

ELLEN'S DIARY

By An Island Farmer's Wife

The star glimmered brightly beyond the dim spreading top of the old white birch in the yard, friendly with a fire that was not the friendly sparkling glow of our usual nights of good health, but was cool and impersonal. And how slowly, crept the hours of the night! The clock below in the kitchen rang an hour. James, light sleeper that he is — with ears ever attuned to catch any complaints of the animals about, stirred and came awake when we burrowed an ache more deeply into the comfort of the pillow. "Where does it ache now, Ellen?" he asked, concern in his voice. "Your head — or an ear? Don't you think" he went on without awaiting our reply "you should have a doctor?" We forgot our miseries of the moment, to consider the suggestion. How the place should be suddenly jolted out of the prevailing calm — at this hour! Lights would flash on. James would be on his way to the stairs in no time, slipping suspenders in place of socks in hand. He would turn at the door to look back before descending, to appraise the content of our illness. There would be then the hasty rousing of the family in the house across the lane, and perhaps youngest grandson awakened thus abruptly by the sound of confusion would howl to high heaven.

James would return then steps brisk across the yard to ring "in the road" — to say quietly (bearing in mind as well, the barn-building, the hay-langs coming now to their doors and "all that hoing too.") "Your mother's not too well. I reckon she's caught a bit more cold. We're having the doctor." And then because a house is a cheerless place indeed without a blaze on its hearthstone, and perhaps remembering that there might be hot water needed to render sterile some instrument or another, he would set about lighting the fire. Calling up "Where do you keep the paper, Ellen?" and "I didn't or did I use the last match, on my pipe — are there any others about, Ellen?" And "Which way is it better to leave the stove-draft turned?" And calling more loudly "Dear me, Ellen, I'm just afraid this pipe's going to catch fire one of these fine days — and everything about fairly dry now. We must see to clean it — perhaps in the morning."

And we should hear the broom fall across the door, though James would never notice it, and recall that the floor had not been left too tidy the evening before. And if anything... it was beyond anything well, we should have dusted the parlor more meticulously yesterday — and musing on this rather unsettling scene, we watched the star above the old white birch grow dim and dimmer — and we slept! The sun was filtering 'til its first gold through a curtain of vine on a window to the east, when we awakened with a start to find a vacancy beside us in the wide old bed. Where was James? Had he perhaps preferred to await the daylight to summon the doctor? We rose to an elbow, to survey our remains in the mirror — tucked up our locks, tidily, managed a wan smile. A sparrow chirped on a broad windowledge. A calf in stable bawled lustily; the rooster crowed in strident tones, the "gobbler" gobbled in a deep basso rum; a mare nickered across the width of the barnyard, the black dog barked insistently. Somehow James had slipped away from us while we still slept and now past the sunrise was herding the cows to the milking. Until tomorrow — Diary — Goodnight.

MONTREAL (CP) — Thousands in rural Quebec have "gone back to school" for adult education. MacDonald College reported 2,439 were enrolled in courses of at least 10 sessions during the last 12 months.

-Needlecraft- FOR THE HOME

LITTLE FABRIC FASHION This skirt hits a high note of fashion at a low budget price! It's the newest slim styling that teams nicely with a variety of blouses and jackets — yet you can make it from just a yard of fabric, a small amount of sewing time. No. 2322 is cut in waist sizes 22, 24, 26, 28 and 30. It takes one yard of 54-inch fabric in any of its sizes. 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.

Name Address City Province

Thirst knows no season... Colgate

That Body Of Yours

By James W. Barton, M.D.

