

ELLEN'S DIARY

By An Island Farmer's Wife

James folded the letter carefully this evening and replaced it in the envelope. From Ellen, our namesake, it had come in this morning's mail. He is so busy now by day with the affairs of our farm for rest or relaxation before the coming of dusk. Wasn't she the curious little girl, he commented, "nice, of course—a loving little lass, and pretty with her dark curls. But a temper-and-sunshine sort of child. She could cry real tears at the least hurt or provocation and on the other hand her laughter was merry."

"How old was she the first time she stayed with us at Alderlea? About three," we replied. "Pretty old-fashioned too, wasn't she?" he nodded, "and quite sure of herself. Do you mind that morning, Ellen, she would come with us to the fencing? In that farthest field it was. What were you at?" "Churning," we beamed. James nodded but only casually as though he had not actually heard our reply. Or perhaps hearing he could not align our answer with his own memory of those bygone years. "The churning," we have overheard him say it to the like of Jeanie or Karolyn. "Ellen didn't mind doing that—you see I mostly made it a point to give her a hand at it myself."

And sometimes it is true, James was at hand. We can recall the fidgety manner of our assistant on some of these occasions, a circumstance only to be expected in the face of so much work to be done. James then ever said it was the arm awaiting his attention. "Better come and look into this thing, Ellen!" he would say anxiously after a period of turning, "the butter may be here—and we wouldn't want it over-churned; that leaves it so difficult to wash. The size of a pea—that's the way my mother liked it to come and she was a good hand always at making butter."

And though we sometimes doubted, industrious and independent woman that she was, that James then ever said it was the phase of the making or indeed before it was tucked away in tub or crock, we came to lift dutifully the cover of the churn to take stock of the progress within. "What, no sign of it yet?" James exclaimed peering in over a shoulder—then glancing at the course of the sun. "Dear me, Ellen! This will never do. Perhaps the cream is too hot or maybe too cold. With an edge of criticism in his tone, "You should have seen to that before this; you should have cooled (warmed) it!"

"Twenty minutes we always allowed should bring a butter. And here I've been churning for close to the half-hour! There's something astray, Ellen. Well, with a smile, "I haven't done too badly, have I? Perhaps some would take a speck at it now while I finish my churning. By rights I should be in the field by this." And sometimes we fancied the return was delayed though at such a chore, time does pass slowly.

And, once upon a time in the long ago when some temporary misery or another had reduced us to that state of health we have heard described as "she (he) couldn't take her feet at all," a kindly little girl hastened to our room to ask us something in connection with the churning about to commence below. "Why just ask James," we said in a weary voice, "he'll know." "But," she replied, eyes wide. "Until tomorrow . . . Diary . . . Good-night. . . ."

WYMARK, Sask. (CP)—At 13, John Banman is a veteran harvester. Driving a farm truck since he was 6, John operated a combine over 400 acres of his father's farm when he was 12. This year he's at it again.

That Body Of Yours

By James W. Barton, M.D.

SIGNS OF MENTAL AND EMOTIONAL ILL HEALTH

One of our newspaper cartoons shows one psychoanalyst meeting another psychoanalyst and, after taking a look at him, saying, "You're all right; how am I?" Most of us know what good physical health means: freedom from illness, with good appetite, good digestion, regular bowel movement, sound sleep, ability to face our work and responsibilities.

However, not so many understand what good mental health means. Dr. J. D. M. Griffin, general director of the Canadian Mental Health Association, in Health Magazine states that mental health involves the lifetime of each of us. Mental health should be the daily concern and responsibility of every individual, not just a select few. While perfect mental health is a rare thing, mental ill-health does not mean insanity. Many of your friends, relatives, some of your neighbors, your wife or husband or even you yourself may lack mental health in some degree. "As a matter of fact, most of us have emotional problems—feel somewhat insecure or unhappy or ill at ease, or socially maladjusted."

How many people do you know who have trouble sleeping at night, or who seem never to feel really well, or who carry a chip on their shoulder, or who always seek excuses, or who can't make a go of marriage, or fail at school or work, or who have body symptoms for which the doctor is unable to find cause or treatment? These people and many others actually suffer from a lack of mental or emotional health.

