

ELLEN'S DIARY

By An Island Farmer's Wife

A tricycle was moved in trying stages of travel along an indifferent April path to this house, from the one across the lane this morning. And coming in response to no uncertain wait for assistance, a small maid said wistfully "By rights, I should have two grandmothers living here — one that could do your washing and all, and the other to play with me!" A robin, we like to believe has been its tenant for a number and succession of years, and back to the white birch on the lawn, piped sweetly above our heads and we remember now that at that time we noticed a hollow sound in the voice of the sunny wind which, in regard to our work left us some concern. And as is usual in some of the trivial affairs of our living, James' words did nothing to lessen the feeling. "Quits, Ellen!" he remarked, "but aren't you making a mistake in washing the like today? Oh, I know it's sunny now but it has every appearance of rain! Of course I could be astray, but there's a feeling of rain in the day!"

James had stopped for a minute on the verandah where we were at work, waiting there to be joined by the younger farmer at the task of carrying baskets of roots to the stock — turns "that are altogether too expensive for feed" and mangals, so succulent and good at this season. The small busy engine was pulsing merrily, sending water in turn to replenish troughs and casks. From one close to the site of our labour we found easy liquid in which to rinse the washed pieces. "If ever you want articles to fairly glitter on the line, Ellen," an old friend of our school days, at the moment spreading a wash, confided, "don't forget to scald them at the last with cold water!" Yes, she laughed, "if you've ever heard of such goings on, as 'scalding' with cold water!"

And James torn between desire and duty, and lending a strong arm to turn the wringer asked anxiously: "Will those quilts all have to be put through this again?" and presently was off to the cellar to fill the baskets for the stock. It turned out that his weather forecast was partly correct. If not by day, towards the dusk, and once as dark clouds massed to westward, James came in to inquire whether or not we had heard the rumbling of thunder, which introduces what may be fearful seasons for those whose spirits quake at the sound and sight of an electrical disturbance. Twilight spread quickly this evening, flooding in from the hilltops and making the depths of the valley shadowy early. Pard's bark hailed Mr. C. making his way up the short-cut between the two lights, leaving his lonely house on the hill to talk shop with James — "guess it'll be a spell yet before the things get out to grass!" To conjecture about the future sales of potatoes and to wonder "if subjects of perennial and mutual interest, discussed wherever any of the fraternity of farmers meet... "Did you ever hear the like of those two, in your born life?" granddaughter twinkled confidentially in an ear as she was cloaked and bonneted for her homing, "Always talking about

That Body Of Yours

By James W. Barton, M.D.

PAIN IN SHOULDER AND ARM

Pain in the shoulder and arm is a common ailment and the patient, thinking he has a "little arthritis," pays little attention to it. If the pain persists, or greatly increases, he consults his physician. In most cases of shoulder and arm pain, infection—teeth, tonsils, gums, gall bladder, large intestine—is present. If the pain is worse at night, when the patient is at rest, infection is usually the cause and physician and dentist search diligently for the source. Even after the infective process is removed, it may take months before the infection itself is entirely removed from the blood.

However, while infection is the commonest cause of this pain, pressure on the nerves of shoulder and arm is the next most frequent cause—During World War I, in these cases, what is known as a cervical rib in back of neck was often found to be causing pressure. Its removal gave instant relief. Falls or blows on the side of the head cause many cases of shoulder and arm pain. A ruptured or prolapsed intervertebral disk (cushions between bones of the spine) is sometimes found in the neck, as well as in the lower back. And just as a prolapsed disk in lower back will cause pain in the lower back and down the big nerve of upper and lower leg (sciatica) so does the prolapsed disk at back of neck cause pain in shoulder and upper arm. The individual should try to sit and stand tall always and when lying in bed have arms stretched out sideways, in line with shoulders. It has been found that men and women as they grow older, are apt to let shoulders droop forward, thus causing pressure on nerves and blood vessels. Everyday fatigue or tiredness may also cause the symptoms.

