

## ELLEN'S DIARY

by an Island Farmer's Wife

The winter-melody of the water falling from the sluice gates in the milldam comes to us again as in the old years, when we are out about the yards—bringing in a few select sticks to make a few select sticks more cozy. Or perhaps when we spread our wash on the line, which runs between two trees of the lawn. "We must move it from there. The lawn is no place for a clothes-line," we agreed with Jamie. And then, we find we are well satisfied to leave it just where it is. It is a bonny spot . . . in winter so easy to come to; in spring we have often interrupted our spreading at a thought to search for first signs of growth in the lower borders about. In summer the blossoms are there and the bird-song, and in autumn we can look at the fires of the season burning thereabout.

This morning a number of sparrows flew by and arranged themselves with pleasing artistry on a rose bush, which has grown high and spread widely, not far from the scene of our work. Like so many children, we thought, shy but curious. As alike as peas in a pod, were they nevertheless distinct individuals as are humans, we wondered.

We spread James' shirts, underwear, a pair of overalls, a pair of work socks of sheep's gray. There would be some patching ahead for us, and a stint of darning as well, we took note. . . . "If you have any notion of getting yourselves husbands" we smilingly recalled some counsel of Aunt Kitty Mahoney to a bevy of maidens of the long ago, "and you think there's nothing ahead but the pure poetry of romance, and that life will be all beer and skittles' just take and set a few patches on your pas' overalls, not in the spirit of martyrs but just as a pleasant pastime of an evening; or darn a few pairs of their socks—I guess your mas' wouldn't mind! And" she would laugh in triumph! "I'm thinking your ideas would change! Not that there's no poetry in being married," she would be careful to add, "but there's a mighty lot of prose as well! And many a laborer of love."

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MR. AND MRS. ROBERT B. HAMBLY AND ATTENDANTS  
Pictured above are the members of the Hamblly-Jones bridal party. Reading from left to right are: Mr. John S. Hamblly, best man; Mr. and Mrs. Robert B. Hamblly, the groom and bride; Miss Hilda Jones, bridesmaid; Mr. Allison Mutch, usher; Mr. Edgar Jones, usher.—(Garnham Photo).

## Pownal United Church, Is Scene Of January Wedding

The wedding took place on January 19 at 2 p.m. at Pownal Church, of Norma Mae, daughter of Mr. and Mrs. Wilbur Jones, Pownal, to Robert Beverly, son of Mr. and Mrs. E. J. G. Hamblly, 128 Spring Park Road. The ceremony was performed by Rev. T. R. Goudge. The church was decorated for the occasion with white and yellow baby 'mums. The wedding music was played by Mrs. W. MacKinnon. The bride, given in marriage by her brother, Arthur, chose a floor-length gown of white net and lace over satin. She carried a nosegay of pink roses and white baby 'mums. The bride's sister, Hilda, was bridesmaid. She wore a floor-length gown of blue net over taffeta. Her bouquet was of pink roses and white baby 'mums. Mr. John S. Hamblly was best man, and the ushers were Mr. Allison Mutch and Mr. Edgar Jones. Following the ceremony a reception was held at the home of the bride, which was decorated with pink and white streamers and bells and yellow and white baby 'mums. Fifty guests were in attendance. The bride's honeymoon trip the bride chose a turquoise taffeta dress and a wine coat with black and white accessories. She wore a corsage of white baby 'mums.

## Everyone Gets Measles

Now that the holiday season is behind us, the measles season is upon us. Usually a severe outbreak of measles occurs every two or three years, since it takes a year or so to build up a new population of susceptible children. Many Cases Expected In Chicago, we can expect from 25,000 to 30,000 cases of measles to be reported each three years. So common is this disease considered, many parents have become careless about it and treat it as only a slight ailment of their children. Yet measles may be a dangerous disease for babies because they are much more likely to develop complications such as pneumonia. Above all, you must now keep him from catching cold. Keep him in bed in a warm, well-ventilated room until at least a week after his temperature has returned to normal. Keep the room temperature between 68 and 72 degrees both day and night. The room doesn't have to be dark, but don't have it brightly lighted. You can sponge him with a dilute solution of sodium bicarbonate to help ease the itching. And, of course, call your doctor. With antibiotics he can usually prevent development of any serious complications. QUESTION AND ANSWER I. V.: I itch terribly, mostly on my legs. The more I scratch, the more I itch. Some nights I do not get much sleep. Answer: Itching on the legs can come from many causes. It may be due to chemicals which

