

ELLEN'S DIARY

By An Island Farmer's Wife

Women's Carpentry Classes



The Women's Carpentry Class at the Vocational School gets a few pointers on a wood shaper from their instructor Mr. C. Hamm. From left to right the class members are Miss Ruth Ross, Dorothy Jenkins, Jean MacLean, Mary MacDonald, Inez Sweetwood, Lois MacDonald, Mary Aitken.



Mrs. Malcolm MacDonald shows how side shelves are put on corner bookcases. Standing back of some of their class work are Mrs. Sidney Fielding, Mrs. Aubrey Found, Miriam Matthews, Mrs. Frank Ross, Wanda MacMillan, Mrs. Mark Malone, and Mrs. Bernard Hughes. —Photos by Garnhum.

-Needlecraft-

FOR THE HOME

SLENDERIZING SHIRTWAIST

This shirtwaist will be especially good for those who need lines a little softer than are usually found in the tailored type dress. Bodice is slightly bloused; deep collarline is both different and slenderizing. No. 2973 is cut in sizes 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48 and 50. Size 18, 4 1/2 yards 38-inch. Send 35c for each PATTERN which includes complete sewing guide. Print Your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address Pattern Department, The Charlotte-Town Guardian, Pattern No. 2973.



Name _____ Address _____ City _____ Province _____

BALTIMORE, Feb. 25 — (AP)—Quadruplets — two boys and two girls — were born Saturday to the wife of a Baltimore steel worker who had been expecting twins. The babies, born within a space of five minutes, were in "good" condition at hospital as was the mother, 28-year-old Mrs. Harriett Pappas.

DOROTHY DIX SAYS—

Separated By Draft

Many In Same Boat; Pair Must Face Fact Bravely

DEAR MISS DIX: I have been going steadily with a man and we planned to be married this summer; have even rented our home. Now he has been drafted and it breaks up all our dreams. What shall we do? Shall we go ahead with our marriage and not set up house-keeping until his return? Would you suggest a secret marriage? I realize that our future depends on our decision now. I am afraid I am not being a very good sport, but our life together has been a very happy one up until now. Our separation is going to be hard to take.



ANSWER: Of course, your separation from your sweetheart is going to be hard to take. So are plenty of other women finding it hard to be parted from the sons and brothers husbands and lovers who have answered their country's call. So many men who have had to give up fine jobs, or drop the profession in which they were just getting started, or leave the little business that was beginning to prosper to fit themselves to defend their country, if need be, have found it hard to take. There is nothing easy or pleasant about even the prospect of war.

BE A GOOD SPORT

You are not the only one who has had her plans upset and who has had to put her dreams aside and face actualities, and you are indeed, a poor sport if you whine and weep over the sacrifice you are called to make, and if you so begrudge doing your bit by bolstering up your fiancé's courage and sending him forth cheered and strengthened to do his duty.

As for whether you should marry before he goes or not, that is for you to decide. Common sense advises against it, but if you would find any solace in a wedding ring, by all means take it. The one thing you mustn't do is to commit the folly of a secret marriage. That always leaves a smudge of scandal on a marriage, and you don't want that.

DEAR MISS DIX: I am a girl of 16 with one more year of high school before I graduate. I am very much in love with a man six years older than myself. My home life is very miserable as my father drinks. We are always glad to hear him leave and sorry for him to come back. Now the question is—shall I get married at once in order to get out of my unhappy home, or shall I wait until I finish school? What would my friends think of me if I got married so young?

ANSWER: Let me urge you to go on and finish school. You will regret it as long as you live if you do not do this. You will always feel that you threw away an opportunity that you could have enjoyed and if you ever have to seek a job you will find it a serious handicap to be obliged to admit that you are not even a high school graduate. As to what your friends will think of you if you marry at 16, you need have no doubt. They will think you very foolish and very pitiful. They will think that a girl shows very little intelligence when she marries before she is old enough to know her own mind and before she has seen anything of men or the world. To marry in order to get away from an unhappy home is like jumping from the frying pan into the fire. It may get you out of one (Continued on Page 3)

That Body Of Yours

By James W. Barton, M.D.

STUDYING THE COMMON COLD

We have all heard of cancer units—groups of research laboratory workers, practicing physicians and chemists whose entire efforts are devoted to investigating the cause of cancer so that humanity may escape this terrible scourge. On the same pattern, cold units have been established to learn more about the common cold which, while not fatal in itself, nevertheless is the cause of much suffering and loss of time from work. It is, as well, forerunner of such dangerous diseases as pneumonia, bronchopneumonia and tuberculosis.

