

Woman's Realm/Social and Personal/Fashions/Literature

ELLEN'S DIARY

By An Island Farmer's Wife

Our memories of a St. Valentine's season of past years has taken in so many details we are reminded of one who after returning from the lengthy trip from the farm to the city in the long ago, must start at the beginning and not missing a single incident, recount it to his children gathered on an evening about the arms and back of his chair. Book or paper of the moment put aside, the youngest of all on his knees, never was bed-time tale more interesting, than the one woven skilfully of the recent journey to which we listened with rapt attention. A pause in narration brought a breathless: "And what then?" However those moments appeared when the thread of it was over-shadowed by some incidental and must be picked up with "Now let me see — where was I? Oh yes, I'm afraid, I'm getting ahead of my story!"

So, many nice incidentals have crowded to mind in the memory of that Valentine season of the long ago. That was one of the Februarys that the snow lay so deep over The Island — not the one we recall with James as "the Winter of the deep snow" but nevertheless one akin. The country roads often wound between lowering white walls and farmhouses peeked out at the world from their snow-filled surroundings. Drifts climbed up on windows and doors, and children used

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That Body Of Yours

By James W. Barton, M.D.

THE UNDERLYING CAUSE OF OVERWEIGHT

Although most of us never think of overweight (excess fat on the body) as a disease, physicians everywhere try to impress upon patients and the public generally that it damages the body as much as many diseases and often more than any disease.

Some idea of the importance to health and life of overweight can be gathered from the fact that the outstanding clinic of America, the Mayo Clinic, through two of its research workers, gives warning of its danger.

In "The Journal of the American Medical Association," Drs. Edward F. Rynerson and Alice Karnake Rynerson state that even moderate obesity (overweight) is of great importance to health, as it increases the number of cases of many diseases. These diseases include high blood pressure, diabetes, cancer, heart disease, inflammation of the kidneys, hardening of the arteries, hardening of the liver, distention of air cells in the lungs and varicose veins. A reduction of weight is about the first step necessary to enable the patient to fight these diseases successfully.

Although overweight is a dangerous condition in those under 40 years (from the standpoint of tuberculosis), moderate overweight is desirable in persons past 40. It is only too true that "lean men live longer," as our life insurance companies have been stating for many years.

There is no mystery about the cause of overweight, whether or not the glands enter into the condition; overweight, excess fat, is always caused by the patient eating more food than his or her body needs. The mind and the emotions of many is often the underlying cause of overeating. Often imitation of parents or other members of the family and attitudes toward food and eating acquired in childhood govern eating habits in later life.

One fact that all research men have recorded is that mental and emotional conflicts may increase appetite in some, decrease appetite in others and have no effect on the appetite in still others.

No matter what circumstances are present—underactive glands, emotional disturbances and conflict—the truth is that the overweight is eating too much food. That is the direct cause of the excess fat.

Lenten Meditations

FAITH

(The London-Times)

There is no form of Christianity for which faith does not occupy a central place, though there are few terms in the Christian vocabulary which have been more frequently or more seriously misused.

There are various descriptions of faith in the New Testament and each of these reveals some one aspect of its rich reality. In the Gospels, for example, faith is closely associated with power. The healing miracles of Christ are normally dependent on the faith of the recipient, so that where this faith is lacking, as at Nazareth, his activities are to that extent curtailed.

In his teaching he speaks of the faith which can remove mountains, the faith, that is to say, which can laugh at obstacles and achieve the impossible. "All things are possible to him that believeth."

He sees how the world is encompassed continually by a divine will for human good, and how that will is frustrated till it can find a point of entry into that world. Faith is just such a point of entry. In the writings of St. Paul faith is personal trust. It stands in contrast to the painful effort of man to satisfy the demands of the law and to commend himself to God by his own efforts. Peace of conscience and the release of the will from evil habit are to be found only by the abandonment of oneself to Christ without reserve, by the heart's utter devotion.

Such devotion may reach the point at which the disciple loses all thought of self and belongs wholly to his Lord. When that happens his life is still "in the flesh," in a world of temptation and even failure; yet at the same time it is "hid with Christ in God"; his true self lies beyond these, as something which has been once for all surrendered to Christ and now remains secure in his keeping.

Finally, the writer to the Hebrews regards faith as a form of insight. It is the apprehension in this world of time and space of the unseen and the eternal, the entry by anticipation here and now upon that which can only come to fruition in the future.

It is rooted in something which is inherent in human nature, in man's capacity to refuse the solicitations of self-interest and to resist the pressure of his environment in the name of a good so distant that he must be content never to see it for himself but only to trust that others will one day possess it.

Faith is the enlargement of the horizon of life, the vision of a reality which stands beyond and above the flux of circumstance. As such it is the source of countless heroisms and has its supreme example in "Jesus, the author and finisher of our faith," who discerned in pain of body and anguish of mind the victory of love he was to win thereby.

