

ELLEN'S DIARY

by an Island Farmer's Wife

Repaying in part a debt of neighbourliness, Rob went this afternoon to lend a hand at a sawing of fuel-wood, his going reminding us that if the world now is taken up with stupendous undertakings and problems, and if it does move onward at an alarming pace, for those of us in the little spots of earth, such mutual kindness still has its important place in our way of life. The farmer busy as he may be with his personal concerns can still take time to give—and receive neighborly assistance at items of his round; the farm-wives too, as we find them, are also kindly in sharing their graces of heart and hand. So is scattered about that leaven which spreading extends in a contribution to good living in places far beyond our familiar horizons.

It is the dismaying aspect of the world's large affairs—some philosopher states "that makes all the more important the vital groups—home, friendship, neighbourhood, church—where the leaven of decency, kindness, good will has got its start. Small they are but they are the hot-houses where slender growths begin which later can be transplanted to wider fields.

One of the tragedies of our time is that so many people obsessed by size, spirited by the world's chaos, lose heart, and relax their loyalty to such vital groups.

Jeanie, on her way to a "Kaley" with us this evening met a somewhat rare beastie in the lane. "There it was," she told her young listeners "A lone rabbit!"

"Now which would you like best of all for a pet?" Gage tugging on a sweater. "It's not the fault of the sweater, Dear," he chuckled "it's yours—you are growing so

fast!" making ready for school, queried this morning. "A rabbit a lamb, a kitten, a budgie, a canary? . . . he went over a fascinating list. "Those pigeons!" we smiled.

Framed by the sunshine they were arranged then in a still picture on a barn-roof beyond the window, pretty in their shades of blue and gray and dusty rose.

"But that's silly," he offered. "They aren't really pets; they take care of themselves."

"That's why they would make ideal pets," we returned "they would never be hungry nor thirsty."

This was a day which smiled on the farm work; on housewives at the cleaning and farmers at the fencing or wood-sawing; on Jamie weeding the tulips and later with Gage enjoying a spell of trout-fishing, to return with young minds rested and refreshed, with every concern of the day borne away on the rippling air of the stream, to bestow on the kit-cats' mother the trout-fish; to look in upon the expectant mouse and to set a trap for a barn-rat before coming indoors to attend to their homework of school.

"These days," Jamie shook his head when the clock indicated their bedtime "they just fly!" Lovely they are. And warmed now by sun-winds the fields come near to the cropping.

— Good-night — — — — —

That Body of Yours

By James W. Barton, M. D.

MOVING TO ANOTHER CLIMATE

One of the first articles on allergy (being sensitive to certain substances in the air or to foods, feathers, house dust) was a story in a popular magazine. The article told of a family who had to move from place to place because of allergy and asthmatic symptoms. It was only after they had moved a number of times that it was found that it was the fur of the beloved old family cat which always moved with them that was the cause of the asthma and frequent head colds.

That these frequent moves are not always necessary, even though allergy is the underlying cause, is stated by Dr. L. H. Crip in his scientific article on "Allergy in an Editorial" in the Journal of the American Medical Association. He states that although it is true that allergy may be a cause of symptoms in some cases, "overenthusiastic and thoughtless application of this principle often does great harm. For instance, the removal of household pets may make it unnecessary for the whole family to move to a new climate."

As pointed out by Dr. F. C. Metzger, in "The Climatic Treatment of Hay Fever, the mirage of climate as a curative agent for disease has long been pursued by physicians and the public. Although some cases are improved by moving to a new climate, more are not improved or even made worse. Not infrequently whole families, greatly to their disadvantage, are torn from their financial and social roots in the interest of the individual sufferer. Thus a 10-year-old boy in a city in Michigan had a severe flare-up of his asthma. A local physician suggested that the boy would have a better chance for life in Arizona and, as a matter of fact, the Arizona climate agrees with the majority of asthmatics and hay fever victims. I myself know of two physicians who have not had asthma and hay fever after a fairly long stay in Arizona. Fortunately they were able to support themselves by their profession which may not be true of many families as in the case of the boy from Michigan. Dr. Crip points out that sending asthmatics to any one place without having allergy tests first made is not fair to the patient or the patient's family.

