

ELLEN'S DIARY

By an Island Farmer's Wife

These days an event of shipping is hailed with approval by the housewives at Alderlea. It affords us an opportunity to shop by proxy at the corner store. As one, we converge on the shipper with our lists—Jeanie's concise; ours there only in part... items added orally as the sleigh moves down the driveway. And granddaughter instinctively knowing that a shipping-out offers almost certain hope of fulfillment of some desire of the moment adds: "And don't forget to bring my...!"

The saddest of all omissions is to forget to send for the squares or packets of yeast which by rights should have "led all the rest." Then do we wish we knew something of the methods of bread-making followed by earlier chateaines of the place, an art recorded for us now only in the green riot of hops which perpetuated by some stray root of it, continues to run in luxuriant growth in summer over the cliff by the nearer waste-gate on the dam.

So yesterday 'at hops were shipped, their going an opportunity for the bill purchase at the corner store, their disposal giving rise to hopes for the housewives of Easter bonnets in the offing... After all, how can we be content to wear the old ones when presently the world about will be so beautifully re-creed?

Now indeed should we "put off the old" too and array ourselves fittingly in the new. It is but a natural urge when willow buds by the roadside are bursting and the alders are hearing the first notes of the Spring Song in the ripple of the mill-stream. There is already increased crow-call at morning along the hill-tops and the owl that questioned us in long cadences from the woodlands across the road in the calm and stillness of tonight seemed to be reminding us of the new season now here.

Granddaughter picked up a hat we had taken down from the cupboard—or clothes-press, in the tidying yesterday, eyed it curiously, sniffed at the bright posy that be-decked it. "Can you tell by the smell of the flowers?" she asked, "whether or not, it was an Easter hat?" And we chatted then of the green of new growths we shall find about the lawn one of these days. And the two recalled that last spring "we found snowdrops, one day when we were making a snowman."

We found too, on an upper shelf of the sizable and quaint old press a velvet bonnet, a useful and pretty affair of black velvet, we had forgotten was there... What delightful surprises come out of such cleanings! Sequins sparkle about the tiny upturned brim; the modest black ostrich plume which sweeps even coquettishly up one side is held by rosette of mauve ribbon; a veil of gossamer substance is caught at the back and the long ties are of black satin ribbon that have given up some of their former lustre to the passing years...

We brushed it carefully, perked up the trimming, tried it on... laughed merrily with the children for no good reason and respectfully, even tenderly let it resume its dreaming. Where had it come from to adorn some woman's fair or dark crown? Where had it been? We could only conjecture... Until tomorrow—Diary—Good-night.....

Modern Etiquette

By Roberta Lee

Q. I have talked on the telephone with a number of business persons who have rung off without saying "good-by." Is this considered "good form" in business?

A. Definitely not. One should never be too busy to be polite, and it certainly is not polite to hang up the telephone receiver without a courteous "good-by!"

Q. Is it ever proper for a man to sandwich himself between two women when walking with them on the street?

A. No. The man always takes the curb side of the pavement, whether he is walking with one woman or with several.

Q. Does the family of the bride or that of the bridegroom send out the announcements of the wedding?

A. This is the duty of the bride's family.

DOROTHY DIX'S COLUMN

Worrier Needs Help Undue Anxiety Can Ruin Health And Happiness



Muriel Nissen

DEAR MISS DIX: I am a woman of 26, married, with two children and a good husband. Yet I worry all the time about nothing. The most awful thoughts keep going through my mind and I can't settle down to enjoy anything. I don't seem able to think of anyone but myself. Doctors say there's nothing wrong with me, that I have it by myself. I don't want to go anywhere by myself. I know if I can't overcome this failing I won't be good for anyone.

BETTY N.

ANSWER: In spite of what the doctors tell you, I think there is probably a physical weakness somewhere that is largely responsible for your condition. They may not have given you as thorough a check-up as you should have, and for that I suggest either a visit to another doctor, or to the clinic of your local hospital.

Whether you are physically ill or not, there is a great deal you can do to help yourself, and I think you would find religion your greatest source of comfort and assistance. If you would substitute a prayer for some of the anxieties that cross your mind during the day, you'd drive out much of the worry that besets you. For more specific help, why not see your pastor and have a lengthy talk with him? If you don't have a church affiliation, make one as soon as possible. This really will help you more than anything.

FIND WORK

The important thing for you to do is stop thinking about yourself, and apparently housework isn't enough of an outlet for your thoughts. Some sort of social service or welfare work would also be good for you. Helping out with the local Red Cross, with a Girl Scout troop, or as a Den Mother with Cub Scouts, would keep your mind and hands so busy the worry-bird wouldn't have a chance to fly in.

When some of these aids have improved your mental and emotional condition somewhat, concentrate more on your home. Keeping a home and two young children should be pretty much of a full-time job if properly done. Cooking can be quite an art; making draperies and slipcovers provides a challenge that will be an additional help in overcoming the inferiority that is really at the base of all your trouble. You ask me to send you a good-luck piece. There is no amulet that will give you a contented mind. Learn a few prayers to say in your moments of distress and you'll have no need to rely on a charm.

