

ELLEN'S DIARY

By an Island Farmer's Wife

"I wonder what's keeping him?" Gage said. "It's been a long time since he went away." We were at the set-cutting then, in the field adjacent to the front meadow and also by streamside, having settled upon this pasture in the afternoon when the present care of our housework were over. And at supper—the teakettle heated quickly over a fire of bits and pieces of sticks gathered in a woody spot beside, not from any scarcity at the woodpile but only because of some queer primitive instinct we own which enjoys building fires of the like—Rob remarked with obvious surprise: "You have been cutting potatoes!" He laughed then and added with some curiosity: "Did some one ask you to? That was my parting message to you when Father was leaving for 'out Home' this morning. Tell your mother he said, 'she won't have too much time to get that seed cut, since we'll be planting any day now! But I didn't relay the word to you, because I thought Jamie and I could find time to do them.'"

Jamie was our helper, as was the smaller fellow, concerned at the work, making excuse when an inadvertent cut failed to include a healthy bud. "But perhaps it will grow without one, with nice sunny days and a shower or two," he once remarked with all the optimism of five years. But Jamie replied "That's only silly talk, Gage. You know very well it won't grow unless it has in it a real good eye."

The potatoes had been spread to sun in a corner of hayland where this afternoon the scented breeze of day moved lightly, talking with the field-flowers, encouraging for our especial delight the budding daisies to bare their hearts of gold. Birds chanted of the pleasantries of season, and about us our world was lovely—and good.

A dog on the farm across the road barked loudly, returning nostalgic memories to the little lad. He kept his eyes on the cutting, the "still waters" of his mind evidently "running deep." "I wonder what's keeping him?" he said. "He's been a long time away." This was in regard to his dog who on account of a suspected breach of trust on the farm Rob dispatched humanely and with secrecy on a night of a recent week. A slipped leash found next morning gave rise to only one speculation. He was just a wayward dog.

But on my mind. Later that day I made his way along the path which lie between, to interview his grandfather sowing grain in a field to the rear of Alderley. A small fellow garbed in new shirt and blue jeans with mannish pockets weighted with nails and the like. "You didn't happen to see anything of my dog, did you?" he asked. "He slipped his leash last night, and I thought he might be 'out Home' I guess he must be somewhere about. I'm expecting him back shortly."

How parting from pets leaves scars on the heart! There will be a replacement in time. Meanwhile an exciting event is expected in the one-calf family; a heifer's calf was brought in today—born on pasture; a robin is sitting in a lilac bush on the lawn and a goldfinch is hatching two eggs in what has been described to us as "the cutest nest in the world."

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COW BRAND BAKING SODA



That Body Of Yours

By James W. Barton, M.D.

PHYSICIAN MUST SIZE UP PATIENT'S MENTAL AND EMOTIONAL MAKE-UP

More and more we are learning that the condition or health of the body depend greatly upon mental and emotional health. Thus, anxiety can upset stomach and digestion, can cause sleeplessness and general weakness. On the other hand, infected teeth, tonsils, gall bladder, large intestine can cause mental symptoms, sleeplessness and a "don't care" attitude toward life.

It is because it is now recognized how much the mind can effect the body that we are hearing and reading about "psychosomatic" medicine today, meaning the effect of the mind and emotions upon the body. Illness of the body can be helped or harmed by the state of our emotional health.

In Postgraduate Medicine, Dr. Joost A. M. Meerlo states that emotional processes come into action as soon as a sick human being consults a physician. These processes are dependent on pre-arranged expectations on the part of both doctor and patient. Scientific expectations, wishes of cure and unconscious cravings all complicate the doctor-patient relationship, which influences the form or method of treatment to be given.

Many patients, having treated themselves without success, unconsciously expect a "cure" when they consult the physician. The patient has a feeling of confidence in the doctor and feels free to tell the whole story of his symptoms and why he is consulting him. Just as a clergyman listens to confessions and gives spiritual help, so the physician listens to the patient and gives medical or physical advice. Among the needs of the patient is getting relief from anxiety. So often symptoms or diseases break out or are made worse by the patient's continual anxiety and perhaps feeling of guilt. The struggle for life with its outside dangers and inner anxieties provokes many somatic (body) symptoms. That is why the patient doesn't ask only for pills and injections, but wants to confess the bad way he has managed his life.

