

ELLEN'S DIARY

By an Island Farmer's Wife

That Body Of Yours

By James W. Barton, M.D.

EXTRA SYSTOLES — EXTRA HEART BEATS

Because most men and women know that heart disease is now the commonest cause of death and see many of their friends attacked by heart strokes (coronary thrombosis), we can readily understand their fear when any symptom occurs in the heart or the region of the heart. One of the symptoms that upsets many people is the "skipping" of a beat of the heart, called extra systole (extra beat on the first beat of the heart). As the individual listens to his heart, he feels the heartbeat, he finds that his heart will be beating evenly for a number of beats and then there will be a pause, an actual stopping of the heartbeat, and then two beats occur close together, a skipped beat and then an extra beat.

While there may be various causes of these extra systoles, they are thought to occur when the irritability of the heart temporarily is greater than usual thus upsetting the heart's regular rhythm. In Psychosomatic (mind and body) medicine, Drs. Ian P. Stevenson, Charles H. Duncan, Stewart Wolf, Herbert S. Ripley and Harold G. Wolff (Cornell University) report their investigation of 12 cases as to the possibility of extra systoles occurring as part of the heart's reaction to life situations. Anxiety was prominent in 11 and was displayed in speech, behavior, posture and muscle tension. The patients were usually timid and dependent on others. Extra systoles and associated anxiety were observed in all 11 patients during the discussion of any topic to which they were sensitive, such as those relating to heart disease.

These research workers report that practically the whole body reacts to life situations; that the heart and circulation of the blood are affected by unpleasant life situations was evidenced by increased heart rate and stroke volume as a defense mechanism to these life situations. In mild cases there is only the increase in the heart rate (tachycardia). However, the doctors say, "if the disturbance is sufficiently intense and lasts for a considerable time, the irritability of the heart may be increased to the point where it produces extra systoles." Should stress become even greater, more serious disturbance of the heart's rhythm may occur.

Treatment of patients with extra systoles should include attention to the life situation and the patient's adjustment to it, not only for its effect upon the rhythm or regularity of heart beat but in relieving heart stress as shown by the extra systoles.

Cook's, Corner

SAVORY EGGS WITH SALAMI

The parsley sauce ties the bun, salami and egg together very nicely.

Sliced luncheon meat may be used instead of salami, proceeding in just the same way.

Yield—6 modest servings.

- 3 hard-cooked eggs
- 1 teaspoon prepared mustard
- Salt and pepper
- Mayonnaise or other thick dressing
- 3 hamburger buns
- 6 slices salami, cut 1/4-inch thick
- 1 1/2 cups hot medium-thick white sauce
- 2 tablespoons chopped parsley

Peel the hard-cooked eggs and cut into halves lengthwise; carefully remove yolks.

Mash egg yolks; mix in the prepared mustard and season to taste with salt and pepper; moisten with mayonnaise or other thick dressing. Fill yolk mixture back into egg whites.

Split the hamburger buns. Arrange split buns, cut-sides down, on broiling rack; arrange slices of salami and the stuffed eggs on broiling rack.

Broil, until heated through and heat, until heated through and buns and salami are golden—turn buns and salami once during broiling.

For serving, place a slice of salami on each half-bun and top with a stuffed egg half. Serve with the hot white sauce and sprinkle each serving with chopped parsley.

How Can I!!!

By Anne Ashley

Q. How can I remove old putty from a window?

A. Pass a hot soldering iron or red-hot poker over the putty. Do not let the iron touch the glass, or it might crack it. Or, cover the putty with soft soap and allow to stand for several hours. It can then be removed with any sharp instrument.

Q. How can I remove an odor from a bottle?

A. Fill the bottle half-full of cold water, to which a tablespoon of dry mustard has been added. Shake, and let stand for a half hour, and then rinse in clear water.

