Women's realm

ELLEN'S DIARY

By An Island Farmer's Wife

Along a highway which allows one lovely vistas of winding tidal rivers and rolling countryside, we returned last evening from spending our week-end with "The Old Folks at Home". We were touched and a little amused to waken again to the familiar Sabbath sounds at the old place: A mother goose ga-gaing to her greenish brood . . . softly now—not much above a whisper, for was this not a hallowed morning? Even the crow of the lord and master of the flock was as we remembered it of old . . . muted and reverent. The lowing of the waiting cows too was gentle, the grunt of the sows in the paddock. The very swallows that perched in a pair on a wire beyond the window seemed to be solemnly reflective . . . exactly as we had remembered Sunday mornings of our younger years. The sun gilded the branches of the old spruces we could see behind the buildings and the same clean, tangy June wind that was stealing in at the window, moved the topmost branches quietly.

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Already the two of the household were astir. Her steps were we knew about the items of breakfast . . . setting down the quaint iron pot for the porridge-making, and the kettle nearer the coals . . . but not directly over them. Dear, dear, not over them to blacken its bottom! His footsteps led along the yard . . . to the feeding of stock. And now the house was still. She would be attending to the needs of the poultry—scattering grain for them, filling water-troughs, picking up a first egg of day in an apron. What time was it An old clock chimed from below stairs, mellowly, and with reverent stroke, another replied from above. We counted . . six. Six and this world already about its Sabbath tasks? These were the same clocks that had sent the children to school up the rise of road—the eight of them, and at length off to lives of their own. How still was the house! But its rooms were happy, for in them a family had spent the enchanted years of their childhood at peace with the world and each other.

• • •

It was a house which ever hallowed its Sabbaths—and still does. No unnecessary work belongs to it, no bustle of workaday week. We smiled later to overhear some query: "Shall I set out those plants in the garden this morning?" And we knew the answer, without the words. "Not today", quietly, "we'll just let them rest where they are 'till tomorrow". "But there's only a half-dozen!" was the remark. "Well, we'll just leave them as they are — there must be no gardening on the Lord's Day." We smiled and looked back through the years, heard the same question with obvious surprise: "Now who put that iron on the stove?" There was a silence. Which of the girls would own to the deed? Certainly not the one with the ribbon to press! "Then", with finality, "put it back where it belongs! There was plenty of time yesterday to complete any ironing—or perhaps you have forgotten that this is the Sabbath?" How could we forget, and the very beasts and the birds apparently remembering to "keep it holy?"

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And the lights of the old home shine still in the windows—for the girls and boys, some grandparents now, who love to return, to its hearth-fire.

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Until tomorrow - - Diary - Good-night. . . .

WASHINGTON, June 8 -(AP)- Walter O. Woods, 78, treasurer of the United States from 1929 to 1933, died at his home last night.

Our Trip To Europe

By Helen M. Jack

(Continued)

Next to St. Marks, the most beautiful building in Venice is the Palazzo Ducale (Doge's Palace). This building, of unusual Gothic architecture, rests upon a double gallery of arches, supported on thirty-six marble columns on the ground floor and seventy-two on the upper storey. The massive building proper is on this base. Leading to the second storey, which is mainly an art museum, is a beautiful staircase, known as the "Giant's Staircase." In this museum is the painting of the "Last Judgment", the largest painting on canvas in the world.

Built between this Palace and the old prison is the "Bridge of Sighs", often referred to by poets. Near the Palace, and facing the Grand Canal, are two beautiful columns of Greek marble, one of which is topped by a winged lion.

I once had occasion to use the telephone in Venice, but not knowing a word of Italian, the only response I was able to get on the other end of the line when a lady answered was something that sounded like "prontoe". However, with sign language I was able to get the hotel keeper to connect me with my party. We often found sign language very effective when speech was useless.

The shop windows in Venice, with an eye for tourists, contain all types of jewelry of very fine filigree work, and glass work of various kinds, there being a glass factory on one of the islands. The Island of Burano is the home of Venetian lace and fine linen.