In addition to pain in shoulder and arm from pressure on nerves there are symptoms due to pressure on the blood vessels. These symptoms are tingling, numbness, coldness, burning. Pain or other symptoms in shoulder and arm should be first examined for infection; if no infection is present, an X-ray of the spine by use of a dye should be made which will show up where the pressure exists.

potatoes or pigs or cattle!"

"It's a strange thing," James now in the comfort of his old armchair, remarks into thin air, "how soon a person can forget former ways of living! Yes, we sometimes criticize farmers who have left the farm to go into other occupations to lose all former interest in farming. But now it's a more personal angle that I'm thinking of. A farm-wife can go away for a matter of a few weeks, to come home forgetful of the fact that hard-working folks must be fed!" Which brings us — and delight that it is: A star now in the window! — to a bed-time lullaby.

Until tomorrow — Diary—Good-night . . .

HORSES DEVALUED

LACOMBE, Alta. — (CP) — The recent two-day farmers' horse sale netted \$29,800 for 623 animals, an average of \$47.83 a head. Last year 617 horses brought an average price of \$71. Top price for a single horse was \$130, for a registered roan Belgian mare.

Crochet Picture Hat and Stole



Crochet goes high fashion with this lovely picture hat and stole for lovely summer nights. It's done in mercerized pink crochet cotton with a small head-hugging crown and a lacy brim decorated with delicate motifs in a darker pink shade. The stole matches the firm stitch of the hat's crown, the pockets and the motifs on the brim. For instructions on how to make these items, write to the Needlework Dept. of this paper asking for Leaflet No. P.C. 5196.

Household Scrapbook

By Roberta Lee

Sun Treatment

Mattresses, pillows, cushions, and blankets will last longer and be far more sanitary if they are placed outside in the sun one day each week. The fresh, sweet odor is very pleasant upon going to bed.

Umbrellas

The frame of an umbrella will not rust if it is rubbed with Vaseline jelly. If the color of the cloth is a dingy black, renew it by sponging with strong black tea.

Roasting Meat

If a dish of water is placed in the oven while the meat is roasting, it will prevent the meat from scorching.

Better English

By B. C. Williams

1. What is wrong with this sentence? "He found that he had hardly enough paper to complete his work."
2. What is the correct pronunciation of "Elizabethan"?
3. Which one of these words is misspelled? Gazetteer, grenadier, auctioneer, lavallere.
4. What does the word "remoteness" mean?
5. What is a word beginning with unl that means "improbable"?

ANSWERS

1. Say, "scarcely enough paper."
2. Pronounce fourth syllable with the e either as in be or as in bet.
3. Gazetteer. 4. Distance; seclusion. "The remoteness of this lonely country was comforting."
5. Unlikely.

Timely Notes On Nutrition

By Marjorie G. Hill

SPRING IS TEA TIME

Spring is a wonderful time of year to get our friends together for tea — we've been thinking about doing just that all winter, but now that housecleaning is behind us, (or will be soon), and we have several weeks ahead of us before moving to the cottage or camp we can get our plans down in black and white and really carry them through. A table set for a tea depends upon its attractive appointments for its charm. The table covering, the tea service, silver, and serving dishes should be the best available and the foods colorful, dainty, and interestingly arranged. The types of food usually served at a large informal tea or at home where 50 guests are invited:

Beverages

Hot: coffee, tea, chocolate, spiced grape juice, spiced cider, or spiced tea.
Iced: tea, fruit punch (plain or with sherbet).

Bread and Miscellaneous:

Sandwiches, open: Assorted fancy shapes spread with desired filling and decorated.
Sandwiches, closed: Assorted breads as nut, orange, banana, date, cheese, or plain with a suitable filling—ribbon, rolled, checker-board, pinwheel or two-tone sandwiches.

