Women's realm

ELLEN'S DIARY

By An Island Farmer's Wife

We supped out of doors this afternoon when the sun was still high above the tree-tops to the west, and long dark shadows lay prettily along the silver of the pond. We came as we had dreamed we should on a winter day, choosing a petal-strewn trail along the old orchard, to visit James in a field beyond, at the sowing. The last of it, this was — on the patch of ground which runs along the mill-stream and last year grew our potatoes and roots. Worked to a fine mellow seed-bed it was, and by now, James was making good progress at the seeding. Perhaps as he rode after the team, he was experiencing a little regret over the niceties of the season now closing, doubtless remembering as were we that there would be falling leaves, bare branches, frost and cold before a beloved springtime should appear for him again . . . A brighter red lay in the wake of the old seeder. At neat fieldside, empty or full grain-sacks rested in the warm sunlight and close by the sowing, the clean white of that which held the mixture of hay-seed. With granddaughter our sweetest of companions we shared a seat on James' discarded jacket and awaited his present return along the field.

• • •

It was delightful there. No artist's brush, no stroke of pen, nor could even memory record even in part the June-time spread in that lovely pastoral before us. The woodlands between which the new land is greening in a manner to please the hearts of our farmers, made a beautiful background for the meadows that led up to their feet. Every shade of green was there — fading in together in an unmatchable ensemble of beauty. Beside ran a reach of pasture, lush now in its June verdure and dotted prettily by the herd grazing there. Across the stream which glittered here and there between the freshly clad alders, the sheep nibbled on a hillside — the plaintive voice of a lambkin lost for a moment reaching our ears. ("Bet you," granddaughter observed with some concern, "it's one of those twins. She's away from her mother"). Near at hand a hayland, skimmed by happy wings waited, one knew, for the days to spill the silver-white of daisy blossoms among its green frills. And now James was smiling at us over the backs of the approaching team.

• • •

"Supper - time!" granddaughter announced. But how could James spare the time to unhitch — and perhaps a shower for tomorrow in the sun's halo? So it was that we presently returned with fare to stay his and our strength until dusk should bring him indoors again. How tasteful was our

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That Body Of Yours

By James W. Barton, M.D.

ARTHRITIS AND THE MIRACLE DRUGS

In Public Affairs Pamphlet No. 166, entitled Arthritis and the Miracle Drugs, Alton L. Blakeslee, the noted science writer, in describing arthritis, states that there is pain and there is tragedy. As one woman with arthritis remarked, "No one dies of arthritis but oh, how they sometimes wish they could."

But there is hope. Never before has the outlook for victims of arthritis been so good, never before has there been so much that could be done to aid them. And rheumatism and arthritis are believed to be the oldest disease known to man.

We are more used to the word rheumatism than arthritis. Arthritis is a form of rheumatism; strictly, it means an inflammation of the joints. Rheumatism includes the various forms of arthritis, the commonest form of which is rheumatoid arthritis.

Rheumatoid arthritis usually starts in just one joint—hands, feet, knees, ankles, elbows, wrists—lasts for a certain period, then later bursts forth to stay for months or many years. In this type of arthritis there is a chronic inflammation of the connective tissues of a joint and adjoining muscles.

There are various theories as to the cause of arthritis—infection, too much starch food, nervous exhaustion, cold and dampness, emotional upsets.

Fortunately in 50 to 70 per cent of cases rheumatoid arthritis goes away by itself, within a few months to five years. Treatment is rest, good nourishing food and acetyl salicylica cid (aspirin) to relive spasm and pain.

What about the miracle drugs—cortisone and ATCH? The effects of cortisone and ACTH is nothing short of miraculous but, like insulin for diabetes, the good effects in most cases last only as long as this drug is taken. These drugs are not only giving complete relief to arthritic sufferers but are giving beneficial effects in rheumatic fever, alcoholism, hay fever, gout and the skin ailments eczema and psoriasis.

Cortisone and ACTH have ushered in a new era in medicine.

Crocheted Gloves And Cherry Ornaments

Bright red cherries trim a pair of shortie gloves in pale yellow cotton. The cherry ornaments as well as the gloves are crocheted in simple stitches. Make another cluster of cherries to perch on a plain sailor or cloche. If you would like directions for crocheting CHERRY GLOVES AND HAT ORNAMENT, send a stamped, self-addressed envelope to the Needlework Dept. of this paper, requesting Leaflet No. PC-5196.