Lido Island, facing the Adriatic, is a sort of escape for Venetians from their overcrowded city during the summer, with its beautiful beach.

• • •

In travelling from Venice to Florence we had an opportunity to observe the Italian countryside. To us, Italy appeared to be a very poor country, primitive in its methods of farming. Plowing is done by walking plow, hitched to two oxen. So noticeable were the number of women working in the fields. The houses were mostly of pink or yellow stucco, and very large, as the barns, etc., were all under the same roof as the living quarters.

In Italy, more than any other country which we visited, the vast destruction of the last war was apparent. In many sections whole villages are lying in rubble, just as they fell, and many of the houses are pitted from the shell fire. We were told that, until a short time ago, it was very difficult to travel in Italy, as many of the bridges and railways that had been bombed had only recently been replaced. At the present time a great deal of reconstruction work is going on, most of the labourers working only in a pair of trousers due to the intense heat.

• • •

In Florence we fortunately were able to get accommodation at a clean hotel near the station. Florence, on the Arno River, was badly damaged during the war, as the Germans occupied the city for a year. As in many of the older cities, people were only admitted through certain gates and some of these gates still stand in Florence. The main attraction here was the beautiful Pitti Palace. Erected many years ago by a wealthy family, this palace contains over three hundred rooms, with beautiful paintings of Raphael (the Madonna and Child), Titian, etc. The ceilings were beautifully carved and there were many lovely tables in mosaic work.

From there we drove to Michaelangelo's Square, with its Statue of Galileo, from where a person gets a beautiful panorama of the city. The only church we visited in Florence (The Piazza Croce) contained a monument which we were told was the inspiration of the Statue of Liberty monument on Bedloes Island, New York. In this church also is Michaelangelo's monument and tomb.

The shops in Florence were filled with hand tooled leather articles of very intricate design which were priced very reasonably. On our tour we were taken in behind one of the shops where the articles were being made and it was very interesting to watch the different processes from the raw material to the finished product. I understand that the greater part of this work is done in Florence.

(To be continued)

DOROTHY DIX SAYS—

Unhappy Bride

Must Learn Marriage Isn't Continual Petting Party

DEAR MISS DIX: I am a very unhappy bride, and unless you can help me I do not know what to do. I am 16 years old and have been married eight weeks. I was very happy for the first six weeks, but since two weeks ago I can see that my husband's love for me is dying and it breaks my heart. He doesn't kiss me good-bye when he leaves in the morning and I have to kiss him if I get a good-night kiss at all. I try in every way to please him, but nothing seems to do any good. We made a promise before we got married that we would never let our romance fade, and here it is going right before my eyes. What can I do?

AN UNHAPPY WIFE

ANSWER: If you have any common sense, use it. At any rate, try to act like a grown-up married woman, since you are married, instead of a silly crybaby who has developed a fine case of self-pity and is making herself miserable for her imaginings.

If you were old enough to have any knowledge of life, you would know that your marriage is just going through the inevitable period of settling down that every marriage does when a bride and groom descend from the heights of courtship to the flat realities of matrimony.

MAKE THE BEST OF IT

You can't help it or change it. You will have to make the best of it and realize that because your husband doesn't kiss you every time he goes and comes is no sign he has ceased to love you. It is because kisses used to be a rarity when he was courting you and now they are commonplace. And it is no sign he has ceased to love you because he doesn't make life a perpetual petting party for you. He is doing something a lot better. He is trying to make you a comfortable living, and believe me, my dear, the test of a husband's love is not how many pretty speeches he makes nor how often he kisses her, but how hard he is willing to work for his wife.

DEAR MISS DIX: I have a very nice friend, the mother of two children who are completely undisciplined. She frequently telephones and asks me to meet her for lunch and shopping, but as I am a nervous wreck after a session with these youngsters, I am always making excuses for not meeting her. In a restaurant, the children throw food around, climb on the tables, argue, and in general act like a couple of untrained animals. My friend is very sensitive and I don't want to hurt her feelings, but I would like to know what excuses I can make to get out of these dates.

