

ELLEN'S DIARY

By An Island Farmer's Wife

"And where to this time, Ellen?" James sighed this evening, with interest which was obviously only secondary to his work of the moment. He had just returned from the sowing of the last grain-field with the team then drinking thirstily at the water-tubs in the barnyard. The small engine was busy pumping a pulsing stream, one knew was cool and refreshing. One was aware as well that it was the phase of the day's work was ended, a new one, equally insistent and commenced. Already Jock was carrying great pails of commercial feed from one of the piggeries - proper to some sty or another in space which housed the over-flow. "Nowadays," James will sometimes declare, "hog farming is not much of a chore - not when you buy their feed all ready to put in the trough, and have the drinking water pumped to the spot!"

To refute this in part, experienced ears today caught the sound of a sawing and hammering, which told a tale of industry - that somewhere about, a complete weaning of small fry was about to take place in the removal of a partition of a pen. Or perhaps a few one was being built to take care of a litter of these, while in an orderly sequence of events the sow was being turned to the freedom of the paddock which takes in the "run" of the old orchard. The golden russet trees were in bloom today garlanded and old, but respected, we suddenly found when stopping to admire them and James, extremely practical, said "those really should be cut down, Ellen, now they're bearing so few." Pink crowned they were then and so beautiful in the weight of their years, and holding for us many of our past Springs in their branches. "No," we begged, "not yet. Changes about the place are not eagerly accepted by some of us at Alderlea."

"Going to attend the annual meeting of the P.E.I. Drama Festival - interested, on account of the local Club. It's held in town," we replied to James' query. "Humph!" James said expressively. "James is a farmer and husband, who gives his wife willingly to any of the uplifts of Church community or state, but at the same time in a disinterested manner. If it should happen that from any direction honors were to thrust upon us to "elevate" us beyond a woman's dreams, and we were to mention it to James he would be one to say in an absent-minded way: "Is that so, Ellen," and add in a language that to us needs no explaining, "If that biggest one goes to twelve hundred, Ellen, as the boys say he will, well, I'm every pound that is in him, hat's judging!"

But if we could wield a bristler set-knife than some sister-under-the-skin, bake a quicker tastier cake, spread a faster meal or take our place graceful of heart at some out-of-door task, James would be right at an elbow to beam his approval and encouragement. "Oh, yes," he would say proudly to Mr. C. from the house on the hill when they chatted over "shop" that evening. "Ellen has a wonderful knack at that work - that's one thing she can do!" So "Humph!" James snorted this evening, a hand resting on a sweaty shoulder of our own mare as her drink passed up the rings of her thirsty throat. "I have a notion, Ellen, that those

(Continued on Page 15)

Morning Smile

SLEEP WALKER

The lecture to the local literary circle came to an end, and the lecturer mingled with the crowd. "By the way," he said to the secretary of the society, "I saw Mr. Jones walk out of the hall when I was halfway through my lecture. I hope nothing serious was wrong with him." The secretary answered without thinking: "Oh, no," he explained "It's nothing very much! He walks in his sleep."

Cook's Corner

BASIC ICEBOX COOKIE

1 cup brown sugar
1 egg
2 cups butter
Pinch soda dissolved in 1 teaspoon warm water
1 teaspoon vanilla
5 to 6 cups sifted all-purpose flour
Cream butter and sugar thoroughly until very light and fluffy. Add slightly beaten egg, soda and vanilla. Add sufficient flour to bring it to a dough consistency and knead for about 5 minutes. Dough is best chilled, either molded into a roll to be sliced for baking, or in large bowl from which it can be placed in pastry tube or cookie press. Bake in moderately hot oven (375F) for about 12 minutes.

CUTICURA SOAP & OINTMENT TO RELIEVE ITCHING, SCALDS, BURNS, ECZEMA, DRYNESS

Timely Notes On Nutrition

By Marjorie G. Hill SUNBATHS

On glancing at the heading of this column you may wonder what sunbaths have to do with nutrition. Sunlight is a combination of rays of light of various colors and effects. If this light is broken up by means of a prism it is found that the rays of light visible to the eye form a spectrum—red, orange, yellow, green, indigo, blue, violet. Beyond the violet are rays called "ultra violet". When the direct rays of the sun strike the skin, the "ultra violet" rays convert a fat-like substance beneath the skin into Vitamin D. Therefore sunbathing is similar to the food Cod Liver Oil, in that it provides the body with Vitamin D.