As we look at the above list of the signs of mental ill-health, many of us will have to admit that we are guilty of some of them at times but, fortunately, not all of the time. What are Dr. Griffin's suggestions as to the cause and treatment of mental ill-health?

Dr. Griffin suggests that measures designed to further the emotional development of children will perhaps accomplish more than anything else to improve the mental health of a community. Here on the list of needs is parent education and training in the fundamentals of child care.

Perhaps the greatest aid to developing mental health are group games which teach self-control, unselfishness and stick-to-it-iveness.

Morning Smile

Dangerous "From what your housemaster tells me, Perkins," said the headmaster, "you seem to have behaved like a big bully, with a complete disregard for life and property. Now give me that peashooter."

Good Excuse They were unpacking their goods for a week-end's camping. "George!" thundered the massive wife, as she came upon an unopened bottle of whisky. "What's the meaning of this?" "That's all right, my dear. I brought it along to stick a candle in when it's empty."

Crust The proprietor of a small crossroads cafe prided himself on his cooking and the one thing that he was proudest of was his art of baking pies. One day a motorist stopped in for a bite to eat and the proud exponent of the culinary art talked the man into having a slice of home-made pie. After the man had taken a couple of bites of the pastry, the owner was astonished at the severe criticism of the pie. "My dear sir," he protested, "I made pies before you were born."

"That may well be," replied the customer, "but why sell them now?"

Butler - Jackson Wedding

"A very pretty wedding was solemnized on Saturday afternoon August 16th, at 3 P. M. at Peter's Road Presbyterian Church when Rev. Carl Currie, United in holy bonds of matrimony Helen Isabelle Jackson, only daughter of Mr. and Mrs. Alex Jackson of Albion to Eric Samuel Butler, eldest son of Mr. and Mrs. Lloyd Butler, Peter's Road. The bride looked charming in a floorlength gown of pink net over nylon with white accessories. She carried a bouquet of yellow roses.

The bride was attended by Mrs. Harold McSwain, sister of the groom. She wore pale green net over nylon with white accessories and carried a bouquet of yellow roses. The groom was supported by his brother-in-law, Harold McSwain.

A reception was held at the home of the bride's parents for about 50 guests. A beautiful three tier cake topped with a miniature bride and groom made by the bride's aunt, Mrs. Thomas Jackson of Lower Montagu, was the table and was cut in the traditional manner. The dining room was decorated with pink and white and a profusion of flowers.

Following their honeymoon the happy couple will reside at Summerside where the groom is stationed with the R. C. A. F.

DOROTHY DIX'S COLUMN

Troublemaker At Work

Woman Posing As Friend Is Trying To Wreck Marriage

DEAR MISS DIX: Until two years ago, my husband and I had been separated for six years, due to my illness. There was never any question of divorce. During my absence, my husband, Ray, maintained our apartment in the city. He was in constant company of a couple who have been very good friends of ours, let's call them Marge and Bill. He was a guest at their home many times, and Carol, a friend of Marge's, was also present on many occasions.



Muriel Nissen

Since my return, we have, of course, maintained our friendship with Marge and Bill, and here is my gripe. Whenever Marge calls on us, she goes out of her way to bring Carol into the conversation, recalling pleasant times they all had together, etc. I resent this, feeling that Marge is lacking in good taste, and am told that I am unduly sensitive. Now Marge has asked us to a dinner party which is to include Carol. I happen to have a legitimate excuse for not going, but other similar occasions will arise. My husband will probably never see Carol again. If Marge doesn't go out of her way to arrange these get-togethers.

RITA K.

ANSWER: To suggest that Marge is lacking in good taste is to be charitable. Her actions suggest a veritable snake in the grass who is out to make trouble. Whether she is deliberately trying to create a romance between Ray and Carol is open to question, but she certainly is taking considerable delight in harrassing you with her insinuations and reminiscences.

TRY DIRECT ASSAULT

Her friendship can be tested with a direct assault. Tell her that you feel Carol has no place in your husband's present life, and that you would feel much more at ease if Marge helped keep her in the background. A true friend would most willingly co-operate.

