

ELLEN'S DIARY

By an Island Farmer's Wife

"I think, Ellen" a peasant farm-wife, youngish mother of two grown daughters remarked with a smile to us recently, "we come to visit you to tell you our troubles!"

And what sad tales, and gallant, what beautiful ones we hear! True stories of the years which quite shame us out of any feeling of complacency we may have gained along life's road... "Does any-one 'build a better mousetrap, preach a better sermon—sing a better song or bake a better cake' an old lady of the long ago once said with a warm twinkle 'never forget that someone else can do it as well—and often better! That is one way the Good Lord has of keeping folks humble, I'm thinking."

"I mind one time" she confided "when I was worshipping in a strange church, I happened to be seated beside a woman, plain in appearance and dressed quietly in black. She was one you wouldn't glance at a second time—a poor little creature of a woman, one might say. I was decked out in a new dress and hat, and... well, you know Ellen how a woman feels when she knows she is attractively dressed! And I always could sing, oh, perhaps a little better than the average, and I was quite proud of my voice."

"Well, feeling pleased with myself that morning, I just had to sing, sharing the hymn-book with the stranger with just a little condescension. And then suddenly she chimed in with the sweetest and strongest voice I had ever heard! Well, honestly, I wished the floor might open and swallow me up!"

"I could feel the color rising in my cheeks and at the last of it, do you know what I was doing? I had stopped my singing and was listening to hers. And that, Ellen, did something to lessen my conceit. Don't ever forget that no matter how well you may do something, you've got no corner on it at all. I think, the Lord, knowing well the

MacKay-Stewart Wedding



Mr. and Mrs. Arthur Norman MacKay, photographed following their marriage on August 23rd at "Newlands", Charlottetown, the home of the bride's parents. Left to right are Mr. Harold MacKay, best man; the groom, son of Mr. and Mrs. Gordon MacKay of Charlottetown, and the bride, formerly Miss Shirlee Ruth Stewart, youngest daughter of Mr. and Mrs. John C. Stewart; Mrs. N. J. Stewart, who was matron of honour, and the bridesmaid, Miss Vida Stewart. Photo By Garnhum

That Body Of Yours

By James W. Barton, M.D.

PREVENTING MOTION SICKNESS

Many of us may remember the precautions used to prevent seasickness when an ocean voyage was planned. We were advised not to eat much food, to avoid fat foods, to eat lightly of starches, to remain as near the middle of the vessel as possible and not to watch the waves.

Today one taking an ocean, automobile or airplane journey is advised to put absorbent cotton in the ears, to take quieting drugs, especially drugs that affect the ears. It is now known that the balancing canals of the ear are affected by motion, and we hear more about "motion" sickness than sea, air, or automobile sickness.

As motion sickness can unsettle the best laid plans of the officers of our armed forces, some of our outstanding scientists have been engaged in working out the best methods of preventing motion sickness.

In Military Surgeon, Dr. H. I. Chinn reports that a mixture of Benadryl and hyoscine is the best prophylaxis (preventive) available against motion sickness. "Prevention of motion sickness is desirable in civilian life of more importance in the armed services, and essential in amphibious and airborne operations."

While motion sickness is accompanied by nausea and vomiting, it is caused by stimulation of the balancing canals of the ear, not the hearing apparatus. Psychologic factors such as fear of becoming ill, seeing others sick, contrary to what most of us have thought, have very little to do with development of motion sickness.

Lying down (supine position) affords protection from motion sickness by doing away with exciting

Modern Etiquette

By Roberta Lee

Q. When a hostess and three guests are preparing to sit down for a game of bridge, and a fifth friend drops in unexpectedly, what should the hostess do?

A. She should either invite that person to take her place, or suggests some other game, such as hearts or rummy, in which five persons can play.

Q. Is it proper for a woman to send flowers to a male acquaintance who is quite ill?

A. Yes, this is not only proper, but is a very thoughtful gesture on her part.

Q. When is a guest privileged to leave a wedding reception?

A. One may leave at any time desired, but, of course, not before speaking to the bride and bridegroom.

the utricle or tiny bag lying in bony part of vestibule of the ear.

During World War II, the National Research Council made further investigation of the effects of the drug so long used in seasickness—atropine—and found that motion sickness could be prevented by atropine substances. "Of this group, hyoscine was most useful because it affords considerable protection against motion sickness with very little side effects," Dr. Chinn writes. "Hyoscine was the major component of Army motion sickness preventive until recently. Then Benadryl was discovered in 1949."

