

ELLEN'S DIARY

By An Island Farmer's Wife.

"A single crow on the tree-top bleat, from his shining feathers shed off the sun" we quoted to the black dog as we stepped after him away from the back verandah to our round this morning. But he showed no interest in poetry, just peddled along behind James, and the milk-pails, intent it was likely, on pleasant anticipations of his drink-to-come. Nor would the tree-top be bleak, but rather pleasant in the sunshine and mildness of the new day, up there where our visitor perched on the very tip of an old spruce in the orchard. "One for sorrow!" James remarked, pausing then a moment to look up toward the black creature outlined against the blue of the north. We smiled and let the words slip away without comment, on the way of which, its back to the west, had moved into our valley from a place of burning "up the creek." A new-spread winter world lay about, not drab and bare as it was left in the wake of the recent thaw, but all clothed again in a clean coverlet of white.

James followed the familiar path to the barns and after him came dog and woman. . . . We have arrived at that nice time of year on a farm, when one meets every new day with expectancy; when the farmers on the way to their early choring look into sky and fold and stable, to see if perhaps the night has brought them a surprise, in some matter of increase—a new litter to a piggy, a lambkin, with piteous bleat or a calf, treasure of its mother beside. "We're going to stop milking these . . . shortly, Ellen," James remarked picking up a milking-stool, and nodding toward a row, "perhaps next Sunday, or by another, whenever we find the first calf—we have to wait for that." We are not at all clear about the origin of the notion which is pleased to terminate a period of lactation on Sunday, a practice to which James subscribes, unless it be that its cessation adds more leisure to the farmer on his day of rest!

This afternoon, when it happened that James fell heir to the choring because the younger farmer must take the new mare to her fitting of shoes, an incident appeared in the farming which touched granddaughters' heart. It commenced when James came to the door, she shadowing his steps to "wish you'd come out with me a minute, Ellen—I reckon I may need a little help." "It's going to take the mare away from the foot," the small one volunteered, eyes shining beneath her red bonnet. "Not just for today," she offered "but forever and ever! And neither one will like it, I'm sure." When James reverts ever so briefly to his farming alone, it is sure to open avenues of service for his weaker half. It may be to hold a horse, to fetch a hammer to the scene of some emergency or a piece of sawing ("And how often have I reminded you Ellen, not to push on the saw! Pull, woman!" And with a long sigh, "some people can't learn!")

So the Nell-maze was returned to her own stall in the stable today, leaving her only daughter in possession of former quarters. When the separation was complete we visited the slim red youngster, soft muzzle appearing over the "alf-door to greet us. The filly nickered a lonely sound in the circum-stance and there was a mature echo from the stable. "What are they saying?" grand-daughter asked. "Well, what do they say?" we countered. "The filly's saying: 'This place is lonesome without you! What ever shall I do?' And her mother is telling her: 'Don't you worry any . . . the men will bring you clove . . . and grain . . . and all you can eat. And I'" she smiled shyly "I'm not far away if you're frightened. I'll just over here in the stable!"—And this day, which began with "a single crow on the tree-top bleat" has been only pleasant and good throughout to the family at Alderlea.

Until tomorrow, Diary, Goodnight.

That Body Of Yours

By James W. Barton, M.D.

STANDARD BLOOD PRESSURE READINGS NOW CONSIDERED TOO LOW

There was a time when an appendix operation was a common topic of conversation. When physicians and surgeons showed us that if the appendix was removed within 36 hours of discovery and no food or purgatives were given, the death rate could be reduced from 10 per cent to about 1 per cent, the interest in appendix operations subsided.

Today health discussions most frequently concern blood pressure, because high blood pressure is the most frequent cause of heart strokes (coronary thrombosis) and of brain strokes (apoplexy).

Because blood pressure is of such great interest, physicians now have to warn patients that the blood pressure may go up many points if they are emotionally disturbed and so purposely do not measure the blood pressure every time the patient consults them. Blood pressure should, if possible, be taken early in the day before the patient gets worked up emotionally from the problems of the day, and should not be taken after a big meal.

For many years it has been customary for insurance and health organizations to publish blood pressure tables showing what the normal blood pressure should be at the various ages. According to the Journal of the American Medical Association, however, these published tables put normal blood pressures too low and so upset the minds of many men and women. The Journal states that these standards of normal blood pressure must be corrected, as 140 to 160 systolic (with arm cuff tightener) and 90 to 100 diastolic (with no pressure in the arm cuff) are really below the average. A study of 17,706 persons between the ages of 16 to 65 showed that persons up to the age of 40 can have normal pressures well above 140 systolic and 90 to 100 diastolic. In fact, these pressures are seen more often than those we now call normal pressures.

