

ELLEN'S DIARY

By An Island Farmer's Wife

A strange over-night guest sleeps now at Alderlea. This circumstance came about when a tanned, sturdy lad asserted at time for homing this evening "Well, if Jamie stays, I'm going to stay too!"

The children continued their play, voices ringing out happily in the stillness of this their own hour. The younger farmer carried heaping pails of meal from the feed house to a piggyery. The mare had been stripped of her harness and now by a forelock "our own mare" following, James was leading her to the near night-pasture.

The idea still persists in James' mind. He puts down his reading to regard us inquiringly over his glasses. "Listen—what was that?" The black dog beyond the screen door roused and shook himself and then wandered off into the yard.

And up in "the dark room," so called in the family because of its quaint wooden bed brought to this small high window, and in the home by one of its brides, James' mother and great grandmother to them, the two, Gage with Jamie's arm thrown comfortably about him, sleep well.

The English foxhound, specially trained for fox-hunting, has been carefully bred and reared for more than three centuries.

That Body Of Yours

By James W. Barton, M.D.

YOUR BLOOD PRESSURE AND YOUR ARTERIES

When a severe vise-like pain occurs under the breastbone, the first thought of the individual and often of the physician is that it is angina pectoris, which is a symptom often present with high blood pressure and an oncoming attack of coronary thrombosis.

While angina pectoris is frequently found with heart disease and high blood pressure, just as often it is due to other conditions of which I have written in previous articles.

In the pamphlet, Your Blood Pressure and Your Arteries, by Alexander L. Crosby, we read that angina pectoris does not mean the end of the individual. "It is simply a violation of the law of supply and demand; the heart's demands are not being met in full. Many persons have this condition for ten or twenty years and then die of some trifling ailment."

This tightness of the chest is really a blessing in disguise, a warning to stop doing what you happen to be doing at the time, and in short time the pain usually passes away. By doing nothing, the blood gets a chance to get rid of some of its carbon dioxide and take more oxygen.

While this painful tightness of the chest is alarming, fortunately there are simple ways of relieving this pain caused by shortage of blood, more particular shortage of oxygen and oversupply of carbon dioxide in the blood. A small pellet of nitroglycerine, 1-100 grain or less, placed under the tongue or swallowed, with dilate the arterioles (small blood vessels) of the heart within a few minutes. While the effect of nitroglycerine lasts only about half an hour, the dose is so small that it can be taken repeatedly without harm.

Despite all the new and effective methods of relieving angina pectoris, methods which dilate blood vessels and allow more to be pumped through them, nitroglycerine is still the most popular remedy as it can be carried in the pocket and, with first feeling of tightness in the chest, a pellet can be slipped under the tongue and quick relief obtained from the pain as the pellet does not have to go down to stomach and be digested before reaching the blood vessels.

The pamphlet, Your Blood Pressure and Your Arteries, contains much information that will allay unnecessary fears and we can all learn simple methods of safeguarding our heart and blood vessels. Twenty-five cents sent to the Public Affairs Committee, a non-profit organization, 22 East 38th Street, New York 16, N.Y., will secure this valuable pamphlet.

Household Scrapbook

By Roberta Lee

EGGS Sometimes there is difficulty in separating a raw egg without breaking it. Try breaking the egg into a funnel. The white of the egg will pass through into the bowl underneath, while the yolk will remain in the cup of the funnel.

Pewter Only fine scouring materials should be used on pewter, as it is a soft metal. Whiting, rouge, or fine rotten stone mixed with oil are all good cleansers.

Paint Almost any kind of paint can be applied with a spray. However, it should be thoroughly thinned to spraying consistency and this can be determined by testing it on small pieces of material.

DOROTHY DIX SAYS—

Books Or Parties? College Girl Told Studies Come Before Good Times

DEAR MISS DIX: What is more important in college? (1) Getting by on rather low grades and being able to keep up with the gang or (2) getting much out of the studies and not being considered one of the group.



ANSWER: Now I'll ask you a question! Just what are you trying to get out of college? Are you studying for a profession, for the business world or are you just out to waste four years—and your parents' money?

YOU CAN DO BOTH

Of course, the ideal solution is a middle course—get good grades and have fun! While I have tremendous admiration for scholars and those who work to get the most out of every opportunity, I can also see the need for relaxation and recreation.

BOOKS FIRST

If you are incapable of handling both ends of the candle, I suggest the books. Good times will come later but the time for learning is now! Plugging away at your books for four years may seem a dreary prospect, but you'll be able to sandwich in some fun. If the group you want to emulate seeks nothing but a good time at the expense of all the knowledge college can give them, they really aren't worth your regard. If you just want gaiety, why make your parents spend their good money on a college education?