The findings of the Common Cold Research Unit, Harvard Hospital, Saltsbury, Wilt., England, set up by the Medical Research Council and the Ministry of Health in 1946, are reported by Dr. C. H. Andrews in the British Lancet. The primary object of this cold unit was to try to find a laboratory technique with which colds could be conveniently studied. This object has not yet been reached. All attempts to cultivate a virus (the tiny organism believed causing colds) in fertile eggs or to infect by inoculation any laboratory animal other than the chimpanzee, failed. Notwithstanding the failure of this unit to cultivate the virus and learn more about colds, some important information about colds was obtained by a study of injections into the nose of substances causing infection, into 899 human volunteers over a period of two and one-half years. Volunteers were isolated in pairs for 10 days of which the first three days were the quarantine period. Inoculations were made on the fourth day, test and control material being identified by serial numbers so that during the course of each experiment neither observers nor volunteers knew which material had been injected. In a test of the efficacy of the quarantine period and isolation precautions, of 47 volunteers receiving sterile injections (no organisms in the broth injections) only 2 developed doubtful mild colds and 45 had no symptoms whatever. Of those receiving injections of cold organisms, 60 per cent had symptoms of disease. Are colds always caught? It was found that individuals in good health using ordinary care had a high resistance against colds. When the individual, carrying the virus, had cold feet and felt draughts, these upset natural resistance and a cold developed. How does the cold spread? Coarse droplets from sneezing and coughing may make a "direct hit"

Morning Smile

Mixed Up

It was guest night in the mess, and the Irish colonel was telling an exciting story of an encounter with a wounded elephant which charged at him and bore him to the ground.

At the critical moment an orderly entered to say the colonel was wanted on the telephone. He was absent for some minutes, and on his return had forgotten which of his favourite stories he had been telling.

"What happened, colonel?" asked one of the guests. "You were telling us of your dangerous situation."

"Oh, I kissed her," said the colonel, airily. "She simply couldn't resist me, and we dined together that evening. Her husband never knew."

Cook's Corner

ORANGE BRAN MUFFINS

Sift dry ingredients together except bran: 1 1/2 cups flour, 6 tablespoons sugar, 1 teaspoon baking powder, 1/2 teaspoon soda, 1/2 teaspoon salt. Add 1/2 cup bran, 1 1/2 teaspoons grated orange rind, 1/2 cup orange juice. Mix and add 1 egg, 1/2 cup condensed milk and 2 tablespoons melted shortening. Do not beat, just stir, leaving rather lumpy. Place in greased patty pan and bake about 20 minutes in oven at 400 deg.

FEATHER LIGHT SPICE CAKE

Two cups sifted pastry flour, 2 1/2 teaspoons baking powder, 1/2 teaspoon salt, 1 1/2 teaspoons cinnamon, 1/2 teaspoon nutmeg, 1/2 cloves, 1/4 allspice and ginger, 8 tablespoons butter or shortening, 1 cup fine granulated sugar, 2 eggs well beaten, 2-3 cup milk. Measure flour and sift twice with baking powder, salt and spices. Cream butter, gradually blend in sugar, beat eggs and combine well with sifted dry ingredients alternately with milk, turn into greased floured pan, bake in moderate oven 350 deg. F. about 45 minutes. May be covered with 7 minute or caramel frosting with chopped nuts, or with cooked date paste fed with maple-cream frosting this makes 12 or 13 good size pieces.

and cause colds, while organisms wafted by the air may not do so. Avoiding direct hits (coughs and sneezes) from an individual with a cold is our best protection from colds.

"You'll have to come and see for yourself!" granddaughter hurried in to tell us past breakfast this morning. "Because" she nodded gravely "if you didn't see it with your own eyes, you could hardly believe it! Let's go!" she begged breathlessly. Then hand warm in ours we came along the barn-yard together. "You'll be surprised" she said "very surprised—I was!" When a calf with a coat as white as new-fallen snow is there instead of the red one you expected, it is indeed a surprise. "There!" she exclaimed rubbing a small damp muzzle "what do you think of him?" The new calf had arrived. James himself, confessing to "a feeling" had attended the birth in the quiet old stable last night before he came rather late through the moonlight to his rest. The cow whispered endearments to her small one, turning to touch its side with her tongue. We lingered there awhile, charmed as always with the display of sentiment known as mother-love. "Now" granddaughter looked up presently "since we're this far, we may as well go and call on the filly!"

Her days now are extremely full with the various happenings on the farm — the new arrivals that appear in stable and fold and the goings and comings of the farm-work. We remember that in her absence at Rob's this afternoon, a desolate black dog kept a position on the roof of the cellar run, to keep watch on the road, especially that part of it, which the truck had followed soon after dinner, on the way to the woodswork. Due to the prevailing illness, Jamie's school did not keep today, an incident not altogether mourned, we suppose since it afforded leisure for him to attend to other equally interesting pursuits, in which granddaughter joined. "Did your children build play-houses when they were the same age as we are?" she queried this morning, when hair was being smoothed and braided for the intended outing. "And what would granddaddy say when they helped themselves to his nails and boards?" she smiled. "Uncle Rob doesn't say a word — not one word about it. And Auntie Karoly says 'It's all right so long as you don't waste them' and then she kind of laughs. It's really a fine house Jamie's been building — chairs in it, and a table with an electric light on it. . . . It's only make-believe. It doesn't light — and there's one over the door too." "And what about the woman?" we asked lightly. She shrugged. "They have no woman! I do the cooking!"

