



### ELLEN'S DIARY

## Happy Birthday To You Sing We All To James

So nice a day was this one, born in the flame and gold of the dawn—a morning diamond-encrusted, pleasingly crisp and clean. Stopping on a veranda, or in the yard—or maybe at the house-corner, where on an ancient thermometer we take the pulse-beat of the frost, we never fail to be amazed and always humble in the reverence and love of the new day.

The peace of the winter—farmslands reaching up and down the valley, the fields into their rest; the whisper of a young fresh wind down from spiced green aisles up the creek, sunlight bright on the hilltops—how engaging it all is. How beautifully—with what deft touches and blended colors Mother Nature sets her fascinating pastorals about.

A stillness wide and deep prevails. Sparrows twitter about the yards. Not disturbing the silence but rather enhancing it. Smokes rise: the taupé of the wood-smoke and inhaling the aroma of the morning, one catches its fragrance, and from some other farmstead about the sharp scent of coal.

Now a car moves into the silence, the chains for the icy length accenting the passing. Someone off to town to work. And it comes to mind as another follows that this commuting from farms now a recognized and accepted way of life leaves the occupation the poorer.

Or does it as some declare need fewer farmers in this machine age? And therefor these who go out are our surplus? Will then the brotherhood become increasingly less as the years go? Will the farming swing back as would seem the trend to the landed proprietors of olden Island days?

And what of the neat holdings that not so long ago maintained

### MARY HAWORTH

## The Guilty Ever Tremble

Dear Mary Haworth: I have been reading your answers to problems of various people. I hope you will discuss my problem as soon as possible.

I have been married a few years and my relationship with my husband is quite normal. Recently I became very friendly with a nice young man whom I adore; but there is no misbehavior on my part with him.

Now he has to go away to another town and we want to correspond with each other. Should these letters be read by or to my husband? Has he got the right to see the letters I receive? If he sees the letters, what will be his reactions to the few comments my friend makes about me, my house and my talents?

I am afraid my husband may misunderstand, and I dread the consequences. Please advise me in this matter. Thanking you for any help you might give, I am, sincerely, V.Y.

### GUILTY TREMBLE

Dear V.Y.: As you know, proverbs (or folk sayings) contain the wisdom of the ages, reduced to essence. They tell the truth in a nutshell. And on reading your letter I am reminded of the saying: "The guilty ever tremble."

You have a guilty mind about your desire to further a correspondence with this young man, and thus perpetuate and pursue a disorderly relationship with him. Disorderly in the sense that it is a form of embezzlement against your marriage; it is treachery of sorts, a breach of emotional integrity, a knowing split in loyalty, in your behavior as a wife. It confirms a course of action, and promotes a brand of feeling on your part that is irregular, confused and divisive.

It spells trouble of sorts for yourself and the two men most intimately concerned—trouble that will be proportionate to the

each one its family, graciously and in most instances admirably well? Built and kept too, their churches, the school and the district hall, and gave for the most part their trade to a store which at a crossroads nearer, in an era which to look back upon was thrifty and good. In any event we cannot go back. The land will manage to keep those enamoured of its ways.

One whose heart is in the occupation not only as a means of livelihood but also as an ideal way of life, reached another anniversary of his birth today. The milestones come quickly now.

"A year older," Ellen he commented at breakfast. "No one can stay time!" Hair a bit whiter, the will to do and the strength to support it, not aligned quite so well as once. Nevertheless, steps are still brisk and interest unabated. Plans continue—"This we must do this summer... or if we can't get round to it, the next year sure."

"This is a secret!" Mack confided this evening. "Would you have some candles for a birthday cake?" he quired.

So by special invitation James came to his birthday supper at the house across the lane this evening—another year over his head, precious years now that they wing more smartly away. A sigh for the olden golden years, a happy smile for the present.

"I didn't have you this time last year" he said patting Alex's head fondly. The baby gurgled a pleased four-toothed return.

