

ELLEN'S DIARY

By An Island Farmer's Wife

Sunshine and cloud — a patch of blue and mist of gray — a warmth in the wind and, in turn, a chill made up this changeable April day. And what besides? What toll has the hours taken, what niceties given? Another silver strand, it is likely in our crowning glory, or at least the shade heightened over the momentary and sudden dismays, the apprehensions that come upon us who dwell on farms. An ailing lambkin... an animal out of bounds that had dined unwisely and too well at a grain-box... a destructive parcel of hens about the lawn.

But threaded in amid the more sombre hues, the gay shades, the encouraging items, which serve to keep mind and heart ever onward and upward bound, steps light, spirits high. Today? A room spring-cleaned — a favorite of ours, where one may come upon ancient pictures, scraps of old journals, letters in precious phrases and script. Severe-faced bustled ladies, men of handsome but sober mien. And regardless of cleaning, scrub-pall forgotten, mop and duster idle, one could tell at a glance that any one of these would strip his coat of broadcloth in a twinkling, and spread it gallantly for her at a muddy crossing. There would be no "Jump, Ellen... run and make a spring for it! Oh, no, the weaker sex was not expected to be over-alert in those days. But wise are the eyes that regard one, coy perhaps, but most womanly.

And we made bread that did very well by our mixing today, to contribute in no small measure to the well being of this household. Tucked in with the other modest flowers in esteemed bouquets of appreciation through the years, when in our hearing James has acknowledged with obvious satisfaction if not with actual pride: "Ellen manages to make fair-good bread." He sighs at the end of the cornment and knowing, we realize it is an expression of relief — of one saved from a tragic fate through no help of his own. We recall that when he is called upon to give from his experience to a lad about to leap the abyss from single to double blessedness, he impresses the importance of this accomplishment. "Never mind if she can sing like a nightingale, or play like a master, or is as pretty as a picture, be sure that she can bake you a good loaf of bread!" As we look back, it is to find that this was among the subjects he himself completely over-looked in his courting days!

A clean room the past hours have to their credit, and tempting loaves. Spareribs for dinner, from a spring butchering, and awakened hollyhocks by the pillows sending up wrinkled leaves. They favored us as well with a call from a pair of collecting maidens, who brought girlish smiles and the radiance of the young years with them to the chore. Or was it not a privilege for them considering the reach of its assistance? Because the Red Cross helps in directions beyond our wildest imaginations... in flood and fire, in famine and misfortune. On the battlefield, in hospital and home. Straightening little bent limbs, correcting deformities of body, working its miracles of healing and relief, wherever the comforting symbol of its cross appears.

Rain now? Yes, in glinting silvery drops on the window — and Jamie expecting to visit Alderlea on an angling expedition tomorrow! Until tomorrow — Diary — Good-night....

Morning Smile

Robbery

Two Scots were mountaineering when one of them slipped and fell into a crevasse. The other, peering over the edge, saw his companion holding on by his finger-nails. "Are ye a' richt, Macpherson?" he shouted. "No" exactly that," said the other, "but if ye run down to the village an' get a rope I'll try to hang on till ye come back. Hurry, for Heaven's sake!" The companion disappeared and was gone nearly an hour. Suddenly his face appeared again over the edge of the cliff. "Are ye still there, Macpherson?" he called down. "Aye," in a low, weary tone. "Have ye got the rope?" "No, indeed. The scallywags in the village wanted two pounds for it."

for BABY'S TUMMY UPSETS

Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 50 years to quickly help relieve minor digestive troubles. Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 50 years to quickly help relieve minor digestive troubles. Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 50 years to quickly help relieve minor digestive troubles.

BABY'S OWN TABLETS

That Body Of Yours

By James W. Barton, M.D.

MODERN METHODS IN CARE OF THE AGED

Children's specialists in past years saved the lives of so many infants and children that now less than one child in 20 dies at birth or during the first year, compared to about three in 10 30 years ago. Today another specialty in medicine, geriatrics, the treatment of the aged and aging, is prolonging the life and happiness of elderly men and women.

There is now such a large percentage of elderly people to be looked after mentally, emotionally and physically, that special homes or institutions are being built and special staffs, aside from the physicians and nurses, needed.

In a letter to the physicians of Ontario, Canada, Dr. J. T. Phair, Deputy Minister of Health, states: "During the present century, a remarkable change has taken place in our population structure. What at the turn of the century was not a very impressive portion of the total number of people in the country—the men and women over 60 years of age—has now become a fraction or percentage of arresting size. The practical importance of this to all of us in the profession of medicine is that there is a much higher proportion of sickness and infirmity and invalidism in the 'over-60' group."

As progress in the care of the aged and aging has progressed farther in England than here, Dr. Phair enclosed with his letter a reprint of Modern Methods in the Care of the Aged, published by the Department of Health for Ontario. The article was written by Dr. I. Z. Cosin, Medical Superintendent, Orsett Lodge Hospital, Essex, England.

