

## ELLEN'S DIARY

by an Island Farmer's Wife

We saw an Autumnlike haze on the waning summer's hillsips today, and there was a benign mellowness in the sunshine which lay over the fields and woodlands of our valley with gold. How lovely it was—this day, graced now with goldenrod in many a place instead of the daisies and clover, and with the ripeness of the harvest-time commencing to set its quiet spell over the farmsteads!

We should by rights, we decided, gather something from its treasures, selecting them with some bewilderment from the myriad in display, to have by us to stay our spirits when wintry winds born of Gulf or Strait should burst blustering and cold about the house-top.

So, as we are given to do, we rested in this round that is ours, resting the work of our hands and every concern of spirit and mind to drink deeply of the glories of nature spread about . . .

And somewhere else from an Island window or doorway of lawn, a woman looked out, it is likely, to a blue expanse of sky stretching out and out on the sea-ways, happy the day was so fair; prows cutting the little paths we have so often noted only to lose them soon in the great trackless deep.

And one maybe looked out across a quiet bay, which mirrored light-

house and cliff and edging trees. And another paused in her cleaning to note the windings of a tidal river, to admire again that scene of home, looking to find some new detail to jot in memory, one she had hitherto missed. And there it was! Though it were only the grace of gulls' wings dipping and soaring in mysterious, noisy, quest.

One, saw level reaches of farmlands, but not as of late with a tale of the haying about. That was gone and in its stead, the accent was now on the grain-lands into which were creeping the shades of the harvest.

Another looked down upon the roofs of a little village at a crossroads, by which traffic moved busily. She hummed a bit of sacred melody to herself at the sight, for there to remind her, towering above all else, the Church-spire pointed out Heavenly items.

And we? We smiled remembering a day a year long gone and the remark of a visitor to Alderley: "I don't see how you manage to stay here, Ellen," she shrugged. "It's so quiet, it would drive me frantic! And besides you can't see a thing . . . only a mill and a neighboring farm or two. Nothing," she nodded, "but those hills!"

What then was there for us to gather from out this August day? So much of sky and stream, of field and meadow and woodland that was marvellous . . . And among all this, a sight of the farms and machines busy at the last of the moving!

Until tomorrow . . . Diary  
Good-night . . .

### Contract Bridge

By Josephine Culbertson

#### SUPERIOR PLAY

A hand in the recent Western team-of-four tournament permitted the declarer, Mr. Schleifer, once an Austrian expert, now a California Life Master, to show his skill.

South dealer.

Both sides vulnerable.

♠ 4 2	♥ 3
♦ 6 5	♠ A K
♣ 8 6 5	♥ A K 7
♠ A Q J 5	♦ 2
♠ 9 8 7	♥ 10 9
♦ 3	♠ A K
♣ 10 9 4	♥ 8
3 2	♦ 10
♠ N	♥ E
♦ W	♠ A K 7
♣ S	♥ 2
♠ A K Q 8 7	♦ 10
♥ Q 10 4	♠ A K 7
♦ Q J 4	♥ 2
♣ K 7	

Our California correspondent wrote that he was forbidden to divulge the bidding—presumably, it was "unusual"—but the final contract was two spades by South, doubled by East.

West opened his top diamond, and East cashed the top cards in that suit and in hearts, then exited with a small diamond. South tested the trump situation by laying down the ace, and when the 5-9 break was revealed, it was obvious that he was in acute danger of losing two trump tricks in addition to the four tricks already lost.

However, there was a chance to overcome all obstacles, and South went about that very matter in masterful fashion.

He led his low club to the queen and returned a trump. East properly split his sequence, putting in the nine, and South won. Now the club king was overtaken with the ace and the club jack was played. Again East offered the best

defense: he ruffed with the ten of spades.

If South had overruled at this point, or if he had discarded his last side-suit card, the heart, dealt would have been inevitable. The repercussions from either play are easy to follow. On the over-ruff by South, East will still have the J-6 of trumps and a diamond against South's 8-7 of trumps and the heart. If South leads the heart, East gets both of his trumps; if South leads a trump, East wins and forces South's last trump with a diamond return. If, instead of overruffing, South discards the heart, East leads the diamond, and South must ruff in his own hand. Then he must lead from the Q-8 of trumps to East's J-6.

But South did neither of the things mentioned above—he underruffed East's spade ten with the seven, and now East was fixed. On his diamond return—as good as any—South discarded his heart, ruffed in dummy, and then had East coup in trumps on the following club lead from the table.

GET YOUR FREE DIGEST of the Culbertson Point-Count Method. Simply send a stamped, self-addressed envelope to the J. C. Winslow Co., 1010 Arch St., Philadelphia Pa.

### Wife Preservers



If a bathing cap has stuck together, wash in clear, cold water. Always be sure putting it away, dry the cap thoroughly and sprinkle it with talcum powder.