"Just how old are you?" Mack questioned soberly.

"Well this much is certain—I'm not getting any younger!" James chuckled.

Until tomorrow — — — Diary—Good-night.

degree that you care for one another.

DANGEROUS RISK This potential danger casts its shadow ahead, across your thought-feelings. Already you stand accused by your own conscience on that score. You feel "in the wrong" about your desire and intent to man-chase in this instance, as if you were single—even before any reproach is voiced. And your intuition in the matter is sound.

So stop throwing dust in your eyes, with such nonsensical considerations as whether your husband would have a right to read the love letters you visualize. As for his reactions—if he has good common sense, he would be angered and shamed by your treachery; and appalled at your lack of foresight and weakness of character, in embracing passing temptation with foolish fervor.

It is your husband's clear understanding of your folly, not his "misunderstanding," that you dread. Thus my advice is to face that fact and nip trouble in the bud, by NOT corresponding with the "adored" young man. Instead, thank God that he is going away to another town; and let him alone, to find legitimate heart-interests in the field of work and mind.

M.H.

THREATENS WIFE Dear Mary Haworth: Some

BURKE Jeweller Opposite Dominion Stores Large Selection of Beautiful Diamonds of Quality. It costs no more to use our Credit Terms. WATCHES GUARANTEED 5 YEARS

# Women

Lena Caroline McLure, Women's Editor. Phone 8500

Page 10 The Guardian Thurs., Feb. 13, 1958

## HAPPENINGS

Mr. and Mrs. Kenneth A. Parker leave Saturday for Ontario. Mr. Parker will attend the educational conference in Ottawa. Mrs. Parker will visit her son and daughter-in-law, Dr. and Mrs. Ross Parker in Toronto.

Mr. and Mrs. Sheldon Carson spent the past weekend in Halifax. They had the pleasure of seeing their son, Dr. James Carson of Halifax and their daughter Julie who came up from Kennebec. Julie is the music teacher in the Hants County Rural High School. Miss Carson is at present busily preparing for the presentation of the operetta—"Hearts and Blossoms." As well as seeing their children Mr. and Mrs. Carson saw many friends.

Mrs. Colin McLure of Brookton months ago you advised a young woman who was becoming involved with a middle-aged married man. What would be your advice to a wife who thinks her husband is becoming too interested in a much younger woman?

Dear G.F.: I would advise the wife to love her husband, with re-activated awareness of his true self; and with renewed appreciation of the privilege of sharing his life. And to take a creative interest in making best use of her full potentials as a woman. And to be thoughtfully as attractive to, and considerate of him as she was in courting days. And to pray—"stirring up God's power," (as the Missal says) in support of their unity. M.H.

COAL AND FUEL OIL  
● Highest Quality Coal  
● Stove and Fuel Oil  
● Burma Propane Gas  
ARNFAST LIMITED  
DIAL 6553

give your Valentine  
*Laura Secord*  
CANDIES  
All Laura Secord candies are specially wrapped for St. Valentines' Day.  
The JENKINS PHARMACY  
159 GREAT GEORGE ST. DIAL 4219

SPRINGHILL Mr. and Mrs. Aubrey MacLeod, Springhill, are spending a few days at the home of Mrs. MacLeod's parents, Mr. and Mrs. Arthur Hutchinson, Ellerslie. Friends of Miss Dorothy Campbell, Mount Pleasant, will be pleased to learn that she is improved in health. Mrs. Gerald MacArthur, Springhill, was a recent visitor at the home of Mr. and Mrs. Eric Trowsdale, Summerside. Mr. and Mrs. Gordon Cotton and children Allan and Beth were recent visitors at the home of Mrs. Cotton's mother Mrs. Margaret Green, Springhill. Mr. Frank MacKinnon, New Haven, was a recent visitor at the home of Mr. and Mrs. Roy Ramsay, Springhill. Mr. Ralph Ford, Jr., who is attending Summerside High School, spent the weekend at the home of his parents, Mr. and Mrs. Ralph Ford, Springhill. Mr. and Mrs. Fred Thompson and daughter Doreen, Halifax, N.S. were weekend visitors at the home of Mr. and Mrs. Claude MacArthur, Springhill. Mr. and Mrs. Allan Moore and from the 16th century.