DEAR MISS DIX: I am married to a girl 22 years old, who has been married before and lived with her parents. I have been offered many jobs out of town, paying handsomely, but she refuses to move more than two blocks away from her mother. We are continually arguing about this mother fixation of hers. I have reached the point where I no longer tell her anything because I know it will be carried right back to mother. Can this mother complex be cured?

D. R.

ANSWER: There is seldom a cure for such abject mother dependence as your wife possesses. Girls who are so loath to be parted from their mothers should never marry. How your wife ever managed to marry twice is a mystery. If you feel your work will be better out of town, go ahead and take the job. You won't be much less wifeless than you are now.

DEAR DOROTHY DIX: I am a middle-aged housewife with children almost grown. When they were small, my husband would go out nights, leaving me alone with the youngsters. Now that I could get out, he won't take me. Every time I suggest going out, he quarrels, and since he always has to have his own way, naturally he wins.

X.X.

ANSWER: Just why does this omnipotent he always have to have his own way? Just because you don't have the backbone to stick up for your own rights? If you are able to go out for an evening, and he won't be budged from the house, go out by yourself. Take in a movie, play cards with your neighbors, or just visit, but don't let a domineering male keep you tied down forever. He won't have much to say—after he finds out quarreling does no good.

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

Household Scrapbook

By Roberta Lee

Watered Milk
Dip a clean knitting needle in the milk for a few seconds. If the milk is pure, it will form in a large drop at the end of the needle; if watered, it will either run down quickly and drop in several small drops, or the point will appear dry and clean.

Frayed Rug
Hem the frayed edges of rugs by folding back and applying adhesive tape on the wrong side. This makes a neat hem without taking a stitch or acquiring painful sores on the fingers.

Stain Remover
An effective remover of grape or

grape fruit stains is water at drinking temperature. It should be applied, however, as soon as possible.

FOR BATHROOM AND KITCHEN
Buy two packages of Cow Brand Baking Soda at a time. The extra one is so handy in the medicine chest and costs only a few cents. FREE—18-page booklet of new uses. Church & Dwight Ltd., Sun Life Bldg., Montreal.

COW BRAND BAKING SODA



Miss Helen L. Woodworth, Bear River, N.S., finds Fleischmann's Yeast unbeatable for bread, rolls, and buns.

Wins Baking Prizes at Bear River Fair

There's plenty of friendly competition in the home-baking section of the Digby County Fair at Bear River, N.S., and a consistent winner is Miss Helen L. Woodworth, of Bear River. In yeast-raised baking especially it's been nip and tuck, and Miss Woodworth credits her yeast with giving her the edge. "Ingredients are so important—and I'm extra careful about the yeast I use," says Miss Woodworth. "For years I've been baking with Fleischmann's. I always find Fleischmann's Yeast is good and lively. I know I can depend on it."

That's what the majority of prize-winning cooks say! You get finest results with Fleischmann's Yeast—proved dependable for 83 years.

Cook's Corner

JELLED FRUIT MOULD

This is a two-way recipe. The fruit mould may be served as a dessert—perhaps with a fluff of whipped cream or a little pouring cream. Or it can be turned out on lettuce or surrounded by crisp and served with a good dressing as a salad.

Yield—6 to 8 servings.
1 can (15 ounces) sliced peaches
1 tablespoon lemon juice
2½ tablespoons plain gelatine
½ cup cold water
1 cup boiling water
½ cup granulated sugar
¼ teaspoon salt
½ of a 4-ounce can frozen orange juice concentrate, defrosted
½ cup halved and seeded firm grapes
¼ cup broken pecans (optional)
1 medium-sized banana, peeled and sliced.

Drain peaches, reserving syrup for later use. Sprinkle peaches with lemon juice.

Combine the gelatine and cold water and let stand five minutes. Add the boiling water and stir until gelatine is dissolved. Stir in the sugar, salt and defrosted orange juice concentrate. Stir in ½ cup syrup from peaches.

Chill, stirring occasionally, until thickened.

Carefully fold in the sliced peaches and lemon juice, grapes, pecans and banana.

Chill, folding occasionally, until jelly will keep firm in suspension. Turn into a mould (5-cup size) that has been rinsed with cold water or brushed very lightly with salad oil.

Chill until set.

Unmould the jellied fruit and decorate attractively.

Anne Adams Patterns

FASHION'S PET FAIR

FABULOUS! A dress and jacket ensemble as smart apart as together! Exquisite detailing to that jacket—the neckline, the hand-span waist. Dress has a lovely side-sweep. And the piping is easy with our directions!

Pattern D4624: Misses' Sizes 12, 14, 16, 18, 20, 40. Size 16 dress and jacket take 5 yards 30-inch; ¾ yard contrast.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
Send Thirty-five Cents (35c) in coins (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.



