

# ELLEN'S DIARY

by an Island Farmer's Wife

"And what do you call the Nell-mare's filly, Ellen?" the farmwife from a distance who is a keen admirer of horses asked in her nice letter of today. There was also an interesting and lively misadventure from another farmwife, lately privileged, as have been many Islanders during the recent months, to holiday in a picked summer-land to the South.

"How leisurely it is there," she wrote. "No rush and bustle but a delightful 'Come day, go day' atmosphere of living. Even their speech seems to indicate this. One could catch it in the slow 'Good maw-n-ing!' I loved it down there."

"We have a filly the same age as she is—we've named her 'Star.' The letter—how good they are that come to this 'desk'—returned to mind a recent outing we had to Alderlea and a sight-seeing tour about with Mack, our youngest grandchild of all, as our guide.

"Yes," the youngster offered, hands stuffed manfully in over-all pockets.

"We thought perhaps she'd have another this summer. But," she shook his head soberly, "no such luck!"

We had been stopping by the Nell-mare's stall and now past the team of other mares we came to the filly. She thrust her neat and knowing head over the low partition beside, to survey the visitors. Then she put back dark ears play-

fully, gidgeted and nickered softly.

"Do you know what 'Sara' wants?" Mack questioned with a broad smile. "A bite of clover and her face rubbed . . . I most always do that when I come to the table about it. . . . Some day," he said "when I grow big, she's going to be my own mare!" She lowered a head to the little boy, accepting pleasantly both bite and caress.

"And now," he said turning away "Let's go and have a look at the little. Did you know? We have a few new calves."

James was in that stable, brushing a fattening animal at the time, with his left hand bringing latent lustre to view. He smiled fondly toward the lad. "He's a great fellow, Ellen!" he said, "and I would say the most promising farmer of them all."

So "Sara" the filly is, though we have no idea how she acquired her name. As a mark of affection or esteem, it is likely, for some bit of femininity in or out of the kin . . . Four steeds the new stable keeps at Alderlea. We have a notion that if the younger farmer had lived back in that era of his Grandfather, there would be more. Like James, he too is much taken up with horses, a liking inherited by Granddaughter who much prefers to be taken to school after the Nell-mare rather than by any tractor or truck of the farm.

"There now!" James was putting down the farm-paper he has been reading "that's something we too must attend to one of these days; we must reckon up the amount of seed grain we'll want cleaned."

The seedtime is now in the of-fing.  
Until tomorrow . . . . . Diary  
Good-night . . . . .

## Better English

By D. C. Williams

1. What is wrong with this sentence? "The boy almost fell out the window."  
2. What is the correct pronunciation of "chassis"?  
3. Which one of these words is misspelled? Architecture, aristocracy, arbitrator, arrogant.  
4. What does the word "indispensable" mean?  
5. What is a word beginning with "p" that means "severely painful or distressing"?

## ANSWERS

1. Say, "The boy nearly fell out of the window."  
2. Pronounce "chassis" as in "chassis" in "chassis" is available.  
3. Arbitrator.  
4. Essential.  
5. "Sunlight is indispensable to human life."  
6. Poignant.

## Modern Etiquette

By Roberta Lee

Q. If one has just moved into a new neighborhood and some of the neighbors have paid calls, how soon should one return these calls?  
A. Within two weeks. Failure to do is a strong indication that the friendships are not desired.  
Q. If you have seated yourself at a table in a restaurant and your waitress has poured water for you, then a friend invites you to sit at his table, should you take your glass of water with you?  
A. No. You should let the waitress take care of this.  
Q. Is it all right for a divorcee to have a maid-of-honor and two bridesmaids at her second marriage?  
A. No; she should have no more than one attendant at her second marriage.

## Household Scrapbook

By Roberta Lee

**The Sewing Machine**  
Clean the sewing machine by moistening all the metal parts and bearings with kerosene. Run the machine rapidly for a few minutes and then wipe thoroughly with a soft clean cloth.

**Rusty Knives**  
When a knife blade becomes rusty, plunge the blade into an onion and allow it to remain for two hours. Then polish it.

## Anne Adams Patterns



### WEEK'S SEW-THRIFTY

A Wrapon for your daughter! Just sew two or three. Mother and RELAX for the season! As you see, it has FEW pattern parts, whips up in a jiffy, opens out to iron and a child can dress herself so easily. Make it in cotton in flower-fresh pastel colors.

