

ELLEN'S DIARY

By an Island Farmer's Wife

Ay, it was a satisfying wind that rippled the pond this morning...

This was to be a day which would further well the work of the harvest at Alderlea...

Nor was there a slight man in faded overalls and jacket looking out with a concerned look...

We were however, halted by James' call. It ran through the silence of the house...

Then how all at once the duties crowded about us, clutching at mind and hand!

For the Birthdays Those whose birthday it is may congratulate themselves for a friendly hand...

Morning Smile Profitable At a restaurant one regular customer was a thoroughly disagreeable man...

Household Scrapbook By Roberta Leo Baby's Shampoo When washing baby's head place a pad on the drainboard of the sink...

Nervous Headache Often a nervous headache can be relieved with a cup of moderately strong tea...

Rubber Gloves If rubber gloves are sprinkled on the inside with cornstarch, they will slip on more easily.

Not In Favor "Are you in favor of long engagements, Vi?" "Not at my age, dear. I might run out of ammunition."

For softer smoother skin - CUTICURA! Worried about blackheads, pimples or rash? Try Cuticura Soap and Ointment!

French's Prepared Mustard Better with French's Prepared Mustard by Alice Brooks

Montreal Wedding Of Interest



Shown above are Mr. and Mrs. Michael Aloysius MacDonald, following their wedding which took place at St. Kevin's in Montreal on July 23.

The bride, Mary Jamesie Mullin, is the daughter of Mr. and Mrs. James A. Mullin of Charlotte town, and the groom is the son of Mr. and Mrs. Francis J. MacDonald, Glace Bay, N.S.

DOROTHY DIX SAYS—

Mother's Responsibility Must Watch Over Children, Even In Father's Custody

DEAR MISS DIX: I have been married twice, have two children by my first husband and one by my second. My ex-husband had the custody of our two girls until recently.

ANSWER: Both your husbands should be responsible for the support of their children, and since you live in a large city, consult the Legal Aid Service or the Family Counseling Service for advice in this matter.

HE WILL MISTREAT THEM! Knowing the treatment your ex-husband will give the youngsters if they're returned to him, you would certainly be doing wrong in giving them up.

DEAR MISS DIX: I have been separated from my husband for approximately six months. We were both very young when we married and through most of the ten years of wedded life we were never happy.

ANSWER: Many women don't even wait for a legal separation to go out with other men, and I admire your delicacy in questioning the ethics of conduct in your case.

DEAR DOROTHY DIX: I have been writing to a boy in service (Continued on Page 3)

Alice Brooks Designs

GORGEOUS! COLORFUL! Wedding bells going to ring for someone you love? Make her this Double Wedding Ring Quilt!

Advertisement for French's Prepared Mustard, featuring an illustration of a man with a mustard jar and the text 'Better with French's Prepared Mustard'.

That Body Of Yours

By James W. Barton, M.D.

EYE DEFECTS A POSSIBLE CAUSE OF EPILEPSY

Although the cause of epilepsy is unknown in a great many cases, since the coming of the drugs known as barbiturates, the great majority of epileptic seizures can be controlled so that the individual is not himself in danger...

The usual treatment is (A) To cut down on all starch foods—bread, sugar, potatoes and pastries. (B) Cut down on all liquids—water, tea, coffee, milk, cocoa, soft and hard drinks.

Another advance in the knowledge and treatment of epilepsy is finding that a fall or blow on the head, occurring often in teen-age football players, may cause epileptic attacks or seizures.

In the Journal of the Canadian Medical Association, Dr. C. B. Trites, Bridgewater, Nova Scotia, reports a very interesting case.

The reception was held at "The Berkley", gladioli and the traditional wedding cake being used as table decoration.

Mr. and Mrs. MacDonald left at noon for North Atlee, the bride travelling in a navy and white check taffeta suit, with navy velvet accessories.

The bride, a graduate of Mount St. Bernard Ladies' College, and of St. Martha's Hospital school of nursing, is on the operating room staff at the Jewish General Hospital, Gote des Neiges, Montreal.

That this case was true epilepsy was shown by the encephalogram, which records brain movements as the electrocardiogram records the heart movements.

Now one case is only one case but I am reporting the fact that eye defects were responsible in this case and it is possible that other cases of epilepsy, not controlled by barbiturate, may be caused by defects of vision.

Cook's Corner

MERINGUE CUP CAKES

Half cup shortening, 1 cup sugar, 1 beaten egg, 1 beaten egg yolk, 2 1/3 cups flour, 1/2 teaspoon salt, 1 teaspoon baking powder, 3/4 teaspoon soda, 2 teaspoons cinnamon, 1 teaspoon nutmeg, 1/2 teaspoon cloves, 1 1/3 cups sour milk.

Stuffed Steamed Cucumbers Here is a different way of serving cucumbers as a hot vegetable. 2 cucumbers, 1 egg, 1/2 cup fine bread crumbs, 1/2 cup chopped crisp bacon, 2 tablespoons melted butter, 1 tablespoon minced onion, 1 tablespoon prepared horseradish, 1 teaspoon salt, 1/4 teaspoon pepper, 1 cup hot water.

