

ELLEN'S DIARY

By an Island Farmer's Wife

A first day of the new work-day week is almost past, one that put farm folks again into their garments of labour and took them about the interests of the place...

There are light drifts at play in the yard and the sky is dim and beclouded. No sign here of the night-stars, good friends of many a voyager without and within.

"Have you ever had the measles?" is a common query at present and indeed has been in recent weeks because thwarting many a pleasant anticipation and plan, young and older have been suddenly afflicted.

Well, I never did reach the top of that hill, Ellen - nor have I managed to mount very high in the world! There was school and growing up, marriage then and children...

"I've been wondering how one takes the measles," an office clerk smiled with obvious weariness as she made change and accepted a bill on behalf of this family the last time we were in the city.

That was a cold afternoon when we joined Rob's in an outing, driving by sleigh the mile to continue by truck from the corner. The runners creaked an old-time tune in passing, and the vapor lingered from the horse's breath before it dissolved in the frosty air.

"What did we do today?" James in from a lath "kale" at the house across the lane replies. "Truthfully, Ellen, it would be easier to tell you of what we didn't do! What a busy day, Monday always brings."

That Body Of Yours

By James W. Barton, M.D.

DEFENSE MECHANISM IN NON-ORGANIC AILMENTS

Patients and physicians are now realizing that the brain controls the body, but that the body controls the brain at times they are not as willing to admit. As a matter of fact, the brain and body are one and so any part of the brain can affect body reactions and any part of the body can affect the brain and its emotional reactions.

In New York State Medical Journal, Dr. Alfred Blazer, New York City, states that the commonest neurotic personality of our time uses this defense mechanism as his way of life. Unlike the normal person, he does not meet life in a constructive manner. He holds on to his illness and gets well too slowly or refuses to recognize that he is getting well, because illness is his main asset in coping with people, situations and his attitude toward himself.

All overnervous or neurotic, as well as normal persons, want emotional security and satisfaction. If, when young, they have been unable to obtain security and satisfaction in the ordinary or usual ways, they develop methods of obtaining them by "enjoying poor health."

In the treatment of the psychosomatic (mind and emotions controlling body actions), Dr. Blazer states that successful treatment depends upon the relation which the psychiatrist or other physician or technician permits the patient to have with him. "With the psychiatrist or other helper in treatment, the patient does not have to be a submissive worm or a destructive streamroller. He can learn to express his resentment when necessary and later to the rest of the world."

The psychiatrist or other therapist (one giving treatment) must feel the patient's mood and respond to it in a healing way. By careful examination and questioning, the patient learns to see himself as he really is—free of organic disease—and therefore in fit condition to face his responsibilities in life.

HAZELBROOK SCHOOL

Report of mid-term exams: Grade X-1. Hazel Myers. Grade IX-1. Ludlow Carver; 2. Velma Myers. Grade VIII-1. Helena Pippy. Grade V-1. Helen Wood; 2. Aubrey Pippy. Grade IV-1. Ruby Pippy; 2. Estelle Coady; 3. Kathryn Pippy. Grade III-1. Billy Coady. Grade II-1. Bruce Pippy. Grade I (A)-1. Kenneth Jones; 2. Linus Coady; 3. Cheryl Myers. Grade I (B)-1. Lowell Farquharson; 2. Reggie Coady; 3. Norman Pippy. Highest average for the month: Helen Wood. Teacher: Kay MacKinnon.

Seven Days A Week

(By Anne Shannon)

Monday:—Try Cherry Betty for supper today. Made just like an Apple Betty, but use canned cherries, boil the juice and thicken it with corn starch—makes nice sauce. Add a topping of whipped cream for elegance. Great pick-me-up after doing the week's wash!

Tuesday:—Ironing today? Be most thankful you have a minimum of frills and flounces to "do up" nowadays. Here's a fashion note of fifty years ago—"For a New Year's dress, have your favorite dressmaker make you a garment colored velvet one; a nice dress requires about twelve to fifteen yards of velvet". Whew! Imagine having to twirl that weight around at a dance!