The Stars Say --

By Genevieve Kemble

For Saturday, February 25
THE most suspicious asexual vibrations accent the purely personal, domestic, social, romantic and artistic phases of life are noted. Home and home ties claim major attention, with promise of much felicity in promoting the more gracious and progressive patterns of living. The finer shavings of life claim major interest, give nerve to inner aspirations and desires.

For the Birthday

Those whose birthday it is may feel impelled to seek their richer joys and contacts in the realm of the domestic, social and cultural realm, with heart and home to the front, even in all commercial or business operations pushed to attainment such cherished ideals. Great joys and conquests center on the domestic or cultural life, with accent on all the charm and lure advancing the joy and job of gracious living.

A child born on this day is bounteously blessed with charm and personality with talents for making richer the domestic scene, with all pertaining to and magnifying their significance.

Toddlers Inn Nursery



Above is a picture of one section of the Nursery with the Supervisor, Mrs. G. R. Soy shown on the left and Miss Emmy Lou Douglas, assistant supervisor, on the right.

A novel service in the City designed to take care of young children while the parents are away from home is the opening up of Toddlers' Inn by Mrs. G. R. Soy at 131 Spring Park Road.

In the setting up of this accommodation, Mrs. Soy has taken every precaution that the youngsters will receive the best possible care. First of all she has seen that the children will be under good supervision, namely that of herself and very probably Miss Emmy Lou Douglas as assistant supervisor.

Children ranging from infants

to four-year-olds can be accommodated. The youngest group will be placed in a special room in which cribs, toys and playpens are provided for all as well as play toys for amusement purposes.

The older group of children will have a larger room where they can play with the various moveable and static toys available. Beds are provided for the youngsters when they become tired, with a radio beside the beds in the event that any desire music to lull them to sleep.

Both rooms are attractively decorated and at opposite sides of the house so that a distraction in

one room will not cause any disruption in the other.

Mrs. Soy will look after the smaller children and Miss Douglas will supervise the activities of the older group. Should any of the children need feeding, special foods will be given as prescribed.

Children will be admitted at nine in the morning and taken care of until evening or may be looked after in the evening and on week-ends according to appointments. Preparations are also being made to accommodate the children during vacations and on holidays.

Pioneer Days In P. E. I.

By F. H. MacArthur

Like the homes of the first settlers the school-houses where our great-grandmothers attended were little log buildings nestled beside the road. They had no fenced grounds and flower-beds such as rural schools boast nowadays, and across the road towered the seemingly endless forests where the children played reckless of passing time until the master's bell came faintly to their ears. Then there would be a wild rush to get back to the school on time. Often as not they would arrive late, and for this they were sometimes punished. Most of the teachers were males, and they believed in stern disciplinary measures. No sparing of the rod and spolling the children in great-grandmother's day. No siree!

The boys and girls seldom played together, but when they did there were feuds and rivalries among them, just as there is today. These feuds often led to fights or simply ended by calling each other names.

Winter was the gala season for those youngsters. They would arrive at school armed with boards, old tin pans, or best of all, a section of a broken butter-bow. These they called sleighs and what great sport they had coasting down hill or shooting in and out among the trees. It was dangerous sport, to be sure, but oh, what glorious breathing-taking thrills!

Once indoors it was not so pleasant for the schools of that day were small and badly lighted. The fireplace stood at one side and near it the teacher's desk rested upon a platform. On the

back wall hung a crude black-board. The high desks ran right across the room and for seats, the children sat upon benches so high that their little legs often ached from hanging down. Needless to say, their backs ached too, because there was nothing to support them.

Many of the "masters" had a good miscellaneous education; but some, on the other hand, were poorly educated, or fellows who were too lazy to do other work. The last mentioned group sometimes dozed in their chairs the greater part of the day, which pleased the youngsters immensely.

When a master of this kind took charge, the children cut up all kinds of capers and learned next to nothing, but, on the other hand, they respected a good master and worked hard at their lessons.

They had no maps, or pictures, or models to help them in their studies. Indeed they had few books as most of their parents could not afford to buy them. The few they did possess were passed around so that it often happened that several pupils shared the same book. The old spelling book took the place of a grammar and a reader. Of course, there was always the Bible, and many children learnt their first reading lessons from the Good Book, as their parents had done before them. When there was a reader to be had it contained many selections from the English classics. Much of it was too deep for the average student, but the selections were well chosen and of great value to

Household Scrapbook

By Roberta Lee

Pot Holders

If making your own pot holders, it is a good idea to insert a layer of leather from an old glove through the center. This will eliminate danger of burned fingers, as leather is a nonconductor of heat.

Doughnuts

Too much kneading or handling of the dough will make tough doughnuts. Only a small quantity of dough should be rolled out at a time and cut into doughnuts before rolling out more.

Gasoline Odor

Gasoline odor can be removed from the hands by rubbing them with moistened salt.

How Can I!!!