"In patients older than 55 years, systolic pressures of 180 and 190 with diastolic pressures of 100 to 110 may merely indicate the aging process and should not cause alarm," the article states.

This information, gained by investigating the blood pressure of thousands of normal individuals, should be reassuring.

Remember, blood pressure is most important but higher readings than present standards should not cause alarm.

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Morning Smile

"Eric loved a girl called Emma. A month ago he called her 'darling', three weeks ago he was calling her 'dear', and two weeks ago he was calling her 'Emma'." "What does he say now?" "Maud!"

Better English

By B. C. Williams.

1. What is wrong with this sentence? "There is no river as beautiful as this."
2. What is the correct pronunciation of "sonorous"?
3. Which one of these words is misspelled? Legalize, apprise, supervise, compromise.
4. What does the word "alliteration" mean?
5. What is a word beginning with pr that means "bountiful"?

ANSWERS

1. Say, "There is no other river so beautiful as this." 2. Pronounce so-no-rus, both o's as in no, accent second syllable. 3. Supervise. 4. Repetition of the same letter or sound at the beginning of words succeeding each other, as, "In a summer season when soft was the sun." 5. Profuse.

Quebec Man Held For Attempt To Break Into D.A.'s Home



BARBARA ANN AND POODLE



JOSEPH MACONSE

Joseph Maconse, a 32-year-old Quebec man, tried to force his way into skater Barbara Ann Scott's Toronto apartment proclaiming himself "madly in love with Barbara Ann." In the hands of North York police, charged with trespass and assault, is Joseph Maconse who, police say, is the culprit—the same man who has been trying to phone Barbara Ann for weeks and who, a short time ago, was ejected from the Toronto Skating Club when he tried to see her in person. Neighbors in the same apartment house as Barbara Ann and her mother, Mrs. Clyde Scott, managed to subdue the intruder, who rang doorbells of all the tenants and shouted his intentions aloud, and to hold him by sitting on him until police arrived. Barbara Ann was inclined to laugh the matter off. "But it was pretty scary while it lasted," she said.



MRS. CLYDE SCOTT

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Scrub Hairline With Brush

Those stubborn make-up traces that cake your hairline between shampoos are best dealt with at hair-washing time by a thorough scrubbing with a sudsy brush.

Before you actually douse your head, take a few moments to loose this clinging grime. Begin by working a small amount of shampoo into a foamy lather. A soapless powder shampoo is a good type to use.

Dip your brush into the suds, coating the bristles well. Then tackle your hairline, giving particular attention to the area in front of your ears.

A nail brush is excellent for this as well as for general scalp scrubbing. Select one with a handle of good gripping and actually put muscle-force behind your brushing.

A good choice for this task is a plastic-backed nail brush offered by a well-known brush firm. Tufted on both sides, the brush provides one set of bristles for toning the scalp and another to work simultaneously through your hair.

After your hairline is clean, wet and lather your whole head. Go over your entire scalp until you can feel it tingle.

Pastel Checks Are Fashionable

The spring collections of the leading London wholesale dress-makers have been watched with interest by the fashion experts. Occasionally as many as 30 manufacturers have collaborated to show nearly 100 styles, as in the case of the May Fair Parades held recently. Outstanding among the coats and suits there were the pastel checks, notably pink and grey and yellow and grey, tempered, of course, by that spring perennial, navy. From a style angle, the wide choice among suit types was especially pronounced. They ranged from the immaculately tailored black town suits to boxy jacket styles, three-quarter length tunic jacket ensembles and novelty check jackets with plain skirts. It seems obvious from these examples that ensembles will be important next spring, with trimly tailored suits worn with boxy swaggers (many with tuxedo revers and optional belts) and fitted redingot types.

Cook's Corner

UP-TO-THE-MINUTE SOUFFLE

1 10-oz. can condensed cream of mushroom or celery soup.
4 egg yolks
4 egg whites
Heat soup. Add slowly to beaten egg yolks. Cool. Fold into the stiffly beaten egg whites. Pour into a buttered baking dish and oven-poach in a moderate oven, 350 degrees F., about 50 minutes or until firm. If desired the souffle may be baked in six individual casseroles in a moderate oven, 350 degrees F., about 40 minutes or until firm. Yield: six servings. This may be served with a cheese sauce.

The Stars Say

By Genevieve Kemble

For Tomorrow

THE auguries are excellent for an earnest endeavor to place the affairs on a secure and enduring basis for future rewards and respect. Reorganizing and cementing of substantial interests, ambitions and concrete possessions should be tackled with forthright and concentrated efforts, founded on personal merit, sterling character, sound plans.