Since people who are themselves unhappy love to make others share their misery, I suspect a rift in the life of Marge and Bill's marital bliss. Marge possibly suspects Bill of succumbing to Carol's charms and, in her own devious way, is trying to divert attention. If it is at all possible to eliminate Marge from your circle of friends, do so. Don't make too much of an issue of the matter with Ray, however. Men can, contrariwise, head for the very thing you are trying to have them avoid.

DEAR MISS DIX: I am 15 years old and a sophomore in high school. I'm a very lonely girl. When I'm out with a group of girls I can't seem to join in the conversation, though I try hard. Worst of all, I haven't even had my first date with a boy. Boys just don't notice me. If I go on like this I'll be the most downhearted girl in the world.

ANN

ANSWER: Don't consider yourself a failure, Ann, because at 15 you haven't had a date with a boy. Lots of girls who have become very popular waited longer than that. You should be able to get along with other girls, though. Study their conversation, see what topics they like to discuss (besides boys, of course), and learn something about these subjects. You'll probably find that they are movies, radio, records and the makers of same. If you will send me a stamped, self-addressed envelope, I can send you a leaflet of mine with some helpful hints on popularity, also a list of books that will help you to be more sociable.

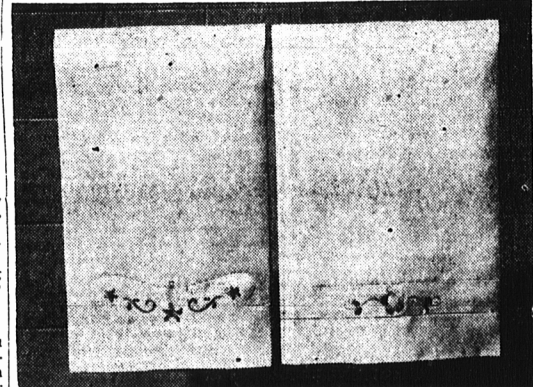
DEAR MISS DIX: I am 12 years old and have quite a problem. Sometimes friends of mine go to nearby amusement parks and, although there is usually an older person with them, my mother will not let me go.

PHYLIS

ANSWER: As usual, mom is right. You are much too young to go to amusement parks such as you mention with companions your own age. If there is an older person present who will guarantee to look after you, your mother might let you go, but unchaperoned—never!

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Embroidery Touches For Guest Towels



Even small details of embroidery make your guest towels more inviting. For pretty towels, use pastel lines, finish them with contrasting borders. Little floral sprays worked on the borders add another note of color. These embroidery designs combine the simplest stitches and the loveliest soft shades of floss. If you're well stocked with guest towels, make some of these to keep on hand for gifts. Tracing patterns and directions for making these two designs are available if you send a stamped, self-addressed envelope to the Needlework Department of his paper and ask for GUEST TOWEL EMBROIDERY, Leaflet No. E-1536.

Alice Brooks Designs

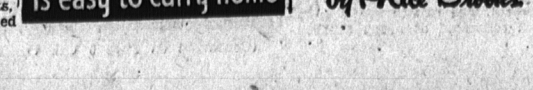
JIFFY MEDALLIONS

Good for pick-up work! Medallions are the just right size to tuck in a purse and carry with you! Memorize the design in a jiffy, crochet it easily, quickly!

Win prizes and own dreamed-of accessories with this crochet! Pattern 7390; crochet directions.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Design, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, and Pattern Number.

mixture, one-third of them at a time, alternately with the butter-milk or sour milk. Pour into greased and floured 9-inch layer pans or 1 1/2 x 9-inch oblong pan. Bake at 350 degrees F., layers take 35 to 40 minutes; square or oblong cakes 50 to 55 minutes. Good frosted with white butter or orange rind-icing when cool.



Watts - Agams Wedding

Zion Presbyterian Manse was the scene of a very pretty wedding on August 16th, at 4 o'clock when Betty Anne Etta daughter of Mrs. Leith Jelly, of Charlottetown became the bride of Ralph William, son of Mrs. Percy Watts and the late Mr. Watts of Charlottetown.

