

## ELLEN'S DIARY

By An Island Farmer's Wife

And now does the good earth, damped and warmed by June sun and shower, give of her best growth along the fields. We saw James stop in the yard on his way to dinner to regard the lines of seedlings in the field between laneside and pond today. Then he shook his head gravely as he presently entered the kitchen. "I'm thinking, mother," he said "that hoeing will be upon us before we are ready to commence it. And if we delay it, well, when we come to the last of them they'll be pretty tedious to do. I never in my life saw such growth!" A song-sparrow perched in a vine beyond the open door, a trim personable fellow trilled a run of notes, the lyrics of which we fancied intriguing. He sang of the new summer-time, just come and lying before us in a silken shimmer of heat above the pulsing fields. Full of life and hope were the lines, with not a thing about death. How could there be, with every tree and meadow and field vibrant with it? And tiny expectant nest?

"It's a song sparrow" we commented, settling ourselves in the old place at table opposite to James. "He has quite a song — for so small a fellow" James observed. "He has nothing much else to do these days" we offered. The sun beamed on the tiny uplifted head, but the vine cast a cool shadow on the floor of the porch beneath. "I bet he's telling her: 'Now don't you worry yourself a mite, dear. All you have to do is hatch them. I'll carry them loads of insects and worms. And won't they be the fine lads! And remember you're the girl for me!'" James smiled, sprinkling sugar on his helping of lettuce and adding vinegar drop by drop to lend it the required and pleasant piquancy. "She would know that without words. It stands to reason" he continued "if he built the nest and settled her comfortably there, he wouldn't have to declare his affection for her over and over again. If she has any brains at all" James nodded "she would know that herself. What would he take her for in the first place — if he didn't have a liking for her? Don't you see, Ellen?"

"All the same" we offered with conviction, letting our eyes rest on the soft green of a hayfield on the opposite slope, in which Mr. C's two mares lolled "knee-deep in June", "she likes to hear it again!" "And that's all very well" James nodded "but if she were as busy as he she wouldn't have time to be worrying over such nonsense!" "Now, listen" we giggled "I'll walk beside you" he insisted, but he doesn't indicate the length of time! "And I'll fetch fare for you and the small fry. I'd show you this minute if I could just find my confounded cap — this heat is hard on a fellow's head! And where did you say was the best place to find the juiciest worms? Yes, that's what I thought you said! And would you go by the lane or across the lawn? Dear me, I reckon that's a twinge of rheumatism I have in my shoulder!" "Humph!" James said, pushing back his chair and coming then to enjoy a few precious minutes with his newspaper in the old armchair.

"I couldn't commence to pick all the daisies that are open now" granddaughter declared today. "Nor the buttercups, or clovers! But the dandelions" she sighed, "do you know what's happened to them? They've changed their yellow to white!" "Listen: 'What do you do when your hair grows white, and the children come to play?' They take me up in their dimpled hands and blow my hair away!" Granddaughter nodded and smile broadly. "I did!" she said. "Until tomorrow — Diary — Good-night...."

## That Body Of Yours

By James W. Barton, M.D.

### AIDES OF THE MENTALLY RETARDED OR BACKWARD

Several years ago I wrote about a new occupation that challenges strong men and women who wish to devote their lives to helping the unfortunate patients in state and mental hospitals. Aside from providing a living, this work is of great interest, as those engaged in it are rewarded by the progress of the mentally retarded children and adults in their care.

The movement to enroll mental aides is sponsored by the National Association for Mental Health. Today thousands of aides are engaged in this work and a competition to find and reward the most outstanding Aides is held yearly throughout the United States. The purpose of making these awards is to focus public attention on the needs of the 1,500,000 mentally retarded people and to recognize the efforts of progressive aides in institutions for the mentally retarded in enlightened day-to-day work with their patients, are helping to improve the quality of the care and training throughout the country.

Retarded mental development is essentially similar, as far as body processes are concerned, to arrested or retarded physical growth. Children mature normally to a certain age, then cease to mature any further. There is no set age at which maturity stops in all cases precisely at not all normal or adult intelligences are equal. Despite this, each retarded individual can be helped through specialized and sympathetic care and training to make some use of his capacities and with skilled and supervised help become a working member of the community.

Retardation may be the result of injury or disease before or after birth or may be the outcome of factors which future study may reveal.

The winner of the highest award was Miss Eileen Bunyan, Monson State Hospital, Palmer, Mass., who came to this hospital five years ago and found a group of children who lived secluded lives, fought frequently, had slovenly habits, and had to be looked indoors. With the aid of the staff she organized outdoor games for these children, accompanied the children on hikes, organized troops of Boy and Girl Scouts. The children gradually began to help about the grounds and the cooking in the kitchen and formed a Glee Club. The doors of the institution were kept open permanently.

