

CHILD TRAINING

(This article is the first in a series on Child Training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

Discipline

PART I

Guiding a child so that he learns to get along with his family, his friends and others; teaching him to behave in an agreeable way—that's discipline. Or "How can I get my child to do the things he should do when he should do them?" No one can tell you down to the last detail how to discipline your child because no two children are alike, nor two parents. But there are some basic principles which you may follow with confidence.

Guideposts to Discipline

The first and most important guidepost is that all good discipline rests on your love for your child. When there must be correction or criticism let it be "You're a good boy but why did you do that?" and not "You're a bad boy to do that."

In short, build him up first! He needs both parents' affectionate support always. Give him some of your time for play, for advice, for talking over the urgent things in his mind.

Another guidepost is that no matter what his age, a child wants his parents to give him guidance on what he can and can't do. He himself feels the need for parents to set up safe-guarders so that his actions may be controlled and no harm come to him through his own inexperience (and don't be misled by his grumbling!).

Such guidance is best based on faith in the child's natural development. Knowing what to expect you can act accordingly. You won't punish your child for being normal. Trust him, be fair and friendly—he'll appreciate it more than you may realize.

Again, in discipline, it's not so much what you do as the way you do it. Firmness with kindness will gain your child's co-operation while harsh, angry words will

only resentment, bitterness and probable frustration for both parent and child. This firmness can be an indication of love, a quality of backbone your child will respect. It means taking time to make demands that are honorable, reasonable and agreed upon.

A fourth guidepost is teaching your child what's right and wrong by your own actions and attitudes. A child learns a tremendous amount from you—this is discipline by example.

With the above principles in mind you're not likely to go to one or the other of the two extremes: too much punishment and restriction or too much freedom and "spoiling."

Down to Cases
The school-age child should know his day's timetable, when to be at breakfast, schooltime, lunchtime, bedtime and so on. Some children even like to post a schedule in their room and if it's not too rigid it'll help you to get his co-operation on daily routine.

Give him a chance to make many of his own choices such as clothes to wear, what to spend his money on, games to play, friends, occasional menus (an opportunity to prepare a meal for Sunday tea or Saturday lunch, setting his own arguments with brother or sister). Try thinking ahead to avoid head-on collisions. Perhaps Johnny gets too interested in his book to come to the table so some minutes before mealtime you might say to him "When you've finished reading will you get washed for dinner? Again, "Remember, Joan, if you want to listen to your radio program to-night, don't forget to do your homework first. You know we've agreed there will be no radio until all homework is finished. Such warning signals smooth the way to better co-operation.

(To Be Continued This Week)

Graduate Nurse



Miss Phyllis Tait, daughter of Mr. and Mrs. LeBaron Tait, who recently completed her training at the St. John General Hospital, St. John, N. B., received her diploma at the graduation exercises which were held on May 25.

Mr. and Mrs. Tait attended the graduation of their daughter.

I.O.D.E. Convention Opens in Saint John

By PAULINE KENNEDY
Canadian Press Staff Writer
SAINT JOHN, N. B., (CP)—More than 300 delegates to the Imperial Order Daughters of the Empire 54th annual meeting have arrived in this port city for sessions opening this week.

Convention officers held meetings Thursday and Friday in preparation for the open meetings which start Monday.

Official opening will be held Saturday when the speaker's rostrum will be studded with such notables as Premier Hugh John Flemming of New Brunswick, Mayor Ernest W. Patterson of Saint John, and Thomas B. Horsler, mayor of nearby Lancaster.

Lieutenant-Governor D. L. MacLaren of New Brunswick will address the order as well as the national IODE president, Mrs. Kathleen G. Drope of Toronto.

United Church WMS Increases Giving

TORONTO, (CP)—The Women's Missionary Society of the United Church of Canada raised \$1,161,222 last year, an increase of \$17,439 over 1952.

Mrs. J. R. Seaman, treasurer of the Dominion board of the WMS, announced the figures and also reported that Thursday's sessions of the annual meeting that expenditures totalled \$1,073,318, an increase of \$42,726 over the previous year.

Mrs. C. Maxwell Loveys, executive secretary, reported work among immigrants reveals "this ministry is of real service to newcomers and to the local church where the new-comer settles." The WMS continues to co-operate with the Canadian Council of Churches in the placement of refugees, she said.

Better English

By D. C. Williams
1. What is wrong with this sentence? "Both of the books were copyrighted in 1953."
2. What is the correct pronunciation of "church where the new-comer settles." The WMS continues to co-operate with the Canadian Council of Churches in the placement of refugees, she said.