Q. How can I treat kid gloves after cleaning them?

A. After cleaning the kid gloves, they can be made to look like new if they are rubbed with the white of an egg.

Household Scrapbook

By Roberta Lee

Leftover Oatmeal

The cup of oatmeal left from breakfast will make delicious muffins for luncheon. To one cupful of cooked oatmeal add one and a half cupful of flour, three tablespoons of sugar, four teaspoons of baking powder, a little salt, one egg, half a cupful of sweet milk, and two tablespoons of melted butter. Bake in buttered gem pans in a hot oven.

Chamois Gloves

After washing chamois gloves, they can be prevented from becoming hard if a few drops of olive oil are added to the water. The oil also helps to preserve the chamois.

Putty Hint

If one has trouble with putty falling away from the windows, it can be remedied by first painting over the wood, then painting over the paint.

Modern Etiquette

By Roberta Lee

Q. On what occasions is a cut-away (morning coat) with striped trousers worn?

A. At a morning or afternoon

Lads gather now brown-velvet catalls against Halloween, and the maples in Pat's grove along a hilltop reddened. It is an Autumn sun that rises through mornings in a cool glory of pink and coral and one catches again the mood of the season in the colors of the sunset, quite as beautiful and even more majestic in the billowing shades which rise and spread and die to westward but certainly more austere than that of summer so recently ended.

With a noticeable chill the days had dawned, bringing the family indoors to the comfort of the crackling fire on the hearth. "Do you suppose we'll lose our dahlias tonight?" was our part question to Mr. D. whose lawn is gaily enlivened now with blossoms of these, as he was about to go home-ward-bound in company with the folks from the house across the lane this evening. He surveyed the reaches of cool vens... and the old house limned comfortably against its trees, wherein not a leaf stirred in the prevailing stillness, and all about the hush that one could hear the barking of a dog gathering the cows on a far-away farm. "We may" he offered "but somehow I don't believe we will. I guess," he said with a smile "we'll have them for another day!"

So in the face of advancing storms of rain-swept fields and wind-tossed trees, of frosts and snows, we would cling to the love-lights of summer—the flowers, the singing birds, the dimpling streams and the numberless delights and blessings "for another day."

The brisk wind of day which seasoned the sheaves for the farmers' threshing loosed apples from the branches of the trees in our remnant of orchard and touching the mill-pond into lively wavelets, set a thousand sunny glints to dancing there.

"Shine!" youngest grandson said, closing his eyes for a moment against the brightness, when we carried him fresh and rosy from his afternoon nap to a window to look out over the quiet scene. "Cows!" he exclaimed with all the interest of either grandfather, and "Horses!" pointing to the slopes beyond where Mr. C's herds grazed or lazed in the sunshine on the new green of the aftermath which ran up gently to meet the sharp blue of the horizon. With us this small stocky fellow herded the cows to the evening milking, a busy alert lad, regarded lovingly in the family as being sometimes "quite stupid," whilst at others "extremely bright."

"Some day you and I will show the rest of them how to farm!" James will comment, a plump hand held tightly in his as the two set off to some bit of choring, and "Farm!" the child will nod happily, stepping briskly along.

This was a day when to be a helpful cog in the machine of our farming, we took over her cares, releasing Jeanie to help at the threshing at Rob's.

Granddaughter went too, returning so weary from her play with Gage, her eyelids drooped as her head touched the pillow. "But" her mother reminded her, as she prepared to draw the covers about her "you haven't said your prayers!" "But I said them twice last night, because I told God I'd be too tired to say them tonight!" she murmured drowsily... and He'll remember!

And who will say that Someone who protects and loves such small ones, over-hearing did not nod in understanding and smile in complete approval at the words? "Until tomorrow — Diary — Good-night..."

wedding. On Sunday for church (in the city). On all daytime occasions of ceremony, such as taking part in a dedication, unveiling, review of a parade. In England to business. As usher at a wedding. As pallbearer.

