

ELLEN'S DIARY

By An Island Farmer's Wife

There are those occasions in our farming when completing the necessary chores of some period, or leaving them as a not unpleasant request to the family in the house across the lane, we come away with James to an outing. It may be only a pleasant stroll along the home fields or along woody or streamside paths, all of which we know so well...

"Ellen - if I were you" mother-to-us, so busy with the affairs of her large household advised us on that memorable morning "I'd wear that black and white dress. It makes you look more grown-up!" A princess design it was, which influence in fashions has appeared and disappeared more than once since then. The bodice was fitted, with a high collar reaching well up beneath the ears and finished by a fashionable - and detachable cord of pink at the top. Graduated panels front and back extended down to the hem which stopped modestly at mid-calf. These were met at the hip-line by pretty pleats, and looking back now we think perhaps these contributed no small part in making us at least handy with a pressing-iron. How was it fastened? A line of sturdy-but concealed hooks and eyes reached from collar to waistline at the back and if the young of these generations have a notion that athletics were almost unknown to the feminine persuasion in those days, the ability to fasten these in a hurry, would dispense that idea.

"And here, Ellen," said this mother-of-eight, "is my watch. You may use it until you earn one of your own." We proudly and carefully slipped the long rope-chain about our high collar, adjusted the keeper, wondering all the time if it were true as we had heard that it was unlikely to wear an ojal though that in the keeper we now adjusted was in our eyes a beautiful jewel, checked the time on the clock with care, then closing the cover, tucked it in a convenient pocket on our bosom. And now picking up a modish and all-enveloping navy coat which served in shower and sunshine, and the parcel of sundries to do us until Friday at four, we bade Good-bye to those who cared to stop to hear it. And listening to such banter from the younger fry as: "Now, don't let the scholars 'sass' you or pit you out, Ellen" and "Isn't it nice that you know your A-B-C's and can count up to a hundred?" We went out over the threshold of that place which was to be our

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That Body Of Yours

By James W. Barton, M.D.

CAN HARDENING OF THE ARTERIES BE PREVENTED OR DIMINISHED

We are only beginning to recognize that high blood pressure and hardening of the arteries are the adult's greatest enemies. Physicians have fought and conquered diabetes and pernicious anemia; we expect physicians, chemists, and possibly laymen to conquer cancer. What about the outlook for curing hardening of the arteries and thus preventing coronary thrombosis and apoplexy?

In The Copenhagen Medical Journal, Dr. K. Kjerulf-Jensen says that atheromatosis (hardening of the arteries) may be produced when more fat is eaten than the body can oxidize properly. Ability to burn up or use fat in the body is lessened when carbohydrate (starch) oxidation is reduced, as in diabetes, lack of vitamin B1, and probably lack of enough thyroid extract in the blood.

Using very strong measures, such as cutting down too much on fat foods and reducing weight too rapidly, can be dangerous. "Sudden rigorous inanition (acquiring leanness) in an obese person will be followed by great accumulation of fat, as shown by the development of hyperlipemia (too much fat in the blood) Dr. Kjerulf writes. An attack of coronary thrombosis might readily follow too strict reduction of fat foods and too rapid reduction of weight.

Reduction of weight should occur slowly and not be marked by overly rigid periods of fasting. Prevention of arteriosclerosis (hardening of the arteries) is one of the most important problems of the coming years.

While insurance medical examiners and health writers have for years been pointing out the dangers of obesity, particularly a combination of heat and blood vessel disturbances, there has not been as much stress as there should have been on the dangers of too strict a diet in regard to fat-forming foods and also of trying to "duce weight" too rapidly.

By watching these two points we may be able to prevent hardening of the arteries or delay the hardening for a number of years.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

RATHER conflicting testimonies are found in this day's astrological chart. There is likely to be some sort of reversal unless the feelings, emotions and temper be kept under a tight leash. A sudden flair could wreck most advantageous plans and projects of more than passing promise. While elders, employers and superiors are graciously inclined, an erratic move or unconventional approach could upset most favorable auspices. Keep strictly in line with the conventions.