ANSWERS
1. Say, "Both (omit of the) books were copyrighted in 1953." 2. Pronounce the u as in cube, not a cool. 3. Clairvoyant. 4. Holding fast. "He kept a tenacious grip on his temper." 5. Prostate.

Household Scrapbook

By Roberta Lee
Perspiration Odor
To remove the odor of perspiration on the body bathe in a basin of warm water, to which two table-spoonsful of compound spirit of ammonia have been added. This will leave the skin fresh and clean.

Violet Talcum Powder
Violet talcum powder can be made by mixing 14 ounces of powdered talc, 2 ounces of powdered orris root, 2-ounce extract of cassia, 3-ounce extract of jasmine.

PIONEER TELEGRAPH
The first telegraph messages in Canada were exchanged between Toronto and Hamilton in 1846.

WOMEN

Page 8 The Guardian Monday, May 31, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

The remembered items of today? Those we relive in mind now that the night is here to bring an end to its hours. So many crowd to beg for first place: scene of field and barnyard, of countryside and kitchen; and of the two schoolboys, we rest our work each morning to watch out of sight on the way to their classes.

Among so much, we would not yield this first place, and yet how clearly now and how exquisite the notes that come back to us of that thrush's song of this morning. Liquid they were and sweet as they dropped into the sunlight of the new-born day. It was, we decided, worth the bleakest spell of winter to hear again this enchanting voice which belongs to summery hours.

We were out about first, choring then, as James would relate, no lengthy or burdensome task—attending to the fowls, picking up a bit of kindling to have in store against lightning quick fires so often demanded at a moment's notice to make an early dinner or a bite of lunch in this busy season of the cropping.

And it came to our ears—that soft born of Heaven—the thrush's call. We paused to listen, thrush against hope to hear it repeated. Once more over the fields between, from the direction of a woody place of this farm the notes reached us, fainter this time but most enchanting. We were sorry that the children who would have found much pleasure in hearing

this little songster were still asleep. Or had been when we looked in on them on our way downstairs to the kitchen earlier.

Sweet and as always sad was the thrill as though the joy of another spring with its rejuvenated earth, fair and of every loveliness held to an element of sorrow: over the vanities of humans, maybe, our fancies and follies, our errands and shortcomings. Or was it only a sympathetic note it contained, for those grieving over some recent or past bereavement or were weighed with some cross or burden of fate? We smiled, so pleased with this gift of rare bird song to start away the new week. And remembered that only the other day Gage had discovered with nice anticipation "a bank just covered with wild strawberry blossoms—white as snow it was almost."

So many times in the strawberry season when the air was pleasantly full of the fragrance of blown daisy and clover and fern, the notes of the thrush have reached us in the sanctuary of some stump-fledgling of the farm where along sunny knolls we gathered the luscious fruit. It too, sweet and a bit sad it always preserved with the berries, in store for the white winter days.

This among much that was lovely we have of today: the song of a thrush on a morning of May.

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



Cook's Corner
A recipe for sugary apple muffins starts off this week's corner. With the homemakers of Springfield, W. I. supplying the ingredients and method.

SUGARY APPLE MUFFINS

2 1/2 cups sifted cake or pastry flour
3 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
4 tablespoons shortening
1/2 cup plus 2 tablespoons granulated sugar
1 egg beaten
1 cup bottled milk or 1/2 cup evaporated milk and 1/2 cup water
1 cup finely chopped, pared and cored apples

Sift flour with baking powder, salt, 1/2 teaspoon cinnamon, and 1/2 teaspoon nutmeg. Cream shortening and 1/2 cup sugar. Stir in egg, then flour mixture alternately with milk. Fold in apples, then fill greased muffin pans almost full.

Sprinkle with remaining 2 tablespoons sugar, 1/4 teaspoon cinnamon and 1/2 teaspoon nutmeg mixed. Bake in hot oven of 425 degrees F. 20 to 25 minutes. Makes 20 2 1/2-inch muffins.

—Springfield W. I.

That Body of Yours

By James W. Barton, M. D.
CURING TUBERCULOSIS OF THE SKIN

It is known that at times a specific remedy used in a certain disease may not help this one condition but does help some other condition. For instance, ACTH and cortisone may fail completely in some cases of arthritis and rheumatism but may bring a favorable response in other diseases. Similarly, research physicians have used insulin not for diabetes but for improving cases with loss of appetite.

For the past few years the drug isoniazid has been the specific treatment for skin tuberculosis and many cases have been cured or greatly benefited thereby. It was only natural, therefore, that physicians should try isoniazid on other cases of skin disease.