What is the suggestion of Dr. Crip and Metzger? "A greater effort would be made in every case positively to identify the causative allergen and to find a suitable treatment that could be applied without a change in residence."

KIEL, West Germany (Reuters) West German fishermen from Toeneung on the North sea coast have reported that gunfire from unidentified planes damaged several of their boats during the last few days.

Alice Brooks Designs

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Measure to make — treasure to own! Fillet-crochet this lacy, rose-pattern tablecloth for important dinners. Such a beautiful background for your fine china.

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Mental Health

MENTAL HEALTH WEEK

(A statement by J. D. Griffin, M.D., National General Director Canadian Mental Health Association.)

Most of us want good mental health for ourselves and for our fellow citizens. We wish a happier life adjustment for all. Nevertheless, daily we subvert this laudable aim in hundreds of ways. We make our tiresome neighbour's life miserable by being mean to her. We lose our temper at our children and spank them, sometimes with more energy than sense. We glower and shout insults at the motorist who has moved a little out of line. We even get satisfaction out of making a fortune by ruining a business competitor.

Mental Health Week, May 2nd to 8th, gives us each a chance to take stock of how we are contributing to the mental health of others. Are we really as concerned as we say, or are we only going through the motions?

The Canadian Mental Health Association not only stands for the very best treatment possible for those who are suffering from mental illness, it also stands for a way of life which will make possible good mental health for all.

A popular clergyman in New York offers the following prayer at the close of each service and I think of nothing more appropriate as a watchword for us during Mental Health Week:

"Our Father, grant that what we say with our lips, we may believe in our hearts, and all that we believe in our hearts may we practise in our daily lives."

The Occupational Therapy Department at Falconwood Hospital

To many people, the words occupational therapy are new and often misunderstood. The definition for occupational therapy is: The scientific adaptation of activity as treatment of specific physical and mental disability. To put it simply, work and recreation specially selected for the individual patient as a form of treatment. It is the aim of occupational therapy to restore function whether of the mind or body.

The idea of O. T. is not new. Thousands of years ago, we read of the emotionally disturbed Egyptians floating down the Nile under supervision, to allow them to participate in activities and to function as a group. In recent years, with more interest, more trained personnel, and wider knowledge of the causes and treatment of emotional disturbances, occupational therapy, like many other allied sciences has progressed greatly. The Government has seen the value of such endeavour and most Provinces, previously unable to support a functional O. T. programme, have been assisted in this endeavour. Falconwood is fortunate in having a separate building for occupational therapy. Two studios, each with its own bathroom, house the various craft activities. The recreation room with its library, pool table and games, give much enjoyment to the patients. The beauty salon and kitchen, so modern and efficient, are the pride and delight of all the patients.

Miss Audrey J. Gillis, Reg. M.O.T., is director of this department. A female nursing attendant and Mr. Basil Irving, an O.T. Aide, assist her in carrying out the O. T. programme. Mrs. Gladys Praught, a registered beautician, spends 3 days a week in the beauty salon giving permanents, shampoos, finger waves, manicures and facials to the patients free of charge.

The patients participate in many craft activities, such as rug making, sewing, weaving, knitting, crocheting, basketry, carpentry, toy making, painting, leatherwork, etc. The completed articles are then sold at cost price. Lunches are prepared and served morning and afternoon by the patients in the attractive kitchen. There are parties held frequently for the patients which there is keen competition in games and in wholesome fun generally. Weekly movies selected from the National Film Board, are shown by the occupational therapy department.

So far, only indoor activities have been mentioned. Now that summer is approaching, we will include gardening, softball, soccer, and various other games in our schedule. As of June last year, it has been possible to expand recreational activities for the patients through the occupational therapy staff addition of Mr. J. E. Ready. As recreational supervisor, Mr. Ready is in charge of all games and recreational activities in general.