The ceremony was performed by Rev. G. Carlyle Webster.

The bride wore a street length dress of white nylon over blue taffeta and her headress was a halo of white net with blue flowers. She carried a bouquet of red roses. The bride was attended by Miss Pearl Young of Charlottetown who was attired in pink polka dot taffeta with matching accessories and a corsage of white roses.

The best man was Mr. Cleve Banks of Annapolis, Nova Scotia. The bride's mother wore pink nylon with matching accessories and a corsage of white roses, while the groom's mother wore nylon with a corsage of pink roses.

Following the ceremony the bridal party left for various points of interest on the Island returning in the evening to the home of the wedding reception was held.

After the reception the happy young couple left amid showers of confetti for a trip by car through the Maritime Provinces. On their return they will reside in Charlottetown where the groom is employed with the Canadian National Telegraphs.

Out of town guests included Mr. and Mrs. Laurie Whyntott and two sons Lorraine and Leander. All join in wishing Mr. and Mrs. Watts many years of happy wedded life.

Wider Shoulders Likely This Winter

LONDON, Aug. 24 — (Reuters) — Smart women will look top-heavy in daytime this winter.

But they will not have to scrap all of their existing wardrobe. The big fashion collections, setting the styles which will be worn this winter, show no radical changes.

Added width to the shoulders, achieved by the addition of a wide, shaped stole or cape, and a simulating, by flat-pleating or just plain cutting, of billowing skirts, will bring existing suits and day ensembles approximately up-to-date.

Skirts will have to be lengthened an inch or two to the new length of 13 inches off the ground. But shoulders remain sloping and the waist, though it wanders slightly here and there in front, remains in its natural position.

Winter coats are more cosy than ever, with tall luxurious-looking fur collars, deep fur cuffs and, often, fur lining which edges the front opening from collar to hem.

Black Persian lamb, beaver and fox are the most popular furs, but seal and mink are also used.

Most suits are cut on classic lines with pencil-slim skirts and jackets with low-cut collars, nipped in waists and longish stiffened basques which give a full, rounded hip-line. In many suits, stiff stand-

Household Scrapbook

By Roberta Lee

Lace

Clean delicate laces by squeezing them through skim milk, to which a little bluing has been added. Then stretch and dry them between cloths over a turkish towel.

Eggs

Pouring a little vinegar into the water when poaching eggs will prevent their spreading and separating.

How Can I . . .

By Anne Ashley

Q. How can I remove the furry lime deposit on the inside of a tea kettle?

A. By putting some vinegar, to which a little salt has been added, into the kettle and allowing it to stand for a while. When bubbles begin to appear on the surface, it indicates that the lime is dissolving. After it has been removed, rinse with clear water.

Q. How can I prevent syrup

What About The Under Sixteens?

(Service d'Information Francais)

Summer is the best season for the children. Their clothing must take into account their need for movement, which means their clothing must be light, short and comfortable. Nothing should impede their enjoying games and fun in the open air.

The under sixteens, too, love to dress "like mamma." The trend has therefore been toward younger designs, patterns and prints for Mamma rather than older ones for the small daughters. Almost any style, even something fairly sophisticated, can be adapted to simpler lines for a small girl, and yet she feels she is making the same effect, especially if the material is just like mother's.

As usual, nothing can touch cottons, but today these are ranging all the way from those as fine as gauze, and soft as silk to coarse materials that resemble sail-cloth or peasant woven materials, and they are equally appropriate for mother and daughter. One of the most useful outfits is the combination skirt, blouse and bolero. A sun top can be added in both cases.

out pockets emphasize this item. A variation of the classic tailor-made suit, for which British dress-makers are famous, is seen in Peter Russell's "in-de-da" look. This features a trim jacket reminiscent of a man's tail coat, with the tails cut off, and snugly moulded to the figure — which gives an elegant and, at the same time, a feminine line.

from turning back into sugar? A. The turning back to sugar can be avoided when making syrup, if, when it is coming to a boil, one-third teaspoon cream of tartar is added to every two cups of sugar used.