By Anne Ashley

Q. How can I make a manicure acid that will remove stains from the fingers and nails and loosen the cuticle?

A. Simply put one teaspoonful of lemon juice into a cup of hot water, and use an orange stick with absorbent cotton wrapped around the end.

Q. How can I remove grease from garments?

A. When the garment is very greasy, put about one pint of ammonia in enough suds to cover, and soak the garment overnight before laundering.

DOROTHY DIX SAYS -

Meddling Family

Parents Can Ruin Girl's Chances Of Matrimony

DEAR MISS DIX: My family appear to think that it would be a disgrace if I do not get married, yet they do everything that is possible to queer me with boys. If I have a boy friend, they immediately begin teasing him about being in love with me, or tell people, so that it gets back to him, that I am in love with him. If I talk to a boy they don't happen to like, they assume I am going to marry him the next minute and make a great fuss about it, although maybe neither the boy nor I have the slightest interest in each other. I do want to have boy friends, but I don't want to be rushed into marriage. So what shall I do with my meddling family?

STENOGRAPHER.

ANSWER: It is easy to understand why parents should have been glad to get their daughters married off in the days when father had to support his daughters. Then a daughter was a liability, but now she is an asset for nowadays daughter not only supports herself but almost invariably contributes to the upkeep of the home.

But parents seem to think that being unmarried indicates that their daughters are lacking in charm and that they have been passed over by men, and it is a fact that many a girl is simply badgered into marrying before she is ready for it by having her family gloomily prophesying that she will be an old maid.

DEFEAT OWN AIMS

Of course, parents can do a great deal toward helping a girl to get married, but, unfortunately, very few of them are skillful match-makers and they generally defeat their own aims by bungling the situation, usually by being overanxious and throwing the girl at the head of every young man who comes along.

Many girls are kept from marrying by their families' perverted sense of humor. Many a girl who was beginning to get fond of a boy who would have made her a fine husband has been teased about him until she hated him and would have nothing to do with him. Ridicule is the most potent weapon in the world. It will slay any-

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Quality plus Convenience
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Modern Etiquette

By Roberta Lee

Q. If a man's wife likes to dance and he doesn't care at all about it, should he refrain from any dancing at parties where this is being done?

A. The only courteous thing for him to do is to dance with his wife at least long enough to get her out of the room where she will have a chance to dance with some of the other men present.

Q. Is it proper to exchange greetings with other persons who sit at the same table in the dining car of a train?

A. Yes; it is rude to ignore them.

Q. When a guest at a bridge party wins first prize, should this prize be opened at once and shown to the others?

A. Yes, by all means. This is one method of showing appreciation to the hostess.

Cook's Corner

GRAHAM CRACKER CREAM CAKE

One-half cup shortening, 1 cup sugar, 2 eggs, beaten; 1 cup sifted cake flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 cup graham cracker crumbs, 1 cup milk, 1 teaspoon almond extract. Cream shortening and sugar together until fluffy. Beat in eggs. Sift flour, baking powder and salt together three times, add crumbs and add alternately with milk and almond extract to creamed mixture. Pour into two 8-inch cake pans lined with waxed paper. Bake in a moderate oven 350 degrees F. 25 to 30 minutes. Put layers together with cream filling and frost top and sides with a butter frosting.

those who could absorb their meanings. In some of the poorer districts, the children practiced making their letters on pieces of bark, or scraps of brown paper which came from the grocery store. Later they got slates with wooden frames. The brighter students studied Latin and some French — (Continued on Page 3)

Better English

By B. C. Williams

1. What is wrong with this sentence? "Charles hadn't shown up when the meeting was called to order."

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

3. Which one of these words is misspelled? Adolescence, adulteration, adventitious, adversary.

4. What does the word "illudory" mean?

5. What is a word beginning with ho that means "science of measuring time"?

ANSWERS

1. Say, "Charles hadn't appeared when the meeting was called to order." 2. Pronounce la-kon-ik, as in ask unstressed, o as in on, accent second syllable. 3. Adolescence. 4. Decaying by false show "the appearance was illusory" but only for a few moments. 5. Horology.

Morning Smile

Worse Off

A man who went to his doctor's consulting room was somewhat surprised when the nurse told him to step into the next room and remove his clothes. "But, nurse," he started in a hoarse whisper, "it's my throat." "Please do as I tell you," snapped the nurse, "or I shall be forced to cancel your appointment!" So, strutting his shoulders, he went into the next room and there sat a young fellow who was looking very uncomfortable and quite naked except for a large parcel he held across his knees. "Doesn't that beat everything?" said the man, removing his coat. "I come in here with a sore throat, and I have to take my clothes off." "What are you grumbling about?" was the reply. "I just came along to deliver this parcel."

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ERRANT ELK
OSLO — (CP) — An elk which entered Norway's capital city created quite a commotion recently. Well meaning crowds chased it up and down streets trying to guide it back to woods. Finally the elk broke its leg hurdling a high wall and police had to shoot it.

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