Vitamin D, which sunlight produces in the body, is most important for babies. It is this vitamin which enables the body to make use of the calcium and phosphorus in the baby's food to build these elements into strong healthy bones and teeth.

Sunbaths may be started when the baby is three or four weeks old. You may start sunbaths in spring or in summer.

1. On the first sunny day, put the baby in direct sunlight, and let it shine on his cheeks and hands for two or three minutes. Turn him so that the sun will not shine in his eyes. Before putting him in the sun, rub on a little oil.

2. The next day expose his cheeks five or six minutes. Tan him slowly. A baby's skin is tender, so do not allow him to become pink and therefore burned.

3. When the cheeks and hands are slightly tanned expose the arms and legs. Again be careful about burned pink skin. Rub on mineral oil if burned.

4. When legs and arms are showing a tan, and the weather is warm enough, remove shirt and diaper and expose him to sunshine two or three minutes. The next day expose him five minutes. Continue to increase the tan gradually until the baby is tanned all over his body.

5. On hot days when the temperature is 85 sunbaths should be given before 11 A.M. and after 3 P.M. Keep the baby's head covered if he is out during the hot part of the day.

Sunbaths should not be given the baby directly after feeding or bathing him. The baby must be watched constantly throughout the entire time. These sunbath directions are for the well baby. If the baby is even slightly sick a Doctor's advice is necessary in the care the baby needs to get well. A well tanned baby is assured of good teeth and bones and protection against rickets, once so prevalent among children in Northern climates.

Adults are not exempt from sunbathing. People who are fortunate enough to work outside during the summer months should bare their bodies to the sun, as much as possible, for awhile each day in order to get a good even tan. This would go a long way toward curing the aches and pains some folks develop during our long winter months. If you are working inside during the week try to get out in the sun over the week-ends, but be careful of burning from over-exposure.

Modern Etiquette

By Roberta Lee

Q. When writing a social letter on the typewriter, should one type one's name?

A. It is not good form to write a social letter on the typewriter. If, however, one has done so, it is not permissible to type the signature unless it is placed under the written signature - which is done sometimes when handwriting is illegible.

Q. When a girl is marrying for the second time, should her parents issue the invitations?

A. Yes, certainly.

Q. What is the correct way to eat a banana at the table?

A. Peel the banana into a plate, then eat it with the fork.

Hyde - Paynter Nuptials



Mr. and Mrs. Roland Chesley Hyde photographed at their wedding reception at "The Charlotetown". The bride is Verna Bell only daughter of Mr. and Mrs. David Paynter and the groom is the son of Mr. and Mrs. Harry Hyde, Cornwall. —Photo by Garnhum

DOROTHY DIX SAYS -

Prospective Stepfather

Should Man Wed Widow Whose Children He Dislikes

DEAR DOROTHY DIX: I am in love with a widow who has two girls, one 12 and the other 15. They are under very poor control and do just as they please. I just simply can't stand the way they act, though I don't say anything. But if I married their mother I would have to change from that and I am afraid that it would cause her and me to get along badly. I feel I can't give the mother up, but I can't endure the kids. Please give me your advice. M. R. H. A.

ANSWER: You certainly have a prophetic soul when it warns you that you will have trouble with the mother the minute you begin to try to control her undisciplined children.

Don't deceive yourself into thinking that if you marry this woman with her half-grown girls, she will side with you and help you to discipline them. She won't. She will go over to the enemy's camp every time and align herself with the children. In practically every family it is mother and the girls against father, even when it is their own father, and what happens to a stepfather when he faces that consolidated opposition is too horrible to think of.

Being a stepfather is the toughest job that any man ever tackles. It is really harder for a man to be a good stepfather than it is for a woman to be a good stepmother, because most women have some maternal instinct that makes them fond of children and gives them some intuitive knowledge of them, but few men are endowed by Nature with much paternal instinct. That is something that has to be developed in them by their own children. Children are an acquired taste with men, so to speak.