Moore - Lewis Wedding

Mr. and Mrs. Douglas Moore and wedding attendants photographed at their wedding reception at Sandy's following their marriage at Trinity United Church. From left to right Mr. Stirling Moore who was best man, the groom and his bride the former Bernice Lewis, Miss Norma Lewis who was bridesmaid, the ushers Mr. Malcolm Allen and Mr. Laken Lewis.

—Garnhum Photo.

DOROTHY DIX SAYS—

Changes For The Worse

Man's Growing Carelessness Bodes Ill For The Future

DEAR MISS DIX: I am engaged to a boy who has changed greatly since he has given me my engagement ring. He was always so clean and neat but lately he doesn't take any interest in his appearance and I am humiliated to go out in public with him. He is forever borrowing money from me and never pays it back. When I object he tells me we are engaged and I shouldn't mind giving him money as he will have to support me the rest of my life, anyway. He used to give me gifts on different occasions but now never bothers to give me anything. I have broken up with him several times but he always comes back and says he is going to change, but he never does. Do you think I should give him up for good? I know I'm not happy this way.

FAY

ANSWER: You're one of the lucky ones, Fay. Most men wait until they're married before they show such characteristics. Your fiance doesn't have even that much interest in keeping up appearances. The qualities he displays now are the ones you will have to live with if you marry him. Does the idea appeal to you?

MONEY ATTITUDE BAD

Personal untidiness and sloppiness are bad enough, but his attitude toward finances should make you hand back that engagement ring as fast as you can. If he takes money from you so casually now, you'll probably wind up as the breadwinner for the family, and make no mistake about it. This boy is just looking for an easy touch and nothing in his treatment of you shows any sign of affection or consideration.

I doubt if your fiance will ever get as far as the altar, even if you do nothing to terminate the engagement. When he has all the money he can coax from you, you're likely to find yourself stranded. If you do go ahead with the marriage, you can look forward to long years working all day to support him, then coming home at night and cleaning up after a dirty husband. Do you find the prospect alluring? If not, hand back the ring and find a husband who will cherish you as a wife should be.

Nothing can be so goading to a meticulous person as an unkempt and disorderly spouse. These habits of personal untidiness are beyond the bounds of reformation. If they exist before marriage, they will get much worse later. No people are more mismated than the neat and the slatternly; no one is a surer candidate for psychiatric care than the tidy wife of a slovenly husband—unless it's the fastidious husband of a frowzy wife.

DEAR MISS DIX: During my senior year in high school three years ago I met a young man for whom I have a great deal of admiration. We have developed a close friendship and I trust him completely. He has high ideals and makes a good living. But there is one thing wrong with him. He is too bashful. Whenever he would make a date with me, he'd phone that something came up to make it impossible for him to meet me. After waiting for him a year and a half, I began dating another man, and became engaged. However,

Continued on page 11

Household Scrapbook

By Roberta Lee

Sausage Pie

To make sausage pie, buy well-seasoned sausage meat. Pat out in a shallow pan having the meat about ¾-inch deep in the pan. Cover the top with rich biscuit dough and score in squares convenient for serving. Bake in a hot oven (400 degrees) for about 20 minutes. Cut crust through the scored sections.

Ice Trays

Always dry the outside of the ice trays after filling with water and before putting back into the electric refrigerator. This prevents the trays from sticking and they may be easily removed.

Draperies

Why not wash the discarded draperies and fashion them into attractive covers for pillows for the davenport?

Better English

By B. C. Williams

1. What is wrong with this sentence? "I cut the apple in half and gave up one to my brother."
2. What is the correct pronunciation of "stipend"?
3. Which one of these words is misspelled? Attendant, adolescent, adherant, admonition.
4. What does the word "modulate" mean?
5. What is a word beginning with op that means "wealthy"?

ANSWERS

1. Say, "I cut the apple in two (or, halves), and gave (omit up) one half to my brother." 2. Pronounce sti-pend, i as in sigh, accent first syllable. 3. Adherent. 4. To temper; soften. "There are many speakers who do not know how to modulate their voices." 5. Opulent.

PARIS, June 19 -(AP)-Margaret Truman took a quick, look at the heart of Paris today and promptly bought five "exciting" dresses. The shopping was done at the fashionable establishment of Jacques Griffe.

Morning Smile

Scottish

Three blood transfusions were necessary to save a woman patient's life at a hospital. A brawny young Scotsman offered his blood. The patient gave him $50 for the first pint $25 for the second pint—but the third time she had so much Scots blood in her that she only thanked him.