Wednesday:—How about starting the kiddies "spool knitting" today? Boys and girls are equally fascinated by this interesting and profitable pastime (mine are anyway!) An empty spool, four small nails, a bobby pin and odds and ends of colored yarn are the requirements. Be glad to send a sample to anyone interested (Postage please!)

Thursday:—Here's a cute dish I was served at a reception not so long ago. Finely sliced oranges and grapefruit served with a small amount of their juices) right in half grapefruit shells. Pink and white coconut plus rounds of seedless grapes made a topping that looked too good to eat! Remember to add a generous dash of sugar before the topping goes on!

Friday:—Fish day again—Why not try oysters today? Get huge ones, keep them on the half shell with natural juices. Put a spoonful of sour cream on each one, top with browned buttered bread crumbs. Season with salt and pepper. Bake twenty minutes in a moderate oven (350°). Garnish with parsley and a thick slice of lemon. As Bob Crosby says "m-m-good!"

Saturday:—Clean-up day as the kiddies say! Instead of the usual brown bread with today's home-baked buns, try corn bread in the new heavy muffin pans. Each muffin pan is in the shape of an ear of corn. Cute! The corn bread tastes just as nice. You bet!

Sunday:—And the world was made in six days and our Lord rested on the seventh. After attending your very own church, we hope you too enjoy the "Seventh Day" with congenial friends, a good book and a glowing fire. By the way, for light reading get John M. Henry's (if available) "Could You Say It Witter?" Here's an excerpt from his book—the saying is by L. L. Coleman: "Statistics show that for every man over eighty-five there are seven women—but it's too late then!"

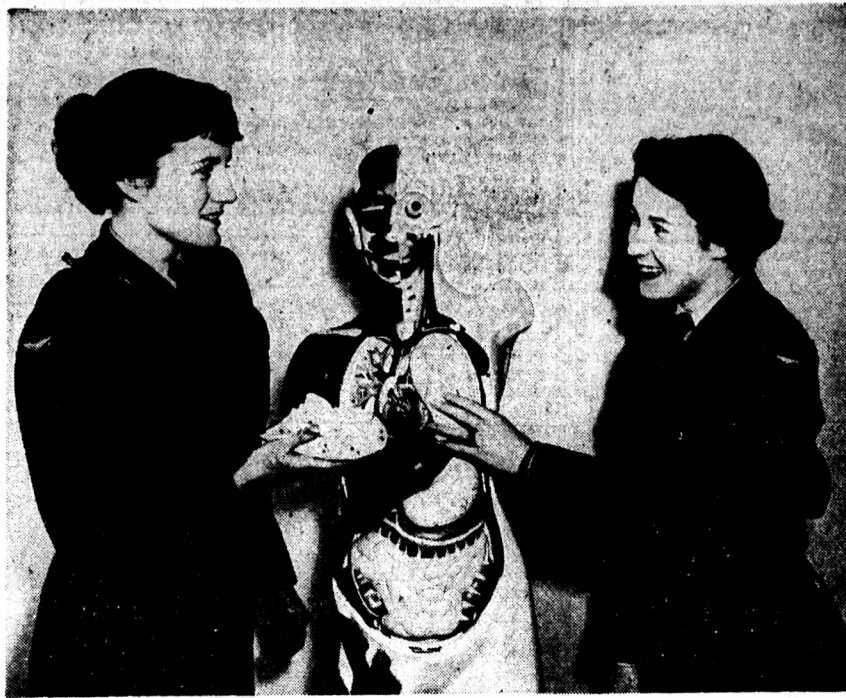
The first permanent settlement in Australia was founded at Sydney, N.S.W., in 1788.