Learning itself can be fun, and will give you an appreciation of life that will enhance all your days to come. Surely that's worth sacrificing the gang for, isn't it? Education can only be acquired at a cost—of money, time and pleasure, but like all worthwhile things, it's worth all expenditures!

DEAR DOROTHY DIX: I am in love with a boy and we were planning to be married this summer. He is 19 and I am 18. His father is very much opposed to our marriage. Will you please tell me how I can win his father's friendship?

RED

ANSWER: Your boy friend's father probably thinks, and rightly so, that his son is too young for marriage. He probably regards you as a semi-siren who is pushing the boy into wedlock. If you suggest postponing the wedding for at least a year, your future father-in-law may realize that you have his son's interest at heart. Small attentions, such as birthday greetings and remembrances on special occasions, together with considerate attention when you're with the older man, will soon convince him that you are a sensible girl, worthy to be welcomed into the family.

DEAR DOROTHY DIX: My husband and I have been divorced for three months. He is married again but still tries to tell me what to do. He says he still loves me, but won't tell his wife. I love him, but do you think I should step aside and not see him?

MARY

ANSWER: Why again go through all the agony and heartbreak that you must have endured once with this man. He obviously wants to have his cake, eat it, and use the crumbs for pudding. This is all leading up to unhappiness for his wife and more misery for you. Be firm and stop seeing him.

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

A particularly active and enterprising day, with much initiative and ingenuity in making plans and launching enterprises of importance, perhaps in speculative or experimental lines. While intelligence and reason may encourage such ventures, at the same time there may be stubborn obstacles, delays or other setbacks to discourage and dishearten, possibly lack of funds for development or exploiting.

For the Birthday

Those whose birthday it is, while finding their ideas keen, clever and enterprising with the spirit of initiative highly stimulated and eager, may come up against obstacles, postponements, or probable downright opposition from elders or advisers of more sober temperament. These could put the damper on really constructive and worthwhile ideas or programs. This need not mean lasting defeat or failure, however. A child born on this day is endowed with enterprise, initiative, intelligence and versatility, yet it may find its most brilliant ideas or plans subject to block or defeat. However, it is able to rise above obstacles and frustration.

Morning Smile

No Other Way

"When it comes to eating, you've got to hand it to Venus de Milo." "Why?" "How else could she eat?"

Story Time

Restless youngster (at 3 a.m.): "Mommy, tell me a story." Mother: "Hush, dear. Daddy will be in soon and tell us both one."

Better English

By D. C. Williams

1. What is wrong with this sentence? "Us boys have found that there isn't but one left." 2. What is the correct pronunciation of "incognito"? 3. Which one of these words is misspelled? Moveable, admissible, expendable, coercible. 4. What does the word "austerely" mean? 5. What is a word beginning with gr that means "impressive or imposing"?

Answers 1. Say, "We boys have found that there is but one left." 2. Accent second syllable, not the third. 3. Admissible. 4. Severely; rigidly; sternly. "The doctrine was austerely logical." 5. Grandiose.

Anne Adams Patterns

IT'S NEW!

You want that tiny-waisted look—and here is the dress to give it to you! Bodice-back wraps to front, a smart feature and an easy-to-fit detail. Shirred bodice, gracefully pleated, flared skirt! Pattern 4816 comes in sizes 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Complete Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to Anne Adams, c-o The Guardian, 60 Front St. West, Toronto, Ontario.



by Anne Adams

Modern Etiquette

By Roberta Lee

Q. Who goes first down the aisle of a motion picture theater, the man or the girl?

A. The girl precedes. And unless the man she is with is her husband, fiancé, or someone she knows really well, she should turn to him and ask "Is this all right?" This gives him a chance—should he be near or far-sighted—to suggest a seat that is closer or farther away.

Q. How would a bride, who has no parents or living relatives, word the announcements of her wedding?

A. "Miss Mary Jane Jones and Mr. John William Smith have the honor of announcing their marriage, etc."

How Can I!!!

By Anne Ashley

Q. How can I make a good roach powder very easily?

A. One roach powder which has proved effective is made of equal parts of plaster of Paris and powdered sugar.

Q. How can I mix whitewash?

A. Fill a bucket half-full of lime and cover it about two inches with water. Let stand 24 hours to slack, or until it is the consistency of paste. Dip out a portion of this slacked lime into another bucket and thin with water to the desired consistency. Add one teaspoonful of bluing to 1/2 bucket of whitewash to clear and make white and 1/2-pint of salt to make it stick.

The Jade God

By Mary Imlay Taylor

(Continued)

He considered her, his head sunk between his thin high shoulders. She was so splendidly young and so cruel in her youth.

"Suppose I suspected," he said slowly, "suppose I didn't know, but if I'd said a word it would have pulled down a family, a good wife, sons or daughters, and proved nothing—perhaps!"