For the Birthday

Those whose birthday it is may anticipate a period of the irregular, unusual or erratic, born of fling into dangers in a rash and tumultuous mood, thus jeopardizing certain well-laid-out plans or affiliations with those in influential places. Keep within the conventions in all approaches, as erratic conduct could be costly. Use strategy instead of eccentricities of behavior for real results. A child born on this day, while ambitious, capable and resourceful, has an urge for the novel or the eccentric, which could be a defeating factor. Keep its emotions in leash.

CALGARY (CP) - A building under construction here, first of its kind in Calgary, will house a gymnasium, meeting hall, living quarters for aged Chinese and a youth centre. The Chinese-Canadian project costing \$50,000 is to be completed before November.

Alice Brooks Designs

3 COLORS OR MORE

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"In This Land Of Sunshine And Bugs"

Writes a Puerto Rico Lady

"San Juan, P. R. - 'Moone's Emerald Oil is just what we need for infections and the many skin troubles that are so prevalent. For me it has proved most efficacious.' Signed: S. M. W.

If you or any relative or friend are suffering from the itching irritation of the many common forms of skin affections, get a small bottle of Moone's Emerald Oil. You'll make no mistake. There's nothing finer or quicker-acting. On Sale wherever drugs are sold.

HUGHES DRUG CO. JENKINS PHARMACY REDDIN BROS.



DOROTHY DIX SAYS-

House Divided

Fomenting Quarrels Within Family - A Childish Trait



MISS CANADA TO BE?

A dancer on roller skates, Marian Phyllis Knox, above, 18, will represent city of Hamilton, Ont. in Miss Canada contest at Brant Inn, on August 14. She hopes to capture crown and its \$1,000 scholarship.

Household Scrapbook

By Roberta Lee

Table Linen

A good method for testing table linen is to secure a sample and dip it into any kind of oil. The linen threads will become almost transparent, enabling one to see very readily how many cotton threads it contains.

House Plants

Try to keep the dirt loosened and cultivated around house plants. Place them all in a tub for a shower bath about once a week, and occasionally feed them a little fertilizer.

Scuffed Shoes

If the scuffed shoes are rubbed with Vaseline jelly before the polish is applied, the scratches will scarcely show.

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "I can't find it nowhere, and I wonder what you hid it for." 2. What is the correct pronunciation of "adult"? 3. Which one of these words is misspelled? Nuclius, nautilus, surpius, surplice. 4. What does the word "teraqueous" mean? 5. What is a word beginning with ho that means "wholesale destruction by fire"?

ANSWERS

- 1. Say, "I can't find it anywhere and I wonder why you hid it." 2. Accent on second syllable is preferred. 3. Nuclius. 4. Consisting of land and water. (Pronounce teraqueous, first e as in set, a as in ate, second e as in me accent second syllable). "The earth is a teraqueous globe." 5. Holocaust.

How Can I!!!

By Anne Ashley

- Q. How can I treat styes? A. When the first symptoms of a stye appear, heat some milk as hot as can be borne on the eyelid and sop it on the eye with a small cloth, a few minutes at a time; repeat this treatment until the inflammation disappears. Q. How can I treat vegetables or other foods that have become scorched? A. Remove the cover immediately and place the vessel in a pan of cold water. Allow it to remain for 15 or 20 minutes and the scorched taste will disappear. Q. How can I clean glazed tiles which have become spotted? A. Try washing them with lemon juice. Leave this lemon juice on for about fifteen minutes and then polish with a soft cloth.

DEAR DOROTHY DIX: Some time ago my married sister had a misunderstanding with my mother that began with a small quarrel and has grown into heartaches for everyone. My sister has two lovely daughters, whom my mother has never seen. Mother is nearly 55 and has always had people do as she wants; she does not like to be crossed. She is a kind, generous person as long as people do things her way. Father is the silent type, so whatever mother says goes. My sister lives in the same town as we do, and I love her very much, but mother says if I visit her I am a disloyal daughter. I am even forbidden to go to parties or small gatherings which my sister may attend. I am not afraid of my mother but if I don't do as she says there is always an argument. Am I wrong in loving my sister and my mother both, and trying to make mother understand that I can love both? P. C.