### Cook's Corner

**ORANGE CHEESE BALLS**  
One carton (8 ounce) cottage cheese, 2 tablespoons concentrated (frozen) orange juice, ¼ cup chopped walnuts.

Beat cottage cheese until creamy. Add orange juice and chopped walnuts, and blend until smooth. Form into six balls and arrange on one side of the platter. Garnish with halved walnuts.

**SAVORY CHEESE BALLS**  
One carton (8 ounce) cottage cheese, 1 tablespoon horse-radish, 2 tablespoons catsup.

Beat cottage cheese until smooth with horseradish and tomato catsup. Form into six balls and arrange on opposite side of platter to sweet cheese balls. Note: The combined salad serves 4.

**LEMON CREAM DRESSING**  
(Makes about 1 cup)

One tablespoon lemon juice, ¼ cup mayonnaise, 1 tablespoon sugar, ¼ cup whipping cream.  
Combine lemon juice, mayonnaise and sugar. Partially whip cream and fold in. Serve with cottage cheese salad.

## Morning Smile

By Roberta Lee

### Handicap

A timid soul at a Mid-West prize-fight put all his fears in his pocket and told the tough guy in front of him to stop bobbing up and down. The tough guy got very annoyed and turning round belligerently, said: "Whatsa matter w' yuh? Yuh wana fight?"

The timid soul considered a minute and then said: "I'll duel you."

The tough was startled, but decided to make the most of it. "Okay," he said, choose yuh weapons and I'll duel yuh."

"Very well," the other answered. "Grammar, at twenty paces."

### Leftover Milk

One can find many uses for leftover milk. If it so happens that there is a quart or more on hand, make a rice pudding, a custard, or a dish with a creamed sauce. Another pleasing way to use it is to have a slice of ham for dinner and bake it in milk in the oven for about an hour, adding milk as it boils away.

### White Silks

Try cleaning white silks by merely placing them between a layer of flour or cornstarch and wrapping in white tissue paper for a few days. Then shake or brush out the flour or starch.

### The Oiled Mop

Brushing the oiled mop with a whiskbroom, instead of shaking it, will free it of dirt and make it very fluffy.

### How Can I!!!

By Anne Ashley

#### Q. How can I prepare better hamburger steak?

A. When preparing hamburger steak add to each pound of meat one-fourth cup of bread crumbs and two tablespoons of water, and a much lighter mixture will be the result. For seasoning, use one teaspoon of pepper, and one-half teaspoon onion juice to each pound of meat.

#### Q. How can I brighten my mirrors?

A. A little spirits of camphor or alcohol rubbed on a mirror after it has been dusted will brighten it wonderfully.

#### Q. How can I prevent jam or marmalade from burning or boiling over?

A. Always butter the bottoms of the preserving pans before putting in the contents.

### Modern Etiquette

By Roberta Lee

#### Q. Does the bride remove her engagement ring before the ceremony or just at the time the wedding ring is to be placed on her finger?

A. She removes her engagement ring before the ceremony, either leaving it at home or transferring it to her right hand. Then, after the ceremony, she may place it over her wedding ring.

#### Q. Should a business letter always be signed personally by some member of the firm, or is a typewritten signature sufficient?

A. Every letter, whether business or personal, should be signed with pen and ink.

#### Q. When signing a letter, should the name be spelled out in full, or is it sufficient to use initials?

A. In a business letter, the name should be spelled out in full. In a personal letter, initials are sufficient.

#### Q. How should a letter be addressed to a person whose name is not known?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown and whose currency is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown and whose currency is also unknown and whose time zone is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown and whose currency is also unknown and whose time zone is also unknown and whose date is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

## Household Scrapbook

By Roberta Lee

### Leftover Milk

One can find many uses for leftover milk. If it so happens that there is a quart or more on hand, make a rice pudding, a custard, or a dish with a creamed sauce. Another pleasing way to use it is to have a slice of ham for dinner and bake it in milk in the oven for about an hour, adding milk as it boils away.

### White Silks

Try cleaning white silks by merely placing them between a layer of flour or cornstarch and wrapping in white tissue paper for a few days. Then shake or brush out the flour or starch.

### The Oiled Mop

Brushing the oiled mop with a whiskbroom, instead of shaking it, will free it of dirt and make it very fluffy.

