

Jamaican Calypso For The Queen

KINGSTON, Jamaica (Reuters) This is the calypso—"hip hooray for de gracious" Queen—with which Queen Elizabeth and the Duke of Edinburgh were welcomed to Jamaica.

That Body Of Yours

By James W. Barton, M.D.

WHAT SHOULD BE KNOWN ABOUT RHEUMATISM

So much was expected from ACTH and cortisone that it was called a "cure" for rheumatism and arthritis and throughout the civilized world patients waited hope-fully for months expecting that their rheumatism and arthritis would soon be a thing of the past.

In their pamphlet, "What You Should Know About Arthritis," the Canadian Arthritis and Rheumatism Society gives up-to-date advice. Among things it is important to know about these diseases are the following:

If you suffer or think you suffer from some form of rheumatic disease, your first thought should be to consult your family doctor and not follow suggestions of friends or neighbors, however kindly given.

"What is good for your neighbor's rheumatism won't necessarily be good for yours. Because your sister or your cousin sings the praises of one kind of treatment or condemns another, doesn't mean that you will experience the same results."

"One of the misleading and distressing occurrences is that for some unknown reason many cases of rheumatism and arthritis clear up by themselves and if the patient at this time is taking a drug, diet, or some special form of treatment he naturally attributes his relief from symptoms to this diet, drug, or form of treatment, instead of to nature."

Another important point that all should know is what to do about exercise or physical work. Some people will tell you to keep going at all costs. This is good advice to prevent stiffness and deformity but not if joints are swollen. When joints are not swollen, red or inflamed, then movement, exercise, improves the joint and muscle tissue in or near the joint, but can be dangerous if joint is inflamed or swollen.

What about drugs to relieve pain and prevent disability and deformity? As stated before, the drug that has been used for more than thirty years, acetyl salicylic acid (aspirin) still stands first. When the patient is allergic to this drug (causing stomach upset) the addition of certain other drugs makes it possible for the physician to prescribe very large doses of acetyl salicylic acid or other salicylates without causing untoward effects.

The first commercial milk bottle was made in the United States in 1884.

A Country Garden

By Mrs. Gordon MacMillan

If I had a singing bird And a hound that knew I was God And a rose bush and berry bush And a shamrock in the green sod, And a little, little, small house, And a red apple tree, I would thank the Almighty God Who was good to me.

ELLEN'S DIARY

By An Island Farmer's Wife

And now with the field-work past, what comes next to the hands of our farmers? James mentioned one endeavour "we must—or should do before winter sets in "as we walked to-night in the silent fields and lanes of this neighborhood. No excursion abroad could possibly afford him more enjoyment than to stroll in these farmlands he knows.

The fall scenes of the woodlands felt about us then, of green sweet ferns that were, of woods' blossom and leaf now withered and serene. Of balsam fir, of hemlock and spruce bound about with the damp of the earth-rich distillation of all these made the fragrance for our passing.

"What's that?" we almost whispered as noise of something moving close by broke the stillness. "A bear perhaps," James teased, "or maybe that wild critter they've been seeing 'over across'—though more likely it's a rabbit, Ellen."

"No, I dare say not," he agreed. "And isn't it nice!" he offered. "How quiet it is—there's not even an owl's call, or a dog's or the bark of a fox to disturb it," we said. "It's the wake of the year."

"Yes—the fall does seem a bit mournful, but we'll soon forget that side of it as we move into the winter. Dear me, even to think of that is to remember the number of things we must—or should do before it sets in. We'll be so busy then with the barn-work, and in the woods."

We smiled in the dimness, recalling the words of one who knew little of farming, sympathizing with James in the harvest-time over the labor of it all. "Well, there's this to it," she smiled, "it won't be long until winter and then you'll have nothing to do! Oh I suppose," she reflected a moment, "you'll have to feed the stock, but that," she nodded, "will only help you to pass the time. Do you not find, with so little to do, the season monotonous?"

"No," James replied, "I can't say that I do. As you say we have to tend the stock and that sort of keeps our minds busy and our muscles in trim—that and the oddments of work we find to do. And over-hearing we knew, as did he, that on these farms where mixed farming is followed, at no season of the year are there any idle days for the farmers."