Approximately 70 patients receive occupational therapy daily. This number includes a few patients who attend twice daily.

The question may arise, is occupational therapy really necessary? The answer to this is to ask another question. Is it mentally healthy for a patient to spend countless hours in a hospital ward with nothing to do? Occupational therapy arouses interest in being active and creative again, develops initiative, persuades the individual to participate once again in social groups, rehabilitates certain persons for specific jobs, provides hobbies which can be utilized at home, and generally

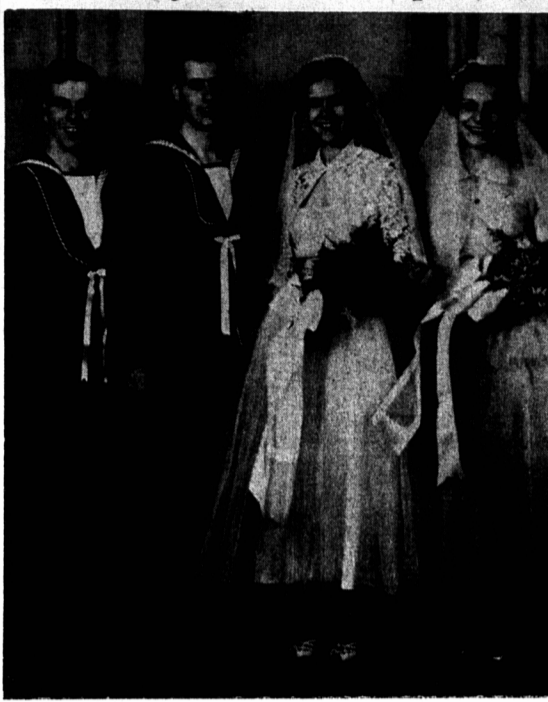
prepares the patient for undertaking responsibility again, after hospital discharge. Briefly stated, work and play are necessary in the life of every human being.

Audrey J. Gillis, Reg. M.O.T. Acting Supervisor, Occupational Therapy Department, Dept. of Mental Health.

WOMEN

Page 8 The Guardian Wednesday, May 5, 1954

Dennerly-Gaudet Nuptials



Mr. and Mrs. Joseph Brian Dennerly following their marriage in St. Paul's Church on Saturday, April 24th at 7:00 A.M. They were united in marriage by Rt. Rev. G. J. MacLellan, V.G. Following the ceremony a reception was held at Mulberry Lodge. The groom is a son of Mr. and Mrs. John Dennerly of Cornwall, Ont., and the bride is a daughter of Mr. and Mrs. Wesley Gaudet of Summerside. They will reside in Dartmouth, N. S., where the groom is stationed with the Navy. Mr. Gilbert Hart of Cornerbrook, Newfoundland, was best man and Miss June Gallant, bridesmaid.—(Photo by D. W. Sears).

DOROTHY DIX

Religious Differences

DEAR MISS DIX: I am a sophomore at a coed college, and have become very much interested in a young man here. He, I am sure, has become quite fond of me, but our difficulty is a difference of religions. He called on me at home during a vacation and my parents made no bones about the fact that they considered our deepening friendship unwise.

Since we are so compatible in other respects, it seems foolish to me that our respective faiths should stand in the way of a happy friendship and probably marriage. Other students at school face the same problem, and we'd like to know your opinion.

NO SOLUTION QUITE SATISFACTORY


Answer: The question of religious differences is one of the most difficult and delicate that two young people in love can encounter. There simply is no solution that will prove entirely satisfactory to all concerned—the young man, the woman, and their respective families. Of course, there are many, many couples who have surmounted the difficulty and apparently have found happiness. There is always a lingering shadow between them, however, and often the wife will think, "If John only went to church with me and the children," or John says to himself, "I feel so left out of things when the rest of the family is observing a religious festival."