Miscellaneous:

Cheese waffles, cheese straws, or miniature cream puff filled with cream cheese or chicken salad.
Cakes and cookies: Petits Fours, small cup cakes, macaroons, kisses, short-breads, chocolate or date bars, tiny cookies—rolled or draped.

Ices

Ice Creams, Sherbets, or Ices: Any flavor—served in individual cups in which frozen; or in sherbet glasses.

Nuts and Candies

Nuts—salted, toasted, spiced or crystallized. Preserved ginger, candied orange or grapefruit peel, mints in various pastel colors, and flavors: chocolate mint patties, small hard candies, opera sticks, crystallized mint leaves. Turkish paste in various flavors, colors, and shapes, and stuffed or candied fruits.

Miscellaneous Accompaniments

Cube or loaf sugar—plain or decorated. Orange-cut into thin slices or sections. Lemon-cut into fancy shapes, sections or slices—often garnished with whole cloves.

If you are having around fifty guests at your tea you would need to order one and half quarts of twenty per cent cream and one and one half pounds of cube sugar. Two and one half ounces of tea will make hot tea for fifty; whereas you will need three ounces if the tea is served iced. Allow one to one and one quarter pounds of coffee for fifty guests. It is difficult to state the amount of bread you will need as it all depends on the kind used and the type of sandwiches desired. However, a sandwich loaf yields twenty-four slices of bread, one-half an inch each. A two pound loaf of bread yields twenty-four slices, one-half an inch each. Two pounds of butter should be a sufficient amount for sandwiches if it is creamed before spreading.

Amount of miscellaneous accompaniments to order for fifty are:
Mixed nuts—one and one half pounds.
Carrots for curls or strips—two to

DOROTHY DIX SAYS-

First Love

Teen-Age Passion Seldom Of The Enduring Sort

DEAR MISS DIX: Does a person ever quite get over his first love even if he knows that it is hopeless? Does a man ever fall in love so completely again as he did the first time? If he marries a second love, will he be as happy as he would have been if he had married his first love? What do you think of first love? MISS S.

ANSWER: I think that first love is of the stuff of which dreams are made and that it is just as beautiful and unsubstantial as dreams are.

SOMETIMES IT WORKS

Of course, sometimes first love endures and there are cases where men and women marry their first sweethearts, but this does not often happen. Most men and women have thought themselves in love a dozen times before they ever experienced a real case. The truth is that boys and girls in their adolescent state are in love with love and so overflowing with sentiment that they fancy themselves in love with any one of the opposite sex who happens to be near enough for them to hang their affections upon temporarily.

Real love is an experience that belongs to maturity, not to our salad days. It is only after we are grown-up men and women and know the needs of our own natures that we are capable of the love that can break our hearts if it is unreturned and that endures for a lifetime.

Whether a man will be happier if he marries his second love than Continued on page 11

Modern Etiquette

By Roberta Lee

Q. When a girl has been shown attention by a young man for almost a year, would it be all right for her to send him a birthday gift?

A. Yes, if he has given her gifts, and by doing so will not establish a precedent, or place him under obligations that he cannot afford.

Q. Should a bride always present her bridesmaids with gifts?

A. No; the hostess gives directions as to the seating, unless the guests are so many that place cards must be used.

Q. Are place cards used at the informal luncheon?

A. No; the hostess gives directions as to the seating, unless the guests are so many that place cards must be used.

Q. How can I prevent pricking the finger when mending the finger of a glove?

A. First put the finger into a thimble and then into the glove. This avoids pricking the finger. Gloves of leather or skin should be mended with cotton thread, never with silk.

Q. How can I make use of old felt hats?

A. Pieces of old felt hats glued to the bottoms of ash trays and vases will keep them from marking table tops.

Q. How can I keep cream gravy from curdling?

A. Salt will curdle new milk. When preparing gravy, porridge and such dishes, the salt should not be added until the dish is prepared.