Accompanying the article is a diagram of the method of care of elderly people in which provision is made for a Geriatric Department in each hospital of the Regional Hospital Boards, where every modern facility of diagnosis and treatment can be provided for both in-and-out-patients. In this way these elderly men and women will receive the attention of all specialists including psychiatrists, social service workers, and special nurses, all within the active geriatric wards of a hospital service. After all that is possible has been done for patients in these geriatric wards they can be transferred to appropriate long-stay annexes. Thus there will be long-stay annexes for frail patients still able to be on their feet, for permanently bedfast patients, for those with confusional symptoms and those patients whose needs are largely a matter of providing suitable food and accommodation.

Cook's Corner

APPLE BUTTER BRAN BREAD

- 1 2-3 cups sifted all-purpose flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 cup seedless raisins
1 1/2 cups apple butter
1 cup whole bran
1 1/2 teaspoons lemon juice
1/4 cup shortening
2 tablespoons sugar
1/4 cup light corn syrup
1 egg
Sift together flour, baking powder, baking soda and salt.

VARIETY OF FLOWERS



DESIGN No. E-508

Odd lengths of floss from the sewing basket may be used to embroider these designs on towels, aprons or place mats. Hot iron transfer pattern No. E-508 contains 18 motifs with complete instructions.

To order, send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

Form with fields for Name, Address, City, Province.

Strange But True

By F.H. MacArthur

Canada's oldest apple tree may be seen at Lakeville, Nova Scotia. It is more than a century old, over 60 feet high, and is four feet in diameter at the trunk. In his travel book, "At Home and Abroad," the late Rt. Hon. Ramsey MacDonald mentions the historic church at Grand Pre. Incidentally, this church was built in 1790 by a group known as the New England Planters (Loyalists). The old church has quaint box pews, sounding board and its pulpit is halfway to the ceiling. The Vancouver entrance to its harbor known as "The Lion's Gate" is so called on account of the fact that twin mountain peaks, closely resembling couchant lions overlook the harbor and city.

It is not from the sons of the rich that the poor beginner had rivalry to fear, but from the boys who are much poorer than you or I. These parents often cannot afford to give them any schooling beyond the elementary stage. The boys who begin by sweeping floors and doing other menial tasks, are frequently the dark horses that win the money and get all the applause. On the other hand, most rich men's sons are unable to resist the temptations to which wealth subjects them. The struggle to rise above poverty has been a great money-developer, and civilization owes more to the perpetual struggle of man to rid himself of poverty than to anything else.

The circumference of a boy's head at birth, averages from 10-12 inches. At six months it has grown to 15 inches and to 17 inches by one year. From the age of one year to 27, growth is slow. Regarding women, it is a fact that their heads measure half to an inch less than men.

And "believe it or not," but large heads and weighty brains go hand in hand: Cromwell, Napoleon, Wellington, Danican, Franklin, and a score of other famous men possessed very large heads. The head of Mirabeau is spoken of as enormous, and he is known to have possessed a remarkable mind. The brain of Collier weighed 3 lbs. 10 oz. 4 1-2 drms! Contrast this with the brain of a male idiot, aged 18 years, that weighed but one pound, 7 1-2 ounces.

Highly creative people are often the greatest blunderers. Shakespeare was notorious for his deer-stalking escapades; Burns, for his drunkenness; Dr. Samuel Johnson for his gluttony; Edgar Wallace for his love of high-living; George Bernard Shaw for his harsh criticisms of everything he didn't like.

If you are possessed of much creative imagination life can be full and highly interesting, or it can be just the opposite. The talent must be used wisely or you will become restless with yourself and fed up on life. In order to get the most out of a creative imagination one should have a worthwhile problem to solve and then spend one's time solving it. Square pegs in round holes would seldom

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raisins and mix well. Mix apple butter, bran and lemon juice. Let stand 5 minutes. Cream fat and sugar and add corn syrup. When fluffy beat in egg. Stir in apple butter mixture, then flour mixture. Bake in a greased 9"x5"x2" pan in a slow (325°F) oven for 1 1/4 hours. Remove from pan and cool.

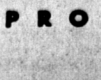
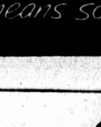
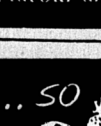
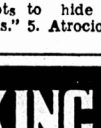
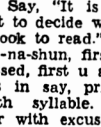
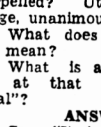
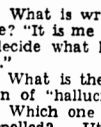
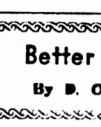
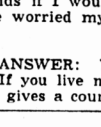
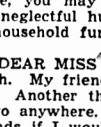
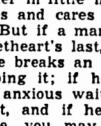
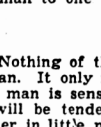
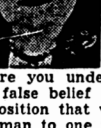
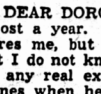
McCormick's BISCUITS advertisement with image of a biscuit tin and text: 'Lots of variety... so choose the kind you like the best! McCormick's BISCUITS. The Master touch means so much!'