Flower Quilt



Two old needlecrafts, appliqué and quilting, are combined in this modern coverlet. The background is white, the borders and stylized leaf motifs are green, while the bright flowers, joined to form rings, are all the colors in the rainbow, or all the colors in your scrap bag. If you would like to have directions for making the HOLLYHOCK WREATH QUILT, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. SS-22-1.

Hazelbrook Airwoman Studies Anatomy



Airwoman J. T. "Penny" Pendergast, 22, of Hazelbrook, Prince Edward Island, left, and Airwoman H. E. "Helen" Manuel, 20, of Sydney, N.S., get some practical anatomy lessons from "Tommy the Torso", during their studies at Aylmer. Both girls are members of the first Medical Assistants course to be given at Number 2 Composite Training School, Aylmer, Ontario. Previous instruction in the Medical Assistant trade was given at R.C.A.F. Station Rockcliffe. A.W.I. Pendergast is the daughter of Mr. and Mrs. E. C. Pendergast of Hazelbrook, P. E. I. A.W.I. Manuel is the daughter of Mrs. Marjorie Pendergast of Sydney, Nova Scotia.

Household Scrapbook

By Roberta Leo

Meat

As soon as the meat comes from the store, unwrap and place on clean platters in the refrigerator. When wrapped, a certain amount of warm air from the meat shop is enclosed, and if the paper is not removed, the cold air of the refrigerator has no chance of reaching the meat to protect it from spoiling. Paper also drains out the juices of a freshly-cut piece of meat.

Glass Cement

A transparent cement for glass can be made by digesting together for about a week, one ounce of india-rubber, 67 ounces of chloroform, and 40 ounces of mastix.

Refrigerator Trays

If a piece of waxed paper is inserted under the trays in the refrigerator, they will come out much more easily.

How Can I!!!

By Anne Ashley

Q. How can I renew the oil in dustless cloths?

A. Apply a few drops of kerosene or light lubricating oil on one corner, rolling the cloth, and letting it stand until the oil has spread evenly. Or, a little oil may be added to the rinsing water after washing the dust cloth. One tablespoon of kerosene or one-half tablespoon of light lubricating oil to one quart of water gives good results.

Q. How can I keep plaster of Paris softer for a longer time, and thus give myself a longer time to work?

A. Using vinegar, instead of water, when mixing the plaster of Paris will keep the plaster soft for a longer time.

Q. How can I remove the smoky appearance often acquired by highly polished furniture?

A. Wash the furniture with a sponge and tepid water, and dry with a chamois that has been wrung out in cold water.

Better English

By G. C. Williams

1. What is wrong with this sentence: "I met up with some friends who told me they value your friendship above any other."

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

3. Which one of these words is misspelled? Oscillate, annihilate, ventilate, mutilate.

4. What does the word "pronounced" mean?

SPRING MENACE

Icebergs are most frequent in the North Atlantic in April, May and June, after breaking off the Arctic ice barriers.

DOROTHY DIX'S COLUMN—

Second Chance

This Reader Should Re-Marry Worthy Man Who Loves Her

DEAR MISS DIX: While in my teens I married George, whom I did not love but who loved me very much—and still does. He has always been good to me, given me a wonderful home and everything I wanted and is a wonderful provider. Our child and I come first in everything. I also was very good to him, but, as he said, being a good housekeeper and mother wasn't enough. As a result of this incompatibility, he began going out with other women. After fourteen years of marriage, we separated. Then I met, and fell madly in love with, Herbert. He showered me with all the love and attention I craved. I divorced my husband. Though Herbert wanted to get married right away, I decided it would be better to wait until I had saved some money. He became very possessive and jealous; we quarreled constantly and in one of our bitter quarrels, broke up.



Muriel Nissen

Since then, I have been going out with George, to dinner, shows, etc. He has asked me to go back to him. He says he doesn't mind if I don't love him as long as we're together.

In my heart I know I love Herbert very much. Shall I go back to George who will be good and kind to me, or shall I marry Herbert and accept his quarrels and bad disposition for the sake of love?