Doctors are not competing with clergymen. The facts confessed to the doctor are different, concerned with the body. They often pave the way for real confessions to a father confessor.

The Stars Say --

By Genevieve Kemble

For Tomorrow Although it may not be a day of outstanding events, judging by the lunar transits, at the same time it may be desirable to take minor happenings or offerings in stride. There could be petty complexities or anxieties and a tendency to make big announcements out of small ones. Trivial outside anxieties could find unhappy reactions on the domestic scene, or on purely personal interests or gratifications.

For the Birthday Those whose birthday it is may find themselves in a year of rewards or recognition for work well done in employment, politics, or some special skill, with a token of personal appreciation from influential places. But this should be accepted with proper grace and ceremony, especially since elders, or old institutions, may not be affably inclined. Small changes may be involved; accept with good grace recognition of even small favors.

A child born on this day may have versatility and talent, with social graces and aspirations, attracting favors.

HISTORIC POST

Governor's Island in New York Harbor has been an army post for more than 150 years.

EMBARRASSING FACE BLEMISHES

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Engagement



—Photo by Ashley and Crippen

Mr. and Mrs. Vernon A. Gay, Southport, announce the engagement of their daughter, Joyce Margaret, to J. Norbert MacDonald son of the late Capt. and Mrs. J. C. MacDonald of Cardigan. Marriage to take place June 27th, Walmer Road Baptist Church, Toronto, Ont.

Cook's Corner

Spaghetti Meat Loaf

One medium onion, 1-2 green pepper, 1-4 cup butter or margarine, 1-4 cup flour, 2 cups milk, 1 teaspoon salt, 1-4 teaspoon pepper, 9-ounce package spaghetti, 1-4 pound ground beef, 1 cup bread crumbs, 2 eggs.

Start your oven at 350 degrees F., or moderate. Then chop up the onion and pepper fairly fine. Melt butter or margarine in a heavy skillet, add onion and pepper and cook about 10 minutes. Mix in the flour and when it is well blended, stir in the milk gradually. Continue stirring until you have a nice, thick sauce. Then add salt and pepper. Cook spaghetti according to directions on the package. Drain thoroughly. Mix up a half cup of the onion-pepper sauce with the meat and crumbs. Add 1 egg and mix again thoroughly. Now mix the remainder of the sauce with the spaghetti and then add the other egg. Grease an oblong loaf pan and make a layer with half the meat in the bottom. Make a centre layer of spaghetti and top this with the remainder of the meat. Bake 1 hour. Serves 4 to 6.

Household Scrapbook

By Roberta Leo

Grass Stains

Grass stains on washable material may be removed by dipping it as quickly as possible into lukewarm water and a mild soap suds. Rub until the stains come out, and then rise in clear, warm water.

Eggs

Eggs will not burst while boiling if one end of each egg is pricked with a needle before placing in the water. This makes an outlet for air and prevents the shell from cracking.

Floor Polish

Equal parts of melted candle grease and turpentine make a good floor polish.

Modern Etiquette

By Roberta Leo

Q. My father, who lives with his second wife, is to give me away at my wedding. I still live with my mother. Where does my father sit after he gives me away, where does his present wife sit, and where does my mother sit?

A. Your mother sits in the first pew on the left of the aisle. Your father sits with his present wife in the fourth or fifth pew on the left of the aisle.

Q. What two rules should be observed in typewritten social letters?

A. (1) Single sheets of paper should be used—on one side only. (2) Your signature should always be written by hand.

Better English

By G. C. Williams

1. What is wrong with this sentence? "You may take the vase off of the shelf and sit it on the table." 2. What is the correct pronunciation of "objectively"? 3. Which one of these words is misspelled? Conceivable, indelible, uncomformable, irremediable. 4. What does the word "instability" mean? 5. What is a word beginning with ins that means "giving hints"?

ANSWERS 1. Omit off, and say, "set it on the table." 2. Accent first syllable, not the second. 3. Indelible. 4. Lack of determination or fixedness. "Instability of purpose will not accomplish this." Insinuate.