In such relationship involving possible marriage, two things are necessary to forestall future disagreement. First, all problems connected with the marriage, or at least as many as possible, should be settled before the wedding, and second, the matter should be discussed with clergymen of both faiths. By both parties learning about the other side of the story, much friction may be avoided.

Even when the young people themselves have settled matters satisfactorily, there is always the problem of families. No matter what the cynical may say, it's nobody's business but the young couple's, shelving a lifetime of tradition isn't so simple. Religion is more than going to church on the Sabbath; it's a way of life that stems usually, from many generations.

Now...she laughs at age

What's dream—just 30 days—she felt old from blood loss! What's change from the worn, tired woman she was—due to iron starved blood! Now she's full of young, vibrant energy—and life is fun—thanks to the regeneration of new, redder, richer blood with Dr. Williams' Pink Pills. Thousands of once faded women, weary from blood-iron poverty, have bloomed anew with the help of Dr. Williams' Pink Pills often in only 30 days! Start today! Get back "in the pink" with



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Cook's Corner



GRAHAM WAFER BANANA PIE

24 graham wafers, rolled fine
 1/2 cup of brown sugar
 1/2 cup of melted butter
 Mix all ingredients thoroughly. Put aside a half cup of mixture for sprinkling top of pie. Line a pie plate with remainder and put in the following:

Filling
 2 cups milk
 3 egg yolks
 3 egg whites
 Pinch salt
 1/2 cup granulated sugar
 2 1/2 tablespoons cornstarch.
 Mix the milk, egg yolks, 5 tablespoons of the sugar and cornstarch and cook in double boiler until mixture begins to thicken, stirring constantly so as to keep it free from lumps.

When cool, add two large bananas sliced thinly and pour mixture over crust. Beat egg whites very stiff adding gradually 3 tablespoons of sugar and baking powder the size of a pea.

Pile on top of pie and sprinkle with the half cup of Graham mixture. Bake until a light brown.

—Albany Pleasant Circle W. I.

The Stars Say

By Estrellita

For Tomorrow
 GET an early start this day and organize your schedule so that you may accomplish a maximum of work, yet have time for some relaxation and pleasure.

Investigation of and participation in new fields of endeavor could prove both interesting and profitable.

The evening hours are excellent for small-scale social functions and for hobbies shared with congenial companions. Plans made now for a trip to be taken in the near future should work out successfully. Romance, courtship and cultural interests are also under good aspects.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The two last people arrived at the party."
 2. What is the correct pronunciation of "rapid"?
 3. Which one of these words is misspelled? Chronological, chrysantheum, chloroform, chastisement.
 4. What does the word "altruistic" mean?
 5. What is a word beginning with com that means "to understand"?

ANSWERS
 1. Say "The last two people arrived at the party." 2. Pronounce the a as in lap, accent first syllable. 3. Chrysantheum. 4. Actuated by a regard for the welfare of others. "The missionary was an altruistic man." 5. Comprehend.

That there quite likely may be difficulties with one or both families is also a question for grave consideration.

This subject has been well and fully treated in a pamphlet issued by the Public Affairs Pamphlets of East 38th Street, New York City. It is called, "If I marry Outside My Religion," is written by Algernon D. Black, and costs 25 cents. Anyone with this particular problem will benefit through reading it.

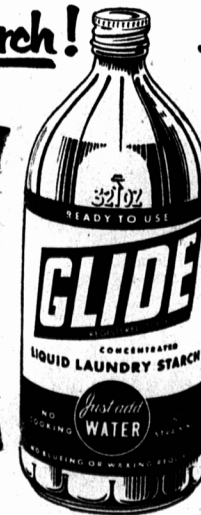
DEAR MISS DIX: I'm a middle-aged widower deeply in love with a widow about my age. We've been friends quite a while, and have had some wonderful times together, but she has always evaded the subject of marriage. A few weeks ago she began dating an old-time friend, and I have practically faded from the picture. How can I find out if he is serious about her or just a casual friend? Should I ask him? If he intends to marry her, I'm willing to withdraw my suit, but if I still have a chance I'll pursue it persistently.