ANSWER: Your letter belies your own words. You say you're not afraid of your mother—you're scared stiff of her and so, apparently, is everyone else within sound of her voice except your sister! If your mother can deny her own child because of a silly quarrel, what is she going to do to your own life if you ever decide to set out on your own?

DON'T BE COWED

I don't like to countenance filial disobedience but if your mother is going to win her own way in the matter of you seeing your sister, you will definitely establish the pattern of a cowed daughter. You don't state your age, and that of course has a bearing on the case. If you are under age you have no choice but to go your mother's way, but if you have reached your majority, you'd better show a little independence before it's too late.

Every time I blast away at dominating mothers—or mothers-in-law—I get letters from perfectly normal mothers who accuse me of bias against all maternal parents. Nothing could be further from the truth, which is that I hold the entire estate of motherhood including mothers-in-law in such high esteem that I am filled to white heat by women who desecrate the title by rending families asunder. Instead of abiding by their God-given right of molding them together, a daughter and grandchildren over a silly quarrel—or even over a more serious one. She'd do everything she could to mend the rift and maintain a united family.

DEAR MISS DIX: I am planning to be married in September. My fiancé has only two weeks' vacation for our honeymoon, and he intends to use a week of it to make an extended trip in August with a friend through Alabama and Florida, including a three-day cruise to Havana. He claims he is tired and would like to rest and fish on this trip. It is beyond me to understand a desire for rest of this kind on the part of a man who is supposed to be madly in love. What is your reaction? A. C.

ANSWER: To quote Hamlet, "There are more things in Heaven and earth, Horatio, than are dreamed of in our philosophy!" But the sight of a man who would rather fish than go on a honeymoon is something new. I suppose any piscators among my readers will rise up in arms against me, but it is still a revolutionary idea. Perhaps this is your betrothed's idea of a "last fling", a final adieu to carefree youth; the swan song of the bachelor. Whatever the reason, you have no choice but to let him go and get it out of his system. I hope you're sure of his devotion otherwise.

DEAR MISS DIX: My husband works nights and I work days so I only have a short time with him. On his days off he goes out and stays until 1 or 2 o'clock in the morning. I try to make everything as possible for him at home. We are buying a car together and he lets anyone take it out, day or night, without my permission. I don't think this is right when I have worked so hard to help pay for the car.

ANSWER: Is it absolutely necessary for you to continue working? On the present schedule your husband really has no home-life and probably goes out simply for companionship. If your chief purpose in holding a job is to acquire a car, you would be better off letting the car go and spending more time at home. Even though you keep the place clean and comfortable, a home with no one in it can be every lonely for a man and the situation as it exists is bound to make you too drift further apart.

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

Morning Smile

No Difference

Passenger—"Which end of the car do I get off?" Conductor—"Either one. It stops at both ends."

Plenty of Room

A certain bishop was being patronized by a millionaire. "I never go to church," the millionaire said. "Perhaps you have noticed that?" "Yes, I have noticed it," said the bishop gravely.

"Well, the reason I don't go to church is that there are so many hypocrites there." "Oh, don't let that keep you away," said the bishop smiling. "There's always room for one more, you know."

Modern Etiquette

By Roberta Lee

Q. Is it proper to display checks or money with the other wedding gifts? A. This is not good taste—nor is it proper to tell people in general of their amounts. It is quite proper, however, to say, "Uncle Tom gave me a check (or a bond)."

Q. When entering a dining car on a train, should one find a seat for himself, or wait until he is shown a seat? A. He should stand at the entrance until the steward approaches and conducts him to a seat.

Q. Is it necessary that a chapron be from ham hocks through food choppers. (There should be tye cups). Beat eggs; add crumbs; grated onion, Worcestershire sauce



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4658 SIZES 34-48 by Anne Adams

Let's Make Quickbreads

(Canada Dept. of Agriculture)

Would you like to make your meal just a little more tempting? If so, don't you think that a flaky tea biscuit, a hot muffin or a crunchy popover might do the trick? The home economist of the Consumer Section, Canada Department of Agriculture says that they have always been of the opinion that a good quickbread, of one sort or another made in your own kitchen, and served piping hot right from the oven could appear more often on the family table than it does.