Pattern 4634: Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 2 1/2 yards 35-inch fabric.

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, 10 The Guardian, 60 Front Street West, Toronto, Ontario.

For BABY'S TUMMY UPSETS

Give Baby's Own Tablets. These little tablets. Used for over 30 years to quickly help relieve minor digestive upsets, gas, constipation and fretfulness resulting from irregularity in feeding times. No "sleepy" stuff—no dulling effect. Get a package today at your drugist.

4634 2-10  
by Anne Adams

**BABY'S OWN TABLETS**

## Electric Shock

First Aid and Home Nursing (St. John Ambulance)

You can't see it—but you can feel it. This might be a good motto for the person who has to remove someone from a "live" electric contact.

If you only want one casualty, instead of two, there are several precautions you should take, says St. John Ambulance.

The first thing you should do is try to shut off the current. If this is impossible, it is imperative that the person be removed from the contact quickly. Electric currents in the home seldom exceed 260 volts and in the factory 500 volts. Provided you are careful, these currents are not too difficult to deal with.

Follow these precautions, says St. John:

1. Handle the patient with some dry insulating material—a pair of rubber gloves, a cap, or other dry pieces of clothing.
2. Avoid direct contact with the patient's skin or any part of his clothing which may be damp—such as undergarments.
3. Use a dry stick to pull or push him free, or a length of dry rope (but not an umbrella which has metal parts).
4. If possible, stand on a dry insulating material such as a rubber mat, linoleum, thick carpet or rug.

Don't attempt to shut off the supply of electricity by cutting the wire with a knife or scissors.

Unless the patient is breathing normally when he is removed from contact with the wires you should immediately start artificial respiration. Any burns should wait for treatment until after breathing is restored.

If the electric contact has a voltage over 500 the rescue should, if at all possible, be left to a properly trained electrical man. Such voltages are extremely dangerous to the amateur. If it is necessary that you make the rescue, avoid direct contact with the patient, use rubber gloves made for electrical purpose and rubber boots, stay as far away from the patient as possible and use a dry stick or rope to pull him away. But remember, such a rescue is extremely hazardous. In all likelihood it can end in two injuries or deaths rather than one.

## Contract Bridge

By Josephine Culbertson

### A BAD RECORD

North had a rather unimpressive bidding record in the following deal: he made three bids, and not one of them was correct.

North dealer.  
Both sides vulnerable

7	AK54	Q5
AKJ63	AK54	Q108
752	AK54	Q1097
KJ96	AK54	Q106
J3	AK54	Q106
K5	AK54	Q106
KQJ	AK54	Q106
94	AK54	Q106

The bidding:

North	East	South	West
1	Pass	1	Pass
2	Pass	2	Pass
3	Pass	3NT	Dble.
Pass	Pass	Pass	Pass

West opened the club king, and South came out with precisely five tricks, consisting of only the four aces and the one king in the combined hands. So he was down 1100—and for no particular reason, since the opponents had not even entered the bidding!

To repeat, not one of the three bids made by North was proper. First, he should have opened with his shorter heart suit because with should have anticipated a spade or a notrump response and realized that it might be very desirable to show the diamond suit at the mere two-level, thus leaving the way to a preference by South. North's actual sequence of bidding constituted a reverse—i.e., by getting up to the highest level he made it more expensive for South to choose between hearts and diamonds, and presumably North had great strength to create such a situation.

Having started off on the wrong foot, North made a bad matter infinitely worse when he persevered with diamonds after South had (properly) rebid his spades. Surely, at the point, North should have seen the danger and passed—single-ton spade or not. South would not have been in serious trouble at two spades. The three-diamond bid, however, coming on top of North's previous reverse bidding, led South to believe that he would find a very big hand opposite him and encouraged him to "step out" a little with his three notrump. From that point on, North-South had no real refuge, and it was simply a question of how big the penalty was going to be.

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**SEW and SAVE**  
Home sewing courses now forming. For further information call or telephone your Sewing Center, 164 Gt. George Street, Charlotte-town. Phone 4551.

# WOMEN

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## Time Out For Fun



When Elizabeth Mary Rivers of Edmonton, is obviously enjoying herself as she takes time out from duties at the naval radio station at Fort Churchill, Man., to explore a northern shelter of snow and ice. She is one of a group of 10 wrens of the Royal Canadian Navy Reserve who were selected for duty at the northern station. They are the first navy women to serve north of the 58th parallel. Temperatures in the region are slightly above the zero mark.—(CP from National Defence).