A. R.

ANSWER: Why not ask the lady? Tell her you've been patient a long time and that you'd prefer her to be frank; that either you have a chance or you haven't, and that you think in all fairness she should tell you which.

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 SAVES BOILING!
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How Can I?

By Anne Ashley

Q. How can I save time preparing string beans?
 A. Remove the tops and strings, then take a dozen or more beans, hold them on a board, and cut them across with a sharp knife. It is much quicker and easier than breaking each bean.

Q. What is a good rule to follow when pressing garments?
 A. Never to place a hot iron on the right side of any material except cotton. Always lay a cloth between the iron and the fabric.

Q. How can I keep a stepladder from slipping?
 A. Nail pieces of felt or rubber on all four ends of the stepladder. This will prevent its slipping and probably cause a serious fall.

Household Scrapbook

By Roberta Lee

Summer Dresses
 Summer dresses can be restored nicely by putting 1 tablespoonful of borax in a pan of water, dampening a clean cloth in this solution and sponging the dress. Then press it with a hot iron.

Burning Food
 The burning of baking food can be avoided if an alarm clock is kept in the kitchen and set for exact time the vessel is to be removed from the oven.

Mucilage
 To make mucilage mix equal parts of gum arabic and tragacanth. Dissolve in hot water to the proper consistency.

Morning Smile

By Anne Ashley

"How come you never married?" I once asked our middle-aged hired man. "A woman won't bite you." "No," he retorted, "but they kiss sure gnaw."

Modern Etiquette

By Roberta Lee

Q. How does one eat artichokes at the table?
 A. With the fingers. Pull off a leaf at a time, dip it into the melted butter or sauce that is provided, and eat the soft end. When you get down to the smallest leaves scrape the prickly "choke" part away with a knife, and eat the center or heart with a fork.

Q. If a bride-elect receives a wedding gift which has been broken in the mail, should she mention this fact in her letter of thanks to the donor?
 A. It is much better not to mention this. To do so would seem to convey a hint to the donor to replace the gift with another.

Q. When writing a "thank you" note to a relative who has sent a check as a birthday gift, should one say how the money is going to be used?
 A. This is always the nice thing to do when a gift of money is received.

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Anne Adams Patterns

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Want something new and pretty? Sew this in a jiffy! It's proportioned to fit the short, fuller figure—no alteration worries! Simple, slimming lines with a collar, simple flaps that can match or contrast with the dress. Have it with or without sleeves.

Pattern 4670: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4½ yards 35-inch.

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WHEN your baby's head feels hot it may be because of simple fever common to some minor baby ailment. If so, Baby's Own Tablets will help reduce this fever (fever) from the hands of the doctor. If baby's fever is promptly relieved, consult your physician.

One Midland Ontario Mother has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by night-time she was up and sweet-sleeping. Baby's Own Tablets are second again."

Baby's Own Tablets are used with ease to take—and have been used with confidence by mothers for over 50 years. No "sleepy" stuff—no dulling effect. Equally good for restlessness and peevishness resulting from irregularity of feeding time, for constipation, digestive upsets and other minor infant troubles. Get a package today at your druggist.



what does pre-chilling do to pie crust?

It's not everyone who can make really fine pastry. Some of us have the gift, and a lot more don't, but even so, a cook is judged by the crust she makes.

One important rule is to have everything perfectly chilled. The shortening especially should be well chilled so that it will remain in separate pellets when cut into the dry ingredients. That makes your pie crust flaky. Shirriff's use plenty of pre-chilled shortening. It's not mixed in, but cut in, so that every tiny piece is well coated in dry ingredients. Shirriff's Pre-Chilled Process makes pie crust that's as short and crisp as the best of them.

Whether you've had years of experience, or none at all, you'll feel very proud of the flaky, golden-brown pastry you turn out with this easy-to-use mix. Try it soon, won't you?



SHIRRIFF'S Pie Crust Mix