All in Good Time

"You love your girl, don't you?"

"Of course I do."

"Yet you mean to say you caught this fellow kissing her and you stand for it?"

"Well—er—yes. You see——"

"Why didn't you give him the hiding of his life?"

"I'm just waiting. Waiting, that's all."

"Waiting? What for?"

"Till I catch her with a smaller fellow."

Murder Is Forgetful

By WILLIAM BOGART

(Continued)

"He . . . he's hurt?" Irene managed to say stiffly.

"It's all right," Johnny said reassuringly. "Everything's going to be all right."

Her eyes remained fastened on his. She seemed to be exerting terrific will power, trying to tell him something.

"I . . . he was so good . . . he . . ."

"Yes? Yes, go on!"

She watched his eyes. He thought she understood him. "It's all right, Irene. Tell me." He no longer called her "Marie." There was a reason. This woman before him, who had been suffering from amnesia, had reached some sort of crisis, he was certain. It was as though she were two persons, balanced on a seesaw.

"He told me about . . . about . . ." she stopped, rubbing long sensitive fingers across her brow, pressing them there as though to force her mind to act

"Yes? He told you what? Grandpoppa?"

"Yes . . . he told me about the stamps."

Johnny's forehead was deeply lined in a frown of concentration. "Stamps? What kind of stamps, Irene?"

"Stamps with . . . pictures. He showed me today . . . this morning . . ." She held to Johnny Saxon's arm, gave a sudden exhausted sigh. "I'm trying to . . . remember," she said, and it was as though she were out of breath. "I'm trying . . ."

"Yes," Johnny said feelingly, "I know. You say he showed them to you? Where are they now? What was it about them?"

Her eyes lidded, opened again. They no longer saw him. They seemed milky gray. Irene Smith was silent. She was fighting off faintness. Johnny could feel the tautness of her arms as he held her.

Johnny stood for a minute in the upper hall after Karen had taken Irene in to her room. He could tell from the expression in Irene's eyes that she was fighting off complete nervous collapse.

As he watched them go into Irene's room, the huge Great Dane, Michael, brushed past him. For an instant, the touch of the dog's body gave Johnny a start. He had completely forgotten the animal. Michael had followed them up from the pool.

An odd thing happened, then. The Great Dane paused, standing there, and a low, soft growl came from his throat. If it had not been that the house was unusually quiet, Johnny would not have heard the sound at all.

"What's wrong with you, boy?" asked Johnny, looking down. Certainly the dog had not growled at him. The Great Dane had showed fondness for both himself and Moe Martin. Then, why . . .

The animal looked up at Johnny for an instant, then turned his head away. Again there came a

Continued on page 11

Gay Plaid Shortie For Junior Miss

This colorful checked shortie coat is made of double knitting wool so it works up quite quickly. The hood is detachable making it an ideal coat for slipping over light dresses on cool summer evenings, or to wearing with its hood when brisk fall days come around. Your Junior Miss will be delighted to have a shortie coat like this one in colors to match her skirts and dresses. If you would like to have a leaflet giving you directions for knitting this FANCY FREE SHORTIE COAT, in sizes 8, 10 and 12 years, just send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Ask for Leaflet No. CW-22.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

IT may prove better judgment to fall back on strategem, tact and subtlety rather than open attack on lagging conditions. The mentality may be slow in action but the feelings and emotions keyed for crafty or keen impressions or peculiar intuitions, possible contacts with elders, or influential persons of long experience. Chances are excellent for moving difficulties into expansive grooves.

For the Birthday

Those whose birthday it is may find it to their advantage to be incited to action by the prompting of the intuitive or psychic leads or the feelings and emotions, in efforts to negotiate difficulties or delays. The mind may be obscure in penetrating to the subtler side of opposition or blocks, in business as well as personal relations. While the temperament may be keen, it might be as well to make decisions from an intuitive rather than mental insight.

A child born on this day may find it difficult to make practical decisions by sheer judgment, while inner forces or leads may prove more reliable and keen.

Cook's Corner

STUFFED LIVER ROLLS

Make up the following dressing:
1 cup fine breadcrumbs
1 tablespoon melted butter, shortening or dripping
½ teaspoon grated onion
1 tablespoon chopped parsley
¼ teaspoon salt
Few grains of pepper
Few grains of thyme
¼ cup left-over cooked vegetables.