R. R.

ANSWER: You could invent an ailment that requires you to be completely quiet, or some work that keeps you continuously busy, but that's about all I could suggest in the line of drastic excuses. The conventional social fibs for getting out of unsought engagements—a sudden headache, dentist's appointment, etc.—can only be used temporarily. I doubt if your friend is as sensitive as you think, so why not come right out and tell her the children are a bit too noisy for you to take in unadulterated doses?

If the savants who gather around television cameras and tell us what's wrong with the world would cast their eyes nearer home, a very potent source of trouble could be seen in the rude, undisciplined, inconsiderate children of today. Too many parents lack the time to teach manners, or consider such teaching unimportant. It is actually one of the most vital things a child should learn, coming only after respect for the authority of God, country and family. No one will ever extend a welcome to an unmannered child—or teenager—or adult. The youngster who has never learned the manners and graces that should almost be inherent, will grow up to be the person who sits around all day moping, "Why don't I have friends?" and "Why can't I be popular?"

DEAR MISS DIX: When I married three months ago, I already had a 5-year-old daughter. I have never been married before, and my husband wants to adopt the child. We want to know how to go about this.

GLORIA

ANSWER: Local laws in adoption matters vary so much from place to place that it would be best for you to seek legal advice. You will need this eventually anyway, for drawing up the necessary papers.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

WHILE unexpected opportunity may come knocking at the door, and surprises may attend the visitation or visitor, it is urged that serious analysis and intelligent manipulation be directed into constructive channels. There may be complications or experimental factors to solve, and the mentality is obscure for handling these wisely. It could be easy to make mistakes by a snap judgment or becoming involved with fraudulent alliances.

If It Is Your Birthday

Those whose birthday it is, are under auguries of strange, new and suddenly changed situations or moves. The desire for the new is accented, and the creative urge is strong. Over-keen action is hazardous. The mind is not as clear or wise as the latent drive for new adventures or affiliations. It would be well to exercise shrewd and tentative decisions before commitment.

A child born on this day is well endowed with originality, creative ability, and urge for adventure, yet is prone to snap judgment or complexity of thinking.

How Can I!!!

By Anne Ashley

Q. How can I clean badly-soiled wood?

A. Use a mixture of a quart of hot water, three tablespons of boiled linseed oil, and a tablespoon of turpentine. Warm this mixture, and use while warm.

Q. How can I remove the odor of onions from the hands?

A. There is nothing better for this than washing the hands in mustard water.

Q. How can I cause butter to stay fresh longer?

A. If the butter is packed in a crock containing charcoal, it will stay fresh much longer than ordinarily.

Cook's Corner

SUMMER SALAD

A favorite salad for menus is put together baseball-fashion with two peach halves and a cream cheese filling in the center. Garnish with strips of bright red maraschino cherry and serve on garnished salad plates. Prepare the filling with cream cheese and mayonnaise, seasoned to taste with grated orange rind.

PEACH AND COTTAGE CHEESE SALAD

Lettuce
4 Canned cling peach halves
Creamed cottage cheese
¼ teaspoon salt
½ teaspoon prepared mustard
1 tablespoon red wine vinegar
3 tablespoons olive oil

Wash and dry lettuce leaves and place on individual salad plates. Put a peach half on lettuce and fill cavities with cottage cheese. Put salt, mustard, vinegar, olive oil in a small jar with a tightly-fitting screw cover; shake thoroughly to blend. Dribble about a tablespoon of the dressing over each salad.

CLYDE RIVER W. I.

The Clyde River Women's Institute met at the home of Mrs. L. D. MacPhee for the May meeting. Mrs. Carter and Mrs. Lloyd Murray were joint hostesses for the occasion. The president, Mrs. Geo. Dixon presided.

Meeting opened with the Ode and Collect. Twenty-four members were present and responded to roll call by an exchange of a flower slip or seeds.

The different committees reported on their work. Two more new blinds have been placed on the school windows. Two representatives to the annual T.B. meeting recently held in Charlottetown gave a report on all the proceedings.