Q. When there is to be a double-ring marriage ceremony, who presents his ring first?

A. The bridegroom places his ring on the bride's finger first, and then the bride places her ring on the bridegroom's finger.

Q. Should the server stand at the right or left of the dinner guest when pouring water on other beverages?

A. At the right.

Larter-Meredith Wedding



A very pretty wedding took place at the Bishop's Residence, Charlottetown, on September 17th, at 6:00 P. M. when Eunice Meredith, daughter of Mr. G. K. and the late Mrs. Meredith of Haywood, Lancs., England, became the bride of Able Seaman Francis Eugene Larter, son of Mr. and Mrs. Leslie Larter, Charlottetown. The ceremony was performed by Rev. Owen Sharkey, Naval Chaplain. The bride was attended by her friend, Miss Lyra MacNeill. The groomsmen were Able Seaman John Fleming.

The bride looked very charming in a suit of aqua blue with navy accessories and a corsage of pink roses. The bridesmaid wore a dark grey suit with navy accessories and a corsage of red roses. The groom's mother was gowned in a blue dress, with a corsage of sweet peas.

The reception was held at the groom's home and was attended by about twenty-five guests. The bride's table was attractively centered by a three tier wedding cake and silver candelabra. A delicious buffet supper was served.

The toast to the bride was proposed by the groomsmen and responded to by the groom. Later the happy couple left by car for a honeymoon trip through the Maritimes.

DOROTHY DIX SAYS—

Backbiting

Petty Criticism Sign Of Small Mindedness

DEAR MISS DIX: I have an older, married sister who has a habit I find very annoying. She is constantly making criticisms of everything I wear, do or say. She comes to visit my mother and makes the same sort of remarks about all her in-laws and neighbors. Worst of all, she is always finding fault with her husband, who is really very good and to whom she is actually devoted. She just can't seem to resist these cutting remarks, all of which my mother believes. Consequently, mother doesn't have too high an opinion of her son-in-law, and he really deserves better. Can I do anything to make my sister see where she is wrong?



ANSWER: Your sister is beguiling herself with two fallacies—one that she is possessed of a striking sense of humor, and that her sarcasm is really brilliant wit. The other is that by belittling others, she is herself elevated to a superior position. Actually, she is proving herself to be not only devoid of wit, but of the ability to discuss anything intelligently.

Those with small minds talk about people, those with better intellects converse of things and events, and those happily possessed of superior intelligence discuss ideas. So, when a person can talk of nothing but the frailties of relatives and friends, she can be immediately marked as a woman of low intelligence and even less character. As for a woman who shows her disloyalty to a good mate by unjust—or for that matter even just—criticism to her friends and relatives, well, she certainly does not deserve the blessing she has.

WOULD INFURIATE HER HUSBAND

Your sister had better be careful lest her husband learn of her tendency to belittle him. A man can frequently forgive a larger infidelity more easily than he can the seemingly small fault of holding him up to ridicule.

I am happy to see, Rose, that you hold these habits of your sister up to scorn and are not likely to follow her example. Malicious gossip frequently begins with just the sort of backbiting to which your sister is prone, and develops into actual defamation of character.

If you can make your sister realize that her actions are not admirable, but reprehensible, she may, for the sake of her own reputation, change them.

DEAR MISS DIX: I have a problem which has me considerably worried. It is my gray hair. I'm only 27 and people take me for 47. I am very self-conscious because of it, and am thinking of dyeing or bleaching it. I am not married, and feel that my hair may keep men from becoming interested in me. Will it?

R. D. ANSWER: Gray or white hair no longer is the sure sign of old age that it once was. A well-coiffed head of gray hair can be very attractive and should add to, rather than detract from your appearance. However, since you are so self-conscious about the condition, there is no harm in either dyeing or bleaching. But you must remember one thing. Once you begin the process of changing your hair color, you must continue. It can be an arduous and an expensive job, if done professionally. Coloring at home must be done very carefully, or you'll wind up with a head of streaky hair that will be far less attractive than your present color.