Purrchase 1 lb. liver, 4 slices as equal in size as possible. Sprinkle each slice with salt and pepper. Place equal portions of the prepared stuffing on each slice and roll up and secure with toothpicks, skewers or string.

Roll in seasoned flour. Melt 1 or 2 tablespoons fat in a fry pan and when hot brown the rolls. Transfer the roll when brown to a stew pan. Add about ½ to 1 cup water to the fry pan, stir to make a gravy and pour this over the rolls in the stew pan.

Cook over a low heat for approximately 1 hour or till tender. Add more liquid while cooking if required.

Note: Part of all the liquid used may be canned tomato pulp and the rolls may be cooked in a covered casserole in a 350 degree F. oven.

To serve: Thicken the liquid with a paste of seasoned flour. Place the rolls on a serving platter and pour the gravy around them. Garnish with parsley. Serves 3.

Modern Etiquette

By Roberta Lee

Q. Is it all right to mail out handwritten wedding invitations?

A. This is quite all right if the guests are just a select few. However, if the guest list is sizable, I should think it would be better to mail out the engraved type of invitations.

Q. When a husband and wife are giving a dinner in their home, and they have no servants, who should greet the guests at the door as they arrive?

A. The husband.

How Can I!!!

By Anne Ashley

Q. How can I clean brass fixtures?

A. Sponge the fixtures with hot vinegar and salt, rinse with soapsuds, and polish with flannel or chamois moistened with a few drops of paraffin or sewing machine oil. Fly specks may be removed by sponging with alcohol.

Q. How can I prevent mold from forming on jelly?

A. A few cloves on top of the jelly will prevent mold from forming. A bowl of lime in the jelly closet will also prevent mold.

now

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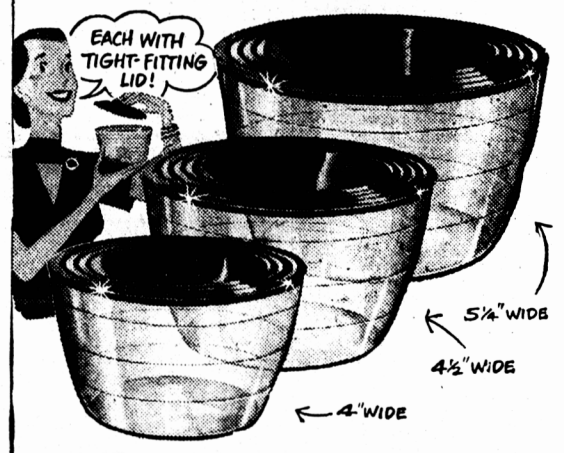

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-Needlecraft-

— FOR THE HOME —

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Include at least one jacket dress on your Spring sewing list — for double duty! Here, the princess waistline dress is smart alone. Its costume-completing bolero has interchange possibilities with other dresses in your wardrobe, too.

No. 2377 is cut in sizes 12, 14, 16, 18, 20, 36, 38 and 40. Size 16 dress and bolero, 5⅝ yards 39-inch.

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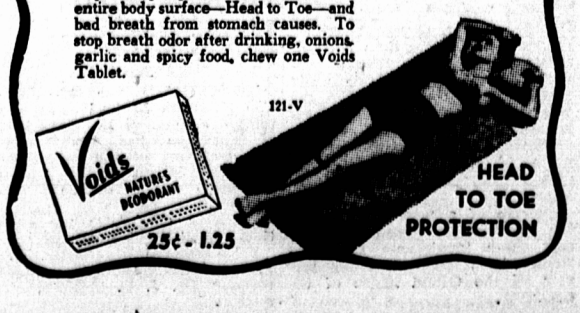

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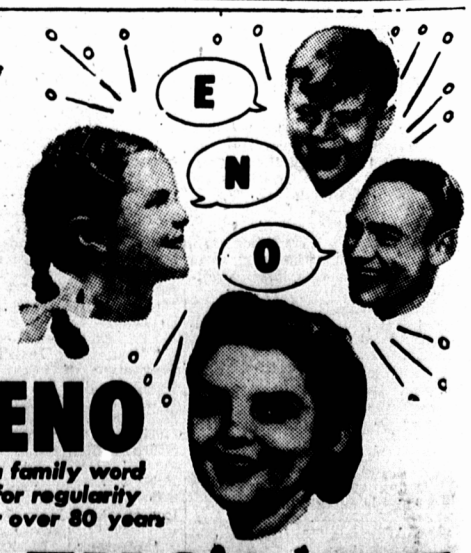

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