## HOUSEHOLD HINT

Planning to reorganize the closet? Try to arrange things so that they are accessible as possible, keeping in mind that few of us are giants. How often Uncle Adolph has been struck on the skull by that discarded crystal bowl lurking on the topmost shelf! Scrambling about in the back reaches of lower shelves for something vital like shoes, or crawling up ceiling-ward in a futile search for the astrakhan hat someone gave you at a gas last Christmas, is likely to lead to violence. A reasonable degree of availability should be the aim of anyone striving to clean up and moderate existing closet space. Breakfast 225 Calories Citrus fruit or juice, 5 oz. 1 egg plus 1 egg white (scrambled in top of double boiler) 1/2 slice bread toasted Or 1 thin slice toast Beverage — black Luncheon 325 Calories Bouillon, if desired Moderate servings lean meat, fish or fowl — 3 oz. (trim off all fat) Vegetable (non-starchy), 1/2 cup Relishes: celery, radishes Fresh Fruit Hot beverage — black Lunch to Carry 325 Calories 1 Sandwich Thinly sliced bread Thick filling of cheese chicken or lean meat Mustard (no mayonnaise or butter) Relishes: celery, radishes, carrot silvers, 1 pickle Fresh fruit Hot beverage 4:30 or at "Zero hour" of Afternoon Glass of skim milk or buttermilk Or Hot tea with lemon and 1/4 oz. cheese Dinner 500 Calories Lean meat or fish, 1 liberal

## ALICE BROOKS' DESIGNS

BABY QUILT See how fast baby goes to sleep with all these animal friends for company. Embroider this quilt that's a circus farm, zoo—all in one. So easy, thrifty! Pattern 7209: Animal quilt! Embroidery motifs, applique patches, diagrams. 32x44 inches. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks' Designs, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER. WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design it!

## TALKS TOO LONG

RHINEBECK, N. Y. (AP) — A woman who allegedly refused to get off a party line in an emergency was arrested Saturday under a state law which went into effect only four months ago. Mrs. Harry L. Kayes, 43, was charged with a misdemeanor for refusing to hang up and let fire warden Donald Townsend report a grass fire which subsequently destroyed a barn. She was released in \$500 bail with no date set for trial.

## VICTIM OF MISTAKE

HOUSTON, Tex. (AP)—Two men were charged with murder Saturday in the mistaken-identity, bomb slaying of Mrs. Harry E. Weaver, wealthy rancher. Police charged Harry Washburn, 38, a former son-in-law of Mrs. Weaver, and Carlton Henneger, 37. Officers said Mrs. Weaver was killed by mistake. They said a nitroglycerin bomb planted in the Weaver car was meant for Harry Weaver, noted gambler, and not his wife.

## ICE BRIDGE FORMS

NIAGARA FALLS, Ont. (CP)—An ice bridge 20 feet thick in places formed Saturday at the base of Niagara Falls. It was described as the biggest ice bridge since 1952. The bridge started to form at mid-morning as a result of Ontario's mid-winter cold snap. It soon spanned the 500-yard stretch of river from the base of the Horseshoe Falls to Rainbow bridge.

## KEEP IN TRIM Can Lose 20 Pounds By Easter

By Ida Jean Kain  
Having a definite goal to work toward helps a dieter burn up excess fat on schedule. The incentive sparks enthusiasm. Last February, an overweight who had been warned by her doctor to reduce without delay, picked up the paper and read the promise that day could be 20 pounds lighter by Easter . . . and without going hungry. She wrote later that she had been highly skeptical since she was always hungry and never able to stick with a diet. The day before Easter, she weighed in on the doctor's scales 20 pounds lighter! Any overweight who would be happy to weigh 20 pounds less, tune in here . . . One pound of body fat has a fuel value of 3,500 calories — that takes the water content of the fat into account. The rate of weight loss depends on course on the number of stored calories burned for energy, and this is set by your daily calorie deficit. That may sound technical. It's simply this: If you normally use 2,100 calories a day and you eat only 1,100 calories, then nature will draw on body fat for 1,000 calories a day. If you stay on that diet for one week, you will burn 7,000 calories in body fat, which figures 2 pounds of body fat. Stay on the 1,100 Calorie diet for 10 weeks and you will lose 20 pounds. Start now, and by Easter Sunday, which is April 10th, you will be 20 pounds lighter.