Morning Smile

Hard To Swallow

When interviewed by a psychiatrist a man insisted that he had swallowed a horse. None of the usual tactics could persuade him to change this conviction, and the psychiatrist decided to "operate." The idea was to put the patient under for a few minutes, and

DOROTHY DIX'S COLUMN

Age Makes No Difference

Man's Maturity Stems From Character, Not His Years

DEAR DOROTHY DIX: About two years ago, at the age of 35, I met a man of 52 and we became quite friendly. After a while he spoke of marriage, but talked often about a woman with whom he had lived. I felt he was attracted to me on the rebound, as this woman had married someone else. Later, in extending an invitation to my sister, he gave her to understand that his intentions toward me were quite serious. However, he seemed to cool in this attitude considerably, and a few weeks ago told me quite clearly that he had no matrimonial intentions whatsoever.

I asked him to stop calling me as I didn't want to see him again; however, I did relent and we went on a date. He went right back to his first topic of conversation and began discussing women he had been out with since I had last seen him. I was so disgusted I definitely broke off with him.

Now I have met a man who is the soul of kindness and integrity. However, I can't get over my mistrust of men caused by the other friend's treatment. If a man of 52 can be so ignorant of common decency, what will a man of 40 be like?

F. S. H. ANSWER: Your man of 52 is an old roue whose only ambition is collecting women's hearts as though they were trophies to be bragged about. He was probably the same at 42 and 22. Age has nothing to do with his character.

NEW BEAU DIFFERENT

Your 40-year-old beau is of entirely different calibre. He acquires friends as a result of his own consideration and honesty; to him they are something to treasure. He is a sound person, of good character and judgment. Don't let your fancied mistrust of men lure you into losing a fine friend. You aren't really disillusioned; your feeling is the result of creating too much drama around a situation. Here, of course, your family's attitude is assuming so strongly that you were marrying the man added considerable tension to the whole affair. Forget the past, and in the light of a pleasant present, anticipate a happy future with a fine man.

DEAR MISS DIX: Four years ago I met a boy I liked very much, but did not love. We went together as friends for a long time, then he said he loved me but I admitted I couldn't return the feeling. About a year later he announced that he was moving to a distant state, but still insisted he loved and wanted to marry me. Then I heard of his marriage. This marriage lasted only two months, then he came back here and said he still loved me. Now I know that I love him, and would gladly marry him. My father doesn't approve of our friendship, under the circumstances, and wants me to break off with him. What can I do?

M. E. G. ANSWER: Your emotions are extremely unstable. You decided you loved the young man simply because someone else came into possession. He should make a strong effort to turn his marriage into a success, and you shouldn't try to discourage him. Let him go back to his wife and see if they can't make something out of this mess that is largely due to your own procrastinating indecision.

DEAR MISS DIX: I am 16, and have been going with a boy a year older. He is a fine boy and we get along very well together. We also get along with each other's families, except for his younger brother, Van. Van has been telephoning me quite often asking for a date, and nothing I say seems to discourage him. How can I stop this annoyance?

KATHRYN J. ANSWER: Don't try to handle this persistent younger brother by yourself. Tell his brother and let him take a hand in the solution. Or, you could ask your mother to tell the young pest, when he calls, that you aren't interested in talking to him. A word from an older sister will do wonders with him.

DEAR MISS DIX: I am a girl of 13, very fond of a certain boy two years older. Whenever I'm with him he talks about his other girl friends, and I don't like it. I know he's trying to make me jealous, but I'm getting tired of it. How can I tell him I don't want to see him any more without breaking his heart?

ETTA R. R. ANSWER: My dear child, hearts don't break at the age of 15, so you're quite safe in telling the boy that you prefer not to see him again. You have been much too serious over him, anyway, for your age. Adolescents are sometimes woefully short on conversational material and discussion of other girls may be this boy's only topic.

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

How Can I ...

By Anne Ashley

Q. How can I remove weather stains from a canvas auto top?

A. Ordinary weather stains, caused by soot, rain, or dust, can perhaps be best removed by brushing with a hot soap solution and rinsing. Some weather stains on canvas can be lightened by using bleaching powder, or Javelle water.

Q. How can I remove a stubborn splinter from the flesh?

A. Place a wide-mouthed bottle, nearly full of hot water, over the splinter and press tightly. The suction will draw the fresh down and the steam will remove the splinter.