HARVEY MAID CHEESE advertisement with image of a woman carrying a basket and text: 'PASTEURIZED PROCESS CANADIAN CHEESE. A MARITIME PRODUCT'

DOROTHY DIX SAYS—

Inconsiderate Beau

His Behavior Now Indication He'll Be Neglectful Husband



DEAR DOROTHY DIX: I have been going with a young man for almost a year. Am very much in love with him and he tells me he adores me, but he treats me in such a casual and inconsiderate way that I do not know what to think of it. He breaks engagements without any real excuse. Is tardy in keeping appointments. Never telephones when he is going to be late, although he has a phone on his desk. He treats his own family the same way and tells me they don't mind, and that I am making a mountain out of a mole hill. My parents urge me to give him up, saying that if he shows so little consideration now, what will he do after we are married? What do you think?

I. D. J.

ANSWER: I think your young man is giving you a sample of the way he will treat his wife, and that you should be very sure that you like it before you undertake a life diet of it. Don't delude yourself with the false belief that marriage will work some sort of miracle in his disposition that will change him from a callously indifferent and selfish man to one who will be considerate and thoughtful of his wife.

HE WON'T CHANGE Nothing of the kind is going to happen. Marriage doesn't change a man. It only makes him more so and intensifies his characteristics. If a man is sensitive, understanding and chivalrous to his sweetheart, he will be tender and protective to his wife. He will be thoughtful of her in little matters and try to save her from all the petty annoyances and cares that he can. But if a man puts his own comfort and convenience first and his sweetheart's last, if he won't put himself out to save her annoyance; if he breaks an engagement because he does not happen to feel like keeping it; if he won't even take the trouble to telephone to save her anxious waiting when he has to be late in keeping an appointment, and if he thinks all little courtesies and attentions are nonsense, you may be sure that after marriage he will make one of the neglectful husbands who treat their wives as if they were pieces of household furniture, good only to make them comfortable.

DEAR MISS DIX: I am very shy and I worry about myself too much. My friends say a job is the thing for me but I just can't get one. Another thing, I stay at home all the time. I just don't want to go anywhere. Everyone says I am pretty and would have lots of friends if I would only get out. My voice has a nasal sound and I have worried myself to death about it. What can I do about it? JUNE

ANSWER: You certainly do worry about yourself too much. If you live near a Y. W. C. A., a school, or any other organization that gives a course in speech, that would be the best way to overcome

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Better English

By D. C. Williams

- 1. What is wrong with this sentence? "It is me who has the right to decide what kind of a book to read."
2. What is the correct pronunciation of "hallucination"?
3. Which one of these words is misspelled? Utensil, ultimatum, usage, unanimous.
4. What does the word "palliate" mean?
5. What is a word beginning with at that means "savagely brutal"?

ANSWERS 1. Say, "It is I who have the right to decide what kind of (omit a) book to read." 2. Pronounce ha-lu-si-na-shun, first a as in an un-stressed, first u as in cube, second a as in say, principal accent on fourth syllable. 3. Usage. 4. To cover with excuses. "He never attempts to hide or palliate his faults." 5. Atrocious.

KING COLE TEA advertisement with text: 'Flavour and Bouquet'

Household Scrapbook

By Roberta Lee

Mending Gloves It is a good idea to slip a thimble over the finger and pull the glove over this when mending it. The thimble will act as a darning ball and prevent sticking the finger and also getting the glove out of shape.

Mouse Holes Steel wool makes an effective stuffing for mouse holes. The pests can not eat their way through this substance.

How Can I!!!

By Anne Ashley

- Q. How can I remove blood stains from silk?
A. Blood stains on silk can be removed easily if a few inches of white sewing silk are moistened on the tongue, rolled into a ball, and then rubbed gently over the stain.
Q. How can I make the ceiling of a room look much higher?
A. One way is to hang the curtains from the top of the window to the floor instead of stopping at the bottom of the window.
Q. How can I smooth a curdled custard?
A. Beat up a raw egg and slowly beat the curdled custard into it.

Modern Etiquette

By Roberta Lee

- Q. When a girl is attending a party or a dance with a young man, isn't she privileged to suggest that they go home at a reasonable hour?
A. Yes. This is not only her privilege, but her duty, as the man should not suggest it. However, she should be thoughtful enough not to suggest leaving when the affair is only half over.
Q. Is it proper for a woman to retain her coat in a nightclub, instead of checking it?
A. Yes; it may be slipped over the back of her chair.

Good 7c Ice-cold Coke is a part of any pause... the refreshing part. DRINK Coca-Cola. Authorized bottles of Coca-Cola under contract with Coca-Cola Ltd.

Now... a new SURF... gets washes TWICE-AS-SWEET as ANY other leading washday suds! SURF gives you the sweetest wash. No other suds gets clothes whiter, brighter or as fresh-air-sweet!