ANSWER: You are now, I judge, in your early thirties, which is old enough to have sense and outgrow some of the childish ideas you've carried around for years. Lady Luck must have a very special fondness for you, as you're getting a second chance at happiness you didn't deserve in the first place. Few women are so fortunate.

HE'S A RARITY

You have, in George, a man of such loyalty, fidelity and long-suffering as is not encountered too often. You have done everything to exhaust his patience, yet he is willing to give you another chance. You have taken everything from your marriage with him and contributed nothing except, perhaps, good housekeeping, which is poor comfort to a man longing for the love and companionship of a happy wife. Having entered marriage with no love for your husband, you proceeded to acquire a martyr complex and put all the blame for your unhappiness on him. The least you could have done was try to love him, and make him see that at least you did want to love him, instead of putting on a misunderstood-wife act.

If your romances followed a natural sequence, you'd marry Herbert and live to regret every minute you ever spent with him; your good fortune lies in the fact that George stepped back into the picture before you made this fatal step.

If you want happiness in your future, re-marry George but bring to your home, this time, love and understanding. You're old enough to know that love isn't always an emotion of burning passion and high ecstasy. More often it is a companionable, comfortable feeling compounded of mutual respect and admiration. Accept it as such, and give George the affection, devotion and consideration he has a right to expect.

DEAR DOROTHY DIX: At 18 I am married and have one child. My husband tells me he loves me, but recently quit his job and went to another state to live. He sold all our furniture, took all the money and never sends me a cent. The baby and I are with my parents. He's been gone since June, comes to see us occasionally and always has to borrow money to go back.

ANSWER: You are very young to be the wife of so irresponsible a man and you are in need of expert advice. Your husband can be made to support you and his child. Get in touch with the Legal Aid Society or Family Service Association nearest you. They can be located through the telephone book, and will be glad to assist you in forcing support from your husband.

DEAR MISS DIX: I am one of a group of married women in their

Continued on page 14

Twin Stewardesses Tend To Confuse, Amuse TCA



Have you ever heard of a pretty headache? Well, Trans-Canada Air Lines has two of them named Marjorie and Marion Quinney. The girls, twins from London, Ont., are so identical in appearance and personality that even their closest friends can't tell them apart let alone

Anne Adams Patterns

WEEKLY SEW THRIFTY

SEW-EASY, Jr. Miss! Has two main pattern parts! This frock has the 1952 doll-waist look! Sleeves are in one with bodice; skirt is perky with cluster-gathers, collar and cuffs fresh and crisp in contrasting fabric.

Pattern R4503 in Jr. Miss sizes 11, 13, 15, 17. Size 13 takes 4 1/2 yards of 36-inch fabric and 1/2 yard for contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Name, Address, Style Number.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ENERGIES, ambitions, initiative and courage are under splendid stimuli for progress, new enterprises, important projects, all under exceptional creative skill, with keen urge to drive ahead under full steam. Nevertheless, such ardor, stimulus and enthusiasm must be calmly studied, firmly controlled, held in leash. The way is best with difficulties and dangers, mainly of a sinister and subtle or hidden menace. The mentality is not keyed to shrewd insight, and intuitions may lure to peculiar dangers or queer involvements. Postpone action.

For the Birthday

Those whose birthday it is are urged to make calm decisions, weighing cautiously all plans, suggestions and propositions before entering into any agreements, alliances or pledges of vital consequence. While the energies, creative ability and sound purpose may be keyed to vigorous performance, the way is beset with pitfalls and dangers. The judgment is faulty, ruled by emotions and feelings rather than by cold logic. Undertones of deceit and misrepresentation could lure into intrigues, schemes and plots, with little to gain by the seductive journey. A child born on this day, while having sound creative urges, skills and enthusiasm, could be easily lured by false premises and seductive bypaths.

Morning Smile

Open and Shut

It's not much good going to the meeting if you're prejudiced. "I'm not prejudiced. I'm going with an unbiased and open mind to listen to what I'm convinced will be absolute rubbish."

