

ELLEN'S DIARY

By an Island Farmer's Wife

We did our first stitching, we recall, under the kindly guidance of a grandmother whose name was Ann. We can see her yet, seated in the old rocking-chair which to our mind is still hers, and we a little, wondering girl on the sofa beside . . . and beyond the small-paned window, summer on the fields. And from the porch on the other side of the closed door where with the coming of warmer weather the cook-stove had been installed, came the muted sound of much activity as a mother industriously cooked and "did for" her growing brood.

And the scent which tantalized nostrils, and returns after more than a half-century to mind, was of the loaves of bread and the rolls or other baking always done in good time. "Surely you're not going to make a cake at this hour of day, Ellen?" mother had inquired with obvious amazement when high noon was past and we casually commenced the like. "But what were you doing all morning . . . that you are baking now? That's something you never saw me do—unless it might be the last loaf of bread of a big batch. "And never did the Sunday-oven hold more than a pie or a pan of doughnuts."

"Ay, it's over-sad, that's what it is" we recall the sober comment of one of two chatting housewives of the long ago. "Indeed it's far from what I would expect of her mother's daughter. But that's what I'm told—she leaves some of her baking for the Sabbath." This of a young wife of the community. "Well, mark my words" the other nodded, "there'll be no good come o' desecrating the Lord's Day like that! Isn't it terrible the goings-on of these days? Flying in the Face of Providence, I call it. My my—our forbears would turn over in their graves, could they know it. Ay, their rest would be sadly disturbed, I'm thinking."

Continued on page 9

Garden Topics

By GORDON LINDSAY SMITH

Doubling Up

Where space is limited or where one wants to get the maximum out of the vegetable garden, there are various ways of growing two crops or practically so on the same piece of land. Of course where one goes in for this intensive sort of gardening, extra fertilizer is essential and the soil must be well worked and rich. In this double cropping business we alternate rows of an early kind with a later one, for instance, radish and carrots or lettuce and beans or peas and potatoes. We also have less space than normal between the rows, if necessary no more than 12 or 15 inches. The early stuff, of course, comes on quickly and is used up before the later maturing vegetables require full room. Another practice is to follow the harvesting of the first vegetables like the peas, lettuce, spinach, radish, early onions, etc., with another sowing of the same or something else that will be ready say in August or September. Then there are certain crops like squash, pumpkins that we can plant in the outside rows of corn, or we can have staked tomatoes along the end of any vegetable row and cucumbers along the fence.

With flowers, too, it is possible to get double crops, in fact nearly all gardeners do, and some have even three. Amongst the spring flowering bulbs they set out well started petunias, asters, zinnias, marigolds, etc. These come into bloom within a short time after the last tulips, and in some cases the first of these are followed again by later set out plants or by annuals from seeds such as nasturtiums, alyssum, cosmos, etc. By

Morning Smile

A young soldier was hit by a bullet in a battle. Thinking he was mortally wounded, he whispered to a friend: "Write to Mamie. Give her my love, and tell her my last thoughts were for her. Carbon copies to Sadie, Peggy, and Kathleen."

Continued on page 9

Charlottetown Hospital Graduating Nurses



Pictured above are the 1952 graduating nurses of Charlottetown Hospital who received their diplomas in an impressive ceremony on Wednesday, May 28, in the Holy Redeemer Community Centre.

In the class are: Standing, back row, left to right—Jean Aylward, Marjorie Murphy, Helen Lannan, Anna MacKinnon, Mary Callaghan,

Margaret MacKinnon, Larena Rooney, Alicia Mullally, Noreen Shrean, and Glenn Curley. Seated, left to right—Teresa Gaudet, Leona Fisher, Julie Prosper, Sister M. Hermina, Anne Campbell, Teresa Cash, Dorothy White, Stephanie Gaudet and Elizabeth Fisher. Flower girls, standing, are Joan Connolly, Joyce Connolly and Mary Evelyn Connolly.

—Photo by Meyers.

That Body Of Yours

By James W. Barton, M.D.

DIET AND APPENDICITIS

I have written before of what was known as the Philadelphia experiment, in which the physicians of Philadelphia were able to cut down the death rate in appendicitis to the lowest rate known anywhere. These results were obtained by making sure, before every operation for appendicitis, that no food or laxatives were given.

