

ELLEN'S DIARY

By An Island Farmer's Wife

We found James, husband of ours, in a dejected attitude, when we returned a few minutes ago from the community hall down the river road. In his old armchair he sat with his toll-worn hands clasped in a gesture of resignation, though knowing him as we do, we could not accept this at face value. A faint glimmer from the lantern he favors instead of a lamp in such an absence of ours, threw its feeble rays about the silent old kitchen and rested wanly on his sad features. We have a notion that while we are a-roving James would have us remember him thus, so that picturing the likely scene at home we shall cut short any engrossing pastime, and return with all speed to familiar haunts. He raised eyes at our brisk entrance, hurried as it was to escape the dampness of the outside now obtaining and the accompanying dark, our companion from Jane's end. There, we had been set down by a young matron from this road of ours, one of the number, who can handle a car with all the assurance that the women of a generation we knew so well owned as they sat or drove their horse on a similar outing.

"Blueberries, Ellen!" James murmured "a few blueberries for the lunch of a working man! What would you think of that! Oh indeed" with a lengthy sigh "I did very well I suppose to have had those - not that they're either filling or fattening. But I've read where men have existed on the like for days - men lost in the woods. When I consider" he cleared his throat warming to the subject "the way women look after their men nowadays and contrast it with that of the long ago... well, it's no wonder, Ellen, there are strikes and suchlike!" We confess we could see no logical bearing in his subjects, but we suspected that in our absence James had been meditating not on heavenly things but on the recent advance in feed prices... to knit all concerns in mind.

"Yes" he sighed, crossing one knee over the other "no wonder at all! But to tell you the truth Ellen, I never thought I should see the day when my lunch would consist of a handful of blueberries! But there it is - a man never knows what he'll come to. Ah, me!" Even now in the brave glow of the lamp-light, which has taken the place of the lantern dimly burning, he is likely following the same line of thought through the comforting smoke-wreaths which billow and flow above and about his old arm chair.

Our outing of evening took us to a foregathering of other housewives of the community to assist in the organization of a Women's Institute in the district. Or perhaps it could be said that one formed in the long ago was re-organized, though none were present to-night to remember it, with the exception of her at that time the teacher in the school down the river road, and a listener-in at odd meetings. A goodly number and enthusiastic was present to meet the Organizer and with high hopes on this 25th day of August, 1950, the new one, adopting the name of the district, was born. We interrupt to that with James.

"Fine out now, Ellen?" he inquires. "No, drizzling - we're supposed to get a spell of this, aren't we?" "There'd be nobody out?" he biffers. "Not yes, there was a, well, quite a crowd." A silence. Then "Which with obvious interest: "What do you do?" "Oh, their motto is: 'For Home and Country'... they do community work... James brightens. "Could I send these overalls to be mended?" he smiles. And where are their men while they're doing all... well, whatever they do. Ah," he sighs "I suppose home

A Country Garden

By Mrs. Gordon Macmillan

There are twelve months throughout the year. From January to December - And the primest month of all the twelve Is the merry month of September. Then apples so red Hang overhead, And nuts ripe-brown Come showering down In the bountiful days of September.

There are flowers enough in the summer-time, More flowers than I can remember. But none with the purple, gold, and red That dyes the flowers of September.

The gorgeous flowers of September And the sun looks through; A clearer blue, And the moon at night Sheds a clearer light On the beautiful flowers of September.

September is the time to prepare for next year's garden. Planting, transplanting, dividing, and rearranging of plants and shrubs should be done this month. The mistakes of the garden this year can be corrected now when they are fresh in your memory. The seedlings of biennials and perennials in the field are ready to be transplanted into places in the borders made vacant by the biennials that are through and by alterations necessary every year, this is the only way to improve the garden from year to year. A lady from Aberdeen, Scotland visited the garden last week and it was a delight to talk to her of gardens and gardening. The climate in her country is quite different and many things live over winter without covering. Roses are easy to grow in Scotland and climbers do especially well, covering walls of houses and trellises.

Lavender is grown in ten acre fields for fragrant uses, and lovely Christmas Roses are found every day in the winter from January until May. Planted in sheltered spots with the protection of shrubs they grow well in any good loamy soil. She also talked of the Jasmine and fragrant Honeysuckle. When we came to the rock-garden and the border of Nepeta with the second crop of its blue, blue blossoms, and the bees gathering the honey on their favourite perennial it seemed a bit of her own lovely garden in far-away Scotland. Fuschias live outside all winter and they grow into very large bushes and sometimes hedges of them are seen.