The Stars Say

By Genevieve Kemble

For Thursday, April 27

A PARTICULARLY stirring day for the young, the romantic and the sentimental. And, while affairs in such category may be furthered by quick action, happy culminations may be defeated or wrecked by too rash, hasty action or blundering judgments. Perhaps hasty speech could force issues. A firm, steady and far-seeing program or course of action would end in a final lasting, happy and safe plan.

For the Birthday

Those whose birthday it is may anticipate a year of quick and sudden decisions in the realm of youth, the romantic, the aspiring, in sentimental as well as substantial and far-reaching consequence. While all aspirations and ambitions are under stimulating and potent forces, with rewards for wise, cautious and studied values, all could be swerved from such propitious climax by rushing in precipitately, by rash judgments, temperament or blunders. It might be fatal to resort to force rather than tact. A child born on this day is bountifully blessed with talents, aspirations and creative urges for a successful and happy career, if aided by sound and practical objectives. Yet it could defeat its highest hopes by hasty or temperamental decisions.

More Milk Desserts

Consumer Section Marketing Service Department of Agriculture

Fortunately most cooks are complimented when asked for their favorite recipes for the special cake, pudding or dessert. They know that for real convenience nothing beats a handy file of well tested recipes. The home economists of Consumer Section, Department of Agriculture, Ottawa, are among those who are pleased to pass on their choicest recipes.

Canada's Food Rules emphasize the fact that children up to twelve years of age should have at least a pint of milk a day. Adolescents require even more; their quota being one and one-half pints, while adults should have at least one-half pint. Many homemakers interpret the rule to mean milk served as a beverage but much of it may be used in cooking. If the members of the family get more than their minimum requirements it is of course much better.

With the coming of spring there is a change in the foods chosen by the wise homemaker when planning her menus. Light, airy, and delicious things take their place instead of the heavier batter and pastry desserts. Desserts made with milk are particularly good for children but will be enjoyed by adults as well.

Blanc Mange can be one of the most delicious desserts if it is properly made. Unfortunately Blanc Mange has too often been served when so thin that it runs on the plate or so stiff that it is tough and rubbery. Either way it is not attractive. This recipe for Blanc Mange is just right. When served with a colourful sauce or stewed fruit it is most tempting.

Blanc Mange

- 1-2 tablespoons cornstarch
 - 1-4 cup sugar
 - 1-4 teaspoon salt
 - 1-2 cup cold milk
 - 2-1-2 cups hot milk
 - 1 teaspoon vanilla
- Mix cornstarch, sugar and salt and blend with cold milk. Add slowly to hot milk in top of double boiler and stir constantly until mixture thickens. Continue cooking for 20 minutes, stirring occasionally. Remove from heat and add flavoring. Chill and serve with Whipped Jelly Sauce or stewed fruit. Yield: six servings. NOTE: 1 beaten egg may be added and the cornstarch decreased to 4 tablespoons. If desired the egg yolk may be cooked with the pudding and the egg white made into a meringue with two tables oons of the sugar and folded in at the last with the flavouring.

Delmonico Pudding

Follow recipe for Blanc Mange, using only 4 tablespoons cornstarch and egg yolk instead of whole egg. Place in baking dish, spread with layer of jam or jelly. Cover with meringue made from the egg white and 2 tablespoons of fruit sugar. Oven-poach in a moderately slow oven, 325 F., until meringue is brown.

Whipped Jelly Sauce

- 1-2 cup pure jelly (crabapple, red currant, etc.)
 - 1 egg white, unbeaten
 - dash of salt
- Melt jelly in bowl over hot water. Add egg white and salt and beat with rotary egg beater until stiff. Cool. Yield: Six servings.

Cook's Corner

FRUIT SALAD BOWL

- 3 oranges
 - 1 banana
 - 1 cup diced pineapple
 - 1/2 cup seeded grapes
 - 1/2 cup walnuts or pecans
 - 1/2 cup candied ginger, cut in pieces
- 1 sliced apple, unpeeled
2 tablespoons lemon juice
Lime French dressing
Chill salad greens.
Chill and prepare fruit. Sprinkle with lemon juice, to prevent discoloration of apple. Arrange fruit on beds of salad greens.



