

ELLEN'S DIARY

By An Island Farmer's Wife

We preserved strawberries today. This morning it was, choosing those early cooler hours when mind and body is rested and, we find, better able than later to cope with the exactitudes of any work that may come to ones hands.

We stemmed our measures of them on the front verandah, while all was calm and fresh about, with not even a wandering zephyr teasing the placid surface of the pond below.

Innocent scenes and amusing though nostalgic, now and saddened some by the passing years, we looked upon Youngsters gathering miniature berries in stumps of old, searching the bracken carefully for treasure trove, so happy that school did not keep in these long summer days.

"Where are they now, those playmates of the older years? This is one of granddaughter's queries. They were all there... none of the number missing, nor none grown old, but all young and happy, as we stemmed strawberries on the front verandah, when the day was still dewspread and lovely this morning.

Morning Smile

Found Out

The prim old lady was given the first glass of beer she ever had. After sipping in for a moment she looked up with a puzzled air.

"How odd!" she murmured. It tastes just like the medicine my husband has been taking for the last twenty years."

Crocheted Lace Borders For Gift Handkerchiefs



For light summertime needlework, treat a dozen Plain Jane handkerchiefs to a variety of crocheted lace frostings. You'll have them on hand for impromptu gifts and prizes. Try some of the lovely new colors in tatting cotton for these day-by-day designs.

That Body Of Yours

By James W. Barton, M.D.

ALOPECIA AREATA — BALD SPOTS

The first sign of loss of hair (alopecia), even a tiny bald spot, is of considerable concern to both men and women and there is usually a rush for a hair remedy or to a specialist to have hair restored or at least to prevent any further loss.

It is true that there are some cases of baldness in which no hair specialist nor any remedy is of any help but it is equally true that there are some cases of alopecia areata—bald spots with loss of color of hair left on the bald or nearly bald spot—in which the hair is restored in time although it may take as long as two years.

In The British Medical Journal, Dr. J. Anderson reports a study of 114 patients including 81 with transient or temporary baldness (alopecia areata) 24 with complete loss of hair from head to chest, eyebrows and all other parts of the body, and nine with persistent or permanent alopecia areata (bald spots).

There seems to be a difference in men and women in the position of the first bald spot. In males, 63 per cent was top and back of head and 25 per cent in front; and in females it was 27 per cent top and back of head, 36 at front and toward the top. A positive family history of loss of hair was found in 19 per cent.

The commonest cause of bald spots was found to be mental shock or acute anxiety. In 27 per cent, the alopecia had been preceded by some form of mental stress. An additional 26 patients had various mental disturbances which they described as nerves.

The cause of loss of hair is really unknown but Dr. Anderson suggests that it is caused by a tiny organism or virus. While it is difficult to say just when hair will start to grow again in these bald spots, more patients do recover. When, however, the bald spots continue to grow in size and there is complete loss of hair, including eyebrows, and whitening or loss of eyelashes, hair does not usually return. When the head becomes completely bald but there is no loss of hair from the body, hair usually returns. By avoiding mental and emotional stress in so far as this is possible, alopecia (bald spots) may be avoided but no one yet has found a cure for baldness although massage and treatment may stimulate circulation of blood in scalp and delay onset of baldness.

Modern Etiquette

By Roberta Lee

Q. If a woman stops for a few words with another woman who is a member of a group dining in a public restaurant, and all the men rise, is it all right for the men to tell themselves if the woman tells them?

A. No; they should remain standing as long as she stays. In the eyes of other people in the place, it would not look right for these men to be seated and eating while a woman was standing at their table.

Q. When a bridegroom's family lives in a distant city, making it impossible for them to attend the wedding, is it necessary to mail them invitations?

A. It certainly is. To omit them would be an act of thoughtlessness and ill-breeding.

Q. When the coffee or tea is very hot, isn't one permitted to use the spoon to sip it?

A. Never. Merely wait until the liquid has cooled sufficiently. After stirring, the spoon should always be placed in the saucer and remain there.