"Then you did suspect!" she cried. "You did, and you let Mark go—for some old sinner in high place!"

"I didn't say that; I said, 'suppose'."

"You meant it! Was any old man worth Mark's splendid youth, Uncle? He couldn't be!"

"Perhaps his people were. Think of the disgrace."

"Think of it! Yes!" she cried, flinging the little green head down, "think of what he's got to face—Mark! He won't let me face it with him. He refused to let me do it."

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

"You mean you asked this—this?"

ex-convict to marry you, Pam?" I'm not—I'm a woman and I love a man you helped send to prison. Yes, you did! You testified against him."

Burleson seized her young wrists and raised her to her feet; he had to rise to do it.

"Now, you listen! You go and sit down and listen! I'm going to put it up to you."

She obeyed him. She thought he was going into one of his temper, but she no longer cared. She was too miserable. She sat down at the library table, a limp, small figure, and waited, watching him. He was grayer than ever but there was fire in his eyes. He leaned toward her, talking slowly, striking the arms of his chair sometimes.

"Suppose I did help send this boy to prison," he said bitterly. "Suppose I testified against him—what then? It was mere routine. I knew his uncle well—I knew him—a little; he was a boy, tall, lanky, hot-tempered, something of a daredevil and the uncle was hard and close—as nails. He had a way of saying taunting things; he could be insulting—politely. Suppose then, someone killed him."

He nodded, moving his long fingers restlessly on the arms of his chair. "He might, Pam."

"He wouldn't. Uncle Herbert, you'll clear him for me, won't you?"

She lifted that flowerlike face of hers. "It's killing me—he's so brave, I can't bear it, that he should be called—that!"

"Suppose I'd done it, Pam? Would you want me—at my time of life—to go out and confess it? When the boy's taken his punishment and he's only to start fresh?"

He leaned back in his chair, studying her. "I tell you what I've offered to do it already—told Fosdick I can help him to a new chance."

She scorned that. "You mean money? That's nothing! He can work—I know he'd rather."

"I didn't mean just money—I've got a little pull on the railways. I could help him to a good berth. I'm like you, in a way. I think he should have a new chance."

"I don't think anything matters half so much as his good name, Uncle Herbert." She was still on her knees beside him; she twined her arms about his arm and held him. "Who was the man you suspected?"

"That was only a suppositious case, Pam," he said hoarsely. "I suspected no one at all."

She gazed at him wide-eyed. "You're not telling me the truth, Uncle Herbert!"

"I'm not—what?" he asked fiercely, frowning.

"You're treating me like a baby."

struck him down, found that it fitted on to the nephew like a glove—he'd been there, and all that. Suppose he let it go at that, and the boy took the punishment, got through with it and had his chance to make his life over. D'you suppose the other man—secure and comfortable and rich—would step down to prison to clear him—after fifteen years?"

"No," she replied clearly. "I don't think he would unless you made him. He's too bad a man. A man who lets another suffer for him is wicked!"

He stared at her; a man of affairs, a man of the world, arguing with a child! His face twisted again into that ironical smile, but he looked ill and gray.

(To be continued)

IT'S NEW, ALL-PURE Better-than-Ever



NEW SUNLIGHT GETS DISHES, POTS AND PANS BRIGHTER

Extra Soapy-Makes More Suds Faster! YOUR HANDS WILL LOVE IT!



SUNBATHING—nice today—painful tomorrow! Don't take chances. Keep a jar of medicated Noxzema handy. It's beach-tested, used and recommended by lifeguards at many well-known beaches. World's largest-selling sunburn preparation.



GLORIOUS RELIEF—often in 3 seconds—with snow-white Noxzema. You'll love the soothing, cooling relief it brings to fiery sunburned skin. It's greaseless...doesn't stain clothing. You can apply 'his dainty refreshing cream—and dress right away.

Don't fool with SUNBURN!

Ask any Lifeguard about NOXZEMA... Healing Medicated Formula

- 1. It's MEDICATED! Helps heal fiery sunburned skin! 2. Brings cool heavenly relief—often in 3 seconds! 3. GREASELESS... doesn't stain clothes! Smooth it on, dress right afterwards!

● Sunburn is no trifling matter—so don't experiment! Get cool soothing relief with medicated Noxzema. Remember—it's greaseless—doesn't stain clothing or bed linen. Noxzema's remarkable medicated formula has made it more widely used than all other sunburn preparations combined.

At many of the world's most celebrated beaches, Noxzema is a standard sunburn treatment—even in severe cases. Read what the four lifeguards pictured here say about Noxzema. Then—get your jar of this dainty, greaseless cream today.

At all drug and cosmetic counters 26¢, 65¢, 89¢ \$1.69 Made in Canada