Hardy garden Mums are now showing color and they will continue to brighten up the garden until the snow covers them, in fact blooms in this garden have been dug up out of deep snow and have been used in bouquets for some time. The Chrysanthemum is the glory of the Autumn garden and the Hybridists have perfected many lovely new varieties. The Chrysanthemum is a plant far in the distant past. It is not known generally that Confucius, most famous of Chinese philosophers and scholars, was first a horticulturist and

Continued on page 9 eating blueberries or whatever they can find! Then on another thought, extremely disturbing, "Ellen - I hope you didn't take any office in it, and you such a very busy woman?" We nod into this paper. He ponders the situation. Then "Which one?" he demands. "Pres-I-dent!" we reply meekly. Another silence. "Well, Ellen" he brightens again to say, and not without justifiable concern, in the light of our limitations and shortcomings, "you've got yourself into a b---y good fix this time!" Until tomorrow -- Diary -- Good-night .....

DOROTHY DIX SAYS -

Premarital Forecast

Unselfishness, Similar Tastes Augur Well For Happiness

DEAR DOROTHY DIX: How can we tell whether our marriage will be happy or not? We are very much in love with each other, but we have so many other couples who did nothing but bill and coo before marriage fight like cats and dogs after marriage that we are wondering if we will be that way also when we undertake to live together. Aren't there any signs that forecast whether a marriage will be a success or a failure?



ANSWER: There are plenty of signs and omens right under your noses. For instance, it is a good sign that your marriage will turn out unhappily if you think that all that is necessary to make a marriage a success is love. It isn't. It takes love, of course, but to that you have to add hard work and self-sacrifice and tact and good, hard, horse sense. If you quarrel before marriage and haven't the same tastes about cosmetics and movies and clothes and things to eat, it is a sure sign that you will be in a perpetual row after marriage.

JEALOUSY BAD SIGN

If either of you is jealous and gets green-eyed every time you see your intended out with another girl or boy it is a sign that you will never have a single happy moment after you are married, and that your husband or wife will come to hate you.

If the man is not willing to work and bring home the bacon and the woman is not willing to stay at home and cook it, it is a sign that there will be no peace and comfort in the home.

But if a young couple is congenial; if they have the same tastes and habits and read the same books and play the same games and have the same interests, it is a sign that they will get along together after marriage without friction.

If they are unselfish and try to see how much they can do for each other instead of trying to see how much they can get out of each other, it is a sign they will be happy.

If they go into marriage determined to stick it in spite of hell and high water, it is simple a guarantee that they will make a success of it.

DEAR MISS DIX: On the eve of my 29th birthday, I paused and asked myself what am I getting out of life? Since I was 14 years old, I have worked and given almost all of my money toward my family's support. My father is lazy and loaf. My mother is quarrelsome and hard to get along with and our home is a place of strife, no peace nor happiness in it. What I want to ask is, would it be terrible if I went to live by myself? I could enjoy life if I were not burdened with an ungrateful family who continually make more and more demands upon me. My sister has recently married and brought her husband home for me to support. Do you think 29 is too late to think of living for yourself for a change?

ALL ALONE

ANSWER: Not a bit of it. Just the right time, for at your age you have discretion and know how to take care of yourself, and nobody can question your right to live your own life.

As I have said before a hundred times in this column, there is no animal that is less to be admired than the family goat. There is neither sense nor dignity nor virtue in permitting yourself to be sacrificed for the pleasure and indulgence of others. You made that mistake. Now snap out of it. Buck up. Spend your money on yourself and go to live where you can have peace and quiet instead of being in a perpetual broil.

Most offences do harm instead of good. They encourage selfishness and laziness in others. Your family will take all you can give as long as you give it, but when you refuse to be held up any longer, they will go to work and support themselves.

The best procedure for you will be for you not to tell your family about what you are going to do. Just move out and settle yourself and when they rave, as they will when they find out that their slave has escaped, tell them that you have given them fifteen years of your life, and that you are going to keep the balance for yourself.

