

That Body Of Yours

By James W. Barton, M.D.

PREVENTING CHILDREN'S EMOTIONAL DISTURBANCES

It was found after World War I that children born during that war were highly emotional. They were found to be bright and clever, but unstable emotionally.

Our general physicians and psychiatrists are finding that there is more emotional instability or emotional disorders in our population than ever before. In the guest editorial of the Year Book Pediatrics some months ago, Dr. Harry Bakwin, of New York City, states that the recent concern about the relatively great number of cases of emotional disorders has caused an intensification of inquiry into those factors which increase healthy emotional development.

Thus wider parental education extending into school and college curriculums, a relaxation of many of the rigidities of infant and child care of the past, a new enthusiasm for breast feeding of infants and a growing interest and demand for rooming-in arrangements for mother and infant are evidence of increasing interest in minimizing or decreasing emotional disorders.

This means that the family physician has a large role to play in aiding parents to help their children to develop into natural everyday boys and girls and so become normal men and women.

Dr. Bakwin further points out that the family physician, when consulted about behavior disorders in children, should remember that behavior disorders may result from real or organic disturbances of brain and nerves as well as from disturbed interpersonal relations.

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Do you gasp, wheeze and fight for breath, so you can't get proper sleep? Templeton's RAZ-MAH capsules help you to breathe easily, relieve of wheezing and gasping. They loosen tight-packed phlegm in bronchial tubes, so it comes away easily. Sleep and work in comfort, take RAZ-MAH today. 65c. \$1.35 at druggists. R-35

Better English

By G. C. Williams

1. What is wrong with this sentence? "Directly I came here, I knew there was no city as beautiful as this."

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

3. Which one of these words is misspelled? Apostrophe, antullment, anisset, anneal.

4. What does the word "obtrude" mean?

5. What is a word beginning with appa that means "a phantom; ghost"?

ANSWERS

1. Say, "As soon as I came here, I knew there was no other city so beautiful as this." 2. Pronounce: kuy-i, u as in up. 3. Annulment. 4. To thrust oneself upon attention. "The vulgar rich obtrude their pretensions on the public." 5. Apparition.

with family and others. "For this reason, the general physician or child specialist cannot defer to the psychiatrist or psychologist the complete study of the disturbed child."

Certainly, the family physician, after giving the child a thorough physical examination and being familiar with the child's home life and family background, has a great advantage over the psychiatrist or psychologist in the management of emotional disorders. "Disturbances in behavior may be due to differences in mental capacity. Thus the unrecognized slow-learning child may be put under pressures in both home and school so that he presents adjustment difficulties. Similarly the very bright child in the regular school setting may become bored and disinterested in his studies and may show behavior disturbances to provide an outlet for his energy. In some cities the very bright children receive special attention just as do the backward or retarded children to prevent this restlessness or boredom.

As we are living in a disturbed world, it is gratifying to know that our leaders recognize this and try to prevent emotional disturbances in children.

Pretty Wedding At Kinkora



Above are the principals in a wedding at St. Malachias Church, at Kinkora, on January 7th. From left to right (standing) are Mr. Freddie Whelan, groomsmen; Mr. and Mrs. Reg. McLellan (the former Marjory Roberts, R.N.), Messrs. Ezekiel Roberts and Lorenzo McLellan, ushers. Seated are the bride's attendants, Miss Dorothy Smith, R. N., and Miss Noreen Shreenan, R.N.— (Photo by Heckbert).

A very pretty double ring wedding ceremony took place on January 7th, at St. Malachias Church, Kinkora, when Marjorie Roberts, daughter of Mr. and Mrs. Aloysius Roberts, exchanged marriage vows with Reginald, son of Charles and the late Mrs. McLellan, Spring Valley.

Rev. W. V. MacDonald officiated. The bride, who was given in marriage by her father was gownned in a white ballerina dress of net tulle over satin, headress to match, with shoulder length veil. She wore a single strand of pearls, gift of the groom, and carried a bouquet of red roses.

The bride was attended by Miss Dorothy Smith, R. N., and Miss Noreen Shreenan, R. N. Her bridesmaid wore mauve net over taffeta, and the maid of honour, Nile green net over taffeta. Each had headress and shoes to match and carried nosegays of mauve and yellow mums.