In "Archives of Surgery" in the Netherlands Medical Journal, Dr. L. W. Van Ouwkerk states that from a review of literature on the subject, he has gained the impression that acute appendicitis is comparatively frequent and dangerous in Northern Europe, America and Australia. Among the native population in Asia and Africa, but not among the Europeans living there, appendicitis is rare. When the natives eat the richer diets of Europeans, then they have a larger percentage of cases of appendicitis.

Before World War II, appendicitis was fairly frequent and serious among the Dutch, both in Europe and Indonesia, but during the war the percentage of cases in the Netherlands decreased. With a diet consisting of inadequate or insufficient amounts of rice, coarse vegetables and almost no meats or fats such as was given to Dutch women and children in a Japanese internment camp, appendicitis almost disappeared. This seems to show that there is a relation between diet, particularly the fat content, and the number of cases and death rate of appendicitis. It would appear from the above that the eating of fat foods is a cause or a partial cause of appendicitis.

While Dr. Ouwkerk does not mention the fact, we learned as students that disturbance of the gall bladder is frequently found with appendicitis. Many surgeons, in operating for appendicitis, enlarge the abdominal opening so that they can investigate the condition of the gall bladder and, if necessary, perform any surgical operation they find necessary.

It is interesting to examine the special diet for liver and gall bladder disturbances as outlined by Professor Sanford Blum, San Francisco, in his book, "Practical Dietetics."

Meats and fish to be eaten in liver and gall bladder disturbances are: Fresh meat, white fish, game or poultry once a week. Meats and fish to avoid are: Salt, canned, preserved and spiced meats and fish; corned beef, pork, liver, fat bacon; herring, salmon, sardines in oil, mackerel; stews; goose, domestic duck, oysters and shellfish; fats and oils, fried foods of any kind.

Cook's Corner

Whole Meal Salad
1 can pork-ham luncheon meat, diced or cut in sticks, 3 cups diced cooked potatoes, 1/2 cup diced cheese, 1/2 cup chopped onion, 1/2 teaspoon salt, pepper, garlic, 2 hard-cooked eggs, sliced.

Combine all ingredients, except garlic and egg slices. Rub salad bowl with garlic. Toss salad with nippy mayonnaise. Garnish with egg slices. Serves 8.

Nippy Mayonnaise: Combine 3/4 cup mayonnaise, 1 teaspoon each chopped parsley and onion, and 1 tablespoon vinegar; blend.

Here's how to mix

Real **HOT** ENGLISH MUSTARD

TAKE:
1/2 cup Colman's Dry Mustard
2 tablespoons water

Mix gradually with cold water to consistency of thick cream, stirring well to break up all lumps. Let stand 10 minutes to develop full flavour. Never add fresh mustard to old. Mix more as needed.

Colman's Dry Mustard is just what you're looking for to give that much-needed flavour lippit to to-day's economy dishes.

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The Stars Say --

By Genevieve Kemble

For Tomorrow

Except for trivial anxieties or annoyances, this could be a particularly intriguing and memorable day. Unusual and unpredictable events transpire and might beget an exciting and stimulating lift in all the affairs, with stress on the romantic, emotional and aspirational finding worth-while expression. The affairs of youth—its advancement as well as enjoyments—are under excellent prospects for happy fulfillment. Intuitions, deep-seated ideas seek expression.

For the Birthday

Those whose birthday it is might consider this that "rare day in June" in which there could be the realization of the fondest dreams, hopes and wishes. All enjoyments and aspirations of youth die or the "young in spirit" find outlet and adventure for those "in the groove". High ideals, unique or novel plans and aspirations, may be put into practical, material expression. With zest, confidence, the unusual and alluring may find realization.

A child born on this day is bounteously blessed with higher

Modern Etiquette

By Roberta Lee

Q. My husband and I have been invited to a double wedding ceremony. The one couple are very good friends, but the other we know only slightly. Are we obligated to give wedding gifts to both parties?

A. A gift to your good friends is the only requirement. Of course, a little gift to the other bride would not be improper, but it isn't expected.