Next meeting is to be at the home of Mrs. Harry MacLean when Meadow Bank Women's Institute is to be invited to meet with Clyde River W. I. on that evening.

The collection for the evening amounted to $3.12. One new member joined and all visitors were given a cordial welcome by the president.

The program consisted of two contests, one directed by Mrs. Everett Murray, the other by Mrs. John Gillespie.

A delicious lunch was served by the hostess, assisted by a committee, and a pleasant chat enjoyed.

That Body Of Yours

By James W. Barton, M.D.

CUTTING DOWN ON SALT BIG FACTOR IN RICE DIET TO LOWER BLOOD PRESSURE

It is known that, in general, Chinese people living in China have lower blood pressure than do United States and Canadian people living in America. It is also known that when Chinese live in America for some time their blood pressure rises; similarly Americans living in China for some time have a gradual lowering of their blood pressure.

This raising and lowering of the blood pressure, according to where one lives, has always been attributed to the fact that the Chinese as a race have always lived at a less rapid rate than we do here. While it is admitted that the quiet life of the Chinese is a big factor in causing lower blood pressure, our research workers are telling us that it is because the Chinese make rice their principal food that causes their pressure to remain low. Other research workers state that it is the low or small amount of salt in what is known as the "rice diet" that is responsible for the decrease in the blood pressure and decrease in weight in those who are overweight.

The rice diet, is strictly followed, will lower the blood pressure temporarily, yet physicians know that following the rice diet is difficult and may cause weakness. A report on the rice diet is, therefore worth studying.

In The American Journal of Medicine, New York, Drs. D. M. Watkin, H. F. Froeb, F. T. Hatch and A. B. Gulman record the effects of hospitilization on 86 patients with high blood pressure who were given a regular diet to get their lowest or base-line pressure. Fifty of these patients in whom the base or lowest pressure (on a regular diet for ten weeks) had been found were then put on the rice diet was reduced. However, it was found that cutting down on table salt (sodium chloride) and other foods rich in sodium lowered the blood pressure by about the same amount as did the rice diet.

I am repeating the above facts for my readers because following the strict rice diet imposes such hardship on the patient and so much difficulty in control as to make it impractical for general use.

Kays - MacLaren Wedding

In the Chapel of St. Peter's Anglican Cathedral at ten o'clock on June 5th, Hazel Mae, daughter of Mr. and Mrs. William MacLaren, Cable Head West, became the bride of Nicholas George Kays, son of Mr. and Mrs. Frank N. Kays, Charlottetown. The Rev. Canon E. M. Malone, D.D., performed the ceremony, and Miss Sue Brenton played the nuptial music.

The bride, given in marriage by her father, wore a floor length white satin gown, with long lily pointed sleeves and short over-skirt of lace. The fitted bodice was styled with an off the shoulder lace yoke. Her veil of tulle illusion fell from a coronet of orange blossoms and she carried a cascade of yellow roses.

Miss Phyllis MacLaren, her cousin's bridesmaid, wore an ice blue taffeta gown, with flower headdress, and carried pink carnations. Mr. Earl Hennessey was best man.

A reception for the immediate families followed at The Charlottetown. The table was arranged with spring flowers and centered with a three-tier wedding cake. The toast to the bride was given by Canon Malone.

Immediately afterwards, the couple left by motor on their wedding trip.

Modern Etiquette

By Roberta Lee

Q. When a man is accompanying a woman up or down some steps, should he walk beside her, ahead of her, or behind her?

A. If the steps are very wide, he walks beside her. But when the steps are too narrow for this, he allows her to go up the steps ahead of him. When descending, however, he goes first. In both instances, he stations himself below her so as to be in position to catch her, should she stumble.

Q. When the folded napkin is laid on the left side of the dinner plate, should the open edge be toward the blate or away from it?

A. The open edge should be toward the plate.

Find Healing Power In Mother's Milk

By Alton L. Blakeslee

Associated Press Science Reporter

CHICAGO, May 30—(AP)—Discovery in mother's milk of two amazing chemicals that destroy viruses of encephalitis, yellow fever, cold sores and other diseases was reported tonight.

