

ELLEN'S DIARY

By an Island Farmer's Wife

St. Valentine's Day . . . What new items will be added to today's remembrances infinitely tender and, we suspect, a bit solemn but ever enchanting! And, at the name, how old memories and intriguing will return.

We recall this minute though much time has elapsed since and many a later scene been recorded in mind, the very first Valentine we saw. Only a child then, a girl with long dark braids and matching eyes, old for our years, though James will have it that we have not yet grown up! We know however, that we grew up long and ever ago, close to the beginning of our time.

It was pinned to a parlor wall, its gay appeal somewhat out of place in the august and sedate company it kept—even against the background of wall-paper of wide design outlined in gilt. Above was The Queen . . . Victoria, the Good, and was there ever one more beloved, and she then the smallish grave Widow of Windsor?

An enlargement of grandmother's photo hung on the wall opposite, hair severely parted and drawn back from a high white brow. Over the little organ was Aunt Mary—or was it Emmeline? We seem to have forgotten which one that was who looked out modest and serene to meet our gaze. A gold chain about her neck and the pierced ears held small hoops of the same. And next, because the frames chanced to be similar—of wide wood and gilded—important in his role as head of the house . . . bearded darkly, heavy brows and eyes grave, that was grandfather in white shirt and Sunday black.

On the cold wall and windowless, above the sofa and when shades were lifted on a Sabbath, lit by a shaft of the setting sun, strained mellowly by the patterned curtains of lace was Uncle Donald, the lad who was lost at sea in the dim years. "Father's brother he was, and a good boy with much promise before him," Miss Jane said with a sigh, she knowing him best, by tradition. She was all that was left of the family that once lived a gracious and industrious life in this the house of their people.

But if the years had taken their toll of the family, the parlor was unchanged . . . first carpet, hand-woven, same carved sofa, same matching chairs. Quaint pictures on the mantel and vases of blown glass. And against the wall behind them, set precisely, the breast-plates, reminiscent of the dead. On the table? The Book and lamp with the painted shade and the views and stereoscope that "came from the States."

And pinned on a wall beneath the Queen's likenesses, the Valentine Whose was it? Could it have been one that had been a love token to Miss Jane had never married but had remained to take care of the parents in their age, and now was alone in hers? We often wondered but never presumed to ask.

It was a pretty thing, we recall, a lace, bowed affair with sprinklings of hearts framing the picture of the maiden that in picturesque dress and with ringleted hair looked out coyly above the fan she held in a slim white hand. The verses had the dignity of those years and like a first prayer or an early text they come back easily to mind.

That Body Of Yours

By James W. Barton, M.D.

THE SHAPE OF YOUR BODY AFFECTS YOUR HEALTH

I write from time to time about how your shape affects your health. Insurance examiners can usually spot the individual likely to have various symptoms; they can tell the most likely symptoms or diseases by his shape. They put him in one of three categories: wide, narrow and normal.

If narrow, of the greyhound build, he likely to live longer than the wide ones. Wide individuals, as a rule, are really stronger than narrow ones but because they eat too much for the amount of work they do or exercise taken, they are more prone to disease. Wide individuals, by overeating, are more frequently attacked by heart, blood vessel, kidney ailments. Thin individuals usually eat less and because they have no excess weight are more apt to be active physically. Thin individuals, as a class, have a small or poor appetite which keeps their weight down and their blood pressure low.

Some years ago I wrote of the interesting results of an investigation of the relation between body width and blood pressure, as described by Drs. S. C. Robinson and M. Brucer in American Journal of Medical Science. They divided their patients into six groups, from the very narrow to the very wide. They found that very few of the narrow type had high blood pressure. The wide individuals had a higher blood pressure than those narrow in build.

The reason the narrow individual eats less food is because his stomach is smaller than that of the individual with a wide chest. Further, the small intestine in the narrow individual is several feet shorter than in the wide individual. This means that less nourishment is absorbed from the food during its passage through small intestine. On the other hand, the wide individual has plenty of room for his stomach to stretch across the upper abdomen. Also, the wide individual has a small intestine that is a number of feet longer than that of the narrow or normal individual. This means that by the time food gets to the end of small intestine, all the nourishment has been absorbed from the food. This is one cause of overweight.

Morning Smile

Too Much

A Paris hotel guests that after midnight all requests give their names to the doorkeeper. One night a Spanish nobleman entered and announced proudly: "Senor de Gonzales de Veraqua y Miraflores y Martinez y . . ."

Now He Knows

A bombastic man met a henpecked one, whose face suggested a recent accident. "How did that happen?" he asked. "Your wife . . ."

VIKING PORT

Jarlsloh in the Shetland Isles was an important port of call for the Vikings of 1,000 years ago.

Alice Brooks Designs

EASY WEAVING

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**ASPIRIN**  
RELIEVES PAIN AND SORE THROAT DUE TO COLDS  
FEEL BETTER FAST!