In the Journal of the American Medical Association Archives of Dermatology and Syphilology, Drs. L. C. Goldberg and C. R. Simon give isoniazid to 9 patients with tuberculosis of the skin, to 15 with tuberculid, to 8 with leprosy, to 4 with sarcoid, and 14 with miscellaneous conditions.

The drug had had a decidedly beneficial effect in all nine cases of lupus vulgaris (tuberculosis of the skin). The response of tuberculid to treatment was poor in all cases, excellent in 3 and satisfactory in 1. In 3 of the 8 cases of leprosy the disease responded satisfactorily. The drug gave no benefit in four cases of sarcoid, three of dermatitis. Doses of 0.2 to 0.6 gm. daily were well tolerated.

Reactions were somewhat troublesome when daily doses of 0.8 to 1.2 gm. were given but there was not a single severe toxic reaction.

We must remember that tuberculosis of the skin was incurable until recently. Thus in World War I, I noted a case and watched him for several years with no improvement. I accidentally met him more recently and found him absolutely free of all skin disturbances, thanks to isoniazid.

It is certainly encouraging to know that this formerly disfiguring disease can be cured completely and also that various other stubborn diseases, not in any way related to tuberculosis, may be helped.

Modern Etiquette

By Roberta Lee
Q. What does a bride do with her engagement ring before the wedding ceremony?
A. She can either leave it at home when she departs for the church, or wear it on her right hand. The wedding ring should not be put on above the engagement ring.

Q. Is it correct to say, "Mrs. Wilson, when you met Mrs. Johnson," if you are not certain that the two persons are acquainted?
A. Yes.
Q. Should the water glasses be filled before the guests are summoned to the table for a luncheon?
A. Yes, the glasses are filled and the butter is placed on the plates.

DOROTHY DIX

Philanderer
Shameless

DEAR MISS DIX: My husband and I met in college and, since we had many interests in common, our marriage, at first, was happy. Shortly after, however, I discovered my husband was interested in another woman. I said over about it, hoping it would blow over. It did—only to give place to another affair, establishing what seemed to be an endless chain. Finally, I spoke to him and exacted a promise that it wouldn't happen again. The promise, as you can probably guess, was meaningless. He says his outside activities have nothing to do with our life together is perfect. I should overlook this one deficiency. We have been married four years and are both in our mid-twenties.
Phyllis D.

A HARD CASE

ANSWER: Your husband's glib excuse that adultery has nothing to do with his marriage is contrary to laws of God and man. He has never read the Ten Commandments, the Marriage Service, and is he aware that adultery is the one cause for divorce accepted by all states? How can he dismiss so lightly this crime.
He has firmly ensconced himself in what, to him, is the ideal situation of enjoying the freedom of bachelorhood with the convenience of married life. He has a flabby morality and makes absolutely no effort to discipline it. Nor is it likely that he'll improve in the future. In fact, now that you are aware of his unfaithfulness, he won't even take the trouble to hide it.

Existence as the wife of a chronic philanderer certainly is not for a self-respecting woman. No matter how ideal the material side of your life may be, nothing can atone for the lost, spiritual value. A pleasant home, nice clothes, a good car, expensive entertainment are poor substitutes for the mutual loyalty that must be an integral part of any good marriage. Perfect faith, on the other hand, has held untold numbers of marriages together through depressions, wars, poverty, sorrow and every tragedy under the sun.

With your fine educational background, your capabilities, youth and personality, you would make a success in business anywhere. As at least a temporary measure I think it would be wise to leave your husband and make a place for yourself in the world. Perhaps a temporary separation will bring him to his senses and me him realize the wickedness of the life he's been leading.

DEAR MISS DIX: My husband, whom I love dearly, is overseas and I'm having a hard time raising our two children on the money I get. Yet, his mother is constantly writing him for money, which he sends to her. She really doesn't need it; her husband and another son are both working at good jobs.
B. B.

ANSWER: It's very difficult for a man overseas to refuse his family anything. When one is so far away from loved ones, pleasing those at home is important. Your mother-in-law is being very selfish in taking advantage of this situation. Certainly, she can see how much you need every cent you get and she should be helping instead of hindering you. Don't write to your husband about it; complaining will only upset him. You'll just have to speak to your mother-in-law, or wait until your serviceman returns.

HELPED HARVEST
The combine thresher-harvester was introduced in the Canadian West in 1922 at Spy Hill, Sask.