Q. How can I clean matting and keep it from turning yellow?

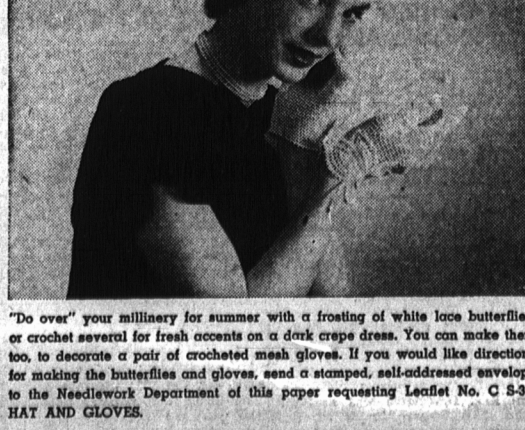
A. Wipe off the matting with a cloth wrung from salt and water, and it will prevent it from turning yellow.

then, while he was unconscious, to introduce a horse into the operating-theatre.

When the patient came to, the doctor pointed to the horse and said, "Well, that won't worry you any more."

The patient shook his head. "That's not the one I swallowed," he said. "That's a bay. My horse was white."

Crocheted Butterflies For Summer



"Do over" your millinery for summer with a frosting of white lace butterflies, or crochet several for fresh accents on a dark crepe dress. You can make them too, to decorate a pair of crocheted mesh gloves. If you would like directions for making the butterflies and gloves, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. C 5-36, HAT AND GLOVES.

Queen and Stall-Holder Exchange Smiling Greetings



THE YOUNG HEAD of what was formerly known as the British Empire, now a Commonwealth covering a quarter of the earth with 550-million people, has already taken up the round of duties that will in the future make up her life. Pictured is Queen Elizabeth (left) exchanging smiles with a stall-holder at the recent British Industries Fair in London. The fair, held annually, is the world's largest shop window. This year Americans and Canadians were prominent among buyers from more than 100 countries. The Americans numbered over 1,000.

and continue cooking. Incidentally, if the burnt taste still persists when the food is to be served, add a little cheese or onion or Worcestershire sauce to eggs or a little chocolate or lemon flavour to milk products. These added flavours help to hide the burnt taste.

Always Use A Grocery List

Plan shopping so that there is no waste. Do you buy too many vegetables or do you have cheese go dry because it couldn't be used? When shopping, always have a grocery list. It may be only dozens of items, but it will help you to buy only what you need and to buy the best quality.

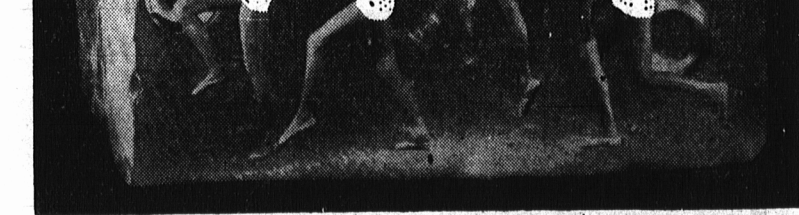
you to become an efficient shopper, not one who just picks up something here and there without thought as to whether it is needed or not. When groceries are brought into the home, be sure to store each type of food in the place it will keep best. Some foods such as lettuce, butter, eggs and so on need refrigeration. Clean the lettuce and wrap it or place it in a vegetable crisper. Do not put it in the refrigerator—paper, string and all. Other foods such as cereals, nuts, raisins should be kept in closed containers, not just left in boxes which will probably break. Not only does proper storage keep food fresh in better condition; it also emphasizes the home economist's point for the day: "Avoid Waste".

Summer Time—Ice Cream Time Ice cream is a Canadian favourite. It is as popular as hockey and as varied as the people who eat it. An assortment of toppings or sauces such as canned or frozen fruits, nuts, maple syrup or chocolate sauce will make plain ice cream into a sundae. Strawberry shortcake time is just around the corner. Ice cream is very good on shortcake instead of the usual whipped cream. Ice cream slices rolled in coconut or chopped nuts make an attractive dessert when placed on top of plain cake. Ice cream adds that extra special something to egg-nogs or milk shakes that are made at home. Plain or fancy, ice cream is a perfect climax to any meal.

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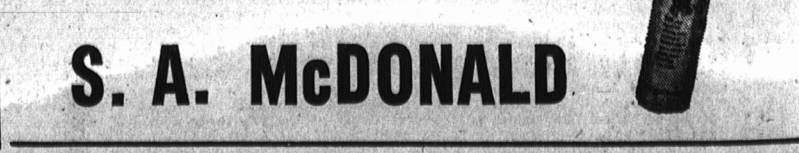


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S. A. McDONALD