

That Body Of Yours

By James W. Barton, M.D.

DIET WHICH SHOWS IF FOOD ALLERGY IS PRESENT

It is only in recent years that we are fully recognizing the truth of the old saying that "what is one man's meat is another man's poison." I am referring to allergy. We have known for years that urticaria (hives) followed the eating of strawberries, and that hay fever (pollen catarrh) followed the floating in the air of ragweed pollen. From these two main facts (a) eating certain foods caused hives and stomach upsets, and (b) breathing in pollen in the air can cause symptoms of hay fever—head colds, running nose, itching eyelids—and only food can cause hives and stomach upsets. In this idea we are mistaken, as pointed out by Drs. Howard J. Lee and Theodore I. Squier, Milwaukee in "The Journal of the American Medical Association". Foods are important causes of allergic reactions as they provoke symptoms alone, or they may aggravate symptoms caused by breathing in pollen dust, and other substances. However, it is easier to detect the allergic reactions caused by substances in the air than where foods are causing the reactions. Both foods and the inhalants (substances floating in the air) can cause rhinitis (head colds), asthma, hives and other head, nose and eye symptoms, and also stomach and intestinal upsets. In addition, less commonly recognized symptoms such as tiredness and headache, which occur regularly from inhaling certain substances, can be caused also by foods. Food allergy may occur at any age, but it is seen more frequently in children, and adults who suffered with food allergy as children often outgrow food allergy. Another strange fact about food allergy is that a very small amount of the food may cause severe allergic symptoms. Drs. Lee and Squier use what they call provocative diet, eating nothing but the foods that most often cause allergic reactions—wheat, milk, eggs, beef, orange and potato—for one week. If individual is allergic to foods, allergic reactions are bound to occur before the week is over.

ALLERGY

Write today for Dr. Barton's helpful booklet entitled "Allergy" which means being allergic or sensitive to various foods and other substances. Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy



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In the World of Books

With Will R. Bird

We often hear people say they do not want to read another word about war, especially World War II. Yet today the leading book of fiction in our libraries is "The Wall," a story of the elimination of the Jews of Warsaw. While the most popular non-fiction is "Rommel—The Desert Fox," an account of a much publicized German general, 4000 copies of the latter book has been sold in Canada in four weeks.

THE EMBROIDERED CITY by Lewis Gelfin McClelland and Stewart; 269 pages; \$3.50. Ever since reading "The Good Earth" by Pearl S. Buck, I have been partial to books about China, and I think this one by Gelfin is the best of the lot. His story is about a new American Consul in the city of Tai-Lun, which is suffering from famine. He paints a grim picture of life and death, of smiling Chinese who seem to be able to pace themselves apart from their brothers as they watch the bodies of Communist soldiers floating down the river. As death has not touched the immediate families of the watchers they are happy. The Consul soon came to the conclusion that the people of China were all like that. Either dead or happily indifferent. The indifference he found, reached to the civic authorities and many others. As long as misery and terror did not lay fingers on them they lived complacently and seemed to enjoy existence. The sufferings of their fellows meant nothing.

Like the average crusader, the Consul set out to battle such cruel behavior. Arguing the story of what he did makes a thrilling and exciting book. It has plot and counter plot, and there is nothing laboring in the narrative. The reader will be clever who can guess the outcome as the Consul becomes more and more involved in the eternal intrigues of the East. The descriptions are excellent. One can admire the beauty of the city, and yet be disgusted with its rottenness. The characters are very much alive, and to them the author gives his dislike or his pity according to their traits. Indeed one can trace throughout the book the sympathy of the writer for the humble folk of China.

There is a girl in the story, filled with the idealism of the young. She and the Consul work together against the corrupt city rulers who take their money through wrecking the relief mission and selling hoarded rice at famine prices. This is a glimpse of one phase of the catastrophe that has overtaken China.

Morning Smile

Hopeless

A new jockey mounted an outsider in the paddock just before the race. Once in the saddle he looked for his whip. He turned to the trainer. "Do you mind getting my whip?" he requested. "It's over there in the corner."