If you are an interesting person, well groomed, well read, well

Lovable You

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COLGATE Beauty Soap soothes as it cleanses... leaves your skin fragrant... soft... and smooth.

Colgate beauty soap Keeps Any Complexion Lovelier

Morning Smile

Too Dear

"Isn't it just too sweet, dear!" said Mrs. Dobson, trying on a new hat. Her husband looked at the price tag. "No, it's just too dear, sweet!" he replied, firmly.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

WHILE there is extreme desire to improve conditions at home and work, the auguries indicate some crisis out of the ordinary, perhaps a problem from the past, with obscure elements coming up for drastic handling. It may be that those who opposed some plan or action will be won over if discussions are discreetly maneuvered. Keep calm in the midst of any storm, and try to understand the other viewpoints.

If It Is Your Birthday

Those whose birthday it is may find their energies and mental faculties vibrating with an accelerated incentive to starting new ideas or plans. Terminate long-standing projects before taking decisive measures toward making new ones, else wrong impressions may go uncorrected. A child born on this day is faced

Better English

By O. C. Williams

1. What is wrong with this sentence? "We will try and stop them coming here."
2. What is the correct pronunciation of "candelabrum"?
3. Which one of these words is misspelled? Cinamon, clandestine, cognizance, curricular.

ANSWERS

1. Say, "We shall try to stop them from coming here."
2. Pronounce kan-de-la-brum, e as in me unstressed, second a as in lay, principal accent on third syllable.
3. Cinamon. 4. Not actively; inertly. "The student should read history actively, not passively."

Anne Adams Patterns

WHAT A SWEETHEART

TWO MAIN pattern parts! Yes, this is a beautiful apron — with wild-rose embroidery and heart pocket. For a kitchen shower it would really please the bride; for Christmas, it will make the gayest gift under the Tree! Easy embroidery transfer included. Pattern 4886 in sizes small 14-16; medium 18-20; large 40-42. Small size 2 1/2 yards 35-inch. 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 of The Guardian, 60 Front St. West, Toronto, Ontario. with a life where desire for novelty and adventure may conflict with duty toward relatives or friends.



4886  
S-14-16  
M-18-20  
L-40-42  
by Anne Adams

informed on the world's events, you should have no trouble attracting men, whether your hair is gray or not.

DEAR DOROTHY DIX: Two weeks after my marriage, we went to live with my husband's grandmother, who raised him. She was 69 years old and bedridden. I cared for her until I became pregnant, then we took her to her daughter's and moved to a place of our own. Her daughter left the state, and so we took her back. She seems much better and I don't mind caring for her. Now, however, she wants my husband's brother, wife and child to come and live with us. I don't see how we can all manage in one house. I'm 23, and really completely tied down with grandma's care, but I want her to feel as though someone really wants her.

LORNA. ANSWER: You deserve stars in your heavenly crown for the care and devotion you are giving this old lady. You are doing enough; don't take on the burden of an extra family in the house. If your husband is fed up with the care of his own grandmother, you'd better let one of the daughters take over the job, but since you are willing to continue with it, he should be proud of you and glad to lend a hand whenever possible.



MINCEMEAT BRAN MUFFINS

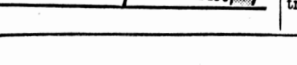
Mix all in bowl, this Kellogg's-quick way!

- 1 cup Kellogg's All-Bran
- 1/2 cup milk
- 1/2 cup prepared mincemeat
- 1 cup sifted flour
- 2 tablespoons soft shortening
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup golden syrup
- 1 egg

Combine All-Bran, milk, mincemeat 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. Bake in preheated mod. hot oven (400° F.) about 25 min. Yield: 12 medium muffins, 2 1/2 inches in diameter.



notice to Women



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The Neighbors

By George Clark



"Dad's raving about how he hated second lieutenants — and that's exactly what Tom's studying to be!"

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