DETAILED WITH CARE  
Soon available in smart stores is a series of slim suits in light tweeds. Perfect under winter coats, come spring they will take to the sun with furs. Hurlenhilgh does such a suit in olive green tweed tailored in a semi-fitted line. The jacket boasts such hand-

## Good Health Rules Are Given Out For Canadians

The first week in February was Health Week in Canada. The Dominion asked its citizens, especially its young growing citizens, to eat for health. We are asked to choose our food with future growth and welfare in mind.

1. How does food benefit the body's welfare? Food helps the body grow and develop. Food is good when it is easily digested, pleasant to take and not injurious in any way.

(a) Food should include those substances that help the regular processes of the body, as for example, water and mineral salts. Ample water resources are absolutely necessary for health.

(b) Food supplies energy. Sugar and fats stimulate the body, increase its capacity to work, and help it to withstand physical strain and fatigue.

(c) Food serves the processes of growth, as for instance the proteins of meat and milk.

(d) Food can be stored in the body for later use if not needed immediately.

2. Some people drink alcoholic liquors at meals and between meals. Have such beverages food value?

Let us examine that question to see if wine, beer or whiskey are in harmony with these principles about the uses of food.

3. Does liquor help the regular processes of the body like water?

No. The alcohol in these beverages has an affinity for water, and is able to absorb this needed water from the tissues

### HOUSEHOLD HINT

Cut down wear and tear on a child's room by putting rubber tile or sheeting around the walls at the lower level.

This not only makes an attractive type of wainscoting, but it will also absorb kicks, crayon marks and scuffs that might otherwise do permanent damage to the walls.

### POPE EXHORTS AIDES

VATICAN CITY (Reuters)—The Pope told 200 Roman Catholic religious leaders Tuesday that the church needs a compact and disciplined body of men to face Christ's enemies. He urged the heads of orders to admit only young men who are in every way suited to the task.

### WIFE PRESERVERS

Give your good silver extra cushioning by cutting pieces of cotton competing to line your silver drawer. An extra advantage is its easy washability.

### TUNE IN TO

\$5000 A DAY  
1:00 P.M. C  
YOU CAN WIN A NEW

### MORRIS '1000'

EVERY TWO WEEKS



BUY AYLMER PEAS BY THREES!

57-4

some detail as tabs over buttons and a finely stitched, winged, notched collar. Great emphasis is placed on the curved torso and bust seaming, so important to perfect fit. Incidentally, green is shaping up as a very important hue for spring.

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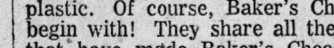
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## CONFIDENTIALLY YOURS

—by Byrne Hope Sanders

MONTREAL, Feb. 13th—Freshness is so important to finest chocolate flavor. That's one of the reasons why you'll enjoy greater baking satisfaction when you use BAKER'S CHOCOLATE CHIPS. The smooth richness and perfect freshness of Baker's Chocolate Chips are protected by an exclusive new package—aluminum foil, lined with paper and air-tight plastic. Of course, Baker's Chocolate Chips have better flavor to begin with! They share all the benefits of the skill and knowledge that have made Baker's Chocolate first choice of generations of good cooks. I can assure you that Baker's Chocolate Chips—plus the recipe on the package—make the grandest cookies your family ever ate! Try them.

SOMETHING FRESH AND GAY... for dessert tonight, to lift your menu from the winter doldrums is Crazy Mixed-up Puddin' made with ROYAL INSTANT VANILLA PUDDING. It's something very special—look how easy it is to make, too!

