

ELLEN'S DIARY

By An Island Farmer's Wife

That Body Of Yours

By James W. Barton, M.D.

We started this new week away by making a pot of soap this morning. Not of the more select non-bolled variety but of the kind which takes in every scrap of rind and cracknel, and bit of lard or other shoin'tin' over-looked and stale. Recipe? We have none. Nor do we perform weighings or measurements because down the younger years using the exacting rule of trial and error, which may include sighs and dismay and a sprinkle of tears, we have, we may say, learned the touch. White? Not always, because the color depends on the quality of the grease used. But, nevertheless, effective we find and most satisfying in many an application of cleaning. "Why don't you say to me: 'Now you mustn't be wasting soap?'" granddaughter queried on a recent day when—for a pastime she dabbed neat hands in a charmingly frothed basin in the kitchen-sink. "Is it because this is homemade?" she continued. "No, it's nice that grandmothers have it for little girls to make bubbles with, isn't it?" she commented gravely. It was she, however, that turned away from our door today after a sniff. "So you're boiling a pot of soap?" she said. "Well, I'm not very fond of the smell!" "But it's clean, we offered. "Yes," she agreed with a nod "but it's not pretty!"

And another smallish girl came to mind and the soap-makings of long ago. That was a lonely day, when the alert managing-hand of our household was missing from her place indoors and the odd remaining chores left with an incompetent substitute. She was presiding over the bigish cauldron in the boiler-house, an annex of the piggery, where, always one to be up betimes and most punctual in carrying out her duties, she had repaired following the earliest and settled affairs of the morning. Thither already the years accumulation of grease, the savings of butchering of hogs and beef was carried, pails of water too, and tins of lye in a number. Smoke spiralled from the chimney and if one came to the door as the hours wore slowly towards mid-morning it was to look into an odorous place where a fire burned brightly on a hearth above which a mixture bubbled and rolled in golden waves that threatened to overflow. And would have had it not been for the continued watchfulness of the one who guarded against that calamitous possibility, by adding cold water to the mixture to stop the threat.

It was a privilege, notwithstanding the pungency of the odor of boiling grease and lye, if one was allowed to advance close enough to view the lively mixture and enjoy the magic of the open fire. As we recall it our stay was usually brief. It was abruptly ended by such queries as: "Are you attending to the fire in the house, Ellen? Have you put on the vegetables yet? Then you had better spread the table... this is about done, I would say—we must have the dinner on time!" And the abundance of generous cuttings of soap that was taken from there the next day: A full year's supply, for machine and tub, for dishes and cleaning and always some to give away to those housewives not so fortunate in their store. In that girlhood home of ours by the Strait, as well as, we suppose, in every Island farm-home, the practice of the annual spring soap-making has now disappeared, gone with many another old custom, then a part and parcel of the year. Yet still there, an odd pot of it takes care of the scraps of grease and it is not unusual for us as we come away from a visit to carry with us a cake of her homemade soap, which along with its virtues contains for us some of

HOW HYSTERIA IS CURED

Some individuals, mostly young women, at times seem to lose control over their acts and emotions. This is called hysteria. In The British Medical Journal, Dr. A. Barham Carter reports the course of a number of patients who showed clear-cut hysterical symptoms. They were treated in a simple manner and were followed four to six years after discharge from hospital. One hundred patients with various hysterical symptoms were selected from 212 consecutive patients entering hospital diagnosed as having hysteria. They were all seen as in- or out-patients of two large civilian hospitals from 1939 to 1943. Their symptoms were so easily recognized as hysterical that their progress was readily followed.

Each of the selected patients showed one of the following symptoms: amnesia (loss of memory), aphonia (inability to speak), blindness, fits, paralysis, trembling or vomiting. Progress or lack of progress was judged simply on the presence or absence of the above symptoms after a given time. If relapses occurred and how often. The treatment consisted of direct suggestion, indirect suggestion, hypnosis or suggestion while under the effects of a certain drug. Suggestion treatment was followed by a simple but important routine. No one was allowed to ask the patient how the affected part was, and full recovery was accepted as already complete. The patient was then given two or three interviews and his or her story was listened to sympathetically.