### How Can I!!!

By Anne Ashley

#### Q. How can I prepare better hamburger steak?

A. When preparing hamburger steak add to each pound of meat one-fourth cup of bread crumbs and two tablespoons of water, and a much lighter mixture will be the result. For seasoning, use one teaspoon of pepper, and one-half teaspoon onion juice to each pound of meat.

#### Q. How can I brighten my mirrors?

A. A little spirits of camphor or alcohol rubbed on a mirror after it has been dusted will brighten it wonderfully.

#### Q. How can I prevent jam or marmalade from burning or boiling over?

A. Always butter the bottoms of the preserving pans before putting in the contents.

### Modern Etiquette

By Roberta Lee

#### Q. Does the bride remove her engagement ring before the ceremony or just at the time the wedding ring is to be placed on her finger?

A. She removes her engagement ring before the ceremony, either leaving it at home or transferring it to her right hand. Then, after the ceremony, she may place it over her wedding ring.

#### Q. Should a business letter always be signed personally by some member of the firm, or is a typewritten signature sufficient?

A. Every letter, whether business or personal, should be signed with pen and ink.

#### Q. When signing a letter, should the name be spelled out in full, or is it sufficient to use initials?

A. In a business letter, the name should be spelled out in full. In a personal letter, initials are sufficient.

#### Q. How should a letter be addressed to a person whose name is not known?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown and whose currency is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown and whose currency is also unknown and whose time zone is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown and whose currency is also unknown and whose time zone is also unknown and whose date is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

#### Q. How should a letter be addressed to a person whose name is not known and whose title and position are also unknown and whose address is also unknown and whose telephone number is also unknown and whose business hours are also unknown and whose postal code is also unknown and whose zip code is also unknown and whose country is also unknown and whose language is also unknown and whose currency is also unknown and whose time zone is also unknown and whose date is also unknown and whose time is also unknown?

A. The letter should be addressed to the person's title and position, if known, and to the name of the organization.

## The Jade God

By Mary Imlay Taylor

### CHAPTER I

"So you've come back, Mark Grant?" The old lawyer swung around in his swivel-chair and looked the young man up and down with an eye as cold as a lizard's.

Mark laughed. Liberty was sending golden bubbles through his veins; it was easy to laugh.

"I behaved well, Mr. Foadick," Mark said, his tone defying criticism, challenging; "they let me out a few months ahead of time."

"Humph!" Foadick grunted as he stretched out his big-veined hand to take a cigar and clip the end off. "I've no notion for new-fangled notions in prisons," he remarked dryly; "hot air, that's all; a man should serve his time."

Mark's blue eyes mocked, but he kept his face. Foadick had not offered him a cigar, nevertheless, he found a cigarette in his own pocket and lit it coolly.

"You've never been in prison, Mr. Foadick," he said. "When you've tried it you'll be quite favorable to new-fangled notions. I've had fifteen years' experience. I know!"

Foadick's gray face twisted into a grim smile. "I don't think I'll try it—not in your way. Let me see; how old were you when you went up?"

"Seventeen."

"Seventeen? Gosh!" The lawyer stared at him for a moment, incredulously. "I'd forgotten. A boy—and convicted of killing that old man, your uncle—to get his money, too!" he added reproachfully.

Mark's face sobered. His eyes darkened. "Convicted?" You call that travesty a fair trial?"

The old man recoiled slightly, but he steadied himself to face the young fury in Mark's glance. "It was a fair trial; I always said so; you appealed, too," he maintained his point dryly; then he put Mark's anger aside with a gesture. "I've no time to take that up. I dare say you've suffered for it."

Mark did not answer this; he had set his teeth hard to keep back the torrent of his anger. He

looked over the gray little man's head, out of the window; the skyscraper commanded a glimpse of the river, the sight of the water had a strangely tranquillizing effect.

His silence bothered the lawyer. He turned on him raspingly. "What do you want, Mark?"

"The young man put his hand in his pocket and drew out an old letter with Foadick's name in the corner. He laid it on the desk. "That says that Aunt Hurley left her money for me when I came out, and you have charge of it. I'm out, Mr. Foadick."

Foadick glanced at the envelope without taking it up.

"I see! Your Aunt Hurley's money brought you here mighty quick!" he remarked grudgingly. He had never forgiven the boy for Grant Barton's death. Of course he'd done it for the uncle's money. The motive was as plain as the nose on your face! "I drew that will. Her friends advised against it, but she would have her way. She always believed in you."

"God bless her!" Mark broke out, suddenly devout. For a moment he seemed to dwell on this in silence, then he said: "The will was proven, of course; you say as much in this letter."