"First off," James commented tonight, "there's the rest of that stable-floor to be 'run'. And then there's the garden. Did you see that star fall, Ellen? Some soul Home-bound!" he said softly. "But bed-bound we two are now—at the close of a day that was good."

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

Fruit should be cooked slowly, either simmered, steamed or baked in a small quantity of water. Less sugar will be required, and the fruit will be more tender and the flavour better if the sugar is added after the fruit is cooked. Dried fruits should be washed thoroughly before cooking.

Wed At St. Dunstan's Basilica



Photographed above are Mr. and Mrs. Jacques Coulombe (nee Lorna Noonan) and their attendants following their wedding at St. Dunstan's Basilica on October 10. They are, left to right, Mr. Allan MacDonald (usher); Mr. Marc Coulombe (best man for his brother); the groom and his bride; Mrs. Louis Crete (matron of honor for her sister); Miss Bernadette MacDonald (bridesmaid); Miss Pauline Noonan (bridesmaid for her sister) and Mr. Emile Juneau (usher).

How Can I . . .

By Anne Ashley

Q. How can I avoid toughness when baking cookies? A. When cutting out cookies, they can be handled more easily if the dough is chilled several hours before it is rolled. Place as little flour as possible on the board, because extra flour and much handling result in tough cookies. Roll out and cut a few cookies at a time.

Q. How can I clean a bronze article? A. One of the best methods is to dip the article in boiling water and then rub with a soft cloth dipped in yellow soapuds. Last, polish with another soft and dry cloth.

Q. How can I remove paint stains from clothing? A. Paint stains on clothing can often be removed simply by rubbing the stains with the wrong side of the same material.

was found on the north side of our island not far from the wave-washed shore where the sound of the sea reached the spot where one of our ancestors was resting. Markers of red sandstone and a very few marble slabs were found under a Balm of Gilead tree and it does not need very much imagination to see in the dyke surrounded space all the sorrows and life of the long ago. The dyke was a raised mound of large stones with the evergreen trees all round about. The sunset was beautiful on the inland lake as we drove home after a memorable afternoon. Bunches of grey Bayberries were gathered to place in round jars on the mantle.

Garden books are wonderful gifts for any gardener at the Christmas season and now is the time to order. If your friend specializes in any flower, a year's subscription to a Rose Society, Delphinium, Iris, Herbs, House Plants, Wildflowers, Violets, or Flower Arrangement, will be very acceptable. Books on roses are particularly good as well as interesting stories of gardens will also be appreciated.

Subscriptions to garden magazines are next best to a good garden book as a Christmas gift and there are many to choose from. It is not too soon to be making plans for these subscriptions. Ships of favorite house plants are welcome gifts at this festive season, and seeds from your garden and made up in beautiful packages by using illustrations from colorful catalogues can be tucked in a greeting card and mailed to some one at a distance from your garden. Any gardener would be glad to receive at the Christmas season and now is the time to make plans for them.

December garden chrysantheums are something to write about and I have been reading about them in a good magazine. The cultivation of chrysantheums in the garden extends back through many centuries, especially by the Chinese who regard them as the "flowers for meditation". The Japanese also have cultivated the chrysanthemum for unnumbered generations and have developed many types and forms. Certain of the large flowered, rather shaggy forms are referred to as the Japanese type, although many others have been originated by the skilled nation of gardeners.

Relatively greater hardiness, larger flowers and the more upright habit of this newer class of hybrids indicate that they meet with considerable favor with gardeners who wish to grow chrysantheums for landscape use. When cut back or pruned as most landscape varieties should be, they produce many lovely flowers. Thus, these newer hybrids serve a double purpose, because they are useful for landscape effects, for making arrangements and other decorative uses.

Any flower that extends the garden season for weeks in the Fall is a very valuable plant and when the hybridists perfect a winter hardy type then the garden chrysanthemum will be grown more generally than at the present time.

Morning Smile

Tommy went to a party, and when he returned home he was questioned in detail about his behaviour. "Well," said his mother, "I'm glad you didn't take a second helping of cake."