Wonderful

Professor "Mathematics is the most fascinating of studies. One can obtain astonishing results. If I take the year of my birth, divide by my telephone number and subtract my wife's age, I get my size in collars."

Perfect Hubby

"They passed her in the park. 'That's Perry's wife,' said Carter. 'Thanks the world of her husband.' "Does she?" "Rather. She even believes the parrot taught him to swear."

neat" mean? 5. What is a word beginning with ha that means "calm; peaceful"?

ANSWERS

1. Omit up, and say, "value your friendship more than any other." 2. Accept first syllable, not the second. 3. Oscillate. 4. Inclination of mind, heart, or temper. "There was a certain proneness to self-gratification." 5. Halcyon.

Alice Brooks Designs

SNUG SET

NECESSITIES for nippy weather! Crocheted cardigan, mittens and ear-lap cap! Use knitting worsted in two colors. Loop-stitch trim for girl, plain trim for boy. Gay two-color set! Pattern 7282 includes crocheted directions for sizes 2, 4 and 6 years.

Send Twenty-five cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

STOPS HEADACHE FAST ASPIRIN



R4503 11-17

by Anne Adams

Modern Etiquette

By Roberta Leo

Q. Are all the plates removed from a dinner table before serving the dessert?

A. Yes, the table should be plateless. The salt cellars, pepper pots, unused flat silver, and nut dishes are taken off on the serving tray, and the crumbs are brushed off each plate at the table with a folded napkin onto a tray held under the table edge.

Q. What is the proper way to introduce a young man to an elderly man?

A. The young man should be presented to the older man, mentioning the elder man's name first, as, "Mr. Marshall (who is seventy), this is Mr. Hudson (or Edward Hudson)."

Q. Are gloves worn by the bridegroom and his attendants at a formal evening wedding?

A. Yes.

Cook's Corner

CHEDDAR CHEESE DOUGHNUTS

2 tablespoons shortening; 1/2 cup sugar; 4 egg yolks; 1 teaspoon grated lemon rind; 1/2 cups grated Cheddar cheese; 1 cup milk; 2 tablespoons lemon juice; 4 cups flour; 3 tablespoons baking powder; 1/2 teaspoon baking soda; 1 teaspoon salt; 1 teaspoon nutmeg. Cream together shortening and sugar. Beat egg yolks; add. Add lemon rind and cheese. Combine milk and lemon juice. Sift together flour, baking powder, soda, salt and nutmeg. Add alternately with milk to creamed mixture. Roll out 1/2" thick on lightly floured board. Cut with doughnut cutter. Fry in shallow fat heated to 375 degrees F. 3 minutes or until brown, turning once. Drain on absorbent paper. Makes 3 dozen doughnuts.

Rheumatic & Arthritic Pains

If you are suffering from arthritis, rheumatism, sciatica or neuritis, you may now hope to get fast relief from pain and discomfort. Thousands and thousands of men and women report they now enjoy long-lasting relief—thanks to DOLCIN tablets. Get DOLCIN from your druggist today.

DOLCIN Best-known Product for Relief of Pains of Arthritis, Rheumatism

Husband Of Canadian Cited By U.S. For Bravery



The Distinguished Service Cross, second highest honor the U. S. can accord, was presented to Mary Muldoon, seen above with son, Patrick, of Toronto, 21-year-old widow of M/Sgt. Ervin Muldoon, whose heroism on a battlefield near Parunni, Korea, cost him his life. A native of Niagara Falls, N. Y., the 24-year-old soldier joined the Canadian Army in 1945, and then the U. S. Army two years later. He was with the occupation forces in Korea when war broke out. Presentation, which took place in Toronto at the U. S. consulate, was issued at the command of Lieut.-Gen Van Fleet, in recognition of Muldoon's efforts to assist a section of Allied troops pinned down and outnumbered by



7282 by Alice Brooks