DEAR MISS DIX: What do you think about the way girls graft cigarettes? Why don't they use their own and maybe offer a boy one occasionally instead of sponging on their dates for their smokes? These cigarette bummers make me sigh for the good old days when no lady smoked.

BEN

ANSWER: Maybe the girls who swipe their cigarettes aren't as greedy and grasping as they seem to be. Maybe it is just because they haven't realized that when they take up a man's vices it is up to them to pay for them like a man. Somebody once said, you know, that when a woman tries to be a man she never is quite a gentleman.

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

That Body Of Yours

By James W. Barton, M.D.

ACETYSALICYLIC ACID - A VALUABLE DRUG

One of the valuable and commonly used drugs is acetylsalicylic acid (trade name aspirin) which is and for many years has been, the specific or special treatment for the pains of rheumatism. It is used alone or with baking soda in the treatment of various types of pain. Unfortunately there is a certain percentage of people who are allergic to this drug or in whom it upsets the stomach. Accordingly, drug manufacturers combine acetylsalicylic acid with other drugs because it is still the most effective drug in rheumatic pain.

Some months ago I write about the use of very large doses of aspirin, over 150 grains a day, which caused no reaction when combined with succinic acid. This is especially valuable in treatment of rheumatism. Many rheumatic patients find that a few grains of baking soda taken with acetylsalicylic acid prevents any pain or upsetment in the stomach.

In the New England Medical Journal, Boston, Dr. R. H. Talbot, M. W. Ropes and W. Bauer point out that enteric-coated aspirin (covered with a special coating to allow the drug to go through the stomach into small intestine and so cause no stomach disturbance) has a painkilling effect equal to that of the acetylsalicylic acid and the onset of this painkilling action is only slightly delayed because of this coating. These physicians point out that in the treatment of patients who are unable to tolerate regular acetylsalicylic acid because of stomach symptoms caused directly by the drug, this method is of value.

The use of this specially coated preparation of aspirin is they write, "especially advantageous in such cases when very great doses are required to control pain." While about 8 per cent of persons can take the usual dosage of aspirin without any such disturbance, the other 20 per cent are unable to do so. Enslaving the aspirin in a covering that carries it through the stomach without any being absorbed by the stomach makes this excellent painkilling drug available for use even in severe stomach disturbances, including those in which walls have been made tender and bleeding from previous use of aspirin. Aspirin can be used in this manner. - The main of people write DIET SUGGESTIONS IN PEPTIC ULCER Send 5 cents, coin preferred, and

A 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Post Office Box 99, Station G, New York 19, N. Y., and ask for Dr. Barton's helpful leaflet entitled "Diet Suggestions in Peptic Ulcer."

HEAVY FREIGHT MOVEMENT WINNIPEG, Sept. 1-(CP)-The Canadian National Railway announced it moved about 6,500 loaded freight cars in the west yesterday, first day after the strike ended. Passenger service was reported back to normal.

CLEAN ODORLESS GARBAGE CANS

ANOTHER JOB Javex DOES BETTER

True Success Story

By F. H. MacArthur

Among the most successful market gardeners in the Garden of the South was J. J. Gay and Son whose 25 acre farm at the head of Upper Prince Street provided fresh vegetables, fruits, plants, flowers, etc; to the city of Charlottetown for over half a century. It was Mr. Von-Clure Gay who first entered the market garden venture on a large scale. Later he was joined by his son and together these two made a study of soil, plant life and marketing methods, until they knew the potential possibilities of their 25 acre plot as well as a child knows its ABC's.

It did not take Mr. Gay and his son long to understand thoroughly the kinds of soils their little farm had; nor was it long before they knew the plant foods it contained and the relative proportion of each. Armed with this knowledge, they threw their combined efforts into a then comparatively new kind of gardening in this province and before many years had flown by this parcel of Nature's great storehouse of wealth began to repay them handsomely for their labours.

The firm had a prominent stall in the market, where on market days they did a large business. In addition, delivery wagons made daily circuits of the city, supplying hundreds of families regularly. But the Gay's had a wider and greater market than Charlottetown, for their vegetables and fruits, for instance: they exported cabbages, turnips, beets, cauliflowers and tomatoes in large quantities to Sydney, Pictou, Halifax and to New Brunswick towns. The firm also supplied other business centers on the Island. Each fall celery was shipped quite extensively and Gay's celery was par excellent with many users, because these growers mastered the art of growing it crisp and tender. Every spring thousands of young plants in great variety, vegetable and flowering, were sent to the different parts of the Island as well as having been exported to the places already named.