On trying keys the black dog piped Pat into our kitchen this afternoon — a Pat bearing a keen-

edged, double-bladed axe at his side and on his way to the woods-look across the road. "An' did ye ever see better weather nor this for choppin' I'm askin'. I'm sayin' the truth — but I never saw the lak av it before. Clane an' good. Not half (Pat's brogue rests sweetly on the word) the trouble av other Winters. Now what am I sayin'? Not the quarter! No ploddin' through snow to get to the woods though 'tis lakely James will be hopin' for a skiff av it to get yours hauled out." Behind a busy red tractor Pat's haulings move out and up and disappear in a twinkling beyond the hilltop.

A mild day this — and sunless, the light wind a caress on one's cheeks. And a silent premature dusk. And February on the wane. Until tomorrow — — Diary — Good-night. . . .

Better English

By B. G. Williams

1. What is wrong with this sentence? "I don't know as I care to go, although I understand that conditions there are some better this year."
2. What is the correct pronunciation of "plague"?
3. Which one of these words is misspelled? Remorsefulness, remembrance, remunerative, repartee.
4. What does the word "enervate" mean?
5. What is a word beginning with ind that means "absolutely necessary"?

ANSWERS

1. Say, "I don't know that I care to go, although I understand that conditions there are somewhat better this year." 2. Pronounce the a as in play, not as in rag. 3. Remembrance. 4. To deprive of nerve, force, or strength. "His experiences were enervating." 5. Indispensable.

How Can I!!!

By Anne Ashley

- Q. How can I soften my hands? A. Before retiring at night, take a loose fitting pair of kid gloves and spread mutton tallow inside, and first rubbing it thoroughly on the hands. In the morning, wash the hands with olive oil and white castile soap, after which rub the hands with oatmeal while still damp.
- Q. How can I make less noticeable the scratches on scuffed shoes? A. Rub some Vaseline jelly into the shoes before polishing, and the scratches will be hardly noticeable after the shining process.
- Q. How can I prepare a good dressing out of India relish? A. Add India relish and catsup to plain mayonnaise.



The Stars Say --

By Genevieve Kemble

For Tomorrow

A DISRUPTIVE and disintegrating force, probably shattering deep-rooted heart vibrations, may materialize, in the home or romantic relations, with grief and dismay as well as breath-taking revelations. Loss of prestige, popularity and standing in the business or professional life could be a side issue. However, a most propitious and comforting sign shows that readjustments and fresh understandings may be brought about by clever strategies, spiritual insight, or even the judicious use of personal charms or graces. Discretion, tact, may win the day.

For the Birthday

Those whose birthday it is, may anticipate a year of sudden disruptions and revelations, affecting fundamental relations of heart, life and home ties, with reactions on the reputation, prestige and peace of mind. Possibly material loss may accrue. However, a higher force may intervene for happier adjustments and understandings, perhaps by way of persuasion, strategies, or even the alluring and magnetic technique of personal charm.

A child born of this day, may have trials and broken ties in his personal, domestic or romantic life, with tangible losses also. However, there is hope from resort to finer strategies, spiritual guidance or the magic of personal appeal.

Modern Etiquette

By Roberta Lee

Q. I have just been told by friends that I committed a serious breach of etiquette by congratulating a girl upon her announcement of her engagement. I was told that this suggested that I thought she was lucky to have found a man. Is this true?

A. This was a mistake, but it is a very common one, and you should not worry too much about it. The usual procedure is to congratulate only the man, and offer wishes of happiness to the girl.

Q. If a man invited to a dinner, is unavoiably detained and arrived after the other guests are at the table, what should he do?

A. As soon as he has disposed of his wraps, he should go directly to his hostess, greet her and offer sincere apologies.

Q. What is a suitable tip to give a bellboy for paging you in a hotel?

A. Fifteen to twenty-five cents should be enough.

Household Scrapbook

By Roberta Lee

Steel and Iron

Steel can be distinguished from iron by the following process: Take a clean file and file over the flange of an alcohol lamp. If the filed piece is made of steel, little burning and crackling sparks will be seen. If the piece consists of iron, the sparks will not crackle.

Curtains

If the curtains refuse to hang evenly after being laundered, run a curtain rod through the bottom hem and allow it to stay for several days. This will straighten them.

Knitting Needle

If the head breaks from the end of the knitting needle, wrap a few rubber bands around the end, very tightly. They will keep your work from slipping off.

EARLY EXPLORER

Land which Captain Nathaniel Palmer saw in 1820 now is recognized as having been the Antarctic continent.

NEW DOUBLE-QUICK Rinso GIVES WORLD'S WHITEST WASH



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