

ELLEN'S DIARY

by an Island Farmer's Wife

We think, as we write here, of the satisfying history that was written at a school tonight in an island district which was not far from the shore, from this farmstead.

It may be that in some future year—let us hope when all talk of war between peoples and nations shall have ceased—our daughter will talk, about her heart's content of this winter-night of her past. She will relate that her (paternal) grandmother, who had been one of the district's school ma'ams had foregathered with others of her former teachers and honored guests, to attend the ceremonies marking the opening of the brand new seat of learning here. Will she remember we wonder, that the old school sat neatly on the opposite side of the road, its playground adjacent to the cemetery there?

It is not likely that, in speaking of it, she will call that place about by the quaint name we still hear James and the older folks of this road use when referring to the "Byrn's Up" it is to them, the origin of the place-name lost now, we suspect, in the graves of the pioneer settlers, though we suppose it had something to do with the upland fields maybe once the property of folks of that name. . . . In many an instance we should have retained the ancient place-name, quaintly descriptive and charming as they usually were, though we are grateful that of our own community bears one prettier and much to be preferred to that of "the Dog River" it once knew!

Will Granddaughter, who with Mack and her parents were in the yard to speed our going, remember that in this age of machine-travel, her grandparents were pleased to go to the affair by horse and sleigh? Snug and warm in winter-wrappings and robes we went, a bell to make music for us along the way.

To them the latter is a fascinating part of a sleigh-ride, the sound

of it wreathing faces in smiles. "Let's not talk—let's just listen to the bell!" Granddaughter offered this morning on her way to her classes.

"When I grow up" Mack broke the silence presently. "I'm going to take out that driving sleigh of ours that has bells on the shafts . . . hitch the young mare . . . and away I'll go!"

"Don't be silly, Mack!" she smiled "when you grow up you may be driving a plane."

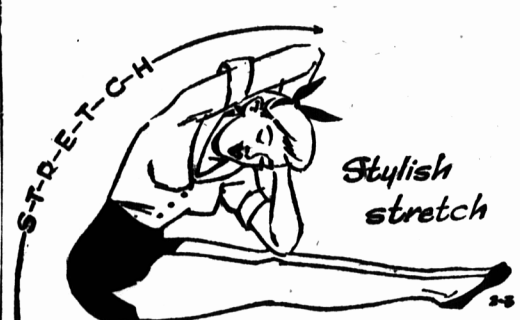
And we, wherever we are, shall it not be given to us to remember the delight of the sleigh-rides of that time? Along the white of the resting farmhands, the crescent of new moon at our shoulders; stars too lending their friendly glow to show us the winter trail which led sometimes along the dark mystery of woodland and grove, back to the very end of this farm that is Alderlea. Hushed, still, lonely, a place where seldom a voice is heard, where time itself cannot very well hitch its back there, where "lairds' farms" meet . . .

Until tomorrow . . . Goodnight . . .

KEEP IN TRIM

Fashions Favor Young Figure

By Ida Joan Kahn



This spring the fashion line will be on the s-t-r-e-t-c-h-e-d midsection, from just under the high bust to the top of the hipbone. To wear these lithe lines, milady's silhouette must be shapely and supple through the middle measurement. Fact is, these dashing styles will separate the young figures from the so longer young and lissome.

Well fiddle-de-dee, you don't have to put up with a stodgy middle measurement! Against nature to stay young and supple? Ah no, nature fashioned the figure narrow in the middle for facility of movement. Unused muscles lose their natural ability to stretch, bend and contract. They get lax and laxy and fall down on the job of hugging the waistline and holding the tummy flat and firm. Of course overeating figures in too . . . then the once-slender waist becomes fat-encircled and matronly.

Today's exercises will restore muscle tone to waist and abdomen and to the lateral muscles which bound the sides of the silhouette.

Warm up with easy stretch-bends. Standing with feet well apart, hold arms out at sides, shoulder level. The exercise is simply to pull up and in firmly with the girls' muscles and bend slowly and smoothly sideways, keeping shoulders relaxed and centering the action from under arms to top of hipbone. Hold the stretch-bend as you stretch clear to finger tips. Come back to position and then bend to opposite side. Repeat three times only.

The familiar whirl-at-waist movement helps slim the middle measurement. Sit on floor with

Clothes Worn Minus Slips Are Featured By French Designer

PARIS, (AP) — Jacques Heim said that the clothes in his spring and summer collection, shown for the first time Monday, must be worn without slip or petticoat. This is to permit the clothes to follow the natural body line.

