

That Body Of Yours

By James W. Barton, M.D.

A physician relates what he considers an inexplicable condition in an intelligent acquaintance. Noting that his friend was limping as he walked, he asked the cause of the limp. The answer greatly surprised him. "I don't know what is causing the pain in my knee and I don't want to know."

The physician pointed out that if the cause of the pain were known, he would know best how to remove his pain and his limp. Besides, his very use of a painful joint might be a mistake or might be beneficial. If pain was being caused by injury, rest of the joint was the treatment, with an occasional gentle bending and straightening of the knee joint to prevent permanent stiffness.

ELLEN'S DIARY

By An Island Farmer's Wife

Before we expected it, ay, before we were to accept the sight, grain-fields along the farmlands which reach away and up the slope of this valley are ripe for the harvest. James nodded towards a near piece this morning: "Do you see that, Ellen?" he queried. "Ready for the binder! Seems as though," he continued, "it was only the other day we stood here a moment watching as 'On sowed'—the first sowing of the season about here. Just the other day," he sighed.

But August flowers in flame and yellows had replaced the more modest colors of spring; seasonal browns spread now where there was the succulent green of new pasture; on the trees, mature leaves replaced the delicate cupped squirrels' ears of then, and the sun filtered by their screen was mellow now and complacent—rather like a grandmother serene and respectful in her knowledge of life—the fresh brilliance it had owned, then lost somewhere in the interval between. The red of cultivated fields, where was it now? Hidden beneath the gold of the grain, the varied greens of potato and root land.

James unconsciously straightened his shoulders, uttered a surprised whimper when the bruised one complained then nodded: "Yes, but dear me, the work we've managed to get done since. All the seeding and the weeding... that was no small task this year. Two weeks—quite a steady diet of it." "You won't grow so many roots next year," he suggested.

"On I don't know, Ellen... it's not what you'd call hard work, only tedious. And besides there's nothing cattle like better than turnips in spring... great feed for the sows! We just may slip in a few more another year—another acre perhaps. And it's great to have plenty of feed around. This trying to farm on skimpy rations..." "That went out with hoops" we commented. But James never heard. He has a happy faculty, so the family declare, of hearing only what he wishes. And levity is out of place when a farmer is looking into his fields of next year.

"And the haying, Ellen—we did very well at that too. Got a nice bit of stuff put away. I think there'll be some to come and go on this year. We might have mowed and saved a field or two of pasture up at the other farm—it was well, fair-wood hay... but what did the boys do when I suggested that? Laughed, yes, laughed. Sometimes I think it would do them good to get pinched a little—to be scarce of feed for the stock... of hay and straw and grain. Young farmers know nothing of that, farms produce so much nowadays. But, he nodded, remembering, "older ones knew, yes indeed!"

"Yes, it seems as if it was only the other morning that field was being sowed. But," he smiled, "we've had a good man busy days since then, haven't we, Ellen?" Busy lovely days, none resting but slipping by "as a tale that is told" or as we have said, "a pleasant dream."

Until tomorrow—Diary—Good-night...

How Can I...

By Anne Ashley

Q. How can I preserve the feathers in a pillow? A. When refilling a feather pillow, crush a small block of camphor and mix it with the feathers. This will help preserve the feathers, and keep the pillow from acquiring any musty odor.

Q. How can I clean small Oriental rugs? A. Rub with a lather of pure white soap. Rub off as much soap as you can and rinse with cloths dipped in clear, cold water.

Q. How can I boil eggs so that they will be easy to peel? A. Cook the eggs in salted water and they will peel more quickly and easily. The salt tends to crack the shells and separate them from the eggs with much less effort.

Q. How can I clean small Oriental rugs? A. Rub with a lather of pure white soap. Rub off as much soap as you can and rinse with cloths dipped in clear, cold water.

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Seven Days A Week

(By Anne Shannon)

1. Monday: If you plan on having a birthday party for one of the kiddies this week, here are a couple of suggestions which might help you—Instead of the usual candles on the birthday cake, ice it to represent the face of a clock with the hands pointing to the child's age; cut out the pictures of several dogs such as pekinese, spaniel, poodle, boxer and so on—then cut out of stiff cardboard pieces in the shape of bones. On these "bones" write the name of the different dogs and then have the kiddies pair off the proper "dogs and bones". The one with the best results, of course, wins a small prize!

2. Tuesday: Once upon a time, "clucking hens" were more or less honored dames, especially in the early months of the year. Alas, that was before the "hatchery" age: Now when a mother hen decides to take a vacation she is usually promptly removed from the nest and told to get on with the job of laying eggs. However clucking biddies still are needed when there is a surplus of duck or goose eggs to be hatched. One woman, (whose hens seemed to have a mania for pushing the straw out of the nests at hatching time) solved the hen housing problem this way. She set old car tires or truck tires on the floor of an outbuilding, stuffed the centres with straw, crammimg it well down so that some of the straw gets into the tires themselves. The hens tried their darndest, she said, "to kick the straw out and when they found they couldn't, they sat there with a haughty expression on their faces!"

3. Wednesday: He's a quick tea dish. Fill greased pyrex cups—small size—about three quarters full of grated cheese; then break an egg on top. Cover securely (greaseproof paper will do for a covering). Place the cups in a pan of boiling water and keep the water boiling around them for ten minutes. Serve your "cheese-eggs" on toast—you could substitute a layer of well seasoned cooked spaghetti under the cheese.

4. Thursday: Mother Brown, dressed her three-year-old daughter, Mary, in a clean white dress and sent her out to play. Less than ten minutes later she returned with her three-and-one-half year old friend, Barry. The front of Mary's dress was literally covered with mud. Of course Mother Brown was very cross and wanted to know why Mary couldn't keep as clean as Barry. "Well, you see, Mommy," she explained very solemnly, "Barry doesn't like to get his suit dirty, so he always wipes his hands on me!"

5. Friday: This is a tasty canned fish casserole which I'm sure you'll enjoy today. Cook an 8 oz. package of noodles in boiling salted water until tender; drain. (If no noodles on hand use spaghetti). Flake cup canned fish (tuna, salmon or cod). Put alternate layers of noodles and fish in a buttered casserole. Pour condensed mushroom soup (1 can) over all. Bake in a moderately hot oven (375 degrees F) twenty minutes or until browned. Serve with green vegetables or salad.

6. Saturday: Make this dessert today and serve it warm for Saturday's meal or keep it chilled and serve it tomorrow. Cream 3 tbsps. butter, add 1 cup sugar and cream together until light and fluffy. Add 4 egg yolks and beat well. Then add 3 tbsps. flour, 1/3 cup fresh lemon juice, 2 tbsps. grated lemon

Continued on page 8

Cook's Corner

HONEY BRAN BREAD WITH RAISINS

1 cup seedless raisins; 2 cups sifted all-purpose flour; 2 teaspoons baking powder; 1 teaspoon salt; 1 teaspoon soda; 2 cups bran cereal;

Anne Adams Patterns

WEEK'S SEW-THRIFTY

ONE yard of 35-inch for the small size! Little more for the other! As shown in diagram this apron is ONE piece plus ties and pockets. So thrifty and so easy, make more for yourself, give more gifts—this pattern saves money, time and fabric! (Hurry! send now! Pattern R4718 comes in sizes small 14, 16; medium 18, 20. Small size takes one yard 35-inch. 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.

Morning Smile

Then there was the too-conscientious sub-editor who altered Tennyson's line, "Half a league, half a league onward" into "A league and a half onward."

Halfway

Friend: "Hallo! You don't half look pleased with yourself." Prospective Bridegroom: "I am. I've just been half promised half a house."

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