The lawyer assented grudgingly again; it was plain that he had been among the friends who "advised against it."

Continued on page 11

### For Children's Stomach Upsets

For quick, happy relief, give Children's Own Tablets—designed for youngsters from 3 to 15. Speedily help soothe upset stomach, clean out bowels gently—yet thoroughly. Pleasant, easily-swallowed. Get a package today. Only 30¢ at your drug store. By the makers of baby's Own Tablets—our guarantee of a reliable product.



**Children's Own TABLETS**



## Come to life with Lipton!

IT SOOTHES AND REVIVES YOU AS NO OTHER TEA DOES!

Enjoy a bracing cup of the new Lipton Tea and you'll agree that no other blend of tea in Canada ever was so downright delightful!

Why is this? Because Lipton today, is a brand-new delicious blend of finer, costlier Orange Pekoe teas... and tastes it! Its bracing strength and freshness seem to seep into your bones. Your spirits rise. Food tastes more tempting. You come to life!

Don't put it off! Hurry to your store today and buy the new Lipton Tea—the finest blend Lipton has ever brought you. In packages or tea bags, you'll find no better tea anywhere at any price!

NO WONDER MORE PEOPLE DRINK

# Lipton Tea

THAN ANY OTHER TEA IN THE WORLD!



## DOROTHY DIX SAYS—

### Irritability

#### Patience Needed With Ailing Spouse Who Is Easily Upset

DEAR DOROTHY DIX: You can help me with a problem that has been bothering me for over a year. I have been married five years and have two children. We were very happy until a year ago, when my husband developed stomach trouble. Now he never comes into the house without finding fault with things. He doesn't like to be around people, and is positively rude to the neighbors when they drop in for a visit.

His own mother has told him he should try to be more agreeable. My friends wonder how I put up with him. My husband doesn't like me to go out, and my friends think I should get out at least once a week. I love my husband very much and would like to have the warmth and understanding in our home that used to be there.

ETHEL

ANSWER: To begin with, Ethel, for heaven's sake stop taking advice from your "friends." In a case like yours, neighborly advice, however well meant, can wreck a home like a bulldozer. If you want to take someone's advice, talk to your husband's doctor, and if he hasn't had medical treatment for his stomach condition, make every effort to see that he does get it, pronto.

Illness of any kind tends to make a patient irritable, but nothing works such havoc as a digestive disorder. The inability to enjoy food, constant nagging pain that makes rest, impossible, would ruin the disposition of a saint.

#### MAKE LIFE EASIER

It is up to you, as in every family emergency it is up to the wife, to recognize your husband's difficulties and to do everything in your power to make life comfortable and bearable for him. This will be no easy task. I know, but pain is not easy for the sufferer, either. Your

Continued on page 9



## SWALLOW A Voids TABLET

### Stop Breath & Body Odor

HEAD TO TOE PROTECTION

One tiny Voids Tablet a day positively stops all perspiration odor from the entire body surface—Head to Toe—and bad breath from stomach causes. To stop breath odor after drinking, onions, garlic and spicy food, chew one Voids Tablet.

25¢ - 1.25

HEAD TO TOE PROTECTION

## -Needlecraft-

FOR THE HOME

**DETACHABLE PEPLUM DRESS**  
Definitely one of the season's outstanding double duty styles! Besides being the basis of many accessory changes, this simplicity-wise dress has a detachable peplum which can be added or subtracted at a moment's notice.

No. 2300 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42 and 44. Size 18, 2 3/4 yards 39-inch; peplum, 1/2 yard 36-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. 2300



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_



2300  
SIZES  
12 - 44

AT BENCH OR DESK

## HOLMAN'S Little Shop

ON KENT STREET

# Friday Feature!

## Shop Friday at Holman's 94th. Birthday Party

# Get a Real, Live VANDA ORCHID

(Brought by air from the Hawaiian Islands)

## FREE!

With Any Purchase On Friday In The LITTLE SHOP

Yes, It's An Orchid to You! By Shopping on Friday you'll be given a Real, Live Vanda Orchid FREE (while they last). The Vanda Orchids are coming direct by air from the Hawaiian Islands to good old Prince Edward Island and HOLMAN'S, of course, for our 94th Birthday Party! Naturally every woman will want one... And every one who shops in The Ladies' Wear — The Accessory — The Sportswear — The Lingerie — And The Shoe Departments on FRIDAY, June 29th... You'll be One of the Lucky People — You'll WEAR AN ORCHID!

## HOLMAN'S LITTLE SHOP

ON KENT STREET

Don't Forget Charlotte-Town's FESTIVE WEEK—JULY 1-7