7161  
by Alice Brooks



Queen Elizabeth, seen here with her son Prince Charles, ascends the throne in a time of British national crisis. But it also is a time when the British monarchy was never stronger or in higher repute. She has the love and respect of her people and tradition behind her for four centuries, since the accession of her illustrious predecessor the first Elizabeth, that England, Britain and the Empire prosper under queens.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE sentimental spirit is accentuated still today, with many lively and joy-giving episodes but the occasion one of romantic memories and contacts, stirring, eventful. But at the same time there is a sour note in such conventional observation of romantic custom. There are undercurrents, sinister and regrettable, since there is a subtle power or intent to wound or grieve. Beware such ignoble and treacherous expression or contacts.

Forthe Birthday

Those whose birthday it is may work for the fulfillment of very ambitious plans and desires, with radical change in objectives as well as geographically. Matters of major significance are involved, calling for complete discretion, there being ideas or incalculable factors. Also in purely personal or domestic relations, there may be complication of peculiar involvement to be reckoned with. Keep alert to "shady" personalities or deals.

A child born on this day is bound to be adventurous, fond of change and daring enterprises, with much originality, skill, ingenuity. Its personal relations could have intriguing crises.

Modern Etiquette

By Roberta Lee

Q. Is it now considered all right and proper for a young widow to "accept the attentions" of a new suitor within a year of her husband's death?

A. While there is no reason why a woman should not in time find such consolation, still if her first marriage was a happy one, she is liable to be thought heartless if she directs her attentions at another man before at least a year has passed.

Q. When the guests at a dinner are few in number, and they are all intimate friends, would it be all right to put only their first names on the place cards?

A. Yes, when all the guests are close friends.

Q. How does one acknowledge a vacation postcard one has received?

A. Merely by making some mention of it the next time you meet the sender, and thanking him for remembering you.

FINE FLOWERS

WHATANE, N. Z. — (CP) — Friends persuaded Mrs. E. G. Print to enter in the gladiolus society show the blooms growing wild behind her garage. They captured the main prize and two other awards.

Better English

By G. C. Williams

1. What is wrong with this sentence? "We feel badly because so many people die from cancer."  
2. What is the correct pronunciation of "incongruous"?  
3. Which one of these words is misspelled? Charlatan, chastize, chimerical, chapeau.  
4. What does the word "labyrinth" mean?  
5. What is a word beginning with eve that means "to come out finally"?

ANSWERS

1. Say, "We feel bad because so many people die from cancer." 2. Pronounce in-kong-groo-us, o as in on, oo as in groove, accent second syllable. 3. Chastisement. 4. An inextricable or bewildering state of things. "We were confronted by a labyrinth of facts and figures." 5. Eventuate.

How Can I . . .

By Anne Ashley

Q. How can I renovate such small black leather articles as belts, bags, or portfolios?  
A. Beat the yolks of two eggs and the white of one egg with one teaspoon of alcohol and one teaspoon of sugar. Stir in enough powdered ivory black to make a thick paste. Rub well into the surface of the article.  
Q. How can I remedy shiny serge?  
A. A serge suit that has become shiny-looking should be sponged first with hot vinegar and then with ammonia. This will make the suit look like new.  
Q. How can I extract more juice from lemons?  
A. If the lemon are heated before squeezing them, they will yield much more juice and the flavor will be much stronger.

Spring Brings No Startling Changes

PARIS, Feb. 10—(AP)—Spring, 1952, may go down in Paris fashion history as the season of the wandering waist, the drape-shape, and the oo-la-la neckline.

It will not be remembered for any revolutionary changes (the neckline stayed 14 inches from the floor), but for soft silhouettes, soft materials and soft colors.

The biggest change by designers concerns the waistline. Natural waists are still nearly always fitted, but they are often seamless, with belts—or indications thereof—that wander at liberty between the bottom of the bustline and the middle of the hipline.

Fashion circles take this as possibly the first hint of an all-out assault on the natural waistline next season. The designers traditionally introduce signs and portents before going overboard on a drastic change.

In general it has been a serious fashion season rather lacking in the mad originality and daffy daring that has come to be a "Made in Paris" trademark. Perhaps designers have taken to heart criticism that their clothes were unwearable.

Last winter's modest high necks gave way to a generous display of shoulders and bosoms. Madame Schiaparelli lifted spectator's eyebrows with "open heart" necklines. Jacques Fath dipped his décolletage about as low as the law allows and Balenciaga scooped out the necks of even his daytime suits.

Soft Materials

Christian Dior resurrected the sweater girl effect (close-fitted bodices continuing to the hip) and declared for a sinuous line. He liked skirts moderately flared or pleated from the hip, corseted waists ending just under the bust, big pastel flower prints and helmet hats.

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Fath followed a "circle and curve" line, and brought out "whistle" jackets (cut like vests with sleeves) and whistle-proofing necklines, swallowtail cut-away coats, ribbon bows at the neckline with streamers falling to the hem, brilliant yellow, green and red colours, and flower-pot hats.