R 4624 12-20: 40 by Anne Adams

Better English

By W. C. Williams

1. What is wrong with this sentence? "Their hired girl didn't approve of them dining so late."
2. What is the correct pronunciation of "effusive"?
3. Which one of these words is misspelled? Initiate, iniquity, inimical, insidious.
4. What does the word "ostentation" mean?
5. What is a word beginning with la that means "to tear"?

ANSWERS
1. "Domestic servant" is preferred to "hired girl," and say, "didn't approve of their dining so late." 2. Pronounce the s as in so,

not as z. 3. Inimical. 4. Unnecessary show. "It was a coarse and glittering ostentation." 5. Lacerate.

How Can I!!!

By Anne Ashley

Q. How can I make the wall paper less brittle and easier to handle when doing my own wall papering?

A. Before using the paper, lay it on the basement floor for a few days. Enough moisture will be absorbed by the paper to make it less brittle, and it will be much easier to handle.

Q. How can I renew old silks?
A. Unfold the silks and put them into a tub and cover with cold water. Let remain for one hour. Dip them up and down, but do not wring. Hang up to drain, and iron while very damp.

Q. How can I whiten my teeth?
A. Apply a solution of peroxide of hydrogen diluted with one-half water to the dull teeth.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A DAY of challenge and shrewd manipulation of events is likely to start off with congested, crystallized and disconcerting situations, with doubt, indecision and perplexity. However, there is much of the pleasant, friendly and gracious to revise the outlook, with practical direction in finding the obvious and logical in shaping the way to accomplishment and fulfillment of ultimate hopes and wishes. Reorganizing plans, on basis of fundamental worth and workability, may change the course and point the way to progressive and worthwhile achievement. Shun the "phony" alluring and elusive.

For the Birthday

Those whose birthday it is may have an opportunity to demonstrate their capacity for discrimination, sound judgment and latent abilities. Some stubborn or congested situation, seemingly irrefutable, immovable, may arise. In such crises look for a friendly hand. Kindly feeling, shrewd sight or sound judgment of a friend, may show the way for proper approach, with ultimate progress and accomplishment. Change may be necessary, but in new situations or fresh slants, "look before you leap" is sound advice.

A child born on this day has excellent abilities, mental and moral equipment, but may be tardy in making decisions. Its life may be vivid and worthy.

Alice Brooks Designs



7321 by Alice Brooks

MAKE FLOWER BOXES

Just as pretty as the plants themselves! Cover your earthenware flower-pots this gay way. Transfer designs to plywood, cut them out, paint them in bright colors. Pattern 7321; transfer for SIX DESIGNS 4 x 4½ to 6 x 6½ inches; directions for making.

Send Twenty-five cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Morning Smile

Home Treatment

For nearly an hour a husband had been standing in the dark and damp basement. His hands were glued firmly over the leak in a pipe, out of which water was gushing like a small fire hose and rising rapidly. Suddenly his wife's excited voice came from the cellar door.

"Honey, you can take your hands off that leak now."
"Thank heavens," murmured the husband. "Did that plumber finally get here?"
"No," shouted his wife. "The house is on fire!"

Penny-wise ...and perfect

Here's another Lushus beauty—shimmering, lime-lovely jelly crowned with a wreath of blanched almonds. It's so quick to make, and thrifty, you can treat the family often. There's more flavour for your money in Shirriff's Lushus! The fresh, fruity tang is sealed in an air-tight flavour Bud until the moment you release it.

Cook's trick: To prevent almonds frosting, barely cover with Lushus and allow to set, then fill mould with remainder of the jelly.

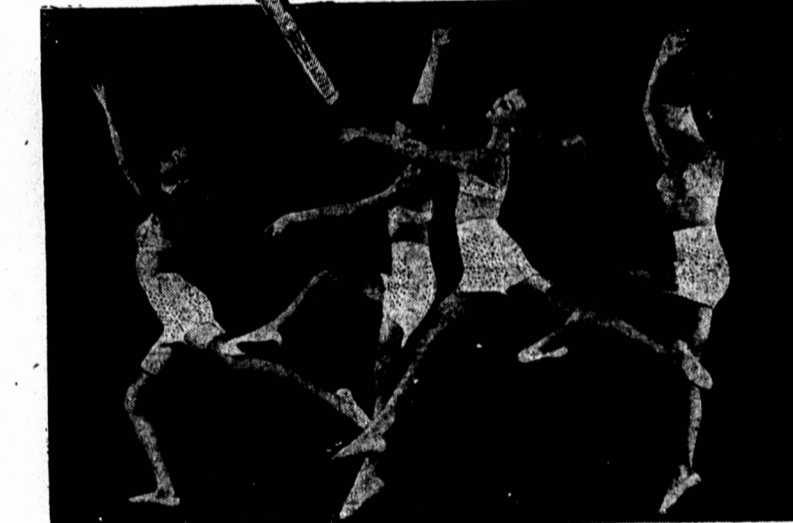
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