CAUSES OF DRY MOUTH

One of the annoying conditions that should send a victim to consult his or her physician is dryness of the mouth. Because it is not serious or immediately dangerous, little may be thought about it and the busy physician should not be bothered when he has really sick patients demanding his attention. In Archives of Dermatology and Syphilology, published by the American Medical Association, Dr. H. V. Allington states that dry mouth due to an insufficient supply of saliva may lead to redness, soreness and fissuring (small cuts) in the mucous membrane or lining of mouth or tongue with the possibility of complete wasting away of the mouth lining. In severe cases, rapid deterioration of the teeth occurs, and chewing and swallowing become difficult. Insufficient amounts of saliva may result from: (1) decrease in salivary gland substance at birth and at old age, from operations on mouth and tongue, from inflammations and sometimes from use of X-ray and radium treatments; (2) disturbances of the nerves supplying the mouth, emotional states, interference with nerve impulses due to drugs, gland disturbances, and toxic (poisonous) substances; (3) dehydration (lack of water in the tissues) and (4) unknown causes. Our first thought in disturbances of the lining of the mouth and covering of tongue is lack of vitamins, particularly vitamins A and B, some of which are seen in pernicious anemia, lack of iron and the so-called Plummer-Vinson syndrome (group of symptoms — difficulty in swallowing, thin blood and inflamed tongue. Dry tongue occurs in many cases of rheumatoid arthritis (the commonest form of rheumatism) and with the gland or endocrine changes that occur following menopause in women. Many old men passing through the change of life are afflicted with dry mouth. The thought, then, is that dry mouth should not be neglected because of the final effects that sometimes occur when no treatment is given. The family physician, now that the various causes of dry mouth are known, can usually treat these cases or, if necessary, refer them to the proper specialist.

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "All members of the club must conform with these rules." 2. What is the correct pronunciation of "eugenics"? 3. Which one of these words is misspelled? Heliotrope, height, heissel, heiter-skelter. 4. What does the word "ignominious" mean? 5. What is a word beginning with cor that means "to confirm"?

HONG KONG, July 2 (AP) — The Chinese Communist Party observed its 30th anniversary yesterday in an austere manner. There was no mention on the Peiping radio of parades, banner displays, mass demonstrations or other types of celebration that might cost money.

DOROTHY DIX SAYS—

Stick By Him

Son Needs Mother Most When Things Go Wrong

DEAR MISS DIX: I have a 20-year-old son who is in the Air Force. While he was home on a week-end pass, he met a 17-year-old girl and took her out several times. They corresponded for about six months, then he came home for ten days and bought her an engagement ring. His father and I are very upset about the romance, because, aside from their youthfulness, the girl has had four operations and I am afraid she will never be well enough to take on the responsibilities of marriage. Her mother has seven children and from talking to her I gather she would be glad to marry this girl off and get away from the obligation of footing her doctor and hospital bills. I have told my son that if he marries her, they won't see us at the wedding, nor can he ever come home again on leave, or otherwise. He has been in love with half a dozen girls before this, so I don't believe he really loves this girl. Do you think I'm right in washing my hand of my son because of his blindness? IDA

ANSWER: I heartily agree with you that your son's outlook for a good marriage is not very promising, but your solution is about the worst one you could suggest. There is every possibility that the romance will wear itself out, considering your boy's absence in the service, his youth, and the fact that he has already been interested in several girls.

DON'T ACT RASHLY

In any event, you will do nothing to ease the situation by closing your heart and your home to him. You will do far better to point out to him all the disadvantages of the marriage he contemplates, but let him know that if things turn out badly you will be around to help. That's what mothers are for! I don't have much respect for parents who love their children only as long as things go right but who do a rapid about-face as soon as trouble looms. It's easy to be proud of a son or daughter who makes splendid marks in school, has a successful business career, or makes a brilliant marriage. It's a little harder to stick together when things get tough, and a bad marriage is the stiffest test of all. Matrimonial advice; every boy is sure his choice of a mate is perfect and mother or dad just don't understand at all, but when things go wrong, believe me, it's mom and pop who are needed to unravel the tangles. Although it comes under the head of "interfering," I think you would be justified in asking the girl's mother just how sick she is and what her prospects of recovery are, if she is willing to co-operate with you to this extent. This information might put your mind at ease as far as her health is concerned; it's very possible that her malady is not as serious as appears and she will be an able help-mate to your son. If you are still apprehensive, try to postpone the wedding for a year anyway, and as I suggested before, it will probably then postpone itself indefinitely. Don't, in any case, estrange yourself from your son. He may seem stubborn and willful to you, but remember, you brought him up and are at least in part responsible for many of his traits.