LIKE MAGIC!

Delicious creamy mashed potato in one minute!



This creamy, delicious mashed potato is so easy to prepare! French's Instant Potato is made from top-quality potatoes—precooked for you! Just follow these easy directions and in 1 minute it's ready—best mashed potato you ever ate!

HERE'S ALL YOU DO Wait until dinner is ready to serve, then bring some salted water to a brisk boil, add milk and French's Instant Potato according to simple directions on package. Stir for a few seconds until potato has thickened, add butter and whip until light and fluffy.

NO WASHING! NO PEELING! NO COOKING! NO MASHING!

-Needlecraft-

FOR THE HOME

VERY NEW TWO-PIECE

Whether the jacket is bloused or boxy (and with this pattern you can make it either way) this two-piece is new, the latest in Spring silhouettes. The scalloped collar is in a separate pattern.

No. 2166 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 5 1/4 yards 39-inch or 3 3/4 yards 54-inch, with 1 yard 35-inch for detachable collar and cuffs.

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HELLO, SINNER

LONDON - (CP) - Canon T. P. Stevens says he's tired of calling his parishioners "Dear Friends." So he began his parish letter with the salutation "Miserable Sinners" and asked for donations to buy a banjo—for the grave-digger.



2166 SIZES 10-20 MAT 2007

Cakes that are Sure to Please!



Black and White Marble Cake

- 3 squares Baker's Unsweetened Chocolate, melted
 - 4 tablespoons sugar
 - 1/4 cup boiling water
 - 1/2 teaspoon baking soda
 - 3 cups sifted Swans Down Cake Flour
 - 3 teaspoons Calumet Baking Powder
 - 1/2 teaspoon salt
 - 1/4 cup butter or other shortening
 - 2 cups sugar
 - 1 cup milk
 - 1 teaspoon vanilla
 - 6 egg whites
- To melted chocolate, add 4 tbsps. sugar and boiling water; stir to blend. Add baking soda; stir until thickened. Cool. Sift flour once, measure, add baking powder and salt; sift 3 times. Cream butter, add sugar gradually; cream together until fluffy. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Beat egg whites until stiff enough to stand in moist peaks. Stir quickly well into batter. Blend batter. To one part, add chocolate mixture and blend. Put by tablespoons into 2 greased pans, 8 x 8 x 2 inches, alternating light and dark mixtures. With knife cut through each batter once in a zig-zag course. Bake in moderate oven (350°F.) about 55 minutes.



CAKE TALK

by Frances Burton

Fine cake deserves a fine frosting! Here are a few success tips we use—ways of making cake look its delectable best!

Be sure to have your cake cool and free of crumbs. To protect plate while frosting, cut a large square of waxed paper into four triangles. Arrange on plate to cover rim. Set cake on papers and frost. Then carefully pull out opposite papers, leaving plate clean.

By the way, the cake plate should show about a 2-inch border around the cake. A larger plate dwarfs the cake, while a smaller plate tends to make the cake look clumsy.

Decorations should be kept proportionately small for small cakes, larger for big cakes. Any decoration placed on the cake plate itself should be low and show the base of cake at intervals.

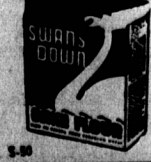
For the actual technique of frosting the cake follow this simple procedure:

First spread frosting around outside of cake from top edge down over the sides, using sweeping strokes of broad knife, spatula or spoon.

Next, pipe the remaining frosting in centre top of the cake and spread lightly out to the edges, working quickly.

Leading Baking Book — "LEARN TO BAKE — YOU'LL LOVE IT". Recipes for cakes, frostings, pastries and cookies. Wonderful full color illustrations. Send 20¢ in coins, with your name and address, to General Foods, Limited, Cobourg, Ontario.

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