Schiaparelli presented a three-ring circus of "open heart bosoms," belligerent bustles, and "wandering belts."

Trends seen all over included: moderately full skirts; pleated skirts; tiered skirts; maringales (close back belts); apron stole drapes; three-quarter length batwing sleeves; unfitted length jackets; boleros, false boleros and boler-jackets.

Colors, in approximate order of popularity, were grey, beige, white, pastels, black and white, navy, black.

Materials were soft and supple: silk prints, black and white shep-

DOROTHY DIX'S COLUMN—

Too Much Money

Wife's Inheritance May Disrupt Her Marriage

DEAR MISS DIX: My father died two years ago and left me quite a bit of cash, securities and property. I had been married a year at that time and was doing private duty nursing while my husband finished college. The estate, when settled, gave me quite a bit of spending money—so we spent!

I have now settled down (with two children), my husband is out of school and has a good job but he wants to continue spending my income and I want to live on what he makes, saving what I got for our children. We want a big family and it takes a lot of money to put youngsters through school. With my money, we recently purchased a nice house, furniture and a car. Now my husband wants a bigger car. Doesn't want to go into debt, or take out a loan for it, but to get it from "my" money. He brags about the fact that we paid cash for our house and don't owe a thing—as if he did it all. I feel lucky—almost humble—that we don't have the usual financial worries that beset most young couples.

How can I make my husband stop bragging about how much money we have to spend, and how can I convince him that we should live on his income?



Muriel Nissen

ANSWER: You are indeed fortunate to be in such financial shape, but there is altogether too much "my" money in your life. Marriage is a partnership, remember. Since you are apparently able to pay for luxuries that the family wouldn't have without your income, either buy them gracefully or not at all. If your husband's income is not sufficient to cover these items, it is your good fortune that makes them possible.

MAKE SPECIFIC PLAN

You should both come to a definite arrangement, however, as to how much of your money should go into the family's living expenses, and how much should be saved. Some of it certainly should be set aside for the future, the amount to be determined by a mutual budget conference, and scrupulously adhered to.

Your husband should be told that bragging about money, or for that matter, even discussing it outside the family circle, is extremely bad form. If he wants his manners to fit in with his secure financial position, this is one habit he should most assuredly eschew.

It is very evident that the apparently fortunate prosperity in your family will, unless very intelligently handled, result in considerable discord in the near future. In order to put the matter on a more congenial basis, I suggest an interview between you and your husband and your local banker. He can best recommend a budget that will take care of current expenses, luxury budget and future security.

DEAR MISS DIX: In order to get a boy friend, would it be advisable to ask an attorney I have known for some time to come to my home, which I share with my parents? I feel that were he to see me in my home surroundings he might become interested in me. A friend tells me it is mid-Victorian not to go places where boys go to pick up dates. I am very anxious to have a boy friend, but being a woman of thirty I feel that you just can't ask a man that you may like for a date. I think that everyone feels that it's a man's place to ask the girl and if she asks him perhaps he will think she's a fast female. What is your advice in this matter?

J. D.

ANSWER: I think that you should feel perfectly free to invite this gentleman to your home. Should you feel some shyness about it, you might make some casual remark about it being a leap year when you extend the invitation.

There are any number of ways that you might meet some eligible single men without resorting to the very sad as well as dangerous practice of "picking up" perfect strangers. It is not only not mid-Victorian, but very wise not to visit those places where men just pick up dates. I doubt that you would ever find anyone that you would want for a life mate in such a place.

I suggest that you entertain a few friends in your home and then invite on that occasion some male that you might be interested in, or that you go to the socials in your church or some social club that you may belong to. You are much more likely to meet a young man who would suit you in these environments than in the cheap dance hall, or other such unnatural social contrivance.

DEAR MISS DIX: I am 19 years old and have a small patch of gray hair. What causes this, and is there a remedy besides using a hair rinse or any other of the dying processes as a cover-up?

SUSAN

ANSWER: What actually causes the hair follicles to die and produce hair that is gray is still very much a puzzle. There are only two courses left open to you. You may either let nature take its course, and incidentally such streaks in the hair are now the vogue, or you can use one of the many harmless rinses that are on the market and which are very effective.

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

Household Scrapbook

By Roberta Lee

New Shoes

To make new shoes more comfortable moisten the lining of the shoes, or the stocking worn, with alcohol and wear the shoes while this is drying. The lining will

herds checks, white organdie, lace, chiffon and georgette, wool, and silk tweeds (of British origin), shantung, polka dots, stripes and abstract prints.

Attractive Garnish

Cranberry jelly sliced and cut into fancy shapes with a cookie cutter, or a knife, makes an attractive and unusual garnish for salads and desserts.

Children's Books

The lives of children's books can be prolonged by applying a thin coat of colorless shellac to the covers.

Anne Adams Patterns

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