LAME SHOULDER? If your shoulder is painfully lame because of piercing, stabbing pain, do what thousands have done successfully. Take T-R-C's, specially made to give quick relief from Rheumatic, Arthritic, Neuritic, Sciatic pain; also Lumbago, Neuralgia. Don't suffer needlessly. Get T-R-C's today. 65c. \$1.35 at drug counters. 1-837

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for a Healthy, Happy Baby



The right milk is so important that wonderful, baby of yours. So be sure your baby gets the kind more widely used for infant feeding than any other brand — Carnation Evaporated Milk.

WHY IS THIS MILK SO GOOD FOR BABIES? CARNATION is pure, whole milk, evaporated to double-richness, homogenized and heat-refined for extra digestibility and safety, with vitamin D increased to 480 Units per pint.



Anne Adams Patterns

HERE'S A BARGAIN!

GET PERKIN' on this jerkin set. Junior Miss! It has everything you want for your new fall wardrobe!

Pattern 4859: Jr. Miss sizes 11, 13, 15, 17. Size 13 jerkin and skirt 3 yards 39-inch; three-quarter sleeved blouse 2 yards 35-inch.

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 St. West, Toronto, Ontario



More Comfort Wearing FALSE TEETH Here is a pleasant way to overcome loose plate discomfort. FASTEETH, an improved powder sprinkled on upper and lower plates holds them firmer so that they feel more comfortable.

A New Fashion? LONDON, Sept. 12—(Reuters)—Princess Elizabeth may have started a new fashion among London society women when she had her ears pierced last week, said Cyril Wilkinson, who did the piercing.

Child's Bad Breath often sign of 'Upset Tummy!' Save your doctor's time. For minor digestive upsets, children so often suffer as a result of overeating or eating too much candy or sweets, give Children's Own Tablets, new corrective for youngsters 3 to 15.

Cleans GLASS COOKING WARE COW BRAND BAKING SODA CHILDREN'S OWN TABLETS

Lovable You Skin so soft... smooth touched with a lingering lovable fragrance. Your complexion clear... fresh... radiant... thanks to the soap that soothes as it cleanses.

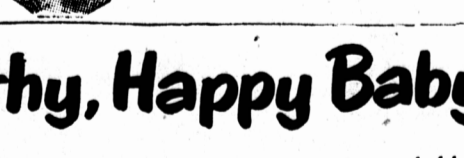


Colgate beauty soap Keeps Any Complexion Lovelier

for a Healthy, Happy Baby The right milk is so important that wonderful, baby of yours. So be sure your baby gets the kind more widely used for infant feeding than any other brand — Carnation Evaporated Milk.

WHY IS THIS MILK SO GOOD FOR BABIES? CARNATION is pure, whole milk, evaporated to double-richness, homogenized and heat-refined for extra digestibility and safety, with vitamin D increased to 480 Units per pint.

FOR BABIES Carnation provides an unsurpassed form of milk for the formula... with nourishment, safety, digestibility even for most premature babies. Carnation is used more for infant feeding than any other brand of milk.



100% pure wool • shrink-resistant • budget-priced

Better English

By G. C. Williams

1. What is wrong with this sentence? "We shall most certainly co-operate together until this work is entirely completed."

ANSWERS 1. Omit the three words, most, together and entirely. 2. Pronounce sur-ces, as in fur, c as in see, accent second syllable. 3. Eruption. 4. Intended to entrap; characterized by treachery and deceit.

A New Touch For Your Old Dress



Do you have a dress that could stand a little revamping—a new touch? Why not try a cummerbund in two contrasting colors like the one above? It's smoothly draped into deep pleats and the apricot and brown picolay is charmingly matched in the "two-faced" hand-stitched yokes.



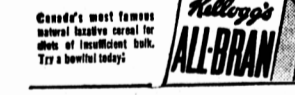
Apple Bran Muffins

So delicious, so easy! Mix everything in 1 bowl this Kellogg-cup way!

- 1 cup Kellogg's All-Bran soft shortening 1/2 cup milk Toppings: 1 cup sifted flour 12 cored thin apple rings 2 1/2 teaspoons baking powder 1/2 tsp. cinnamon 1/4 cup sugar 1/2 cup sugar golden syrup 1 egg

Combine All-Bran and milk in mixing bowl. Sift together flour, baking powder, salt into same bowl. Add sugar or golden syrup, egg, shortening. Stir only until combined.

Fill greased muffin pans 3/4 full. Top apple rings in mixture of cinnamon, sugar. Place firmly on muffin batter. Bake in preheated mod. hot oven (400°F.) about 25 min. Yield: 12 medium muffins, 2 1/2 inches in diameter.



Advertisement for St. Michael's Knitwear, featuring a woman in a dark, textured knit sweater and the text 'Your Best Buy in short sleeve pullovers is St. Michael's KNITWEAR the best of British'.