All 23 patients with amnesia (loss of memory) recovered their memory within seven days, 18 of them on the second day after help of direct suggestion or mild hypnosis. All 29 patients with aphonia or loss speech recovered their voices with direct suggestion and without much difficulty. Three patients with blindness were treated with hypnosis; they recovered and are now well and happy. Six patients with hysterical fits were treated by indirect suggestion, no importance being attached to the attacks. With this treatment, attacks became less frequent, two had no further attacks and the attacks were replaced by attacks in the other four.

Of 23 patients with paralysis, 15 recovered immediately under hypnosis or thiopentone. All 10 patients with hysterical tremor recovered completely and 5 of 6 with hysterical vomiting recovered. As we study the above figures we can easily understand the great need for psychiatrists and why there is such a shortage of these specialists.

Household Scrapbook

By Roberta Lee

Cleaning Kale

When cleaning kale, if a handful of salt is added to the second water, it will cause all the sand to sink to the bottom of the pan. Another rinsing will then make the kale thoroughly clean.

Cretonne

The next time it is necessary to launder the cretonne covers, or any other cretonne articles, try washing them in bran water and see if they do not retain their colors.

Safety Precautions

Never pass an exposed nail without stopping to remove it. It will more than likely save an accident, either to a person or clothes.

the charm and loveliness of the young years. Until tomorrow -- Diary -- Good-night...

-Needlecraft-

FOR THE HOME

CAPE COSTUME

The ensemble is one of the easiest ways to enlarge a little girl's Spring wardrobe, too! It could be this cape and puff sleeve dress; both have nice detail in rounded collars and panel-yoke lines. No. 2435 is cut in sizes 1, 2, 3, 4. Size 2-dress, 1 1/2 yards 35-inch; cape, 1 1/4 yards 54-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 some number in your address.

Address Pattern Department, The Chatelottetown Guardian.

Pattern No. 2435

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Help Husband Look His Best

There are times in almost every married woman's life when her wedding ring seems to change into a handoff. This is particularly true on those occasions when a beautifully turned out wife must walk into a social situation coupled with an untidy, poorly-groomed husband.

If your husband's don't-care appearance is robbing you of the chance to function as half of an attractive couple, now's the time to give him a gentle nudge in the direction of good looks. Nagging does no good, as any wife who's tried it can testify. Instead of pointing out the condition of your spouse's shoes, try presenting him with an efficient shoe-shine kit. This may be nothing more elaborate than a collection of polishes and brushes in one corner of a kitchen drawer. The important thing is to keep the equipment handy. You might find the care of your own shoes less a chore, too, with all cleaning essentials assembled in one spot.

If your husband can't be bothered with keeping his clothes free of lint and dust, you might awaken his pride with a handsome nylon brush. The job of keeping the brush washed will probably fall upon your shoulders, but this is a small task when you soak it, along with your own brushes, in a detergent solution to loosen the dirt. Remember, too, to keep his hairbrush and combs as spotless as your own.

Dormant masculine vanity can sometimes be aroused by simply providing a priming place for him. If your husband's comb is kept in the medicine chest along with a walter of unattractive bottles, or if his hair-grooming preparations get shoved out of sight behind cosmetics on your vanity, it's no wonder he gets discouraged and gives his hair a lick-and-promise treatment.

Even if the bathroom mirror is the only feasible one in the house for your husband's grooming rites, see to it that he has at least one small set aside for his own things. A little effort on your part will go a long way toward making your husband look as neat as you do.

Uses Check Facings

Jean Dessea gives French chic and a diagonal slant to a plain jacket by the use of check facings. The jacket edge is thrown back from collar to hem and an ample diagonal fold that complements the turn-back of the opposite peplum edge. There is no buttoning to disturb the clean-cut line from collar to neck to hem. The waist is held by a narrow belt.

Whether English or French, button-styling is interesting and smart. Charles Creed give a military look by means of button-taps bridging the gap to a jacket that is not quite edge-to-edge. Matching buttons down each side give a triple-button effect.