Q. How can I avoid having cloudy mirrors? A. Do not place mirrors so that they have direct sunshine on them. It will cause the surface of the mirrors to spot and become cloudy.

let Javex do this job for you



To remove stains and deodorize toilet bowls

pour one quarter cup of Javex into the bowl and let stand half an hour. If badly stained let stand over night. Javex makes all porcelain sparkle!

Javex Canada's Favorite Bleach

most housewives know 20 EASY WAYS Javex MAKES THINGS WHITE! BRIGHT! SWEET! CLEAN!

Sunlight advertisement featuring a house illustration and a Sunlight soap box. Text: EVERY HOME NEEDS Sunlight. It's All Pure, Extra-Soapy. You'll say it's wonderful the way New, better-than-ever Sunlight Soap washes everything washable. It's Canada's fastest-selling bar soap. Get New Sunlight today!

DETTOL advertisement featuring a woman in a hospital gown. Text: GUARDED from Birth. Doctors and nurses in Canada's leading maternity hospitals rely on a tested weapon with which to protect both mother and child from the risks of infection. They use 'Dettol' the modern antiseptic. THE REASONS which prompt the use of 'Dettol' in the hospital apply equally to the home. Here is why 'Dettol' should be kept on hand as 'YOUR FAMILY ANTISEPTIC': 1. 'Dettol' is a ruthless killer of the germs that cause so many infections. 2. 'Dettol' is non-poisonous. Important when there are young children. 3. 'Dettol' is kind and gentle to human tissues. 4. 'Dettol' is safe so safe that it can, in emergency, be used at full strength. 5. 'Dettol' does not stain either linen or the skin. 6. 'Dettol' is the 'all-round' antiseptic for use in major illnesses, and for use when minor injuries such as cuts, scrapes and bruises need immediate attention and protection. . . . in the home as in the hospital . . . DETTOL The Modern Antiseptic. RECKITT & COLMAN (CANADA) LIMITED, PHARMACEUTICAL DIVISION, MONTREAL

Anne Adams Patterns advertisement. Text: Anne Adams Patterns. Only One Yard 54". WEEK'S SEW-THRIFTY. One yard of 54-inch fabric is all you need to whip up this skirt! And whip it, up you will—look at the diagram! Only one seam! So useful, so smart for every-day wear with blouses, sweaters, jackets! Make it in wool, or one of the exciting new wool mixtures! Pattern R4695: Misses' Waist Sizes 24, 26, 28, 30. Each size takes one yard of 54-inch fabric. This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario. START OF CENSUS. Before 1801 there was no official census of either England or Scotland. WORKS OVERNIGHT TO HELP CLEAR UP PIMPLES. See for yourself how promptly Cuticura Soap and Ointment bring relief. Mildly medicated. But no drug. CUTICURA. R4695 WAIST 24"-30" by Anne Adams

Modern Etiquette

By Roberta Lee

Q. What is a suggested bill-of-fare for a buffet breakfast?

A. Have large pitchers of cold tomato juice and fruit juice together with small glasses first on the table. Follow this with grapefruit, melon or fruit cups, then scrambled eggs and bacon or sausage, hot toast and sweet rolls, and finally plenty of HOT coffee.

Q. If a close friend of a bereaved family attends the funeral, is it necessary that she wear black clothes?

A. No, any subdued shade of clothes is suitable. Just avoid anything gay or of a "frivolous" nature in your attire.

Q. At a wedding supper, where should the father of the bridegroom be seated?

A. At the right of the bride's mother.

Cook's Corner

YORK AND SPICE CAKE

Three-quarters cup shortening or margarine at room temperature, 1 1/4 cups brown sugar and 1 cup white sugar, 3 eggs, 3 cups sifted cake flour, 1 1/2 teaspoons each baking soda and cinnamon, 3/4 teaspoon each nutmeg, and cloves (latter is optional), 1 teaspoon salt, 1 1/2 cups buttermilk or sour milk. An electric beater makes short work of this cake. Cream the shortening or margarine until airy then mix in the sugars, then the eggs. Sift together all of the dry ingredients, then sift them over the creamed