

ELLEN'S DIARY

by an Island Farmer's Wife

And so, on these farms the haying is ended. Only tidy lots of it and a sweet fulsome fragrance filling the barn-spaces of this place, remain now to remind us of the lush fields that were . . . Those same fields which when spring first broke over the farmlands, James eyed with some disappointment, offering with some dejection: "Looks as if we aren't going to have much cover this year . . . Not much sign of it there! Better not be gathering too many head or stock around. Don't trust too much to the like of that . . . that's my advice," we recall him make comment to his sons.

But the sun and showers and the good Island earth found seedlings to encourage and nurture. And there was clover for the haying, Timothy too, in "fair-good" growths of it, to blossom winsomely on dewy-damp mornings when the sun smiled upon us, here in the dip of the valley. In consequence a satisfying amount was harvested, though as James will remind the Family not with the neatness of once, off every patch of hayland on hillside and level place.

Herman N. Bundesen, M. D.

Excessive Calcium

Abnormal Deposits of Calcium

THE teeth and bones are the normal location of most of the calcium within the body. However, this vital mineral can locate itself in abnormal parts, such as the muscular tissue or the organs of the body. Such abnormal location is most often seen in persons who take excessive amounts of alkali and calcium-containing products.

Self-Treated People

Ulcer sufferers are usually on this type of diet. Many of these people try to treat their ulcers without the supervision of a physician. However, they fail to realize that there are enough drugs for the management of ulcers without the necessity of taking excesses of calcium.

(Continued on page 14)

KEEP IN TRIM

Can Your Figure Get By In A Pinch

By Ida Jean Kain

The pinch test which is used as a gauge of overweight is right handy for determining whether or not there is too much fat padding the midriff.

The test is to take a deep pinch of flesh covering the lower ribs at the side of the torso. Pick up the roll of fat between thumb and forefinger. If the span between thumb and finger is more than one inch across, that's more or less solid evidence of excess fat padding.

The pinch test can also be applied to the waistline. Take a deep pinch at both sides of the natural waistline, picking up the fat between thumb and forefinger. If you can pick up more than half an inch at each side of the waist—that's a sign of too much fat padding the middle measurement.

Of course, this is merely a rough test to be used in borderline cases



OYSTER OR CLAM STEW

1 slice pork
2 minced onions
1 1/2 tsp. salt
1 qt. milk
1 lbs. flour
1 qt. raw potatoes sliced or diced
1/2 tsp. pepper
1/2 cup butter
1 pint oysters or clams
Cut pork in small slices and fry until light brown. Remove from fire, add potatoes, onions, salt and pepper. Cover with boiling water. Simmer until tender.

Add the hot milk, thicken with flour, then add oysters or clams. Cook a few minutes longer. Serve with crackers.

—Mrs. Vernon Doyle, Burton W. I.

Duchess Opens Exhibition



The Duchess of Kent officially opens the Canadian National Exhibition at Toronto. Left to right: CNE president R. Saunders; the Duchess, and Princess Alexandra. In the background is a large photo of Queen Elizabeth, sister-in-law to the Duchess.—(CP Photo).

DOROTHY DIX

Date-Mixing

DEAR MISS DIX: My boy friend, Neal, is in service and comes to see me when he's home on leave. Last time, however, he went to his folks' summer home at a lake where my aunt also has a cottage. He asked me to go, but as my family had already made plans for me I had to refuse.

My Cousin wrote that Neal was having a very good time going out with another girl. This happened before. When I wrote him about it, saying I wasn't mad, he answered that he wouldn't have asked anyone else if he knew I liked him. Should I say anything to him about this episode, forget it, or break off with him? Otherwise, he's very polite to my family and considerate of me and I love him. B. R.

ACT UNCONCERNED

ANSWER: Your boy friend sounds like a very nice boy. I'm sure he dated the other girl only because he wanted to attend the dances and parties of a summer resort and you weren't there. It's good for young people to mix occasionally, and if Neal's attachment to you is genuine an attitude of what's very change him. To keep quiet about the episode would only put a barrier between you. Ask if he had a nice time at the lake, tell him you know he went out with someone else. His assurance that the other miss wasn't nearly as cute as you will be all the comfort you need.

DEAR MISS DIX: Recently you expressed disapproval of the old world wedding custom of having guests line up and deposit their gifts in a satin bag. I disagree, since I think money is a very appropriate wedding gift. It's much better for the bride and groom to

(Continued on page 14)

A Rosier Outlook in Decor

By ELEANOR ROSS

THERE was no need for rose-colored glasses at the recent national home furnishing show, for pink prevailed everywhere. Seems that roseate hues have spilled over from fashions palette into home furnishing, and the result is softly beautiful.

French Inspiration.

We were interested in the enthusiasm of professional furni-

The Stars Say

By Estrellita

For Tomorrow

A FRIVOLOUS attitude could result in needless errors now, so if you have urgent duties to perform, get down to earth and concentrate on them.