DEAR DOROTHY DIX: My boy friend, Jim, and I plan on getting married this fall. He is 27 and I am 20. As soon as I settle my bills he wants to start a joint bank account to save towards furniture, etc. My parents disapprove of this. They say a girl should have a separate bank account and save toward her wedding gown and trousseau and the man should save toward the house furnishings. I am very mixed up. Please help me. BEATRICE

ANSWER: Your parents are absolutely right. Jim seems to be taking advantage of your youth and inexperience. If you open this joint bank account, you'll soon find out that the only money going in is yours. You and your family will have the expense of the wedding, the gown, linens for your new home and many such incidentals. These things will take care of your money very well without leaving much for house furnishings, which, as your family points out, are the responsibility of the man. I advise you to give this marriage careful consideration, Beatrice. A man who expects his fiancée to buy furniture for their home before the wedding day will probably expect her for him from then on. Nothing is worse than a miserly husband and you'd better make sure you're not getting one. Most men try to help their sweethearts with wedding expenses, rather than the reverse. A joint bank account before marriage usually winds up as the husband's after the wedding day, and that's the last money the wife ever sees. From then on it's a major operation to pry a dime for bus fare out of hubby's pockets.

Household Scrapbook

By Roberta Lee

Convenient Tools A hammer and screwdriver and a pair of pliers kept in the kitchen drawer will be found very convenient. It will save many a trip down to the basement tool chest, and many little things will be attended to that might otherwise go neglected.

Cook's Corner

SAUSAGES IN BARBECUE SAUCE

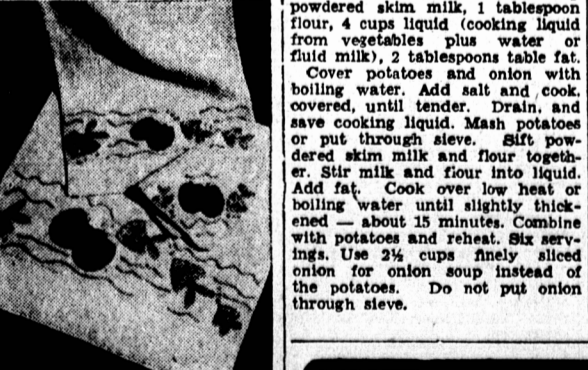
1 1/2 pounds of sausages, 1 medium onion, chopped, 2 tablespoons dripping, 2 tablespoons of vinegar, 2 tablespoons brown sugar, 1/2 cup lemon juice, 1/2 cup lemon juice, 1/2 cup catsup, 1 tablespoon Worcestershire sauce, 1 teaspoon of mustard, 1/2 cup finely chopped celery, 1/2 cup of water. Salt and pepper. Brown the onion in the dripping, combine with the remaining ingredients, seasoning with salt and pepper to taste. Bring to a boil, then reduce the heat and simmer, gently, for about twenty minutes or until the flavors are well blended. Place the sausages in a baking dish, cover with the sauce and bake in a moderate oven, 350 degrees F. for about 25 minutes, basting with the sauce as they cook. Or cook the sausages in the sauce in a heavy saucepan over low heat. Serves 5 to 6.

Modern Etiquette

By Roberta Lee

Q. If a girl meets a man whom she knows very well, on the street, who is obligated to speak first? A. There is no "obligation" in a case of real friendship. Although, generally speaking, it is the woman's privilege to speak first, still, if they are good friends, it is quite all right for the man to give out with a cheery "hello." Q. When a man is being introduced to a woman, is it all right for him to say, "I am pleased to meet you"? A. No. Such phrases, as, "I am pleased to meet you," and, "I am glad to make your acquaintance," are not in good taste. The accepted acknowledgment is, "How do you do?" Q. When eating a biscuit and jelly at the table, should the jelly be spread on the biscuit with the fork? A. No; use the knife.

Crochet Trim For a Towel Set



For a charming gift or just for the amusement of the family, try a set of both towels with for little goldfish swimming among the lily-pods. Add bubbles and waves and you have a colorful and unusual decoration in crochet applique. A direction leaflet for making the applique, GOLDFISH BATH SET, is available to you if you will send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Ask for Leaflet TW-352.

Numbered Jackets For Your Glasses.



Entertaining is simpler with these protective jackets for your tumblers. Crochet them of yellow cotton, edge them and number with black for easy identification. Or work them in a variety of colors. For directions for crocheting SIX GLASS JACKETS, just send a stamped, self-addressed envelope to the Needlework Dept. of this paper requesting Leaflet G-112.