When a "dandy" look is achieved by Jean Dessea in a double-breasted jacket that buttons only to the waist, the peplum is cut away in a long oblong, the edges of which are decorated with buttons from waist to hem. An apron front is the work of Pierre Balmain. A double-breasted jacket is buttoned from collar to just before the waist. This gives a squared lap-over effect to a curved cut-away peplum.

Hardy Amies accentuates a double-breasted jacket by means of a wide double curve. The outward curves at bust and hips are complemented by double buttoning. The inward curve at waist has only one button. This gives a distinctive five-button effect.

Better English

By D. C. Williams

1. What is wrong with this sentence: "Here are a pair of stockings, which I think are somebody's else's." 2. What is the correct pronunciation of "affluence"? 3. Which one of these words is misspelled? Punctilious, pulchritudinous, persuance, putrefaction. 4. What does the word "stability" mean? 5. What is a word beginning with em that means "to make beautiful as by ornaments"?

Answers

1. Say, "Here is a pair of stockings, which I think is somebody else's." 2. Pronounce af-lu-ens, as in at, u, as in unit, accent first syllable, not the second. 3. Punctilious. 4. State or quality of being firmly established. The stability of the new government was to be proved." 5. Embellish.

How Can I!!!

By Anne Ashley

Q. How can I make a good mending cement for use around the home? A. A good cement for mending almost anything around the home can be made by mixing 1 quart of wood ashes, 1/2 cup of table salt, and enough water to give proper consistency. The dark appearance at first will afterwards turn almost white.

Q. How can I soften and whiten the hands? A. Mix one ounce of glycerine, three ounces of bay rum, 1/2 dram oil bergamot, and apply. Or, rub well at night with olive oil and wear sleeping gloves.

Q. How can I remove a musty odor left in a bottle or jar, after the contents have been removed? A. Tear a newspaper into small pieces, stuff down into the bottle or jar, and this will absorb all the odor if left there for a few days.

SAIGON, Indo China, May 3

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Individual Jellied Salads

Easy, inexpensive, and a dish to make the most of a small amount of leftover meat or poultry. Combine a couple of kinds, if you like—chicken with ham or tongue, tongue and ham used together, a leftover pork chop and a little chicken. Hard-cooked egg will fit in with any of the meats. The soups provide an interesting ensemble of flavoring and seasonings and, of course, the most interesting and colorful group of vegetables.

Yield—Eight servings. 2 tablespoons plain gelatine 1 1/3 cups cold water 1 can (10 ounces) condensed vegetable soup 1 can (10 ounces) condensed consommé 1 cup diced cooked meat 1/2 cup finely diced celery 2 tablespoons sliced green onions

Combine the gelatine and the 1/3 cup cold water and let stand five minutes. Turn the vegetable soup into a saucepan and gradually blend in the consommé and remaining 1 cup water. Heat just to boiling point.

Remove soup mixture from heat, add softened gelatine and stir until gelatine is dissolved. Chill mixture, stirring occasionally, until beginning to thicken. Fold in the diced cooked meat, celery and onions.

Turn into individual moulds which have been brushed lightly with salad oil and chill until firm. For serving, unmould salads and serve with mayonnaise or other thick dressing and salad greens.

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Button Styling Special Factor In New Clothes

(By Muriel Narraway, Canadian Press Staff Writer)

LONDON. — (CP) — You may think a suit just a skirt and jacket with buttons and pockets fulfilling a useful purpose. If so, take a look at the latest couture designs shown in both London and Paris and you'll see just how wrong you can be. On close study, buttoning will emerge as a fundamental part of good design, as individual as a thumbprint.

And like a thumbprint, there is a lot of variation. For instance, compare the many methods of fastening used by leading designers on both sides of the Channel. London's Victor Stiebel gives importance to the peplum of a plain, classic suit by curving the front and ending the cross-over in a sharp diagonal point, secured by large buttons. Buttoning from waist to bust is then perfectly straight, lending even greater emphasis to the diagonal peplum slant.

A slit afternoon suit by Digby Moron with straight buttoning from bust to hips has scalloped hem to the jacket front. Draped pockets give hip emphasis and the loose ends to a pocket bow, flowing freely, give side interest to the skirt.

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