The trainer didn't budge. "Whip?" he echoed. The jockey frowned. "Stop acting silly," he growled. "I said whip."

"What's the good of a whip?" he asked. "The last jockey threatened this horse with a gun and even that didn't do any good!"

"Make Down" Says Expert



A "natural" look is the most vital kind of beauty, in the opinion of Gwen Foster, Canadian beauty expert, who recently returned from an extended tour of beauty studies in England.

A woman's beauty preparations should merely highlight her natural loveliness, she said; and her advice on the use of beauty products is to "make down" rather than "make up."

Miss Foster, who is conducting a beauty school in Montreal, told representatives of a number of local stores that beauty preparations are divided into two classes. First there are beauty basics, such as soaps, creams and lotions, to keep the skin clean and so, and complexion powder, lipstick and rouge to accentuate her natural good points.

"Most Naturally Beautiful," Miss Foster, representative of a British Bond street beauty salon, has made extensive tours of France, Belgium, Italy, Switzerland, and the U. S. A. She believes Canadian women are among the most naturally beautiful in the world. Her travels were part of the background which prompted Miss Foster's comments regarding the beauty of Canadian women.

The beauty of the Dominion's women is her business, and she brings to her approach of beauty such a simplicity that is both refreshing and instructive.

DOROTHY DIX SAYS - Study Yourself

Consider Own Characteristics When Picking Life Partner

DEAR MISS DIX: I am a young man 21 years of age. I am fond of studying. Like swimming, baseball, football and other sports. Don't dance. Despise drinking. Smoke to excess. Can you tell me from the above description of myself what type of girl would be suited for me?

ANSWER: I should think that what I call the Lady Type of girl would best suit you. I use the term Lady Type to designate the girl who has held on to the old-fashioned virtues of women with one hand, while grabbing the new ones with the other.

She is intelligent without posing as a know-it-all. She is athletic without parading around in creases all the time. She is a good sport without making an imitation man of herself.

I think that sort of girl would suit a man of your type—a girl who would be interested in study, a girl who read and could talk about what was happening in the world, a girl who liked quiet things and who would be satisfied to stay at home of evenings instead of wanting to be perpetually taken about to places of amusement, a girl who was domestic in her tastes and looked forward to homemaking as a career instead of a chore.

But how wise you are to consider before marriage the type of girl who will be congenial to you, instead of waiting until after marriage to find out that you have got a misfit, as so many men do? The average man in selecting a wife seems never to take his own personality into account. His concern is solely with the surface attractions of the girl, and he never asks himself whether she has a single quality that will be what he wants in a wife.

Hence we have the unhappy marriages in which disgruntled husbands complain that their wives fail to give satisfaction, and all the grief that comes about through men not finding out the type of wife they really needed. So my advice to every young man is to study himself even more than he does the girl before he pops the question to any young woman.

DEAR MISS DIX: What about ungrateful children? I have been a good mother. I have worked hard and denied myself most of the ordinary comforts of life in order to raise my children. As soon as they were self-supporting they married and when I was worked out they left me: "We cannot help you. We have our own to take care of." So I exist on State welfare. Now I am sick in bed. But they do not come to see me. Neither do they call up on the telephone, although they have cars and telephones. They have homes and children of their own. They are able to buy clothes, wine, good food and go to the movies. They have time to go anywhere except to see mother.

ANSWER: I hope that there are not many such heartless and ungrateful people in the world as your children are, but unless their consciences are utterly dead within them you may rest assured that they will be bitterly punished for their treatment of you. That, of course, will be no solace to you because a mother's love forgives all things and would save her children from the results of even the crimes that they commit against her.

Parents invariably reap what they sow in their children's conduct toward them. If you had taught your children to consider you; if you had demanded respect of them; if you had made them share the family burdens, they would have grown up with a sense of their responsibility to you, and would never have dreamed of such a thing as defaulting on their obligation to you.

Your mistake is made, but your sufferings have not been in vain if they make other mothers refrain from spoiling their children.