None no man should marry a woman with children unless he feels within himself the call to be a real father to them, unless he is determined within himself to use tact and diplomacy and kindness in dealing with the children whose lives he has taken into his hands.

So, Mr. Man, think a long time before you marry this woman whose children you already dislike. You'll hate them worse when they devil the life out of you and you and your wife will quarrel continually over them. But remember, if you do assume the role of stepfather to them, that you will make or mar their lives.

DEAR DOROTHY DIX: I am a business woman of 39. A man who is seven years younger than I am and who was the husband of my sister, who died several years ago, wants to marry me. We were always very good friends and our grief over her loss has drawn us very close together. What do you think we should do under the circumstances? Marry, or give each other up? Is the fact that this man was my sister's husband a bar to our union? And what about the difference in age? A CONSTANT READER

ANSWER: There is no reason in the world why you shouldn't marry and be happy. In fact, I should say that your marriage stands a better chance for happiness than most because you and the man

(Continued on Page 19)

That Body Of Yours

By James W. Barton, M.D.

MAKING LIVER EXTRACT MORE EFFECTIVE IN PERNICIOUS ANEMIA

When Drs. Murphy and Minot, Boston, discovered that patients with the formerly fatal disease pernicious anemia could be kept alive by 5 or 6 ounces of calf's liver daily, it was one of the most important events in the history of medicine. It ranks with Banting's discovery that diabetics do not need to die if supplied with insulin daily or even weekly.

At first, because Drs. Minot and Murphy used calf's liver in their experimental work, physicians used Swift's liver in treatment of pernicious anemia, but later any kind of liver—cow, lamb, pig—was found to be effective.

Now everybody does not like liver and it became necessary to prepare liver in various ways to help them to eat it. At one time the Presbyterian Hospital, New York City, had developed 53 ways of preparing it.

As with other discoveries, research workers developed an extract of liver which was equally effective as liver itself, and was less trouble to patient and physician. Since those early days of liver extract a great amount of research work has been done in laboratories of meat processing and drug manufacturing companies with the result that liver extract today is much more effective than at any previous time.

Notwithstanding the excellent results of liver extract in controlling pernicious anemia, Drs. E. Martin and F. Vaucher in Praxis, Bern, Switzerland report a method of partly digesting this liver extract so that it is more completely and rapidly absorbed by the blood. In pernicious anemia there is lack or loss of an important ferment in the stomach digestive juice, but by partly digesting the protein part of the liver extract by use of the ferment papain, this lack or loss is corrected.

There is a solid and liquid proteolyzed liver extract to be taken by mouth as well as a highly concentrated proteolyzed extract for injection. The chief value of this partly digested (proteolyzed) liver extract is that pernicious anemia can be effectively treated with it by four to eight injections per month. Drs. Martin and Vaucher were able to confirm the observations of British observers that this proteolyzed extract is 2 to 3 times as powerful as ordinary whole liver extracts.

DIET SUGGESTIONS IN PEPTIC ULCER

Send 5 cents, coin preferred and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., Post Office Box 99, Station G, New York 19, N. Y., and ask for Dr. Barton's helpful leaflet entitled, "Diet Suggestions in Peptic Ulcer."

How Can I!!!

By Anne Ashley

Q. How can I prevent the dying of newly planted rose bushes?

A. One authority says that the most frequent cause of loss of a newly planted rose bush is inefficient packing of the roots. The soil should be pounded thoroughly following each spadeful of dirt that is placed in the hole.

Q. How can I prevent flour and corn meal from becoming wormy during hot weather?

A. Stir the flour or cornmeal thoroughly every day to the very bottom of the container.

Q. How can I clean a Panama hat?

A. Apply some good spot remover; cover thickly with Fuller's earth; lay the hat away for several days, and then brush thoroughly.

BERN, Switzerland, June 13 - (Reuters)—Canada's first resident minister in Switzerland, Victor Dore, arrived today.