A Country Garden

Mrs. Gordon MacMillan

SUNSTRUCK It is good to lie in the sun and forget The things to be done, the ills that fret The heart of man, whose ambitious ways Rob him of joy in these summer days. For I count him truly wealthy who Can dream all day, with nothing to do But watch the old mare on the fence Scratch her mane; or make pretence That butterflies in noontime hours Are disembodied souls of flowers. The noontime hums with busy bees But more industrious than these The lark, with ceaseless effort.

How Can I!!! By Anne Ashley Q. How can I treat the paper on my kitchen and bathroom walls so that it may be wiped off with a damp cloth? A. Mix one ounce of gum arabic, three ounces of glue, and a bar of soap, dissolving all in a quart of water, and apply with a clean brush. Q. How can I cut a lemon meringue neatly? A. If the knife is dipped into cold water before cutting, the meringue will not stick and pull away from the slice. Q. How can I prevent jar tops from sticking? A. Rub melted wax on the inside screw cover. When ready to open, pour hot water over the top of the jar to melt the wax.

Morning Smile

Disappointed A missionary, had given a very earnest address and was touched to find a small boy waiting to speak to him after the meeting. "Well, my son," said the speaker. "I think I can guess what you want to ask me. Perhaps you would like to be a missionary when you grow up?" "Oh, no, sir. I just wondered if you had any foreign stamps."

COME REST AWHILE

Come rest awhile and let us idly stray In glimmering valleys cool and far away. Come from the greedy mart, the troubled street, And listen to the music, faint and

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The Jade God

By Mary Imlay Taylor

(Continued) They were in the house now; it was softly lit; the wide hall and stairs showed growing plants, the atmosphere was sweet scented, hot; there was a buzz of conversation, the alluring sound of distant music, beautifully gowned women, distinguished looking men, a notable assembly, Mark saw at a glance, and an ex-convict for a guest! Landon, turning on him at that moment, saw his cheek bones white, but he did not know the cause. It was not Burleson; Mark had suddenly perceived the girl who stood beside the stately, white-haired hostess. There are moments when the rush of an emotion makes a man change color; Mark Grant—knowing how he came there and why—went white when he first saw Pamela Rodney. The next moment Landon was reluctantly presenting him to Mrs. Lynn. Mark noticed that he omitted the words, "my friend"; he said only: "Stewart Byram," the name Teddy Banks had given him. He was aware of a handsome, worldly looking woman; her fine eyes seemed to appraise him keenly, but her manner was charming. She held out a gracious hand. "One of the Utica Byrams, I presume?" she said. Mark bowed; he was only conscious of the presence next to her, and that he hated the whole business!

The Stars Say - -

By Genevieve Kemble

For Tomorrow UNDER a congeries of "mixed influences," it is difficult to forecast anything of the propitious, happy and constructive. While the day should be one of heightened enjoyment, at the same time there are also omens of disturbances, sudden developments that might spell accidents. A sign of emotional upsets, unhappy indulgences, are also accentuated by dangers or loss, enmity, snares and ultimate regrets.

For the Birthday

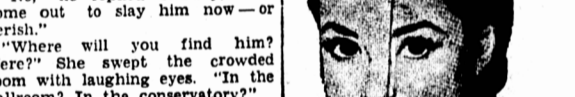
Those whose birthday it is may find themselves under a general pattern of sorrow, loss of funds, property, and, as well, prestige and the cooperation of those in influential places. Sudden disruption, conflict, emotional or erratic urges, with undertones of treachery and subtlety, born of illicit indulgences, could lead into pathways of danger, confusion, sorrow. More than customary discretion and restraint are called for. A child born on this day may have queer urges, appetites and indulgences, alienating it from helpful forces or constructive place in life. Early discipline and sympathetic understanding are urgent, therefore.

Mustard Mayonnaise

GIVES A "Tangy" flavour to SALADS

- MUSTARD MAYONNAISE 2 eggs 2 teaspoons Colman's mustard 1 teaspoon salt 1 teaspoon powdered sugar 2 tablespoons lemon juice 2 cups salad oil

Colman's MUSTARD



add the fresh color and lustre of LOVALON

The modern hair beauty rinse Leaves hair soft, easy to manage • Blends in yellow, grey streaks • 12 flattering shades • Yellow, shampoo film • Gives sparkling highlights

15c and 39c

Continued on page 3

COLGATE Cleans your teeth Cleans your breath Helps prevent decay For Complete Home Dental Care COLGATE DENTAL CREAM