While calorie subtraction sets the rate of loss, as you can see from the above arithmetic, more important is the quality of the food in the 1,100 calorie diet. Your aim in reducing is to feel and look wonderfully well, and, of course, years younger. This can only be achieved by making certain your reducing fare protects your tissues and makes good the wear and tear of daily living. A scientifically planned reducing diet includes only the foods that contribute a full share of protein, minerals and vitamins, for these essential nutrients must be provided daily in normal amounts . . . not in reduced quantities. Build your daily menus around this high protein pattern:

Breakfast 225 Calories Citrus fruit or juice, 5 oz. 1 egg plus 1 egg white (scrambled in top of double boiler) 1/2 slice bread toasted Or 1 thin slice toast Beverage — black Luncheon 325 Calories Bouillon, if desired Moderate servings lean meat, fish or fowl — 3 oz. (trim off all fat) Vegetable (non-starchy), 1/2 cup Relishes: celery, radishes Fresh Fruit Hot beverage — black Lunch to Carry 325 Calories 1 Sandwich Thinly sliced bread Thick filling of cheese chicken or lean meat Mustard (no mayonnaise or butter) Relishes: celery, radishes, carrot silvers, 1 pickle Fresh fruit Hot beverage 4:30 or at "Zero hour" of Afternoon Glass of skim milk or buttermilk Or Hot tea with lemon and 1/4 oz. cheese Dinner 500 Calories Lean meat or fish, 1 liberal

## SON BORN TO ACTRESS

ROME (AP)—Silvana Mangano, the Italian film actress, gave birth Friday night to her first son. He weighed nearly seven pounds. She and her husband, film producer Dino de Laurentis, have two other children, both girls.

## MORNING SMILE

"Of course," the teacher said, "as soon as I realized there were possibilities of dishonest profits being made, I got out of it." "How much?" asked a student.

## If this is your child... HERE'S A SPECIAL NEW COUGH SYRUP

THAT GIVES A SPECIAL KIND OF RELIEF!  
Here's a cough syrup that does more than just relieve coughs of colds . . . does more than ease the tickle that makes you cough. It works with "relief action" all its own — and doesn't upset stomach or appetite! Vicks Medi-Trating Cough Syrup is different — a combination of a new penetrating ingredient with a medicating formula. The penetrating ingredient carries the medicine to irritated crevices of the throat, where the medicating ingredient can go right to work. That's why it's named Vicks Medi-Trating Cough Syrup. It medicates as it penetrates — brings such fast, soothing relief. Works just as effectively on adults' colds: Relieves the scratchiness, soothes away the tickling that brings on coughing spells. Everybody likes the flavor. So, next time there's a coughing cold in your family, try this new cough syrup that gives a special kind of relief — Vicks Medi-Trating Cough Syrup!

## VICKS MEDI-TRATING COUGH SYRUP

For Sore Throat, Colds, and VICKS MEDI-TRATING THROAT LOZENGES

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He should have used Chlorodont for a clean, fresh mouth!

## RUN DOWN... DOG TIRED?

Don't give up. New special Formula supplies the vitamins and trace minerals you may need. Do you feel run down or out-of-sorts? Lost your appetite? You may be suffering from iron-and-vitamin deficiency over a prolonged period. BEXEL, the new Special Formula, supplies supplementary quantities of iron for rich red blood . . . to help combat fatigue and restore your natural vitality. Each BEXEL capsule gives you the essential B-vitamins; plus trace minerals. BEXEL is now available at all drug stores.

LUSHUS emerald and ruby parfait  
Here's a dessert that sparkles like the crown jewels and is done — of all things — with a potato ricer! Yes! Pressing Lushus jelly through a potato ricer gives this jelly dessert its unusual and extra sparkling appearance. What gives it its extra sparkling flavour is the fresh liquid fruit flavour of Lushus — the only jelly powder with liquid fruit freshness sealed in the Shriff's Flavour "Bud" in every package.

NEW BEXEL SPECIAL FORMULA CAPSULES  
GUARANTEED BY

ANNE ADAMS PATTERNS  
SNAPPY-WRAP!  
What to slip into first thing in the morning? The SNAPPY-WRAP. Of course! It's a wonder-dress by itself, an apron over a dress; later on, a cool summer for all day long! Very, very easy to sew — just look at the diagram. Use this pattern again and again.

ALICE BROOKS' DESIGNS  
BABY QUILT  
See how fast baby goes to sleep with all these animal friends for company. Embroider this quilt that's a circus farm, zoo—all in one. So easy, thrifty!