DOROTHY DIX SAYS—

Nervous Affliction

Ailment Needs Patience And Sympathetic Understanding

DEAR DOROTHY DIX: Six years ago I met a girl with whom I have fallen in love; she also loves me. Just before I met her I had a nervous breakdown which has left me with an affliction. Whenever I am in a crowd listening to a minister, lecturer or singer, my head shakes uncontrollably and it is so embarrassing that I do not want to go to such places with Irene, my girl. I have been to a doctor, but his only advice was to avoid places that would bring on this shaking.

I am 30 years old; I would like to marry this girl but have a guilty conscience about asking her. I couldn't take her to church, and she goes every Sunday with her parents. We do go for long walks, drives and even to shows, which don't bother me. We also enjoy visiting. Her parents like me, but they don't know about my nervous condition. I have a good job. Should I tell her this is why I have hesitated to propose, or should I be resigned to remaining a bachelor?

NEILL

ANSWER: You are making altogether too much of your so-called affliction and worry is probably making the condition a lot worse than it would be otherwise. You are accepting as tragic and incurable an ailment that may very well decrease as time goes on until you'll forget it ever existed.

BE FRANK WITH HER

Begin to get your mind straightened out by speaking frankly to Irene about the situation, and also tell her parents of it. The sympathetic understanding I am sure you will receive may in itself prove an alleviation to at least part of your trouble.

Then make an equally frank presentation of the case to yourself. Have you at any time had any resentment toward a church that might make you feel nervous in one? Church is the one place on earth where you will find the solace to bear your affliction, or the courage to overcome it. Spend some time in church alone, then try to go on occasions where there will be no preaching. Then go to a service which includes a sermon. Sit near the rear of the church and if your head begins to shake, slip unobtrusively away. After a few attempts I think you'll learn to forget yourself in contemplation of God, and you'll also forget to be nervous.

Even though your condition persists on some occasions, you needn't feel yourself shut away from the world. The number of pleasures denied you are small in comparison to the number you can enjoy.

DEAR DOROTHY DIX: I have been going with a soldier for seven months. Although I love him and I know he loves me, we broke up once over another boy. Since we started going together again, he doesn't show affection the way he used to and in the last few weeks he has stopped coming to the house. He had an unhappy home life, and I think he has a complex against parents. We had planned to be married when I got out of school. I love him, but I can't understand his attitude about coming to the house.

D. D.

ANSWER: Men are queer creatures. A girl is supposed to overlook any number of flirtations her boy friend enjoys, but just let her look sideways at another lad and our young man blows his top. One glance in the wrong direction and a girl is accused of being fickle, untrustworthy, a heartbreaker, and a few other choice epithets.

Whether your affair with the boy who caused the break between you and your friend was casual or serious, it will be very difficult for you to live it down and convince your friend that you really care for him. He probably feels that since you hurt him once, it will happen again and is trying to keep a safe distance between you both. That's why he is avoiding your home.

The unhappiness of your boy friend's family background has given him a feeling of insecurity that was increased by your own lapse. He really needs someone he can depend upon, and if you feel up to the responsibility, try to convince him that you are that person. It will take time and patience, but will be a great accomplishment.

DEAR MISS DIX: I have been going with a married man for six years and have tried to break off with him, but he says he will kill me if I stop seeing him. Now I have recently met, after several years, a school friend who is willing to move to another city if I will marry him. I am 25 years old.

L. G. S.

ANSWER: Don't worry about your married friend killing you—he won't. If you stick to your determination to break off with him, he'll settle down quietly with his wife where he should be. If you hope for any happiness or security in your own future, better grab your old friend while you have a chance. Girls who keep company with married men acquire a reputation that seldom leads to the right marriage.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Household Scrapbook

By Roberta Lee

Kitchen Woodwork

Sometimes the woodwork in the kitchen is washed so frequently that the wood becomes rather dull in appearance. The next time the woodwork is wiped, allow it to dry and then rub with a clean cloth dampened with furniture polish. This will restore the gloss to the paint.