The groom was attended by Mr. Fred Whelan. During the ceremony hymns were rendered by Mr. Raymond Kelly, accompanied by Mrs. Raymond Smith, sister of the bride.

Afterwards a reception was held at Birch Hill for sixty-five guests. The bride's table was centered with a beautiful three tier wedding cake topped with a miniature bride and groom made by the bride's aunt, Mrs. Bruce Thompson.

Mr. Ronald Dunphy acted as toastmaster. The toast to the bride was proposed by Rev. W. V. MacDonald and fittingly responded to by the groom.

Following the reception, the young couple left on a tour throughout the Maritimes, after which they took up residence in Summerside.

The bride is a graduate of the Charlottetown Hospital School of Nursing and the groom is an employee of the Island Telephone Company.

DOROTHY DIX'S COLUMN

Frowns On Her Child

Widow Worried Over Adjustment Between Son And New Husband

DEAR MISS DIX: In a few weeks I am marrying Fred, and I am afraid of trouble between him and my seven-year-old son, Larry. So far they have gotten along pretty well together, but there are indications that this felicitous state will not last. I have been a widow for four years, and since I had to work to support the boy, I boarded him with a family in the suburbs. Consequently, I saw him only on week-ends. Now there is an adjustment to be made between my son and myself. I have given up my job and in the few weeks I've had Larry to myself I realize he has been babied. This is Fred's chief objection to him. He claims that Larry should be much more grown up, and is trying to push him too far. I feel that the adjustment should be made gradually. Fred feels Larry should begin to be independent at once. Larry gets along very well in school, has many friends, and has always made a favorable impression on adults.

ANSWER: Larry seems to be in for a series of adjustments that would try the average adult. You're taking your required duties of motherhood too seriously, Fred is assuming the obligations of a stepfather with all the spirit of a born reformer, and poor Larry is in the middle trying to fathom the meaning of all the sudden activity around him.

The child has already gone through one great period of readjustment after his father's death, when he had to learn to do without both father and mother in a new family environment; now he is going through the whole process again. Both you and Fred should be more gentle with the boy and give him a chance to get his bearings. You wouldn't expect to uproot an adult and have him merge into new surroundings with no perceptible struggle; why expect a youngster to accomplish the impossible?

Before you marry Fred it should be clearly understood between you just exactly what your respective relations to Larry will be. Fred, as the newly acquired father, certainly should have some say in the rearing and disciplining of the boy, but his responsibility should not include tyrannical tactics. A seven-year-old is barely out of babyhood and should not be expected to act like a man. The transition should come gradually, and if the child has been babied in his foster home, don't expect him to change overnight and suddenly become a self-possessed, self-reliant person. These things come through patient training, not suddenly.

TACT AND LOVE NEEDED

Your little triangle has all the makings of a domestic tempest, and it will take tact and deep love to keep the angles in their proper places. There is almost always a difficult situation to overcome in second marriages that involve children; a natural jealousy exists between the child and step-parent and each is inclined to regard the other as an interloper. Handling both of them in a manner to keep everyone placated and happy is a grueling task for a woman.

Keeping in close touch with Larry's teachers will help you follow his progress, and she also will give you particular advice as to whether or not he is adjusted at his own age level. If, in the opinion of his teachers, he measures up to other children of his age, don't try to change him. Nature will take care of progression in her own time-tested manner.

DEAR MISS DIX: I have been going steady with a girl for almost half a year. I am 16 and she was recently 17. She'll be out of high school this year while I have still two years to go. Do you think I'm too young to go steady? Why are girls' parents so unreasonable and old-fashioned? They do not want us to go steady. We can have dates only on week-ends.

ANSWER: Your extremely well-written letter certainly proves that you are more mature and intelligent than most boys of 16, and have earned the right to date a girl a year older.

Parents who impose such restrictions, described by you as "old-fashioned," are really just guarding the welfare of their child. There's nothing unreasonable about that. Your girl has generous dating privileges, and her parents are quite right to frown on "going steady" at your respective ages. You'd do well to cultivate some other girls, but if you insist on sticking to this one, prove your maturity by acceding to her parents' wishes.