They are found in the milk of women who never have had these diseases, nor even been exposed to them, Dr. Albert Sabin of the University of Cincinnati told the Society of American Bacteriologists.

Last year Dr. Sabin announced the finding of antibodies against polio virus in mother milk.

The new chemicals, he said, in test tubes destroy the viruses of Japanese encephalitis, and St. Louis and western equine encephalitis, all brain diseases; the virus of yellow fever, of dengue fever and of cold sores.

The chemicals were found in the milk of only some women. The same women doesn't even produce them continuously. They may be in her milk at one time, but not two or three weeks later.

Why they are there, and what they may possibly do for protecting a nursing baby are mysteries, he said. The existence of the antipolio and other chemicals doesn't mean that breast feeding is better than bottle feeding, he added.

The polio antibodies in the milk apparently are made actually in the women's breasts. Why and how they are made there is another puzzle. There is no evidence yet that milk from these women protects their children from polio, Dr. Sabin said.

Morning Smile

Imagination

"I've never had the pleasure of meeting your wife."

"What makes you imagine it would be a pleasure?"

Continued

She was going to her first dance, and before leaving, her mother told her that she should not just dance silently; talking to her partner was also a part of the social picture.

During the evening her mother noticed that each time the music started the same boy tore across the floor, bowed to her daughter and swept her away.

Later the mother asked why the same boy chose her for every dance. "Oh, she explained, "I was telling him a murder serial."

Better English

By B. C. Williams

1. What is wrong with this sentence? "I like these kind of flowers better than those kind."
2. What is the correct pronunciation of "valuable"?
3. Which one of these words is misspelled? Loquacious, loveable, lornette, logarithm.
4. What does the word "mutability" mean?
5. What is a word beginning with se that means "calmness of mind'?"

ANSWERS

1. Say, "this kind," and "that kind." 2. Pronounce val-u-a-b'l, four syllables, and not val-u-b'l. 3. Lorgnette. 4. Fickleness; instability. "Mutability is a common human failing." 5. Serenity.

Household Scrapbook

By Roberta Lee

Rug Cleaning

Rugs may be cleaned very nicely on the floor if washed with soapsuds applied with a brush. Use only suds, and as little liquid as possible. Wipe the rug after washing with a clean cloth.

Soap

Left-over pieces of soap can be made into an excellent jelly for laundry soap. Left-over pieces of toilet soap will make a satisfactory jelly for a shampoo.

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Kennedy - Runcie Wedding In Vancouver

Canadian Memorial Chapel, Vancouver, B.C., was the scene of a lovely spring wedding on Wednesday evening, May 23rd, Dr. A. M. Sanford officiating, when Doris Kennedy, youngest daughter of Mr. and Mrs. G. F. Runcie, exchanged marriage vows with Kenneth Robert Kennedy, only son of Mrs. G. H. Flatman and the late Mr. R. Kennedy.

The bride, given in marriage by her father, wore a gown of lace and net entrain. Misting over the lovely creation was a full length veil clasped by a seed pearl headdress. Pink gladioli, lilies of the valley and stephanotis mingled in the bridal bouquet.

Attending the bride were her two sisters, Mrs. D. A. MacKenzie and Mrs. D. A. Story, and Miss Joyce Carr as bridesmaid. They were gowned in chartreuse, old rose and pastel pink nylon sheer with picture hats to match, and carried shower bouquets of spring flowers. The bride's niece, little Miss Carol Runcie acted as flower girl and wore a full-length dress of yellow shot taffeta with hoop skirt and carried a nosegay.

Mr. Whalley Whiteside was best man, and ushering were the bride's two brothers, Mr. George Runcie and Mr. John Runcie, also Mr. Bill McLennan and Mr. Cecil Roseman.

For a motor trip to the Southern States the bride donned a gold Barathea suit with matching brown accessories.

Out of town guests included the bride's uncle and aunt, Mr. and Mrs. C. Lewis Wright of Summerland, B. C.

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— FOR THE HOME —

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