If It Is Your Birthday

Those whose birthday it is, are encouraged to marshal their forces, faculties and ambitions on solid ground, with a basis of responsibility, personality, prudence and a view to long-range respect, and great gains. Advancement, credit, popularity and esteem come in recognition of perseverance and diligence, built upon sound foundations. Property, mines, real estate and produce are enhanced under such effort.

A child born on this day, may have a sound and enduring quality, with merit, diligence and persistent effort, with responsible character for a successful and stable career.

Ma's Ironing Clue To Her Character

LONDON, Feb. 11.—(Reuters)—A unique gadget called the "ironing recorder" has helped scientists prove that the way a woman irons her husband's shirt is a guide to her character.

The experts say quick, careless ironing with frequent change of direction means the lady is an erratic, slapdash person who dislikes household chores.

If she moves the iron jerkily and unevenly, she has an artistic, impulsive temperament—and would be better at a career than homemaking.

And if she often goes back over the same piece of cloth, she is easy-going but insecure. She prefers her husband to make the decisions of the family.

But luckily for most women's peace of mind, their character can't be exposed that way unless the "ironing recorder" is plugged into their irons.

That's not likely, either, because there's only one in Britain.

Flexible Menus Best Food Bet

If you shop at your food store with the same concentration you use when you window shop for your new spring outfit, you'll add variety to your menus and also save money.

With prices rising steadily, careful marketing becomes vitally important. It will take more and more of your time. But with the food dollar shrinking in buying power, the only way to keep your family's meals up to a nutritional and appetizing standard, is to select the meat, vegetables and staples at the best price to fit your family's needs and taste. Keep your menus flexible. Build them around those items which offer more food and pleasure for your dollar. That will mean you must often try new foods and new cuts of meat.

Household Scrapbook

By Roberta Lee

Writing on Celluloid
It is difficult to write on ordinary polished celluloid and celloidin paper with pen and ink. However, it can be done, if the face of the paper is rubbed over with a chalk crayon and the dust then wiped off with a cloth.

The Belt

If another hole is needed in the leather belt in order to make it smaller, use a heated knitting needle to make the new hole. It will be perfectly round.

Starched Clothes

Try adding a teaspoon of borax when making the starch. It will keep the starch from freezing out of the garments when hanging them outside during the winter months.

Hand That Rocks Cradle Holds Prices

Canada's secret weapon against inflation is the housewife.

This information comes from none other than Donald Gordon, chairman and president of Canadian National Railways, and the man who in the last war latched inflation as head of the Wartime Prices and Trade Board.

In a speech at a meeting of the Canadian Retail Federation at the Mount Royal Hotel, the big man with economic know-how paid frequent tribute to the ladies as the restraining element in our present spiralling inflation.

He commended the bargain-hunting woman, explaining that one of the major causes of inflation was a public disregard of prices. Although he did add:

"This railroader is often thankful that he does not have to cope with the onslaught of hundreds of predatory females bargain-hunting at a big retail sale. It must be a brave man indeed who can stand up to the assault when he is close enough to see the whites of their eyes."

But as inflation stoppers women do their biggest job by making the working force "elastic." Mr. Gordon said. He pointed out that one of the surest ways of licking present economic problems would be to produce more. Married women must be attracted into industry.

"The contribution made by women employed in industry during the last national emergency," he said, "is a fact worth remembering as the manpower requirements of the armed forces are increased."

Dangling Arms Spoil Walk

Arms rank high among the troublesome parts of our anatomy. Experts at assuming ungainly positions, they really excel at awkwardness when most women are walking.

Next time you take a stroll, note the position of your arms. If you're dangling—limp and heavy-handed—at your sides, if you're hurrying, they're likely to be chopping the air in a frantic and useless attempt to propel you along.

In order to look well hung together on the street, regard your arms with your conscious mind. Plan what they are to do, rather than leave them to their own devices.

A purse is a great help for most women in occupying an arm. If it's an envelope bag, tuck it neatly beneath one arm, making sure your elbow doesn't protrude at a sharp angle from your side.

Neither shoulder-strap purses nor bags with short handles should be allowed to dangle from your hand as you walk. The effect is likely to be either childlike or careless.

In order to avoid limp, hanging

-Needlecraft-

FOR THE HOME

THE BOLEBO SUIT

No. 2361, the bolero suit with its own cap sleeve blouse, is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16, for suit, 3 1/2 yards 39-inch; the blouse, 1 1/2 yards 39-inch fabric.

No. 11220, the hot iron transfer pattern, contains seven different motifs suitable for applique and embroidery on blouses, etc.

(Two separate patterns.)

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

Address: Pattern Department, The Charlottetown Guardian, Pattern No. 2361 and No. 11220.