"I never take second helpings now," Tommy said, wise in the way of parties. "I take two pieces the first time the plate is handed me."

Cook's Corner

By Roberta Lee

PLUM PUDDING 2 cups raisins 2 cups currants 2 cups stale bread 2 cups cracker crumbs 2 heaping cups suet 2 cups white sugar 4 eggs 1 cup sweet milk 2 cups flour into which sift 3 teaspoon baking powder 1 teaspoon salt

Flavor with 2 teaspoons lemon extract and nutmeg if liked. —Mrs. Neil S. Morrison, South Pinette W. L.

Better English

By D. G. Williams

1. What is wrong with this sentence? "We left as soon as we were through with our work, but the foreman objected to us leaving."

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

3. Which one of these words is misspelled? Perspiration, perspicuity, perogative, pertinance.

4. What does the word "aquiline" mean?

5. What is a word beginning with ba that means "playful rallery; banter"?

ANSWERS 1. Say, "We left as soon as we had finished our work, but the foreman objected to our leaving."

2. Accented second syllable, not the first. 3. Perogative. 4. Hooked; a prominent like the beak of an eagle, applied especially to the nose. "Many great men of history have had aquiline noses." 5. Badinage.

Modern Etiquette

By Roberta Lee

Q. When a girl has spent a week-end in another girl's home, to whom should she address her "bread and butter" letter?

A. This letter may be addressed to her friend, but she certainly should include a message of sincere appreciation to the girl's mother, who usually deserves much of the credit for a pleasant visit.

Q. In restaurants where tartar sauce is served in little paper cups on the plate with the fish, how is this eaten?

A. You can either transfer a small portion to the fish with your fork, or you can remove a quantity of the sauce with your fork and place it on your plate.

Q. Should the bride who is being married in a suit or travelling costume carry a bouquet of flowers?

A. More appropriate would be a corsage of orchids, gardenias or any flower that suits her fancy.

Heinz puts in the CREAM - you add only WATER

SAVE ON MILK HEINZ 57 CONDENSED CREAM OF TOMATO Soup 57

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DOROTHY DIX'S COLUMN-

She Monopolizes Boy

Girl Guides All Lad's Activities, And His Affection For Her Cools

DEAR MISS DIX: I'm afraid I'm losing my boy friend through over-possessiveness. I am very much in love with him and I know he once loved me, too, but now he says he isn't so sure. A glance at his background may help you see the situation. He never has much freedom, since his parents have always been very strict. Even now, as a senior in high school, he's not permitted to go out as much as the other boys. Since we've been friends—three years—I have monopolized his free time. I made him center his whole life around me. He likes sports, but unless I could participate with him, I strongly objected to his activities. He never had a chance to make other boy friends, because I was always on the spot first. He's not as mature as I am, although he's a year older. What can I do to bring him back to his former status?

WANDA B. ANSWER: I'm afraid that instead of being mature, you are just the opposite. Your desire to dominate a friend is strong evidence to immaturity. Now that the realization of your fault is beginning to take form, you are really achieving emotional development. Your man certainly has been tied down, first through overstrict parents, then by a girl who might have aided him, but instead imposed further restrictions on him.

UNDERSTANDABLE DESIRES That he would like a bit of freedom, a choice concerning his friends and activities, is certainly understandable. Your part in his life, at least for the time being, is to step aside and let him get into the swing of high-school life. If girls become part of this new phase, cross your fingers and hope they're just interludes. If you want to continue an active part in your beau's social awakening, do so constructively.

DEAR MISS DIX: For the past year I've been going with a girl of a different religion. We've been living together during part of that period, and though I have never made a promise of marriage, she seems to think she owns me, demanding an accounting of all the time I'm not with her, etc. Has she a right to do this?

P. F. ANSWER: Apparently neither of you has been affected by your religion, unless you belong to a sect that never heard of the Ten Commandments. As for the "rights" demanded by the girl—since she's given you marital rights, don't you think she's entitled to some consideration? Your ethics are as bad as your morals, young man.

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

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