During the evening hours, do not mix business with pleasure because of advantages you hope to gain, since there will be a tendency toward obstinacy on the part of those in a position to bestow favors. This period, generally, will be more favorable for such quiet diversions as reading and listening to good music than for group activities.

For the Birthday

If tomorrow is your birthday, you have reason for great optimism in all of your affairs, since your horoscope indicates successful even spectacular, results in both occupational and financial matters for several months to come. Throughout the fall, enterprises requiring courage, energy and imagination will be favored and there will also be excellent aspects for development along spiritual lines.

Your personal life is under beneficent aspects also, so you should experience extremely harmonious relationships in family, social and romantic matters. Travel is favored late in the year, but watch finances during that period. Do not engage in speculation and avoid extravagance.

A child born on this day will be intelligent and exceptionally understanding and tolerant in his personal relationships.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Slowly, silently, now the moon walks the night in her silver shoon; this way, and that, she peers, and sees silver fruit upon silver trees; A harvest mouse goes hurrying by, With silver claws and silver eye; And moveless fish in the water gleam, By silver reeds in a silver stream.

—Walter de la Mare.

The harvest is being gathered in of fruit and flowers and all the other wonderful products of the country places. September is a lovely month in the garden! It is in the knowledge that autumn has come that lends endearment to that loveliness while we have it, a harvest of beauty that nature is pouring all about us. In truth, we can enjoy now as at no other time the precious things of the earth and the fullness thereof.

Instinct teaches the dullest of us to love that which we must leave ere long.

"The setting sun and music at the close, As the last taste of sweets, is sweetest at the last".

So let us spend every possible moment in the garden for the remainder of the garden season. There are so many interesting things to do in making the garden lovelier for next year. Transplanting, of perennials that have grown crowded through the years and can now be divided. The most effective planning can be done this month because in looking at our gardens, it is now possible to see what should be done. In the garden here any perennial that is through blooming is moved if necessary at this time and new earth and humus added as most perennials need good rich soil.

ture buyers for furniture that is French in inspiration, such as a beautiful bedroom set painted cream and delicately traced with pink and other pastel-tinted floral wreaths.

A French provincial grouping is done in a delicate pinkish-mauve.

Nearly every bedroom arrangement made much of the dressing table and of decoratively framed mirrors.

Built for Comfort

The theme of the furnishings, generally, is expansive, very colorful, and what is most important, very comfortable. Seats of sofas and companion chairs are wider, and backs are higher to provide good head-rest support. With a view to ease in cleaning or perhaps to show off those handsome floors and floor coverings, almost every piece of furniture is designed to stand well off the floor.

The Round Look

Tables have circular or oval tops and carved legs and the bright, silvery metals so long associated with dinette sets and kitchen tables now move into the living room to show how smart aluminum, brass and chrome can be with fine woods and upholstery. Very new is a sofa, a 72-inch-long model with a high back and tilted seat; the base is of high chrome-plated steel.

Cabinets are varied in style, some combining light and dark exotic wood grains most effectively. An almond-green and white lacquered chest is exceptionally attractive.

Versatility Emphasized

Almost every piece is made to take its place gracefully in any decorative scheme. A new version of the stationary rocker features a tilting seat and cane sides. As for fabrics, they are many and lovely, including such charmers as a handwoven white fabric with gold threads, used for a handsome sofa. Another sparkles with brilliant metallic threads. Soft silky suedes in pink and in pale yellow and light green add to the color rainbow.

LET'S EAT

Preserve the Flavor When Pickling Peaches

By IDA BAILEY ALLEN

THE Chef sat at the test-kitchen table, glumly staring at a basket of beautiful peaches and a sheet of papers.

"What's the trouble? Not feeling up to par?" I asked.

"My health is wonderful, Madame, but my sense of taste is very sick. Regard, Madame, these peaches, this exquisite fruit. How do you enjoy peaches best?" asked the chef.

Favorite Peach Dishes

"Sliced plain or with crisp cookies or a wedge of cream layer cake. Or sometimes stewed, in a deep dish pie, peach cobbler or berry. And for a relish, I like sweet pickled peaches. But they should always be prepared so nothing masks the peach flavor."

"Ah, you have said it, Madame. I read and I hear about so many recipes that kill that peach flavor."

Frozen Peach Salad

"For example, Madame, read this recipe for frozen peach salad which has been sent along as a press release with these peaches. It consists of a mixture of peaches, cream cheese, mayonnaise, cherries, and whipped cream, frozen and served on lettuce with salad dressing. It is a gastronomic crime against a masterpiece of Nature!"

"I agree, Chef. Since we're having a week of pickling recipes, let's give a recipe for an old-time favorite relish for winter in which

the peach flavor dominates deliciously."

Sweet Pickled Peaches: Combine 2 lbs. brown sugar, 7 c. distilled white vinegar, 1 c. water and 1 oz. stick cinnamon. Boil 20 min.

Meantime, scald 1 peck (8 qt.) peaches and remove the skins. Do 12 peaches at a time. Stick 2 cloves in each and cook at once in the pickling syrup until fork-tender.

