

ELLEN'S DIARY

By an Island Farmers Wife

Bare twigs of shrubs we gathered about the lawn on an Autumn morning when we had planted a handful of bulbs — tulips, about the old flower-bed of another grandmother's making and daffodils yellow and gay to match the spring glint of the pond and the lovely promise of freshly harrowed fields — and placed with sprays of asparagus and southernwood in an old blue jug on the mantel are making interesting study now for granddaughter and the housewives.

Nude pieces of barberry, forsythia and suchlike are thrusting forth miniature leaves and blossoms to make a graceful bouquet. On a table close by, our one blossoming plant of the moment, a Christmas Cactus is somewhat surprisingly covered with a profusion of bloom. Here it is, that granddaughter practices her counting with us until perplexed in our aggregating we should have missed one, we must start all over again.

To us the blossoms are reminding of the fuchsia and yet these have an added beauty since we always find symbols of the season bound up in the flowers. One may catch the sight of a woman, blue-gowned we think a bit weary we know from the ride on her lowly mount; a man, patient beside her . . . and crowds along the way — coming towards their city even as farm-folks were wont to do in years now past, to pay their taxes.

Some a bit anxious we suspect and then much relieved to have it over . . . smiles breaking at the burden lifted and stopping then at a street corner it might be to chat happily with kith and kin, unaware of the event that was imminent even though it had been "written." One may see in the flowers' strange petals, the snow-clad hillsides . . . not drifted as in the dead of winter but sprinkled lightly as our farmlands now. And a star, brighter than those of Orion that are caught these nights above a dim line of trees to the south.

A scintillating star we are sure, with a magic about it that men must follow, no matter the flock on the slopes — such a star of hope that has set men to build empires, to plow furrows, to build ships, to clear forests — and women to nurse their babes and nurture their secret dreams . . . Ever since it was a tiny slip of a plant given us by Jeanie, our cactus gave us little in return for our respect and care except the sheen of its claw-shaped leaves in a northern window. It grew there almost unnoticed until, quite like the ordinary lad or lass that blossoms into a bewitching piece of humanity over-night — or the commonplace duckling in our small ones' stories, it was suddenly covered with bloom to offer us a rare delight.

"But it's blooming a little too early," granddaughter offered to-day and Jeanie here at the time smiled and commented, "Oh, I don't think so. Christmas is definitely in the air!"

Rain and snow and a gale yesterday — and the reminder to "Watch your fires, girls!" from James. And today, the delightful calm which follows a spent storm and a quiet winter-white along the countryside.

Until tomorrow — Diary — Good-night . . .

FAMOUS INSTRUMENT

The clarinet, a wind instrument used in both classical and popular music, is believed to have been produced in Germany about 1690.

WEIRD MOLLUSC

The octopus is not a fish, but a mollusc, member of the soft-bodied but hard-shelled, specimens of that classification.

Alice Brooks Designs



7118

That Body Of Yours

By James W. Barton, M.D.

EFFECT OF CHRONIC DISEASE OR DISABILITY ON OUR MENTAL AND EMOTIONAL MAKEUP

When we see a man or woman disfigured with a chronic skin disease, most of us feel that if the disease could be cured or made less unsightly, that would be the end of the story. However, our skin specialists, psychologists and psychiatrists tell us that the chronic skin disease may be a starting cause of other conditions present, and that these conditions are just as important to the patient's health and happiness as the skin ailment.

In The British Lancet, Dr. M. Hewitt states that to date little attention has been paid to occupational resettlement of cases of prolonged incapacity through skin disease. Based on his experience in employment exchanges in the northwest of England, he comments on the extent of the problem and on the resettlement results in a group of these patients. He reviews the history of 50 unemployed persons who had failed to adapt themselves to their skin disability.

These 50 patients (43 men and 7 women) were medically examined and their occupational, social and medical history taken in detail. It was evident that unemployment along with due to more than one factor. These factors were investigated carefully.

The findings show that the skin disease itself was much less important than most of the other factors interfering with their employment. The important causes of unemployment were social and domestic problems and unsatisfactory work records.

It was also seen that imperfect mental adaptation to chronic disability plays a great part in long-continued sick absence from work and unemployment amongst disabled persons, particularly those with chronic skin disease. Dr. Hewitt believes that his investigation serves to show the close relation between the disability state, social environment and occupational record; it illustrates also that each of these factors can be fully appreciated only by consideration of all the other factors. I believe most of us would react to chronic skin disease or other disability as did the workers mentioned above. Calling attention to the above reaction to a chronic disease should be of interest to doctors, employers, all of us in fact.