DEAR MISS DIX: What can I do to cure my husband of extremely bad table manners? He knows better, but seems to delight in humiliating the children and myself by his uncouth behavior. The children feel they cannot bring their friends in to a meal.

ANSWER: Make it a point, in whatever way fits into your family schedule, to refuse to sit at the same table with your husband unless he observes the rudimentary rules of table etiquette. You and the children should have your evening meal before he comes home, then let him eat alone. He's acting like a child, and should be treated as such.

ELLEN'S DIARY

By An Island Farmer's Wife

And so yesterday, Aunt Kitty's words came back to mind: "Live a day at a time... and as best we can." But how? "Live every day as though it were your last," someone has advised. But how quickly then we fancy we should stop the work of our hands to sit and mourn for the delights of the earth we were about to leave!

For sun setting diamond glints on the mill-pond, for happy saucy wind of spring to ruffle; for summer leaves whispering their enchanting secrets; for the beauty of daisied meadows... and dawn, and dusk, and daylight and darkness; for rain pattering on roof and the golden gleam of the harvest; for green of pasture and red-brown of furrow; these things and a hundred others we should sigh about no matter the promise of the heights ahead, if given a last day to spend.

There is, however, a better way. We came upon it under the heading of "How to Enjoy the Happiest Day of Your Life," by J. P. Newton. It said: "We can do anything for one day. So just for today, let us be unafraid of life, unafraid of death which is the shadow of life; unafraid to be happy, to enjoy the beautiful, to believe the best."

"Just for today let us live one day only, forgetting yesterday and tomorrow, and not trying to solve the whole problem of life at once. Lincoln said that a man is just as happy as he makes up his mind to be. Suppose we make up our mind to be happy just for today, to adjust ourselves to what is — our family, our business, our luck. To try to make the world over to suit us is a large order. If we cannot

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Modern Etiquette

By Roberta Lee

Q. Is it all right for a girl to give her fiancé an engagement gift?
A. Although it is not customary or obligatory, there certainly is nothing wrong with it. Her gift might be cuff links, key chain, or cigarette lighter or case.

Q. When one is a guest at a dinner served in a hotel dining room, or a restaurant, should one leave a tip for the waiter in addition to that left by the host?
A. No; this is only the obligation of the host.

Q. Is it all right to cut hot biscuits at the table with the knife?
A. Never; break them apart with the fingers.

How Can I

By Anna Ashley

Q. How can I thoroughly clean a tobacco pipe?
A. Soak the pipe in cold coffee for an hour, cleaning out the stem with pipe cleaners. The coffee will soften the caked material in the bowl, which may then be pried loose with a blunt instrument. Stale pipes can always be cured with this treatment.

Q. How can I be sure of an even color when using a soap dye?
A. When tinting garments with a soap dye, put the cake of soap into a shaker and shake in the water until it is the shade desired. This insures an even dye and clean hands.

Q. How can I remove iron rust?
A. Iron rust is easily removed by applying a mixture of salt and lemon juice. Rub thoroughly.

Cook's Corner

SCALLOPED PARSNIPS

A superb way to serve parsnips. Sauce has excellent flavor and consistency and it is absorbed by the parsnips. The crisp golden topping is good to see and good to eat.

Yield—6 servings.
2½ cups ¼-inch cubes raw parsnip
3 tablespoons butter or margarine
2 tablespoons chopped onion
1½ tablespoons cornstarch
¼ teaspoon salt
1/8 teaspoon pepper
1 teaspoon granulated sugar
1½ teaspoon monosodium glutamate, optional
1½ cups tomato juice
1½ cups coarse soft bread crumbs

Boil the parsnips in a small amount of salted boiling water until tender; drain.
Melt 2 tablespoons of the butter or margarine in a saucepan; add onion and fry gently, stirring often, until onion is tender and golden.

Remove from heat and blend in the cornstarch, salt, pepper, sugar and monosodium glutamate (if used); gradually stir in the tomato juice.