## Anne Adams Patterns

### VERSATILE CASUAL I

At last! Shirtwaist dress with a casual air AND lines of distinction! So versatile—you'll wear it sun-up to sun-down! Make it all one color or contrast bodice and skirt to resemble two-piece! Select cotton, rayon, or gabardine.

Pattern 4564: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 yards 39-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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, care The Guardian, 60 Front Street, West, Toronto.

### Household Hint

Fitted bed sheets not only save time in making beds but they cut down on ironing. Laundry wrinkles stretch out, smooth and neat, once sheet is fitted over the mattress.

### "SCRIPTURAL HOLINESS"

TORONTO (CP)—The Salvation Army will hold the first Canadian Bregle Institute Aug. 25-Sept. 6 here with 41 delegates from all Canada attending, it was announced Thursday. The institute is named after the late commissioner Samuel L. Bregle and is designed to teach "the scriptural type of holiness."

## Four Highlights From Paris



Madeleine De Rauch's fine hand shows in the exquisite drape of this nylon and rayon velvet cocktail dress in rich raspberry red. Modified shawl collar is pulled through a loop at the neckline of softly gathered waist, giving bow-knot effect.

Pierre Balmain's Chesterfield of red nylon and rayon velvet, lined with mink, was one of the most talked-about designs.



Jean Dessea's suit for younger women is in shaded gray striped broadcloth with velvet trim.

Jean Patou's morning dress is fashioned of iron-gray flannel with cuff sleeves. Bright tie silk scarf is tucked into the neckline. Belt is black box-calf, bonnet in beige velvet.

## The American Appraisal: Good-Bye Sweater Look

By GAILE DUGAS  
NEA Women's Editor

NEW YORK (NEA)—Now that the shouting has died down and the pictures have arrived from Paris, it's time to stand back and take an American appraisal of Christian Dior's "Ligne H" or "the lost bosom."

There's actually nothing of the flattened-out flapper look in the new Dior silhouette. The sweater girl bulge is out and in its place there's a pretty, gentle, lusted and only slightly flattened line.

The edict says that the bust is now about eight inches from the shoulders. American women, accustomed to shoving their hips around and moving their waists anywhere from shoulder to knees, should be able to achieve this without trouble.

What happens when "Ligne H" hits these shores like a Thor? Pollock says that our designers will take the French silhouette, modify it for American women and present it in highly wearable form. Thus, the sweater look, popular in certain circles since before World War II, will disappear never (in some circles) to come back.

As for the rest, the waist is still with us and the long torso line is not the slouched and sloppy line of the 1920's.

What do American designers think of the new Dior look? Pollock, an old American custom, they express highly individual and conflicting opinions. The box score on some of the top designers goes like this:

Mollie Parnis: "I don't think American women will give up what they fought so hard to gain—a neat waistline, a pretty torso and a long-legged look."

Lily Dache: "It is time for a change and the more startling it is, the better."

Ben Zuckerman: "Dior is a great designer and always contributes something. But we all have our own ideas and I have expressed myself in my own way."  
Cecil Chapman: "I always seem to find myself in an argument with Dior but in this one, I am sure all the women in America will join me. We want romantic curves—for evening especially."  
Claire McCordell: "I am not in favor of any silhouette that compresses the figure, either in the waistline, hip line or the bosom. I think real fashion is always a design that lets the natural figure show to best advantage."  
Evelyn Dawson of Susy Perette: "Dior was 'misquoted.' His new silhouette is simply a step beyond

### Angles Within Triangle

DOROTHY DIX

DEAR MISS DIX: Until three years ago my wife and I had a normal, happy home life with our four children. Then I met Jeanie, a childless widow, and we fell desperately in love. Jeanie had no wish to break up my home, and often said if I mistreated my wife or children because of her, she would not speak to me again. Recently, her health has been failing and she is afraid she'll have to give up her job. Consequently she thinks marriage with an eligible man would be the best thing for her. Of course, I am terribly jealous and feel miserable every time she mentions even going out with another man. I know she is as she loves me, though she is dating a well-to-do man right now. Object, of course, matrimony. I know she wouldn't marry me even if I did get a divorce because she doesn't want to break up my home. What can I do?  
Donald F.

"A FOOL THERE WAS"  
ANSWER: First of all, you should be thoroughly ashamed of yourself, (1) for being unfaithful to your wife and family, (2) for letting anyone make such a complete fool of you. Are you lacking in every sense—mental, moral and common? Your sweetheart has

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Norman N. Sanderson, M. D.

## Beware Of Food Fads

FOOD fads affect the health but not in the manner desired. Many who follow such fads have actually become victims of them.

There are groups of people who eat certain foods merely because it is fashionable to do so, without relation to their nutritional values. These foods may not add materially to our health.