While the prophylactic effect of hyoscine was greater than that of Benadryl, a mixture of the two drugs provided better protection against motion sickness than hyoscine alone. The proportion was hyoscine, 0.65 mg. and Benadryl, 50 mg.

The fact that motion sickness can now be prevented means more effectiveness of our armed forces and more comfort for civilians.

SURF GETS WASHES TWICE AS SWEET FAR, FAR CLEANER



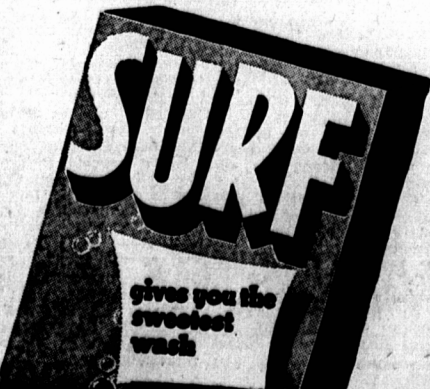
YOU CAN TELL BY THE SMELL

Ordinary Suds

Surf Suds

If it's Surf-clean... It's really clean

You can tell by the smell if your clothes are clean. Ordinary suds leave traces of SOAP SCUM, smelly grease and dirt deep in the fibers. Clothes CAN'T SMELL SWEET because they aren't really clean! And left in dirt grays down white wash. Try Surf—see why so many women are switching to Surf!



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Household Scrapbook

By Roberta Lee

Vases

If the bottom of the vase scratches the furniture, cut a piece of felt from an old hat and paste on the bottom of the vase. A thick piece of blotting paper will serve the purpose if no felt is available.

Washing Paint

Paint is best washed by rubbing it with a sponge or rag only slightly moistened with soap and water, and then finally with a rag similarly moistened with clear water.

Soft and Fluffy

Beat the blankets gently after washing and drying, and this will make them soft and fluffy.

Cook's Corner

CREAMED TUNA IN RICE RING

(Makes 4 or 5 servings)

One and one-third cups packaged pre-cooked rice, 1 1/2 cups water, 1/2 teaspoon salt, 2 tablespoons butter, 1 can (10 1/2 ounces) condensed cream of mushroom soup, 1/2 cup milk, 1 can (7 ounces) tuna fish, drained.

Combine rice, water and salt in saucepan. Mix just until all rice is moistened. Bring quickly to a boil over high heat, uncovered, fluffing gently once or twice with a fork. (Do not stir). Cover and remove from heat.

Let stand 10 minutes. Add butter to rice, fluff gently with a fork, and pack in a well-greased 7-inch ring mold. Let stand a few minutes.

Meanwhile, heat soup and milk in saucepan over low heat, stirring constantly. Add tuna; heat thoroughly. Turn rice ring out onto hot platter. Fill center of ring with cream tuna and serve at once.

Piquant Creamed Tuna

Use above recipe, reducing milk to 2 tablespoons and adding 1/4 teaspoon prepared mustard, dash of pepper and 1 package (3 ounces) snappy cheese, grated, with the tuna. Cook until cheese is melted.

Morning Smile

Identification

Vases

The fat man and his wife were returning to their seats in the theatre after the intermission. "Did I tread on your toes as I went out?" he asked a man at the end of the row.

"You did," replied the other grimly, expecting an apology. The fat man turned to his wife. "All right, Mary," he said, "this is our row."

Adaptability

"Any man can find work if he'll only use his brains," said the efficiency expert, "provided, of course, he is ready to adapt himself to circumstances, like a pianist I once met on the Prairies." "But even if he was adaptable," protested one listener, "he couldn't make piano-turning pay with pianos so few and far between." "Admitted," replied the expert, "but he made quite a decent living tightening up barbed wire fences."

The Stars Say --

By Genevieve Kemble

For Tomorrow

A NOTE of joy and gaily characterizes this day, yet progress will not be made toward desired goals unless the mind is set deliberately on cold, constructive labor, with patience and sound policies as the abiding groundwork. Do not try to mix pleasure with business. Adequate rewards for hard work and conscientious effort are promised.

For the Birthday

Those whose birthday this is may count on a year of professional accomplishments and personal success. New short-term enterprises or commercial ventures should move rapidly in the direction of desired culmination, as keen ideas are quickened to maximum performances.