DEAR MISS DIX: Is there a cure for a broken heart? I have

Continued on page 9

Modern Etiquette By Roberta Lee. Q. If you are being introduced to someone whom you have met before, but who shows plainly that he or she does not remember the occasion, what should you do? A. It would be best merely to say, "How do you do," and not recall the previous meeting. Q. What is the proper way to acknowledge a wedding announcement? A. Announcement cards need no acknowledgment, although carefully courteous persons like to mail congratulatory cards or brief notes of good wishes to the newly weds soon after the receipt of an announcement. Q. When one has finished dining in a restaurant or hotel dining room, what should one do with the napkin? A. Place it unfolded on the table next to the plate.



ELLEN'S DIARY

By An Island Farmer's Wife

Spring-sawing at the mill today, and a song sparrow swinging in the ivy on a verandah, singing for our pleasure through the open door while we washed "the pains" in the kitchen-wide old boards that run horizontally about the room, sturdy and well-set but nevertheless scarred it is true in long years of service to the line.

How even those years of our office at Alderlea have flown! Not only do added gray hairs, a crick in the back at rising, and an inclination to sit, announce the passing of time. Many incidents peculiar to the season bring daily reminders of this. Today an announcement of graduation exercises for a bevy of nurses, among them a niece of the family, sister to Ellen, made James exclaim: "But it can't be—why she only commenced her course the other year!" "The other year!" we laughed to him, so busy in the interval we think he receives a surprise when some happening brings the matter of time's fitting to his notice. But we too marvelled over it's flight.

Not very long ago, it seems, we watched a number of these girls then scarcely past their period of probation, gay and care-free in a few hours "off," mount the hill on their way back to the restrictions and labor that ever accompany the nursing course. And as we stood by a window we hoped that the future would not mar their obvious zest for living, that no matter the rigors of their training, they would still keep the charm of the girlish years—those merry undaunted years, when hopes are bright and aspirations high. We do not know how the interval has used them. We know only that through laughter and tears, past sunny days and dark ones, by weeks and months and the prescribed years, they have at last reached their goal—their crowning hour. "Isn't it lovely for them!" Jeanie said, recalling possibly that any well-earned ribbon-bound diploma is exquisite to the touch, and "yes" we nodded, thinking how good it must be to belong to a profession whose ideals represent the best in service to mankind "lovely indeed!"

We were preparing dinner at the time, casting an eye to the clock to compute the limit of time allowed us, springing to lift the potato-pot to avert a catastrophe in cooking and hurrying then to spread the table. Meals must be served on time today. Indeed when any work of moment is underway on the farm this is a requisite of the housewives. And today of all days, and over many a year, we made history at Alderlea. Because this one saw the beginning of one of James' dreams come true. The stumps field is being cleared at last! Not as we had sometimes anticipated it would be, by the sweat of the farmers' brows but without labor on their part and by means of a sizable machine, which not trusting its weight to any "gang-way" bridge moved in by way of a lengthy route along the fields, and at work, clears all before it. "Oh dear," we observed to granddaughter watching the present upheaval, "the path will be all torn up!" And she comforted us with a depth of wisdom of which she was unaware. "But there'll be another path," she said, "better perhaps than the one that was." An area of red supplants now the drab of the early season, virgin soil to be blessed by tonight's stars.

And Jock wears a smile, while James is quiet—rather bewildered we believe at the miracle that is being wrought before his eyes. Perhaps finding the new inconsistent with the old, for all about are the familiar scenes we have known forever: trees budding, grass greening, fields mellowing. He has come now to sit in his old armchair and he speaks in the silence that is ours. "It's a wonderful way of clearing land, Ellen—quite a change from axe and hoe, but will the land be as good? That's what I'm wondering. Oh well," he shrugs, "we'll have to wait for the crops to tell us that!"

Spring-sawing at the mill today, birds' carols for the house-

WONDERING PAT

What does he plant who plants a tree? He plants the friend of sun and sky;

He plants the flag of breezes free; The shaft of beauty, towering high;

He plants a home to heaven high For song a mother-croon of bird In hushed and happy twilight heard.