Special Virtues  
Many people falsely attach special virtues to particular foods or diet. They may feel that fruits act as a body cure, so they eat fruits to excess in comparison with the rest of their necessary diet, actually cutting out some other necessary foods.

Loss of Value  
Certain foods we eat today suffer loss of nutritional value due to improper cooking, storage or processing.

Many people do not eat a well balanced diet and, of course, certain foods are harmful to certain people. Man can exist on a non-meat diet, as in vegetarianism, but food must be selected with very great care if a proper balance is to be obtained.

Some food faddists claim that much of our food has been grown in soil that is depleted and therefore is unfit for consumption. May be some of it has. But the food eaten by most Americans today usually comes from so many different sources that a slight deficiency would not affect the average person.

### QUESTION AND ANSWER

Mr. P.: I have a child six years old who has a duodenal ulcer. Will he recover from it?  
Answer: Most ulcers in children are readily cured by medicine and diet. Although ulcers occur quite rarely in children, when they do occur they are rapidly amenable to treatment.

### The Stars Say

By Estrellita

For Tomorrow  
THIS day's lunar vibrations augur well for domestic and romantic affairs. It is not a period, however, in which to engage in unusual financial dealings or start new projects. In monetary matters (adopt a conservative policy and avoid extravagance or speculation.

The evening hours will be fine for community interests and other group activities. Hobbies are favored, too, and participation in them will give you needed relaxation. It's a good time, also, for showing hospitality and reciprocating favors.

For the Birthday  
If tomorrow is your birthday, your horoscope indicates a wealth of blessings to come during the balance of 1954—and early 1955! Surprises galore are forecast during the next four months, and they should all prove helpful in advancing your aims whether they be financial, professional or romantic.

Well-wishers and influential friends will be of great assistance in furthering your cause, and there are indications that before year's end you should profit by a totally unexpected financial windfall. Romance, if it comes to you as presaged early in October, may be surrounded with much excitement and glamour. Don't let tendencies toward over-optimism or enthusiasm, however reasonable they seem, tempt you into extravagance during December, however.

A child born on this day will be ambitious, clever and endowed with the qualities which would make him an excellent doctor, nurse, pharmacist or technician.

would mean cancellation of the first few weeks of ballet in the opera season opening on Sept. 6 since they have been engaged to hold the stage until the "big" company, starring Margot Fonteyn, comes back.

The new weekly pay offered the corps de ballet was £7 3s 10½d for the first year, £7, 15s 9d for the second year and about £9 5s 9d for the third year.

The dancers have demanded a flat £1 10s 9d weekly increase.

## Ballet Dancers Get Low Pay—Stage Walkout

LONDON (Reuters) Junior members of the Sadler's Wells Ballet Company said Tuesday night British public opinion had been "shocked" to learn this week how low the dancers' salaries are.

The Sadler's Wells' "second string"—who are from the Sadler's Wells Theatre Ballet—Monday rejected a management wage proposal, leaving the theatre without a resident company for the opening of the fall season at Convent Garden opera here.

The walkout was by dancers who comprise an intermediary organization between the Sadler's Wells Ballet School and the "first string"—which is exchanging visits with the Paris Opera Ballet during September.

### CHORUS GIRLS GET MORE

A theatre spokesman said Monday that if the "second string" turned down the wage offer, it

## Self-Iced SPICE CAKE

Sift 3 times, 2¼ c. once-sifted pastry flour (or 2 c. once-sifted all-purpose flour), 2¼ tsp. Magic Baking Powder, ¼ tsp. salt, 1½ tsp. cinnamon, ¼ tsp. each of ground cloves, ginger, allspice, nutmeg and mace; mix in ¼ c. seedless raisins and ¼ c. chopped walnuts. Cream ½ c. butter or margarine and blend in 1¼ c. lightly-packed brown sugar; beat in 3 well-beaten egg yolks and ½ tsp. vanilla. Add dry ingredients to creamed mixture alternately with ¾ c. milk; spread batter in greased 9" square pan lined in the bottom with greased paper. Beat stiff, not dry, 3 egg whites and a few grains salt; gradually beat in 1 c. lightly-packed brown sugar and spread over cake; sprinkle with ½ c. chopped walnuts. Bake in rather slow oven, 325°, 1¼ to 1½ hours; cover lightly with brown paper for last half hour.



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LET'S EAT

## A Relish "Zest-Tray" Adds Interest to Meals

By IDA BAILEY ALLEN

"WHENEVER I pass this soda fountain lunch here on Broadway, every seat is always taken," remarked the Chef. "There must be some special attraction. Shall we investigate, Madame?"

Finally we secured seats and the mystery was solved. It was a food service, new to fountain restaurants: A "zest-tray" passed with pride and flair by the young counter-people. Everyone welcomed it.