Perfection ICE CREAM
GALLONS
GAIN BULK
HALF GALLONS

No youth could take part in the early councils of the Micmac Indians until he had slain a moose or a bear.

Anne Adams Patterns

EXTRA-EASY! only two main pattern parts to cut out, stitch up for our favorite top! Make it in wool, linen, or pique. It has the boxy lines you love—the back interest that's fashion news. Cuffs can be turned back at any length. Quick sew it now.

Pattern 4875: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 takes 2 1/4 yards 54-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coin (stamp cannot be accepted) for this pattern. Print plainly: Size, Name, Address, Style Number.

Send order to ANNE ADAMS, 4/0 The Guardian, 60 Front Street West, Toronto, Ontario.

Discovers Home Skin Remedy

This clean stainless antiseptic known as MOONE'S EMERALD OIL, brings sufferers prompt and effective relief from the itching distress of many skin troubles—Itching Eczema—Itching Scalp—Itching Toes and Feet, etc.

MOONE'S EMERALD OIL is pleasant to use and it is antiseptic and penetrating that many old stubborn cases of long standing have yielded to its influence.

MOONE'S EMERALD OIL is sold by druggists everywhere. A real discovery for thousands who have found blessed relief.

HUGHES DRUG CO. LTD.



1st Southport Girl Guide Tea and Program

Wednesday, May 19, 1st Southport Girl Guides under their leaders Mrs. Neil A. Matheson and Mrs. Arthur Wellner and assisted by Miss Louise McCarron, Mrs. Harold Anear and Miss Patsy Cooper were "At Home" to a large number of parents and friends. A delightful program was held, after which all present went into a reception room which was tastefully decorated in pink and yellow crepe paper while the table looked very beautiful, the color scheme being carried out with forsythia and daffodils for a centre piece. Pouring leas were Irene McCarron, Arlene Smallwood, and Ann Moran. Pouring chocolate milk, Judy Reardon, Bonnie McKee, and Marion MacDonald. Serving were Eleanor Henry, Arlene MacDonald, Jeanette Boudreau, Marilyn Robertson, Marjory Smallwood, Claudia Robertson, Fay and Catherine Hayter, Bernadette Gallant, Donna Hogan.

Settling the novel plates up: Margaret Dawn Matheson, Margaret Anear and Joyce McKee. Hostesses at the door: Gail Baldwin, Roberta Moran, while Theresa Gallant and Betty Rogers looked after the tickets at the door. The delicious sandwiches were made by the Guides themselves and the sweets, by their sponsors, the Women's Institute members. A big "thank you" to all who helped to make the tea such a success.

Program:
Chorus: Fair Canada—Bonnie Dundee by Guides.
Greetings of Welcome—Donna Hogan.
Reading—Arlene Smallwood.
Solo—Arlene MacDonald.
Solo—Roberta Moran, Jeanette Boudreau.
Duet: Bouquet of Rosemary—Arlene MacDonald, Roberta Moran.
Organ solo—Margaret Dawn Matheson.
Skit: Swanes River—Irene McCarron, Ann Moran.
Duet: Marjorie Made the Tea—Marjorie and Gail Baldwin.
Skit: Beauty Salon—Margaret Anear, Marilyn Robertson, Judy Reardon, Bernadette Gallant, Eleanor Henry, Margaret Dawn Matheson.

Chorus: Merry Life and Melancholy Chorus.
Solo: Mother—Roberta Moran.
Song: Guide Law—by Guides.
Accompanist, Miss Sue Jones.
Skit: Beauty Salon—Margaret Anear, Marilyn Robertson, Judy Reardon, Bernadette Gallant, Eleanor Henry, Margaret Dawn Matheson.

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Royal Tourists Like Others

WASHINGTON, (AP)—A lively pair of young people accompanying Emperor Haile Selassie of Ethiopia on his state visit to the United States are proving that royal visitors have some—but not all—of the characteristics of ordinary tourists.

The emperor's 24-year-old son, Prince Sahle Selassie Hapte Selassie, clicked his own camera right back at the photographers accompanying the royal party.

But Princess Sybil Desta, the emperor's 19-year-old granddaughter, parried a reporter's question like a born diplomat, according to "Asked what she would like to do outside the official rounds, her smiling answer was: "But everything is planned."

The slender princess, her tailored blue linen suit and little white hat contrasting with her grandfather's red-tadged field marshal's uniform, is the daughter of the emperor's eldest child, Princess Tenagne Worg, and of Ras Desta, who was killed fighting the invading Italians in 1937.