Morning Smile

Keep Her Home

In a bus was a dignified man carrying a pair of women's shoes. He had evidently collected them from the repair shop, and was taking them home to his wife. But he had not been supplied with packing material.

A man opposite was interested. Finally he leaned over, tapped the dignified one on the knee, and said, with a knowing wink: "That's right. Don't let 'er gad about, gov'nor!"

Just Right

The beer in the officers' mess was not up to standard, so it was sent out to the men. Meeting a sergeant later on, an officer asked what the beer was like.

"Just right," said the sergeant. "Did the men think it good?" asked the officer.

"Just right," the sergeant repeated. "What do you mean by 'just right'?" the officer persisted.

"Well, sir it's like this. If it had been worse we couldn't have drunk it, and if it had been better we shouldn't have had the chance."

Definition

"Henry, can you give me a definition of the word 'gentleman'?"

"A man who wouldn't dream of striking a woman with his hat on."

DOROTHY DIX SAYS—

Misses Courting Days

Wife Deplores Mate's Lack Of Attention

DEAR MISS DIX: I am 21 years old and have been married almost two and a half years. I cannot seem to get used to the fact that my husband is not going to treat me the way he did when he was courting me. Our marriage would be a perfect one if we did not argue over this matter. He tells me that every man changes after he marries, but I don't think it is fair to give a girl such a build-up, then marry her and take everything for granted. He is a good husband otherwise, considerate, doesn't drink or gamble, works hard. My only complaint is that he doesn't show his love for me as much as I think he should. Am I wrong in thinking he is unfair because he no longer shows me the same love and affection as he did when we were courting, or should I take it as part of married life and get used to it?



MRS. L.

ANSWER: Wouldn't life be horrible if you had to live on a steady diet of cream puffs and marshmallows? Well, a marriage made up of nothing more substantial than love and kisses twenty-four hours a day would get pretty monotonous, too.

Youngsters dream of eating nothing but sweets; a wife who dreams of nothing but the joys of courtship is putting herself in the same class. Marriage entails responsibilities—a fact overlooked by too many youthful brides. It is give and take—you expect only to take.

WHAT DO YOU CONTRIBUTE?

You have a fine husband who works hard to support you and give you a pleasant home. What are you doing to help him? Do you keep a nice home, cook attractive, nourishing meals? Are you learning any household art that will aid you in adding to your home? Or do you spend the day dreaming about the courtship days of two years ago and thinking up new reproaches with which to berate your poor husband when he comes home?

You are supposed to be grown up when you marry, and a grown-up woman—even one as young as 21—can think of lots of things to do besides romancing. Naturally you want your husband to love you, and he undoubtedly does. But you can't expect him to show it every minute of the day with flattery and petting. He is providing good support for you, and all he gets in return is nagging. Is that fair exchange? Your childhood is over, Mrs. L. Begin now to be a real helpmate and wife.

DEAR MISS DIX: Do you think it is right for a wife to write love letters for her sister to her boy friend? My wife has been doing this for a good while and although her sister can't write too well, I think if she loves her boy friend she should write her own letters. I am very jealous of my wife and I don't think she should write these letters for her sister. The boy friend is in the Marines.

BILL

ANSWER: Of course your sister-in-law should be writing her own letters. I'm sure if her boy friend knew of the deception he would be as annoyed as you are. There really is no great harm in your wife's helping her sister out, however. The sister is simply resorting to any means to make a good impression on her Marine. Not an uncommon feminine failing, either, I might add. You are more upset over the matter than its importance warrants. I'm sure if both ladies knew how perturbed you are, Sister would take over her own correspondence.

DEAR MISS DIX: I have a wonderful wife and 15-month-old baby. Although my wife takes her to a baby doctor, she does not follow his directions, especially in the matter of feeding. The baby gets whatever we have, and not, in my opinion, enough vegetables. I come from another country where babies are fed regularly and given lots of fruit and vegetables. I'm afraid she will grow up nervous if she isn't properly fed now.

A. N.

ANSWER: Your wife is making a big mistake if she doesn't follow her doctor's directions on the feeding of her child. With baby vegetables so readily available, there's no excuse for a baby to lack any of them. To satisfy yourself as to the doctor's directions, why not go with your wife the next time she takes the child to the doctor. You can then ask any questions you wish and after the visit you will probably feel much better about the whole situation.

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

Economical Meals

DIVISION OF NUTRITION, DEPARTMENT OF HEALTH AND WELFARE

The housewife who wants to make her food money go a long way will use generous amounts of milk. No other food supplies such large quantities of necessary nutrients. This is why milk holds first place in Canada's Food Rules.