They tell us also that there are four main types of quickbreads, namely, tea biscuits, muffins, popovers, as well as loaves in which baking powder, not yeast, is used to make them rise. Variations of each type are so numerous that there are literally hundreds of different ones that can be made.

Success in making quickbreads depends mainly on four points. The first requisite is to use a reliable recipe and follow it carefully. The second point is to use good quality ingredients and unless the recipe says to have them hot or cold, use them at room temperature. Thirdly, follow the mixing directions carefully, being sure to use accurate, level measurements and lastly, but not least, bake in a well regulated oven. A fifth point might be added and that is to serve quickbreads dripping with butter, honey, maple syrup or jam. They make anyone's mouth water just thinking about them. However, don't get the impression that serving these quickbreads dripping with honey or other sweets is the only way in which they may be served.

Tea biscuits, may be used as a crust topping for pies, for puddings or in meat rolls. Fruit muffins, when served with sauce, make delicious puddings. Toasted muffins may be used instead of toast with poached eggs, while popovers and such members of the popover family as Yorkshire Pudding and cream puffs have their own particular uses. It is easily seen that there are many forms of quickbreads so there is no excuse for not serving them more often.

The main ingredients used in making tea biscuits are flour, liquid, shortening, baking powder and salt. Generally, the standard proportion of liquid to flour is one part of liquid to three parts of flour. Soft wheat flour or pastry flour, as we know it, makes the most tender biscuits. Eggs are not used in standard tea biscuits though they are sometimes added in such variations as scones and short cakes.

The method of combining the ingredients for biscuits differs from the general method used for batters. There is, of course, a reason for this. Everyone wants a flaky texture in tea biscuits similar to that characteristic of good pastry. To obtain such a texture fat is chopped or rubbed into the sifted dry ingredients. When the mixture looks like coarse oatmeal a "well" is made in the flour-fat mixture and the liquid is added, then mixed only until the dough thickens and the flour is moist.

From this standard dough many variations can be made, for example, the milk or water ordinarily used in making biscuits may be replaced with tomato juice or orange juice. For a wonderful biscuit which is perfect to serve with salads or on top of vegetable casseroles, grated Cheddar cheese may be added to the dough. As the home economists mentioned there are numerous variations of muffins and one way in which they may be varied is by the kinds of flour, meal or cereal used in them. Those made of all cornmeal or whole wheat flour have a characteristic flavour and are quite heavy in texture. For lighter textured muffins usually an equal amount of white flour is used with cornmeal, rolled oats,

Acids May Benefit Backward Children

(By The Canadian Press) CAPE TOWN—Forty pupils at a school in Uitenhage near Port Elizabeth are in the final stages of a six-month experiment which it is hoped will show whether the intelligence of backward children can be stimulated by the use of glutamic acid in tablet form. The experiment is believed the first of its kind ever attempted and if concrete results could be obtained it might have world-wide significance in the treatment of such children.

Under the medical supervision of Dr. W. Van Rensburg of the Stellenbosch University, the experiment is being conducted by D. L. Du Plessis, an official of one of South Africa's leading training colleges.

All the children were given medical and intelligence tests before the experiment began. Twenty selected backward children were placed with 20 others of equal age and intelligence, one group being given the tablet treatment for checks on their progress against the other group.

Teachers have already noted improved health and greater responsiveness among the children, says C.J. Outhulzen, principal of the school. The amount of increase in mental responsiveness will be studied at the conclusion of the experiment.

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It's Blueberry-Picking Time In Northern Ontario



The blueberry season is now in full swing in many parts of Northern Ontario and on almost any highway or sideroad you will see many pretty girls, like Beverley Hardie and Betty Barker, busy picking delicious fruit. As blueberries are undomesticated in Ontario they can be found almost anywhere there are rocks and sandy soil.



Blueberry pie is a rare delicacy and it is at its best only at this time of the year. Neil Poytress of Parry Sound will vouch for that as he eagerly digs into a piece of pie. Blueberries are often mistaken for raspberries, but they are more related to the cranberry family.

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