Then peel and cook another batch, until all are done. Transfer to sterilized jars. Pour in boiling pickling syrup to overflowing and seal.

TOMORROW'S DINNER
Dilled Cucumber Salad
Liver Creole with Noodles
Corn on the Cob
Peach Cream Tart
Hot or Iced Coffee or Tea Milk

All Measurements Are Level Recipes Serve 4 to 6

Liver Creole: In a 1-qt. saucepan, combine 1/2 c. diced celery, 2 sliced peeled onions, 1 sliced peeled carrot, 1 sliced peeled parsnip and 2 shredded, cored green peppers. Add boiling water to the depth of 1 in.; boil 20 min.

Meantime, scald 1 lb. sliced liver, any kind, removing tough skin and tubes. Dust with a mixture of 1 tsp. salt, 1/4 tsp. pepper and 1/2 c. flour. Brown in 1/2 c. shortening. Dice and return to the frying pan. Add 1 (No. 2) can tomatoes. Add the vegetables and liquid; simmer-broil 5 min.

Meantime, cook 1 (8-oz.) pkg. high-protein noodles; season with 3 tsp. each butter and grated Parmesan or American cheese. Heap on a deep platter; surround with the liver.

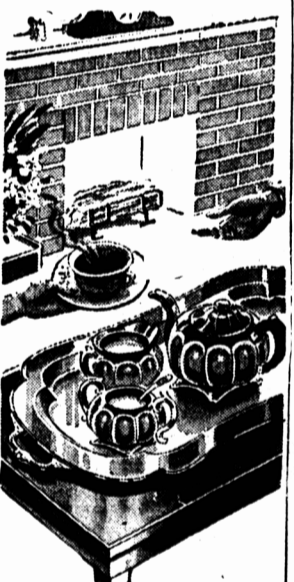
Dilled Cucumbers from the Chef: Peel and thin-slice cucumbers. Cover with cold water; add 1 tsp. vinegar and 1 tsp. minced fresh or 1 tsp. dried dill. Refrigerate at least 1 hr., then drain.

Plum Conserve

2 quarts Damson plums
1 1/2 lemons
3 cups seeded raisins
4 1/2 cups sugar
1 1/2 oranges
1 1/2 cups broken nuts

Wash plums. Cover with water and cook gently until tender. Remove pits and chop plums. Measure 6 cups pulp. Add sugar, juice, grated peel of lemons, and oranges, raisins.

Cook until thick, and clear. Add nuts. Seal in hot sterile glasses. Makes 24, 6 oz. glasses.



Hospitality ... in a better cup of tea!

About 25 years ago, when contract bridge was in its infancy, South would have been in style by opening his hand with two hearts. At that time any holding of five honor-tricks or better was considered an obligatory two-bid. But things have changed, and in the light of present-day theory and practice, South was tremendously optimistic to open with a game-forcing bid.

MORSE'S Selected ORANGE PEKOE TEA in BAGS

Both sides vulnerable.

7637
Q1092
42
AK54

AK1094
7008
J108
-754
J82

Q36
454
Q96
Q1066

AK22
AK763
AK5
473

A FLAVOUR LIFT IN EVERY DROP



Pride waxes furniture without rubbing!

Just spread it on...



Let it dry...



Wipe lightly...



You get the richest, longest lasting wax lustre you've ever seen on wood...

Without rubbing!
Get Pride today
BY THE MAKERS OF JOHNSON'S WAX

Morning Smile

The young third grade teacher was justly proud of her new topaz ring. It was a large stone and the first day she wore it to school, she noticed the entire class staring at it.

During recess, a group of small boys gathered around her desk. "Is that a real ring?" one of them asked.

"Of course", she smiled.

"Then", challenged the boy, "let's see it squirt!"

Alice Brooks Designs



STAR OF HER CLASS

She'll be the prettiest scholar of all in this midday dress with the embroidered anchor and stars. So crisp and fresh — make another version in plaid 'n' plain.

Pattern 7019: Child's Sizes 3, 4, 6, 8, 10. Tissue pattern; transfer of 18 embroidery motifs. State size.

Send twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c-o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

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Household Hint

To remove stains from enamelware, make a solution of baking soda and soft or softened water, then boil the utensil in this. But to remove the usual mild stains, a little baking soda on a damp cloth will do.

The first Canadian general election in which women voted on equal terms with men was in 1921.

Fresh Plum Whip

1/2 lb. fresh plums
1/4 cup water
1/4 teaspoon grated lemon rind
4 cup sugar
2 egg whites

Wash plums. Place in saucepan with water. Cover and cook gently until tender, about 20 minutes. Rub through a sieve and measure 1 cup puree. Cool. Stir in lemon rind and 1/4 cup sugar. Beat egg whites until they stand in soft peaks. Gradually beat in remaining 1/4 cup of sugar and carefully fold into the plum puree.

Pile lightly in sherbet glasses. Top with a slice of fresh plum. Serves 4.

Wife Preservers