Girdles are allowed, he said, in fact, strongly recommended.

Heim, of five collections shown to date, was the only one to remain faithful to the Dior "flat look" introduced last year. The middle blouse line, the straight three-quarter length coat and insistent emphasis on hips prevailed in his models.

He seemed infatuated with a female version of the tail coat. Practically every jacket has flaps, pleats, buttoned tabs or bows set squarely in the middle of the derriere.

FEWER WOMEN

Pakistan has more men than women, the ratio being 8 to 7 in a population of 70,000,000.

GREEK FRUITS

Greece is a large producer of currants, sultana raisins and dried figs.

BRINGING UP BABY

Most babies react enthusiastically to the taste of meat, but occasionally a determined little individualist puts up a "no, no" front at first. If baby balks a bit at the trial run with strained meat, try mixing a spoonful or two with a regular portion of strained fruit. Doesn't sound like a gourmet's dream for grown-ups, but it's usually quite successful with beginners.

Acid Indigestion?

Just 1/2 teaspoon of bicarbonate of soda in 1/2 glass of water brings prompt relief from discomfort of acid indigestion—safely and effectively. Bicarbonate of soda (baking soda) neutralizes excess acidity and helps relax stomach.

HERE'S ANSWER TO COUGHS OF COLDS PROBLEM!

Here is a new, pleasant cough medicine—Vicks Medi-Trating Cough Syrup. It's different! A combination of a new penetrating ingredient with a medicating formula. The penetrating ingredient carries the medicine to irritated crevices of the throat, where the medicating ingredient can go right to work.

That's why it's named Vicks Medi-Trating Cough Syrup. It medicates as it penetrates.

VICKS MEDI-TRATING COUGH SYRUP

It Medicates as it Penetrates

Remove All The Fat Before Cooking Lamb

By IDA BAILLEY ALLEN

There are few vegetables as versatile as the cabbage Madame," said the Chef. "No canning or freezing is necessary. It can be kept through the winter in a cold cellar, always there handy for a bowl of slaw for a dinner vegetable, to make into a quick relish or to combine with meat in an entree."

"That reminds me Chef of the time we introduced our favorite Baked Lamb Cabbage Norwegian at Fort Leonard Wood in Missouri during the war. I was lecturing and we were food trouble-shooting at the U. S. Army Camps and Posts for the Quartermaster Corps."

Didn't Like Lamb
"Ah out, Madame. The enlisted men thought they did not like lamb. The evening we arrived they lined up waiting to go into the mess hall."
"The man at the head of the line sniffed very hard, then announced, "Baa very loud. Down the line it went."

"But after you suggested that next time all the excess fat be removed and the lamb be cooked with cabbage, the Norwegian way they liked it."

TOMORROW'S DINNER

Celery Pea Soup
Baked Lamb-Cabbage Norwegian
Baked White and Sweet Potatoes
Mixed Green Salad
Lemon-Raspberry Layer Gelatin
Coffee Tea Milk

Baked Lamb-Cabbage Norwegian: Cut a 5-6 lb. shoulder of lamb in serving-sized pieces. Remove all excess fat. Cut 1 (3 lb.) crisp cabbage in slices 1 in. thick and wash.

In bottom of a double boiler put a layer of cabbage. Dust with

1/2 tbs. flour mixed with 1/2 tsp. salt, 1/2 tsp. fresh ground pepper and 1/3 tsp. caraway seed. Cover with a layer of lamb. Dust again with same amount of flour, salt, pepper and caraway.

Top with cabbage and a final layer of lamb, adding the same amount of flour, salt, pepper and caraway. Pour in boiling water to depth of 5 in. and cover.

Bake, simmer 2 hrs. at 375 degrees F.

Lemon-Raspberry Layer Gelatin: This calls for lemon-flavored and raspberry-flavored gelatin. Prepare lemon-flavored gelatin according to directions on pkg., and raspberry-flavored gelatin using 1 1/2 c. boiling water and 1/2 c. sifted canned or thawed-frozen raspberry pulp. Refrigerate 30 min. or until beginning to thicken.

CELERY-PEA SOUP FROM THE CHEF
Combine 1 (10 oz.) can each condensed pea soup and cream of celery soup. Add 1/4 can-measures water and one of milk. Season with 1/2 tsp. dried mint. Simmer 3 min.

