but either way is correct.

Cook's Corner

HONEY ORANGE RHUBARB CONSERVE

- 4 lb. rhubarb
- 1 lb. raisins
- 1 lemon
- 2 oranges
- 6 cups honey

Cut rhubarb into 1/2" pieces. Boil with raisins and honey, gently, about 20 minutes. Add the juice of the oranges and the lemons and the grated rind of the oranges.

Put into thick and jelly-like, to point where it responds to jam test. Pour into hot sterilized jars, seal with paraffin.

RHUBARB RELISH WITH ONIONS

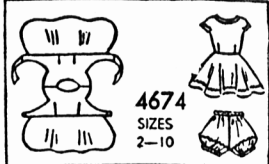
- 4 cups cut rhubarb
- 2 cups vinegar
- 4 cups brown sugar
- 4 cups onions, chopped fine
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves

Sprinkle sugar over cut rhubarb and stand several hours. Stir occasionally. Add other ingredients, bring to boil, and cook one hour, stirring to prevent burning. Pour into hot sterilized jars. Seal immediately.

Do not discuss the matter with your husband and decide between you what you'd prefer?

DEAR MISS DIX: My sister is getting married next month to my husband's brother. My husband and I are to stand up for them, but I intend to leave my husband before the wedding. Should I still stand up with him or do you think I should try to stick with him until the wedding is over?

ANSWER: You certainly owe it to your sister to participate in her wedding according to schedule, and since you and your husband will be doubtless run into each other frequently as a result of this marriage, it would be foolish to make an issue out of your part in the ceremony. It would be even better if you stayed together until after the wedding. You've stood him this long, what difference will another month make?



by Anne Adams

How Can I!!!

By Anne Ashley

Q. How can I clarify jelly?

A. Add a teaspoon of glycerine to jellies fifteen minutes before they are finished and it will aid considerably in clearing the mixture. If shavings of paraffin are put in the bottoms of the jelly glasses before pouring in the jelly the paraffin will melt and rise to the top, clarifying and sealing the jelly.

Q. How can I remove rust from knife blades if the rust has been allowed to remain for a long time?

A. By sticking the blades upright into an onion and leaving them for some time. The blades will then clean with an ordinary scouring.

Q. What is a good dressing for patent leather?

A. White Vaseline petroleum jelly makes a good dressing for russet or patent leather. Apply the jelly with the fingertips, then polish with absorbent cotton.

TEETHING TROUBLES

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- LITTLE NECK CLAMS, tin 41c
- KELLOGG'S CORN FLAKES, 2 pkgs. 35c
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