The Gay's also jobbed ornamental nursery stock in considerable amounts, such as the lime, horse-chestnut, mountain ash and weeping trees, many of which still are viewed with admiration by tourists as they motor across our fertile "Million Acre Farm".

With the passing of the years the business, expanded until father and son found it a problem to fill the thousands of orders that daily came their way.

The Gay's could have gone further in their field of endeavour had they had the time; but market gardening is a busy life as anyone who engages in this work will tell you.

Like many others in their line, the Gay's achieved success by industry and without ostentation.

Cook's Corner

CHOCOLATE FUDGE CAKE

3 cups sifted cake flour, 3 teaspoons baking powder, 1/2 teaspoon soda, 1/2 teaspoon salt, 1/2 cup butter, 1 cup sugar, 2 egg yolks beaten, 3 squares unsweetened chocolate melted, 1 1/2 cups sweet milk, 1 teaspoon vanilla, 2 egg whites stiffly beaten. Sift flour once, measure, add salt, soda, baking powder and sift three times. Cream butter, add sugar gradually and cream together until light and fluffy. Add egg yolks and chocolate then flour alternately with milk a small amount at a time, beat after each addition until smooth. Add vanilla and fold in egg whites. Bake in two 9-inch layer cake tins in moderate oven (350 deg. F.) for 30 minutes. Spread fudge frosting between layers, on top and sides.

Fudge Frosting

2 squares unsweetened chocolate squared, 2-3 cup cold milk, 2 cups sugar, dash of salt, 2 tablespoons corn syrup, 2 tablespoons butter, 1 teaspoon vanilla. Add chocolate to-milk, heat gradually. When chocolate is melted, beat with rotary egg beater one minute or until mixture is smooth and blended. Add sugar, salt and corn syrup and stir until sugar is dissolved and mixture boils. Continue without stirring until a small amount of the mixture forms a very soft ball in cold water. Remove from fire. Add butter and vanilla. Cool and beat until of right consistency to spread on cake for company or birthdays. I have often added 1/2 cup chopped nuts and cherries, red and green, and used white butter icing, or above fudge icing.

Household Scrapbook

By Roberts Lee

Baked Potatoes Sogginess in potatoes that have been steamed or boiled with the skins on can be prevented by removing the skin immediately. Drain the potatoes as soon as they are done, and dry them by shaking the utensil over the flames. Oily Skin For an oily skin, use a solution of eighteen grains of bicarbonate of soda, eight ounces of distilled water, and any desired quantity of essence of roses. Nail in Plaster Placing the nail in very hot water before driving it into a plaster wall will lessen the danger of its crumbling the plaster. WARNING: Before the Cunard liner Lusitania sailed on her fatal New York-Liverpool trip in 1915, Germans had inserted advertisements in American papers advising against sailing in her.

Now a NEW Cereal! It's Cereal with Fruit BOTH in one package! Kellogg's RAISIN BRAN FLAKES CEREAL with FRUIT

"Come And Join Me!" I'm just going to have my cup of tea. Does anything give so much satisfaction to so many people at so little cost as tea? Have it every afternoon at home or in any restaurant. AFTERNOON TEA Your Friendly Pick-Me-Up

-Needlecraft- FOR THE HOME - OUTFIT STYLING This shoulder-button dress wouldn't be easier to make! With its simple, youthful lines - accented only by patch pockets - you'll finish it in no time at all. No. 2488 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 16, 3 1/2 yards 36-inch. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address. Address Pattern Department The Charlottetown Guardian. Pattern No. 2488 Name Address City Province 2488

New Power in NEW LUX to give you a cleaner, whiter family wash. It's BRAND NEW LUX for the whole family wash. Dredges dirt out of the dirtiest work clothes - gets white things whiter - colored wash brighter. New Lux is blown from high power jets into high-powered concentrated soap grains. No soap product dissolves faster. And EVERYBODY can afford it... You get 40% more soap in every package at no greater cost. And all clothes and household linens last longer washed in New Lux. Get New Jet-Blown Lux in the large or new giant size. ONLY LUX, FAMOUS FOR THE BEST IN SOAPS, COULD GIVE YOU THIS GREAT NEW PRODUCT!