HOUSEHOLD HINT

If you are going to remodel your kitchen, don't forget future needs. Maybe you will want to install a home freezer, an automatic dish washer or a double-drain sink. Make your plans so that these items may be installed without any further expensive remodeling.

She's Fatigued By Frustration
DEAR R. F.: Your reaction to your husband's periodic drinking is approximately average. (Continued on page 5)

Popularity of Pastel Shirts and Vivid Vests Show Approval

TORONTO, (CP)—Men's fashions this year have burst into technicolor but males are still reeling under the impact of shocking pink and lavender shaded shirts.

Lorain Fawcett, New York color consultant who runs her own firm, thinks it's about time men crawled out of their camouflage of grey and navy.

"There hasn't been a major change in the men's fashion picture for more than 25 years," she said.

Consultant, Fawcett, Vancouver-born blonde with a colorful personality in her own right, has been working as a color adviser with a men's shirting firm.

"Men's styles have been rock-bound for a long time because the men were so busy watching each other no one dared get out of line and experiment."

Miss Fawcett gives television credit for the change. "TV did for men what Dior and Dache do for women. It set the new color trend."

Because white doesn't photograph well television performers turned to pastel shade shirts. They even wore their pink, yellow and helio light lavender shirts outside the studio and the man-on-the-street thought it wasn't bad.

"In the Christmas trade pastel shirts outsold all other types," Miss Fawcett said. Pastels have also crept from shirts into the flecking in dark grey and black suits, into ties and even men's underwear.

"Pioneers wore red flannels so why shouldn't the modern male have pastel shorts?" Miss Fawcett said, defending the idea.

The recent craze for vividly patterned vests showed that men's hearts are really with the color trend, she said.

"I'm just waiting until they begin using more vivid colors for suiting material. That will be the next step."



COOK'S CORNER

DEVIL'S FOOD CAKE

2 1/2 c. shortening
1 c. (all purpose) flour
3/4 c. corn starch
1 1/4 c. white sugar
1/2 c. cocoa
1 tsp. soda
1/4 tsp. cream of tartar
1/2 tsp. salt
1 c. milk
1 1/4 tsp. vanilla
3 eggs, unbeaten

Cream shortening in bowl. Sift all dry ingredients over cream and shortening. Add milk and vanilla. Stir until all is dampened. Beat 200 strokes (or for 2 min.). Add unbeaten eggs. Beat for 250 strokes. Bake in cake pan 9 x 9 for 45-50 min. or in two 9 inch layer pans in moderate oven for 30-40 minutes.

—An Albany Recipe

MORNING SMILE

Lots of divorces result because a girl loves a man just for the time being, says a judge. Another way of saying, just for the present.

ALICE BROOKS DESIGNS

CROCHETED TV COVER

Easy-crochet this attractive cover for any size TV set—in your very favorite spider design!

Pattern 7301: Crocheted TV cover, 28 inches in No. 20 Cotton; smaller in No. 28 Cotton; larger in mercerized bedspread Cotton. Join 4 to make 24-inch cloth.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 86 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

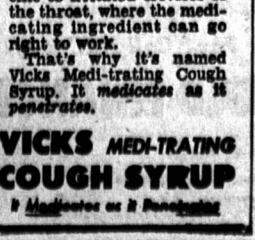
WONDERFUL is the word—for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog—NOW! You'll want to order every wonderful design in it!



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This is new Lux Liquid...

it washes dishes faster, cleaner than any other suds



floats grease clean away
Lux Liquid Detergent suds up instantly because it's already dissolved. Gets right in under the grease and floats it away. Yet your dishwasher never gets greasy. Yet your dishes feel clean and sudsy.

really makes 'em sparkle!
Just lift glasses out of the pan and they're diamond-bright. Let those dishes drain dry—you won't find a single streak. Dishes feel clean, too, because they're absolutely grease-free.

one teaspoon does a dishpanful
Concentrated liquid. One can does more dishes than two big boxes of powder. Even in hard water Lux Liquid can save you 46¢ on every dollar you've been spending on old-fashioned powders.

gentle to hands, fabrics too!
New Lux Liquid is milder than any other detergent... beauty-soap mild! Get Lux Liquid today—packed in a can as it should be—won't break like a bottle. And the can has a dripless spout!

ACTUALLY! Save 46¢ on every dishwashing dollar!