The princess, a student at Oxford, and the prince, whose hobbies are flying and collecting jazz records, will visit New York incognito for two weeks in July.

What to do When The Boyfriend's Car Breaks Down

HUDDERSFIELD, England (CP)—Huddersfield girls today start learning a technical way to handle would-be Romeos who drive them out lonely roads and then say: "I'm afraid the car has broken down, honey."

It is part of a new course given by the local technical college to teach car owners about their vehicles.

Many girls are reported to have applied for the course—which includes mechanical instruction on what to do if the boyfriend's car breaks down.

Alice Brooks Designs

PINEAPPLE TREAT!
Company coming? Dress up your home with this exquisite dolly. It's pineapple design and spider-web stitch combined in a graceful, fascinating arrangement.

Crochet Pattern 7140: dolly, 16x21 inches in No. 30 cotton; 24x32 inches in heavy cotton.

Send Twenty-five Cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

BRAND-NEW, beautiful—the 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

7140
by Alice Brooks

How Can I?

By Anne Ashley
Q. How can I make a good varnish remover?
A. Dissolve thoroughly one quart of good caustic soda in three quarts of lukewarm water and apply with a coarse sponge. Or try two parts of spirits of ammonia to one of turpentine; apply with a rag.

Q. How can I remove grease spots from wallpaper?
A. By applying a paste made of calomel and water and let it dry on the spots, then scrape off carefully with a sharp knife.

Q. How can I stiffen a straw hat?
A. Clean and dry the hat, then sponge thoroughly with the beaten white of an egg and put on a hat stand to dry.

CLYDE RIVER W. I.
Mrs. Geo. Dixon was hostess to a joint meeting of the Kingston and Clyde River W. I.

Roll call was answered by 12 members with an exchange of flower slips. Roll call for June will be a donation of kitchen articles for the hall. A donation of a dozen cups to the institute was gratefully received.

The school committee reported that plastic cups were purchased and paper towels needed. The buying committee reported having obtained a sideboard, 4 dozen cups, dishpan, aluminum pot, scuttle, shovel and picher.

It was decided to make 15c lunches for the two nights the play is presented, each member to make 10 lunches.

Mrs. Frank Gillespie invited members for June meeting. Mrs. Daniel MacNeill will give a demonstration of her handiwork at this meeting.

Two contests were put on by Mrs. Leith Newton and Mrs. John Darrach.

A social hour was enjoyed by members of both Institutes.

OLD TAXATION
As early as 1763 an assessment act in Nova Scotia provided for taxation on real and personal property.

WOULD RESTRICT ARCHERY
SARNIA, Ont., (CP)—The game of Robin Hood has gone forever if a proposed bylaw amendment in this city is carried out. The city solicitor will be asked to amend a bylaw governing the use of firearms within the city to include bows and arrows. The Sarnia recreation commission favors restricting use of archery equipment to organized shooting under supervision on target ranges.

These days most people work under pressure, worry more, sleep less. This strain on body and brain makes physical fitness easier to lose—harder to regain. Today's tense living, lowered resistance, overwork, worry—any of these may affect normal kidney action. When kidneys get out of order, excess acids and wastes remain in the system. The backache, disturbed rest, that "tired-out" heavy-headed feeling often follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys to normal action. Then you feel better—sleep better—work better. Ask for Dodd's Kidney Pills at any drug counter.

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Morning Smile

A man wearing a hearing-aid got into a taxi whose driver displayed great interest in the gadget.

"Are those things any good?" he asked. The passenger replied that he would be lost without it.

"Ah," said the driver, with a sigh, "nearly all of us have something wrong. Take me, for instance, I can hardly see."

The Stars Say
By Estrellita
For Tomorrow
A SPIRIT of restlessness prevails this day, urging you on to make drastic changes either in business or household affairs. It would be advisable, however, to control such impulses.

Instead, work off excess energy and vary the monotony of routine by taking a short trip, seeking some new social diversion or spending some time with friends you may not have seen in a long time. Such minor changes in your daily program will do a great deal to counteract present influences.

Reading, writing, catching up on correspondence or listening to good music will also alleviate boredom and, at the same time, prove an inspiration.

For the Birthday
If tomorrow is your birthday, your planetary aspects indicate a definite upward trend both professionally and career-wise from now until the end of the year.

For the Gemini-born, this first day of June marks a real turning point. Anxious and tensions of the past should be forgotten now, since you have the signal to go full speed ahead with plans and projects which will not only benefit you immediately, but which will have an important bearing on your future.

Many opportunities will come your way during the next few months