Preserving Paint

Paint can be kept in open cans if the paint is stirred thoroughly, then the can filled to the top with water. When needed again, pour off the water carefully.

Grass Stains

While goods may be sponged with clear ammonia for the removal of grass stains. For silks and woollens, white or colored, use alcohol.

Better English

By D. G. Williams

1. What is wrong with this sentence? "The ship's speed was ten knots an hour."

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

3. Which one of these words is misspelled? Nourishable, chargeable, remediable, judgment.

4. What does the word "grandiloquence" mean?

5. What is the word beginning with obn that means "offensive"?

Answers

1. Omit an hour. In nautical usage, a vessel that is going at ten knots is traveling at the rate of ten nautical miles an hour.

2. Pronounce bood-a, oo as in book, a unstressed, accent first syllable.

3. Chargeable. 4. Quality of speaking in a lofty style; bombast.

"The man's grandiloquence proved boring to his audience." 5. Obnoxious.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

By earnest attack, sustained by persistent and unflagging effort, it may be possible to defeat planned schemes and machinations from high sources. Those in influence may have a grudge or some idea of an irregularly done in time past. Keep alert to this, but beware to the line of sound purpose and lasting objectives.

Those whose birthday it is are urged to keep important plans and sound purpose in mind with unflagging desire. At the same time, it is urgent that a watchful eye be kept steadily on the goal, lest treachery or fell purpose be brought to bear from powerful interests.

A child born on this day should be earnest, capable, just and dependable, in spite of sinister aims of designing personages.

How Can I!!!

By Anne Ashley

Q. How can I prevent car sickness?

A. If one is inclined to become nauseated when riding on a street car or train, try this preventive: Beat the white of an egg stiff, then add the juice of one lemon and a little sugar. Take this before starting the journey and it will usually prevent any sickness.

Q. How can I rejuvenate old, dry, and hard lemons?

A. Put the lemons into a pan of hot water and keep the water hot (not boiling) at an even temperature for about two hours.

DONAGH SCHOOL

Honor Roll for month of June: Grade IX—1. Joseph Koughan; 2. Gerard McNally.

Grade VIII—1. Joyce Trainor; 2. Mary Smith and Vincent McAdam (equal); 3. Lewis Trainor.

Grade V—1. Freda Driscoll; 2. Katherine Koughan.

Grade III (Sr.)—1. Earle Koughan; 2. Freddy Gallant; 3. Clair Trainor.

Grade III (Jr.)—1. Edna McAdam; 2. Urban Driscoll.

Grade II (S)—1. Elsie Trainor.



NEW R.C.A.F. UNIFORMS ARE GLAMORIZED FOR GIRLS

Dawn Dissley of Montreal, one of 2,000 female R.C.A.F. recruits from Ontario and Quebec to arrive for training at St. Johns, Que., is seen modelling new uniform which stresses accent on femininity. With the exception of a skeleton crew of officers, the recruits, who have begun filing into air training centre, are new to military life, which they will be living for next five years and which they traded for day-by-day office routine of big cities.

The Jade God

By Mary Imlay Taylor

In his excitement he paid the taxi-driver to make better speed by a side street and reached Landon's lodgings in the nick of time; he found him just leaving.

"Hello, Ted," said he coolly. "I'm going out—got anything to show to keep me?"

"You get your sweet life I have!" Banks seized him, by the arm and drew him away from the door.

"You come back to your rooms; I've got something that'll knock you cold!"

Landon, who had never forgiven him for the result of the wager, turned back reluctantly and unlocked the door. Once inside the room, Banks shut the door and leaned his back against it.

"See here, Arch," he said hoarsely; "that fellow—that wagger fellow, I mean—he's an ex-convict; he's committed murder!"

Landon stood still. He had nothing to say, but he felt the blood pounding in his brain. He had hated Mark, but not for an instant had he imagined this!

Banks went on to elucidate his statement, to add a little color to it.