## That Body of Yours

By James W. Barton, M. D.

### MODERN TREATMENT OF ANEMIAS

A close friend of mine was greatly interested in a mutual friend who was in the hospital, a patient with anemia which, unfortunately, was of a chronic nature—chronic anemia. He was amazed at how quickly the patient's blood (the iron in it) was brought up to normal with transfusions of blood.

In the Merck Report, Dr. Byron E. Hall, Associate Clinical Professor of Medicine, Stanford University School of Medicine, San Francisco, states that anemia may be caused by insufficient or faulty blood production, by blood loss, or by excessive blood destruction. Fortunately, once the cause of the anemia has been ascertained, there are relatively few cases for which modern treatment will not prove effective.

The immediate aim of the treatment is to fight shock by (a) controlling the bleeding and (b) restoring the blood volume to normal as rapidly as possible by transfusing the patient with whole blood or, if not immediately available, with blood plasma or normal saline solution. Unless the patient is in general poor condition, that is in the absence of pre-existing anemia, the iron (hemoglobin) stores in the body should be adequate for restoration of a normal blood condition.

However, in a patient giving a history of bleeding prior to the present attack, in whom the blood reserves are thought to be below normal, a suitable iron preparation should be given. In the patient mentioned in the first paragraph there was chronic or persistent loss of blood, making it necessary to give frequent transfusions of blood.

My friend reported that a single transfusion sent the blood up from 40 per cent to over 800 per cent. "The factors known to be essential for starting up the blood-forming process or apparatus in the body include certain amino acids (proteins), minerals (iron, cobalt, copper, etc.) and vitamins, especially members of the B group which is now considered the most important of the vitamins, particularly vitamin B12, the great blood builder. Dr. Hall points out that just giving any brand of iron or any amount of iron to build up the blood is not scientific.

The treatment of what is called whether the deficiency is due to nutritional anemia depends upon

**Marven's CELERY and CHEESE STICKS**

Savoury party snacks

Look for Marven's Seal of Quality

## Home Economists Show Women How to Prepare Tasty Fish Meals

OTTAWA, (CP)—Canadians are being shown that some of the best meals of the week can be turned out on Friday's fish menus.

Recipes for fine fish dishes are pouring out from a spotless kitchen in the cellar of the West Block on Parliament hill, a stone's throw from the Peace Tower.

The recipes, for housewives and restaurants alike, show how good fish can taste when it's cooked properly.

The "dream kitchen" is run by the inspection and consumer service of the fisheries department. Formed here in 1950, it has branched out to Montreal, Toronto, Winnipeg and Vancouver. There are four home economists in Ottawa and one in each of the other cities.

They talk to women's groups, fair and university classes on cooking, recommending recipes they themselves have tested.

Marg Myers of Toronto, assistant chief economist, explains: "It's more or less a public relations job. We drum up public interest in fish."

The way they do it, it's good for both the fishing industry and cooks. They show films illustrating how fish should be cooked, give talks and demonstrations and print

hundreds of recipes for distribution across Canada.

The Ottawa kitchen is the heart of the service. The girls here make the recipes in a kitchen that would delight any housewife. It is equipped with a modern stove, a refrigerator, deep freeze and working counters.

"We take a basic recipe," Miss Myers said, "and perfect it with variations if we find it isn't up to our standards."

Titles of their books give an idea of what they turn out: "Canadian Fish Recipes," "Fish for Year-Round Salads," "Shellfish for Everyday Meals," and "Fish for Parties."

They are all available to the housewife. All she needs to do is write to Canadian Fish Recipes, Department of Fisheries, Ottawa.

Most recipes are worked out for six servings, the average family group. The department hopes to do more work in future for restaurants, hotels, railways dining cars and other public eating places.

"Canadian Fish Recipes" is the pride of the department, full of varied recipes with tempting pictures. It also tells how to buy fish, can it and prepare it for home freezing.

## DOROTHY DIX

### Buying A Home

DEAR MISS DIX: For the past few years we have been living in a high-rent district, 20 minutes away from my husband's business. Because of this convenience, he would like to buy a home here, but since property is so expensive, and we'd be saddled with a mortgage for the next 20 years, I would prefer a less exclusive section.