Q. Is it proper to sip your coffee or tea with the spoon?

A. Not the entire cup. The spoon may be used for tasting only, never for drinking. After stirring your beverage and tasting, lay the spoon in the saucer and let it remain there.

Q. Is the prefix "Mr." ever omitted from a man's card?

A. It is omitted from a man's business card, but never from the card which he uses socially.

Ideals, aspirations and desires, backed by courage and character, to rise to dramatic performance in any number of creative vocations or avocations.

How Can I!!!

By Anne Ashley

Q. How can I store my furs for the summer, instead of leaving them at a fur house?

A. See that the furs are thoroughly cleaned; sprinkle freely with powdered tobacco; place in a suit box with close-fitting lid; then wrap securely in several thicknesses of newspapers.

Q. How can I clean reed and rattan furniture?

A. Use a stiff brush dipped in furniture polish. This not only cleans the furniture well, but gives it an added gloss.

Q. How can I remedy cotton goods that has become badly scorched?

A. Dip the goods into cold water and hang it in the sun to drip and dry. Repeat this process several times if necessary.

Clean Refrigerators for 1/2 a week! Use Baking Soda on a damp cloth.

COW BRAND BAKING SODA

DOROTHY DIX'S COLUMN

Teen-Agers Cherish Privacy

Well-Brought Up Boy, 18, Deserves Parents' Trust

DEAR MISS DIX: Would you please help me to understand why our 18-year-old son won't discuss where he has been, or what he's been doing on a date? Recently, he and his boy friend went out on a double date. They brought the girls home about twelve, but the boys didn't get in until nearly two. My son has been very evasive about what he did in the interim. He has always been a good boy, doesn't smoke and is careful about his language, and his companions are likewise good.



Marjorie Nissen

I like to know what he's been doing, where he goes, and who his companions are. He seems to like to tease me about his whereabouts. My friends tell me I'm too strict with him, but I feel that boys his age need discipline. Of course, after such an episode he has to give up the use of the car for awhile.

I am not merely curious about the boy's activities; I have a deep concern that he should be in the proper places, and with the proper associates. Am I being overzealous?

ANSWER: Your son has reached the point in his life where you must exercise diplomacy, tact, patience and trust in dealing with him. Eighteen is no longer childhood—in fact, you must realize that it is the age at which the government considers him old enough to be a soldier, sailor, marine or airman, as the case may be. While your worry over his activities is commendable and understanding, it must be tempered with the realization that your son is a man, entitled to more privilege than was accorded him as a boy, and certainly deserving of more confidence.

HE WON'T STRAY!
If he has been well brought up to this point—and your letter certainly indicates a fine home background—there is almost no possibility that he will stray from the path set by his moral teaching. Furthermore, since you know his friends, and approve of them, and know generally the places he frequents, you may be sure his behavior is good. Believe me, if he engaged in any activity not in accordance with your teachings, you'd hear of it!

An 18-year-old boy (or 'girl) should not be expected to give a

Continued on page 9

Better English

By G. C. Williams

1. What is wrong with this sentence? "He is liable to cause trouble if he travels any."

2. What is the correct pronunciation of "remedial"?

3. Which one of these words is misspelled? Minneapolis, Schenectady, Sault Ste. Marie, Tallahassee.

4. What does the word "prosaic" mean?

5. What is a word beginning with co that means "security for a loan"?

ANSWERS

1. Say, "He is likely to cause trouble if he does any traveling."
2. Pronounce both e's as in be, with accent on second syllable.
3. Tallahassee, 4. Ordinary; commonplace; dull. "Telling stories in a prosaic manner creates less interest."
5. Collateral.

Household Scrapbook

By Roberta Lee

Cod Liver Oil Stains
To remove cod liver oil stains from clothing, apply a tablespoonful of banana oil mixed with a tablespoonful of soapy water. After five minutes or so, wash the stained article in warm water and soapuds. Rinse thoroughly.

Mucilage
A good mucilage can be made by mixing equal parts of gum arabic and tragacanth. Dissolve in hot water to the required consistency.

Disagreeable Odor
The disagreeable odor in a house caused by cooking onions or cabbage can be overcome by burning some dried orange peel slowly on top of the stove.

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