Crazy Mixed-up Puddin'  
2 cups cold milk  
1 pkg. Royal Instant Vanilla Pudding  
1/4 cup seedless raisins  
1/4 cup chopped/marshmallows  
1/4 cup chopped nut meats

Pour milk into bowl; add Royal Instant Vanilla Pudding as directed, top with whipped cream. Makes five scrumptious servings. It's fun to invent ideas for your own Crazy Mixed-up Puddin'. Add other variations—marshmallows, diced fruits, shredded coconut, chocolate chips, crushed pineapple. Think of anything else!

FOR YOUR TRUE LOVE, TOMORROW, BAKE A CAKE—bake a pie—make something glamorous in the Valentine mood. And remember what I've been telling you—use the right kind of flour—cake and pastry flour, created for cakes and pies that are a dream of goodness! I'm suggesting that you use MONARCH CAKE AND PASTRY FLOUR, because I really believe it's the best... a perfection of milling by experts. Modern recipes usually specify cake and pastry flour but you can use your old-time recipes by adding two tablespoons extra, per cup, when you use wonderfully light Monarch Cake and Pastry Flour... Just try it... yum-m-m!

I DO URGE YOU TO GIVE YOUR FAMILY the benefits of a delicious, and nourishing hot cereal these mornings! And, as I think you know, I'm most enthusiastic about RED RIVER CEREAL. Mother served it to us—and I in turn to my family. Everyone enjoys the flavoursome blending of cracked wheat, rye and flax. It is important, too, for every type of person—the bolsters little ones who need energy—the out-of-door workers and those in industry, too. And the ones who sit at desks all day... or the older folks... find Red River guards regularly. It's quick-cooking; money-saving; and delicious!

Here's a lighter, finer textured bread that's tailored for toasting, ideal for sandwiches and the perfect partner for every meal—it's freshness and flavor sealed-in with Lane's bright yellow plastic wax wrappers. It's at your Grocers today!

ANOTHER FIRST FOR LANE'S!

At Last! the NEW bread you've been waiting for!  
Lane's Toasty Twist  
FRESH EVERY DAY—AND FRESHER FOR DAYS!  
Here's a lighter, finer textured bread that's tailored for toasting, ideal for sandwiches and the perfect partner for every meal—it's freshness and flavor sealed-in with Lane's bright yellow plastic wax wrappers. It's at your Grocers today!  
ANOTHER FIRST FOR LANE'S!

QUALITY!  
... we carry the high banner of quality but keep our prices low!  
TAKE ADVANTAGE OF HEINZ QUALITY PRODUCTS THIS WEEK  
D. & F. BRAND SAUSAGES lb. 49c  
A DOZ. CARTON LARGE EGGS ... 39c  
Shoulder ROASTS lb. 49c  
Sirloin STEAK lb. 69c  
\$100.00 in Prizes each week for 10 weeks. 18 winners each week. Limited Certificates in BROILERS you buy.  
CLEANED OVEN READY  
BROILERS ... lb. 49c  
EXTRA SPECIAL HANDY 10 OZ. CANS TOMATO JUICE  
HEINZ BEAN RAREBIT  
1 15-ounce can Heinz Oven-Baked Beans in Tomato Sauce  
1/4 lb. (1 cup) grated process cheese  
10 FOR 1.00  
CHICKEN 3 5 oz cans 99c  
FLAKED TUNA can 19c  
PICTOU—20 OZ. PEAS 7 cans \$1  
BUTTER 2 lbs. 1.32  
2 for 39c  
HEINZ CONDENSED CREAM OF TOMATO Soup  
2 for 25c  
HEINZ BABY FOOD  
STRAINED FOODS JUNIOR FOODS MEATS FOR BABIES  
3 TINS 32c  
FREE DELIVERY DIAL 8589  
THE BEST SHOP TO SHOP BE