"Killed his old uncle fifteen years ago; that's why it's sort of forgotten—feeble old man," he explained breathlessly; "knocked him on the head with a brick, or something like that; a perfectly beastly murder!"

Landon folded his arms and straightened himself a little. Still he said nothing and his fixed stare disconcerted Banks.

"Look here, old chap," he said nervously. "It's a hally kettle of fish; what are you going to do about it?"

"Do?" Landon's face reddened. "I'd like to hang you, for one thing," he replied bitterly. "It's that fool wagger! As for this fellow—his lips tightened—"I'll see to him!"

"Do you know Fossick says he's making love to Pamela Rod—"

"Shut up!" Landon snapped. "You leave her out of it; you've done enough!"

"Oh, if you're going to foist all the blame on me!" Banks began angrily, but he got no further; Landon thrust him out into the hall, locked the door of his apartment and started downstairs on a run.

He was aware of Teddy's angry splutterings behind him, but he took no heed. He found the taxi waiting outside and commanded it. He had found out in the early stages of the affair, where Mark had his lodgings; he ordered the taxi there now, and threw himself back into the corner of it to think. The strongest feeling that possessed him at the moment was a kind of fierce exultation. He had not forgotten the smoking room and Mark's defiance and contempt. He had his weapon now and he meant to use it mercilessly. The manner of doing that most thoroughly and swiftly was the only thing that greatly concerned him; for a while he discounted the probable consequences to himself.

He had seen Mark's first meeting with Pamela Rodney, and he had been utterly unprepared for the rush of his progress. Landon, a product of social conventions, a dandy of the ballroom, but fully determined to marry Pam, the heiress, had never dreamed of making love to her with eyes that had the kindling flash of Mark's. He could not. He had not the power or the will of a man who had suffered. Destiny had cast Mark into a fiery crucible, and he had come out of it something of a pagan, but the pagan in him was clean and strong. He had never loved any woman before; in prison at seventeen he was heart whole, and the rush of passion smote him. Such love burns like a flame. —as it might a pagan—mightily. The flame had caught Pam, as fire touches the lovely wings of a butterfly and brings it down to earth. Landon, looking on, knowing how and why he had brought them together, raged at the thought. He was helpless, too. If he told the truth, Mrs. Lynn would certainly exclude Mark altogether, but she would just as certainly exclude the man who had made the wager; she would, indeed, exact the heaviest penalty from him, and Landon knew it. While Mark stayed away from the house he had breathed more freely; he had begun to believe that his threats had taken effect, or that Mark himself had reserve enough to forbear from further transgression. Then, by accident, he had seen him emerge from the tearoom, with Pam and had leaped to the conclusion that they had met often. The thought had maddened him; he was furiously jealous, and an ill-advised ineffectual attempt to "arrange" Mrs. Lynn had only made Pam equally angry. Then Landon, possessed, as he felt now, by some demon of ill luck, had put his fate to the touch on the spot and asked the girl to marry him. He had been refused too absolutely to leave any hope at all. Pam was a modern; she took the matter calmly and gave him a flat answer.

Family word for REGULARITY has only 3 letters! ENO'S FRUIT SALT Gentle Laxative - Mild Antacid

Cook's Corner WILD CHERRY JELLY CHOCHEERRY JELLY 3 cups (1 1/2 lb.) juice 6 1/2 cups (2 1/2 lbs.) sugar 1 bottle Certo. To prepare juice: Stem about 3 pounds fully ripe cherries. Add 3 cups water; bring to a boil and simmer, covered, 15 minutes. (For stronger cherry flavor, add a few crushed pits during simmering, or add 1/4 teaspoon almond extract before pouring.) Place in jelly cloth or bag and squeeze out juice. Measure 3 cups into large saucepan. To make jelly: Add sugar to juice in saucepan and mix well. Place over high heat and bring to a boil, stirring constantly. At once stir in Certo. Then bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim, pour quickly into glasses. Paraffin at once. Makes about 9 six-ounce glasses.

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