The treble of heaven's harmony— These things he plants who plants a tree.

What does he plant who plants a tree? He plants cool shade and tender rain.

And seed and bud of days to be, And years that fade and flush again.

He plants the glory of the plain; He plants the forest's heritage; The harvest of a coming age; The joy that unborn eyes shall see—

These things he plants who plants a tree.

What does he plant who plants a tree? He plants, in sap and leaf and wood,

In love of home and loyalty And far-cast thought of civic good, His blessing on the neighborhood Who in the hollow of his hand Holds all the growth of all our land

A nation's growth from sea to sea Stirs in his heart who plants a tree. —H. Bunner.

cleaning . . . and a miracle in the stump-field. Until tomorrow — Diary—Good-night . . .

Funny People

"Some people are funny," mused the man in the bar. "I know a man who hadn't kissed his wife for ten years. Then he goes and shoots a fellow who did."



Better English

By D. C. Williams

1. What is wrong with this sentence? "Mr. Harris, as well as the other committee members, were opposed to the bill."

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

3. Which one of these words is misspelled? Genealogy, geology, physiology, Deuteronomy.

4. What does the word "infer" mean?

5. What is a word beginning with di that means "uncivil; rude"?

ANSWERS 1. Say "Mr. Harris, as well as the other committee members, was opposed to the bill." 2. Pronounce with accent on first syllable, and not the second. 3. Genealogy. 4. To deduce or accept on the basis of evidence. "We inferred from his silence that he had no objections to our plan." 5. Discourteous.

The Stars Say -

By Genevieve Kemble

For Wednesday, May 17

AN eventful and challenging state of affairs might culminate in pleasant and prosperous levels of accomplishment. There may be highlights of intrigue that could be kept in lucrative channels by more than ordinary precaution and realism. A tendency to "stretch the truth," to misrepresent or exaggerate, could cause cherished plans to miscarry. Honest and direct methods could attract assistance from friendly or social interests.

For the Birthday

Those whose birthday it is may have the chance and the ability for accomplishment of certain unusual, intriguing or idealistic plans and objectives, although these may be peculiar or challenging. The auguries are for success and progress in unusual lines or tactics in which social, financial or personal relations have promise. However a tendency to over-estimate, to misrepresent, to cheat or to practice easy and dubious techniques could invite dire frustration. "The straight and narrow" way is the safest.

A child born on this day will have exceptional abilities, ideals and aspirations, attracting friends and resources but may fall because of a tricky, careless or gambling instinct.

Cook's Corner

ASPARAGUS WITH SCRAMBLED EGGS

12 stalks asparagus 2 tablespoons butter 6 eggs 1/2 teaspoon salt Pepper 6 slices toast Cut asparagus in 1-inch pieces and cook in boiling, salted water for 10 minutes. Drain. Melt fat in top of double boiler, add well-beaten eggs, set over boiling water and stir gently until the eggs begin to thicken. Add asparagus, salt and pepper. Continue stirring gently until eggs are cooked but not dry. Serve on hot, buttered toast. Yield: six servings.

Needlecraft - FOR THE HOME

CAPE SLEEVE STYLING 3529

A simple dress with style points but no date lines—you'll wear it this year and next year too Cape sleeves bring soft flattery to the bodice; seven gores give easy fullness to the skirt.

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BLACKHEADS Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle on a hot wet cloth, and apply gently—every blackhead will be gone.



MOSLEM PRINCESS WEDS AMERICAN - Princess Fatima of Iran, 21, shows the Aga Khan her wedding ring, after he performed the marriage in Paris which made her Mrs. Vincent Lee Hillier. (at right) is a 20-year-old American. The wedding was performed at the Iranian Legation, with the Aga's daughter-in-law, Rita Hayworth, as a witness. The head of the Moslem Mosque in Paris had opposed the union. (Photo by NEA-Acme staff correspondent Max Winters.)