I have been working, trying to accumulate the money for a down payment on a house though I feel our two children really need me at home. If my husband would be willing to move farther out, we could go ahead with our plans. We could buy a house in a town not too far away, with excellent schools, more modern homes than we could get here, and a fine class of people. Surely it should be worth a little sacrifice on his part.

ANSWER: The simple premise whether to buy a house in an expensive neighborhood involving economic pressure or to buy in a lower-priced section where the financial transaction would be easier for you to handle, might seem to have but one obvious answer—the second choice.

However, there might be other factors to consider, which should be discussed with your real-estate broker and a banker. For instance, the older houses might be of so much better construction than the cheaper ones that they would be well worth the additional investment. Or one neighborhood might face a near-future population shift that would carry weight as to its desirability. Often residents leave old neighborhoods, taken over by

businesses—and concomitant dissatisfaction to families who aren't in a position to move.

Be guided by the advice of your broker and banker regarding your reallocation, but I do think you should do something about establishing a home as soon as possible. Continually paying out high rent will get you nowhere, and it's very obvious that working and trying to bring up a family is too trying for you. Your future should be based on the fact that you'll stay home and care for the children in your own home as long as you can. In your means so that you aren't constantly worrying over the tax bill or the mortgage payment. Owning your own home almost always entails some sacrifice from every member of the family, but the advantages are so many that the inconveniences fade into insignificance. The sacrifices, however, shouldn't be so enormous that they preclude any peace of contentment in the home. The loss of traveling sacrifice in the major project of establishing a home.

DEAR MISS DIX: I am 17 and considered very sociable. I am the life of every party I attend. My problem is that I can't make conversation with any one boy when I'm with him alone. On a single date I get absolutely speechless.

ANSWER: You've been so busy being the life of the party that you haven't had time to learn the art of conversing with any one person. Perhaps, too, you haven't been sufficiently interested in any particular boy to make the effort of concentrating on him. Time, experience, and the growing knowledge of social contacts will correct your fault.



## WHEN YOU SERVE CHICKEN . . .

Your family will enjoy it even more if you serve Ocean Spray Cranberry Sauce. You'll find that Ocean Spray does something wonderful for the flavor of any poultry. Try it soon.

**Ocean Spray** JELLED IN WHOLE

## Facts you should know about Baker's Bread

Naturally all Bakers attempt to offer you the kind of bread you like best. They all use the finest of ingredients, bake in modern plants and under the most sanitary conditions.

All Bread is baked and delivered daily to your favorite food store so that your chances of buying anything but fresh bread are, we hope, very slight. Even so, shoppers feel and even squeeze bread, to be sure that it is fresh.

Because of this "squeeze-test" some Bakers go to extremes in order to produce an exceptionally soft loaf. These Bakers actually under-bake their bread to create this softness. But under-baking is not necessary for softness and results in gumminess and a raw taste.

We, the Bakers of BUTTER-NUT Bread, will never under-bake in order to create the impression of extra softness. For the best flavor in bread, the loaf must be fully baked.

We believe our friends and neighbors want bread that is soft and fresh and yet has the better flavor that is only possible when bread is fully baked.

We pledge ourselves to always give you the better-flavor of fully-baked bread and rely upon our careful, daily baking and our experienced salesmen who make early and regular deliveries to the stores to assure you of complete freshness.

This we cheerfully and sincerely accept as our responsibility to you, feeling that you in turn will express your appreciation of the better flavor of BUTTER-NUT BREAD through continued purchases at your favorite food store.

Very sincerely,

**EASTERN BAKERIES LIMITED**

The Home of ENRICHED "BUTTER-NUT" Bread.



## ORANGE DREAMS

1/2 cup butter  
1 cup flour  
2 tablespoons icing sugar  
Cook until delicate brown

Then—  
2 eggs well beaten  
1 cup brown sugar  
1 cup dates  
1/2 cup walnuts  
1/2 cup cherries  
1 cup coconut  
1 teaspoon baking powder  
1/2 teaspoon vanilla  
2 tablespoons flour.  
Pour on above mixture and cool 1/2 hour.  
When cold ice with 2 1/2 cups icing sugar and juice of two oranges.

Mrs. Hinson Williams,  
Tyne Valley W. I.

## Morning Smile

His money is twice tainted: 'taint yours and 'taint mine. (Mark Twain).

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