Name _____

Address _____

City _____ Province _____

fingers on your remaining hand, it's sometimes permissible to carry gloves or a handkerchief. If there seems to be no logical reason for carrying a small object, crook your elbow slightly and half-close your hand.

In informal situations, it's a help to tuck an awkward hand into your pocket to get it out of the way.

2361
10-20

TRANS 11220

DOROTHY DIX SAYS—

Parent's Role

How Much Say Should Mother Have In Choosing Career For Child?

DEAR MISS DIX: I believe that parents should guide their children in the choice of a career. I am determined that nothing shall interfere with my own plans for my daughter, to whom I have given the best of care and upbringing. Very few children really know what they want to do. For instance, my daughter at the age of 16 aspired to the stage because her best friend wanted to be an actress. Then later another friend enticed her about being an artist. Still another wanted her to be a reporter. Another a nurse. And each one in turn had a temporary influence upon her. So who is better suited to choose a career for a child, the mother who knows her child's every failing, every good point, or the child herself who hardly understands her own needs?

ANSWER: A mother has a right to influence her child, but not to dominate her. She has a right to guide her child into the path she is best fitted to follow, but she has no right to force the child into it against her strong disinclination. Every child has a right to its own life and to live it in its own way, provided it does no harm to anyone else, and no mother has the right to take it away from it and make it conform to her pattern.

SHOULD KNOW CHILD'S TALENTS

I fully agree with you that parents should help their children. (Continued on Page 3)

HAND-MADE PAPER FOR ROYAL AUSTRALIAN TOUR

FEW mills still make paper the old way. Indeed, few men now have the skill, but hand-made paper is still strongest and best.

Paper made by the old craftsmen will be used for official purposes during the Royal tour of Australia (this will be the watermark). It will be manufactured in the small Kentish village of Eynsford, nestling in the North Downs. The mill here has been making paper since 1648 and, small though its output is compared with one of Europe's biggest mills a few miles away, Eynsford water-marked paper is in great demand, especially in the United States. Hand-made paper is ideal for drawing paper, art reproductions and de luxe publications.

The key figure in the process is the "vatman", who scoops up the sodden

mass of pulpy rag fibres with a wire mesh "mould". He must judge accurately the right amount of moisture to drain off, and by skillfully "nursing" the mould to and fro he weaves the fibres together, giving the paper its great strength. Despite the critical judgment required, these vatmen work at a high speed, moulding about 400 sheets an hour. There are fewer than a dozen skilled vatmen in Britain today.

Depending upon the mould used and the subsequent treatment, various kinds of hand-made papers can be manufactured. Because it withstands age and fading, it is widely used for valuable documents. Its durable quality is no empty boast. Documents and publications hundreds of years old are still perfectly legible; as for its strength—the camera does not lie.

all the Hargreaves quads are thriving on Aylmer Baby Foods

James

Ever since their Doctor started them on Aylmer Baby Foods, these famous quads—born Oct. 13, 1949 in Sault Ste. Marie, Ont.—have grown into lovely healthy babies. Aylmer Baby Foods are of the highest quality—mild and delicious in flavor—and are strained extra fine for easy digestion.

Be sure your baby gets the best start in life with Aylmer.

PEACHES

How Can I...
By Anne Ashley

Q. How can I make shoes waterproof?
A. Melt two parts of tallow with one part of resin. Warm the soles of the shoes, and while the mixture is also warm apply it to the soles as long as the leather will absorb it.

Q. How can I treat frostbites?
A. Rub the affected parts with pure oil of peppermint. This will also prevent the after-effect of chilblains. Only the pure oil, not the essence of peppermint should be used.

Q. How can I prevent the ink from spreading when marking linen?
A. First put the initials on with a soft lead pencil. Then trace with the marking ink.

Modern Etiquette
By Roberta Lee

Q. When writing a letter of application for a position, should it be written by hand or typed?
A. A typewritten letter for this purpose is preferred. Unless, of course, you are answering an advertisement which specifies that letters be handwritten. Some firms base their initial interest on the applicants' handwriting.

Q. Is the guest of honor supposed to be the first person to rise from the table at the end of a dinner?
A. No. The hostess is always the person who signals the end of a dinner by rising from her place.

Q. When a bride is being married in traveling clothes, does she have any bridesmaids?
A. No. She has just a maid or mistress of honor.

Cut-off linen or cotton garments are used in hand-made paper manufacture. Rags are carefully sorted before pulping.

Successive pulping reduces the rags to "stuff". Different qualities of paper are produced by varying the lengths of the fibres.

A steaming bath of size gives the crisp finish to the hand-made paper.

A single sheet of hand-made cotton is supporting the 220 lb. of this mill worker in the packing shed of the Kent paper mill.