Infirmiry and Falconwood Hospital Graduate Nurses



Pictured above are the graduate nurses of the Infirmiry and Falconwood Hospital whose convocation exercises took place recently. (Left to Right)—Mrs. S. M. Garrick (Infirmiry Matron), Verna MacLeod, Christena MacLeod, Freda Feehan, Viola Stewart, Pauline Noonan, Beatrice O'Shea, Mrs. L. O. Kitchen (Matron at Falconwood). —Photo by Garnhum

Better English

By B. C. Williams

1. What is wrong with this sentence? "He spoke in an offhanded way of taking the books off of the shelves."

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

3. Which one of these words is misspelled? Committee, debonnair, grammar, solitaire.

4. What does the word "placid" mean?

5. What is a word beginning with ex that means "to clear, as from an accusation"?

ANSWERS

1. Say, "offhand way" and omit the second of. 2. Pronounce a-l-oy, as in an unstressed, accent second syllable. 3. Debonair. 4. Undisturbed; peaceful; quiet. "There was a placid smile on her face as she met him." 5. Exonerate.

Household Scrapbook

By Roberta Lee

Painting Hint

Be sure never to apply new paint over blistered paint. Always scrape or burn off the surface until a smooth finish is acquired. Otherwise, the new paint will blister just where the old did.

Cooling Drink

Spiced iced tea is something different in a refreshing summer drink. Simply put four or five whole cloves into the pot in which the tea is brewing, and ice as usual.

Mosquito Bites

The sting can be taken out of mosquito bites if a little household ammonia is added to the water with which the skin is washed.

Family Favorite

PINK VELVET PIE

16 graham wafers, crushed fine
4 tablespoons butter, melted
1 package strawberry jelly powder
1/2 cup hot water
1/2 cup lemon juice
1/4 cup sugar
1 tall can Carnation Milk, undiluted, chilled to ice-crystal stage for whipping
1 teaspoon grated lemon rind
Mix wafer crumbs with butter and line greased deep 9-inch pie plate, saving 1/2 cup of mixture for topping. Dissolve jelly powder in hot water. Add lemon juice and sugar; let stand while whipping Carnation Milk to stiff froth. Add jelly mixture to Carnation; continue whipping till stiff peak is formed. Stir in lemon rind. Pour over wafer crust. Top with remaining crumbs. Chill about 4 hours, till firm. Serves 6 to 8.



What a Difference . . . when you use Milk with Water Removed!

YOU GET EXTRA nourishment — that's because only water is removed from Carnation Evaporated Milk, to doubly concentrate the food values.

YOU SAVE ON CREAM because Carnation Milk is heavy enough to whip . . . is perfect for "creaming" coffee and for most cream purposes.

YOU GET BETTER RESULTS in recipes that call for milk, when you use 1/2 Carnation, 1/2 water, for velvet smoothness and richer flavor.

7 OUT OF 57 HEINZ VARIETIES are money-saving MAIN COURSE MEALS. Includes an image of a woman in a patterned dress holding a plate of food.

When meal-making time is crowded with so many other things to do—when food-budgets are stretched to the limit—when guests drop in unexpectedly and you have to whip up a snack—in fact, many times during a busy week you will thank your stars and the Heinz chefs for providing you with seven main course dishes that can be waiting on your pantry shelves, ready for emergencies. All four kinds of Heinz Oven-Baked Beans are now back on the market—old time favorites, all of them. To this delicious foursome Heinz has just added a new variety, Cooked Spaghetti with Meat, which makes a pleasing and satisfying variation from the long-established Heinz Spaghetti in Tomato Sauce with Cheese. Finally, to complete a group of 7 main course meals, there is Heinz Cooked Macaroni in Cream Sauce with Cheese, now made to a new, improved recipe.

Grid of Heinz product cans: Heinz Baked Beans, Heinz Baked Beans with Pork, Heinz Oven-Baked Beans with Pork, Heinz Spaghetti with Meat, Heinz Cooked Macaroni in Cream Sauce with Cheese, Heinz 57 Varieties.

Tender Leaf Tea advertisement. Text: For FINEST FLAVOR. Includes an image of a tea box and a teacup.