Cook the sauce, stirring constantly, until smoothly thickened; mix in parsnips, and turn into a greased casserole.
Melt the remaining tablespoon butter or margarine; add the bread

To Wed Unseen Pen-Pal in U.S.



Nineteen-year-old Lily Wilson, from the Far East. "Pen pals" for the past eight years, the young couple plan to wed though they've never met. Their long correspondence amounted to over 1,000 letters which Miss Wilson is seen holding (above).

Household Scrapbook

By Roberta Lee

Testing Coffee

If you wish to test the quality of coffee, stir a teaspoonful in a half glass of cold water. There will be very little discoloration if the quality is good, and very few grounds will sink to the bottom of the glass.

Warts

To remove warts, dip a toothpick in nitric acid and touch the wart not oftener than once every two days. Great care must be taken not to touch the surrounding flesh.

Low Ceilings

To give an impression of greater height to a low ceiling run two strips of the wall paper border lengthwise at each corner.

The Stars Say

By Genevieve Kemble

For Tomorrow

IN spite of hidden dangers, double-dealing, fraud, and "sharpers" with their wily schemes, this could be a day of notable and unforgettable crises, with culminations of "dreams come true" perhaps beyond the bounds of reason and common sense.

It is probable that such an exciting and benefic as well as intriguing and mystifying condition may involve a sudden and breathtaking congeries of astral forces. Keep in an alert and judicious frame of mind when some rare fortune comes knocking at the door, albeit with some hazard, penalties.

For the Birthday

Those whose birthday it is are elected for a dynamic year, with much stirring in all affiliations, ambitions, aspirations and plans in which all phases of life may be up for sudden and spectacular development. Far-reaching consequences,

crumbs and toss to combine Sprinkle over parsnips in sauce.
Bake in a hot oven, 400 degrees, until topping is golden—about 15 minutes.



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Winner of 25 Cooking Prizes at 1952 Stanley Fair

Over the years at Stanley's century-old fair, a goodly crop of top awards for baking has come to Mrs. Frank Good, of Stanley, N.B.

At the most recent exhibition Mrs. Good's rolls, bread, cakes, cookies, pies and preserves won no less than 25 awards — an enviable record in a county where home cooking is a fine art.

"Certainly it takes experience to be a good cook," says Mrs. Good, "but it also takes the

best ingredients. For example, you have to use a good reliable yeast to get top results for rolls and bread. I myself use Fleischmann's Yeast... Fleischmann's is so active and dependable."

That's where they all agree! Prize-winning cooks say that Fleischmann's Yeast simply has what it takes to give you perfect risings each time. No wonder it's been the favorite with Maritime women for over 80 years!

Morning Smile

Wrong One

At a circus a man walked over to the camels, picked up a straw, placed it squarely on a camel's back and waited. Nothing happened. "Wrong straw," he muttered, and returned to his seat.

Really Clever

Two friends, one married, the other a bachelor, were at the latest play, admired the performance of a famous actor.

"By Jove," the married man murmured, "he's wonderful. The way he displays affection toward the leading lady, eh?"

"Yes — pretty good," the bachelor agreed, "but, you know, he's been married to her for 18 years!"

"What? Really married? Gosh—what an actor!"

KING COLE TEA

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AS HE OPENED THE DOOR, HE WAS HIT ON THE HEAD AND GAGGED. WHILE HE WAS LYING HELPLESS, THE THIEVES SNATCHED UP WHAT THEY COULD CARRY. COLONEL BLOOD CHOSE THE STATE CROWN WITH THE PRICELESS RUBY. SMASHING IT AS FLAT AS POSSIBLE, HE HID IT UNDER HIS CLOAK. WHILE ONE FRIEND WATCHED OUTSIDE, THE OTHERS TOOK THE ORB AND THE SCEPTRE.

Anne Adams Patterns

WEEK'S SEW-THRIFTY

Beautiful basic! It's KIND to your budget! Clear classic lines, adaptable collar, frivolous fascinating accessories give you many dresses for the making of one! Be smart—make the dress in a neutral shade, and many accessories in prints, checks, or white!

Pattern 4766: Misses' Sizes 12, 14, 16, 18, 20. Size 18 dress takes 3½ yards 39-inch fabric.

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by Anne Adams