"This is really a version of the relish tray that made tearooms popular, Chef."

"However, Madame, here they use only snappy relishes that add zest to hamburgers, sandwiches and 'franks.' See, there are pepper relish, mustard pickles, and pickle slices.

"Observe, they are nice and cold, and very easy for any homemaker to duplicate. A compartment dish, or three matching glass pickle dishes on a small tray, and three kinds of homemade or purchased pickles are all that is needed for a 'zest-tray'."

### TOMORROW'S BUFFET SUPPER

Three-Layer Vegetable Salad  
Assorted Cold Cuts Zest-Tray  
Potato Chips Corn on the Cob  
Peach Cake Squares  
Hot or Iced Coffee or Tea Milk

Three-Layer Vegetable Salad:  
Cook separately 1 pkg. each frozen cut green beans, frozen lima beans and frozen peas, adding ½ tsp. salt and ¼ tsp. monosodium glutamate



### TRICK OF CHEF

If you have planned cold cuts and the day is chilly, serve "hot cuts." Heat them through and slightly brown in butter or margarine mixed with a little table mustard. Arrange the "hot cuts" on platters the same as you would cold cuts.

### Morning Smile

The cottage door had needed repairing for many years but the occupants were quite satisfied to ease it with a hatchet whenever it jammed.

### CHICKEN SALAD

3 c. cold chicken cut in cubes  
2 hard cooked eggs  
1½ c. celery cut in pieces  
Chopped olives if desired  
1 tsp. salt.  
Combine chicken and celery and add salt. Cut up eggs, reserving three or four perfect slices for garnishing. Add eggs to the chicken and celery and mix well with salad dressing.

Place in salad bowl on bed of crisp lettuce. Cover top with salad dressing. Garnish with slices of egg or olives.  
—Mrs. George Morrison, Conway W. I.

### Perfection

Perfection  
IN BOTTLES  
GALLONS  
HALF GALLONS

## NEW PROOF THAT MILLIONS CAN END THE NEED FOR LAXATIVES

—find relief from constipation this safe, natural way—without the injurious effects of repeated laxative use.

With all the progress of medical science over the past 30 years, authorities say there is no longer any reason why irregularity should be our most widespread human malady.

Nor is there any reason for developing the habitual use of harsh laxatives—of doing with one preparation after another in the vain hope of finding, in some potion or pill, the "secret" of lasting relief.

Long-continued study of the problem has shown that one of the most common causes of irregularity is lack of bulk in the diet. And when this is the case, the common-sense correction is to be found not in the drug store but in your food store!

IT HAS LONG BEEN A MEDICALLY RECOGNIZED FACT THAT NATURE HAS PROVIDED, IN THE NATURAL FOODS MEN WERE INTENDED TO EAT, ALL THE ELEMENTS NECESSARY FOR THE LONG AVOIDANCE OF COMMON CONSTIPATION.

One of these elements is natura, fibrous bulk, or vegetable cellulose, which normally and naturally aids the rhythmic process of elimination.

In no natural food is this natural bulk so ideally found as in the outer layers, or bran, of the whole wheat kernel which, as you know, is lost in modern milling.

Because of the known value of bran in promoting regularity, the Kellogg Company has produced a complete, whole bran—with nothing taken away to lessen its effectiveness—sold under the name of Kellogg's All-Bran, the natural laxative cereal. How effective is All-Bran? This has been demonstrated in a series of

systematic clinical studies reported in leading medical journals.

In one study, 135 people with known delayed bowel function were given one ounce of All-Bran daily for one week. They were studied clinically and with X-ray with tests made before, during and after they ate the All-Bran.

OF THE 135 PEOPLE, 107 SHOWED DEFINITE CLINICAL IMPROVEMENT IN JUST 7 DAYS.

IN A FOLLOW-UP STUDY, BETTER THAN 6 OUT OF EVERY 7 PATIENTS WHO WERE GIVEN ALL-BRAN IMPROVED.

The greatest advantage of All-Bran is that it corrects the cause of irregularity due to insufficient bulk. Chemical or drug-type laxatives, on the other hand, are intended only for overnight relief of a temporary stoppage.

When people use these products habitually—in a way that laxative makers never intended—they punish their digestive system in a way that nature never intended. Instead of correcting the cause, they often actually make their condition worse.

If you think you must take a laxative preparation occasionally, do so. But do it wisely. Read the instructions completely. AVOID EXCESSIVE SWEETENERS. There is a way to avoid taking drug-type laxatives and to place your dependence on nature if lack of bulk in the diet is your trouble. Just eat daily a one-ounce serving of All-Bran for breakfast and drink plenty of water.

This All-Bran plan has helped millions to re-establish and to maintain healthful regularity. Why not you?