As a source of protein, milk is much cheaper than meat and eggs. It is the only good source of calcium for strong bones and teeth. To obtain the vitamins found in milk you would need large quantities of other foods. Milk is our most nearly perfect

food. Best of all it has no waste. It can be used to the last drop!

Skim milk is even more economical. It contains all the nutrients of whole milk except the fat. It is highly recommended, especially for anyone who wishes to lose weight. In areas where it is impossible to obtain whole milk, skim milk powder may be used. It is very economical. Recipes using this powder may be obtained from the Division of Nutrition. Adults as well as children need milk. Older people do not take up calcium in their bodies as easily as younger people, and should therefore be sure to use the suggested amount of milk. Children under 12—At least 1 pint. Adolescents—At least 1½ pints. Adults—At least ¼ pint. Just a word for cheddar cheese.

The Stars Say --

By Genevieve Kemble

For Tomorrow

THE surprising reorienting of affairs to a sudden and starting base of operation, with a deviation from the accepted and orthodox plan of action, may entail much activity in revamping schedules, demanding other techniques and routines incident to the spectacular turn of events, to novel ideas or bold initiative. The surprising turnover should bring about gratifying denouement, thrilling and radical. Romance is not lacking.

For the Birthday

Those whose birthday it is may engage in a reordering of the life, its strange good fortune, perhaps with the business of taking over new possessions. Capital, and investments, untried lines or exciting adventures in the effort to stabilize surprising good fortune or windfall, may harmonize with strange surroundings or contacts. Some compromises may be advisable in meeting a new order. A child born on this day, while creative, original and daring, will have solid character and qualities to back up its urge for the new and adventurous.

Household Scrapbook

By Roberta Lee

Tissue Paper Duster

Ordinary tissue paper makes a good duster. Slightly moistened, it removes dust easily. It is excellent for keeping a brass bed looking bright; also silver toilet articles, mirrors, and windows. It leaves no lint, and does not, of course, need to be washed when the work is done, but simply burned.

Easily Found

The electric light buttons sometimes prove very difficult to find at night. However, if they are touched with a little luminous paint, they can easily be seen in the darkness.

Leaky Vases

Take some melted paraffin and pour it into the vase and allow to harden over the spot where the leak occurs. It will not leak again.

Better English

By G. C. Williams

1. What is wrong with this sentence? "I'll be through by five o'clock, and we'll try and solve your problem then."

2. What is the correct pronunciation of "vague"?

3. Which one of these words is misspelled? Emporium, calcium, millennium, helium.

4. What does the word "conjectural" mean?

5. What is a word beginning with fu that means "quality of being useless"?

ANSWERS

1. Say, "I'll have finished by five o'clock, and we'll try to solve your problem then." 2. Pronounce vag, as in may, not as in bag. 3. Calcium. 4. Pertaining to a surmise or guess. "It was a mere conjectural opinion." 5. Futility.

It too should hold a more prominent place in our daily meals. Cheese, which is really concentrated milk, contains practically the same food value as milk and is approximately the same price. A cup of milk equals a one inch cube of cheese. Our own cheddar cheese produced right here in Prince Edward Island deserves to be used often—at least three times a week.

There are many ways in which both milk and cheese can be used to make our meals tasty and attractive—and to make our food money go much farther.

Modern Etiquette

By Roberta Lee

Q. What is the proper thing for one to say when one is departing from church service and is shaking hands with the minister at the door?

A. A bright smile and a cordial "How do you do," is usually sufficient. "But one may add, "I enjoyed your sermon very much." In any event, be brief, as there are people behind you who are waiting to speak to the minister.

Q. I have heard that it is the duty of everyone who was invited to a wedding to call on the bride after she returns from her honeymoon. Is this correct?

A. Yes. Q. Is it proper to partake of water, tea or coffee at the table while there is food in the mouth? A. No; the food should be swallowed before taking any liquid.

How Can I!!!

By Anne Ashley

Q. How can I remove white spots on the dining room table caused by heat?

A. Apply, in the order named, kerosene, alcohol, and linseed or sweet oil. A different cloth should be used for each of these applications. Rub in the linseed oil until the spot disappears.

Q. How can I induce sleep? A. A small dose of soda taken in a glass of warm water before retiring will often induce sleep in restless persons.

Q. How can I remove iodine stains from white linen? A. Soak the material in a solution consisting of a teaspoon of ammonia and a pint of water.



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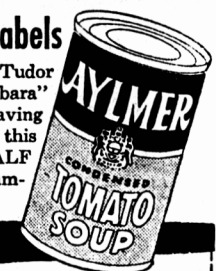
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