A child born on this day will have charm and personality, and the ready wit to use these attributes for personal gain.

Alice Brooks Designs

SO LOVABLE

KITTY in loop-stitch is the favorite of the Cuddle Set! Crochet straight tubular body, sew head, legs and tail in place. Make several—for your children and your table at the Bazaar.

Pattern C7103 has crochet directions to make woolly Cuddle Kitty.

Send Twenty-five cents in coins 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.



C7103

by Alice Brooks

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DOROTHY DIX SAYS—

No Time For Dating

Man's Working Hours Cramp Social Life

DEAR MISS DIX: I am 32 years old, single, and going with a girl 31. This is my problem. As I am one of the unfortunate fellows who has to work for a living, I am compelled to work shifts on a rotating schedule. I only have one week-end off a month. The week-ends I'm working she absolutely refuses to stay home Saturday nights. I spend all my evenings off with her, but as I don't have too many free evenings, she still goes out with other friends. This bothers me a lot because I really love her. I want to get married, but she insists on waiting until I have some money saved. She goes out with girl friends and claims I am just plain jealous as there's no one else who means anything to her but me.



ANSWER: What is so "unfortunate", pray, about having to work for a living? Work is the greatest blessing we have. It should not be regarded merely as a means to an end—a way to earn money for continued existence. Rather, it is an end in itself. One of the things that lifts man to the stature he enjoys in the animal kingdom is the ability to feel pride in the accomplishment of a job, no matter how lowly.

JOB COMES FIRST

Even though your working hours do cut into your opportunities for dating, don't deprave your work. It is only natural for you to feel resentment over the fact that you can't spend as much time with your girl friend as you would like. It is also natural for her to want to go out some evenings, especially Saturday, rather than spend them all alone. Since her companions are female, you have no cause for jealousy. Until you are (1) in a position favorable, in her opinion, for matrimony, or (2) able to secure more stable working hours, you can do little except coast along with conditions as they are.

DEAR DOROTHY DIX: We are three office girls who would appreciate your advice on the following: First. When on a date is it necessary and proper to be home at 12 o'clock? Second. What about dating your employer or others you work with? Third. What about going to young men's apartments?

SALLY, MARY, FLOSSIE.

ANSWER: First. As you are a business girl and your advancement depends upon your efficiency and keeping your good health and being always wide awake, you should be at home by 12 o'clock on most nights in order that you may get your proper amount of sleep. Second. If your employer is a single man, or the men you work with are single men, it is all right to date them, but if they are married men, hands off. They bode you no good, as they used to say in the old melodramas.

Third. Going to young men's apartments is something a decent girl does not do. A girl not only has to be good, but she has to look good. You might spend your time in the young man's apartment holding a prayer meeting, but you would never be able to convince the world of it. It would always believe the worst of you. So stay away, and keep your skirts clean.

DEAR MISS DIX: My boy friend recently joined the Marines and people are telling me I'm crazy to be true to him because he won't be faithful to me. He promised me he would always be true, no matter what happened. I have never had cause to distrust him, and we really love each other. Should I listen to these people?

JOAN

ANSWER: If you trust your boy friend at home, there's no reason why you shouldn't show equal faith when he's away. It's true, boys away from home, whether in the service or not, are exposed to more temptations than when they are at the family roof, but such things are part of life's experience, and resisting them serves only to strengthen character. You too may be tempted to go with other boys while your friend is away. Will you remain true in all circumstances? Of course you will, and so will he. Tell your meddling friends to mind their own business.

DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

Better English

By V. C. Williams

How Can I!!!

By Anne Ashley

1. What is wrong with this sentence? "His speech was replete in humor, and we were very interested."
2. What is the correct pronunciation of "pantomime"?
3. Which one of these words is misspelled? Adamant, adequate, adaptability, adenoid.
4. What does the word "inconceivable" mean?
5. What is a word beginning with mu that means "capable of change in form, qualities, or nature"?

ANSWERS

1. Say, "His speech was replete with humor, and we were very much interested." 2. Pronounce last syllable mime, not mine, often heard. 3. Adequate. 4. Incapable of being realized in the imagination. "It was inconceivable to me that he could have done such a thing." 5. Mutable.

Anne Adams Patterns

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REGINA—(CP)—Major B. W. Mellor, officer commanding the 18th Royal Ordnance Depot in Regina, had a day to remember. He became the father of a baby boy, was promoted lieutenant-colonel and shot six ducks on a hunting trip.

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