

A Country Garden

By Mrs. Gordon MacMillan
Give me odorless at sunrise a garden of beautiful flowers...

Fragrance in the mornings in the garden seems more distinct and wonderful than at any other time...

Daylilies are blooming and it is easy to explain the great popularity of these hardy lovely perennials...

Beautiful blends of bi-colors and delicate tints of mingled hues are also available. There is, moreover, a wide variation in height...

For further variation, there is the matter of time of bloom. In this garden the varieties that bloom in late summer are prized...

ACHIMENES is a summer flowering bulb that is new to me and it makes a beautiful flower...

When an African bushman dies, his family erects a pile of stones and then deserts the home.

Cook's Corner

JELLIED CHICKEN

One 3-lb. chicken (dressed weight), 2 1/2 teaspoons salt, 2 tablespoons gelatin, 1 chopped onion, 2 bay leaves, 3 cloves, 1/2 teaspoon whole peppers, 1/4 teaspoon nutmeg, 3 hard-cooked eggs, 6 sliced stoned olives, 1/2 cup sliced canned mushrooms, 1 tablespoon each chopped parsley and celery or new cooked peas...

That Body Of Yours

By James W. Barton, M.D.

MILD DEPRESSIONS

It was Chesterton who stated that "a sleepless night, an attack of indigestion and a rainy morning can make a coward of a man who might otherwise be a hero."

Physicians find that while the majority of their patients complain of fatigue as a prominent symptom, many of them admit that they feel depressed and cannot account for these depressions. Close questioning often reveals the fact that even when they were youngsters they became depressed and discouraged at times.

The way the patient lived as a child, his home life and the manner in which the parents treated him determine the way the adult will meet life's difficulties, including depressions. Always in the background and closely involved in the cause of the depression is the degree of resistance in the individual and the elasticity of personality.

"Depression is especially liable to occur at certain periods of life. It is rare in children, not uncommon in early adult life and increasing steadily in the later years when the resiliency of elasticity of youth becomes less due to tissue and vessel changes and to altered outlook on life."

In regard to treatment, it is suggested that the depressed individual should continue to do routine work. Social tensions in the home or elsewhere should be given attention. The knowledge that the doctor understands his illness tends to

ELLEN'S DIARY

By An Island Farmer's Wife

There was second blossom on our Dorothy's baylands this morning—and low white clover patterned richly the pastures. The patch of corn in a near field, destined to be fed to the cattle when these are less succulent than now, bedraggled last evening from the heat of day, was again alert and pretty, a zephyr of wind stirring lightly the pointed green blades.

"I reckon it will take all morning to plant that," James allowed of it on a spring day. And we recall now the pleased look that came to Rob's face, when the two lads of the place without invitation or pressure, rallied quickly to his support—Gage pausing now and then to survey the length of row yet to be planted, before stooping once more to drop the intriguing gold kernels—to have the task completed in no time. How pleasant to parents to know that the children are interested in the work of the moment, to have them engage in it voluntarily and with a good heart!

That was a spring morning, the robins building about, stopping now and again to whisper "sweet nothings" to each other, or with uplifted heads give voice to their joy of season in a fetching ripple of song. Sunny it was after a beclouded spell of weather, the warmth, pleasant and enjoyed the more when we remembered that not so long before winter storms had left deep drifts in their wake in that very field of the farm.

Today, however, the freshness of spring was gone. Instead the sun was hot, the air humid. The farmers came sweat-stained from the weeding at mealtimes to talk of the heat and closeness. James declared that never was place hotter than in that field in the lee of the woodlands, the scene of the hoeing. "It's not the heat," Jeanie smiled, "it's the humidity!" when the supper-hour came, after a lengthy interval to gather the family, with one exception, again about a table.

Bread from a baking of morning, which blessed by the heat of day had doubled in bulk, indeed trebled, before we could come to it; baked beans—out of a tin; crisp salad of new things from the garden—this year gels, and a strawberry shortcake, an item of sweetened biscuit-dough, mixed with cream it had been to top off the rest, was this afternoon's fare. With windows open and doors wide... and blackbirds on lazy summer wing above the front meadow. "Oh dear," Jamie sighed, "it's just too, too, too!" "Don't be a sander," he offered on a cooler vein of thought, "if that drift of last winter was on the lawn now, how long would it last?"

And because the demands of their respective farming are too insistent to be disregarded longer by Mr. D. and our farmers, the carpentry at Alderlea has been shelved for the present, now that mows are in order to receive hay. Tomorrow interest will be centred only on the wedding which, according to James who plans and portions such endeavours, will "take nothing short of a miracle to have it finished in another day"—the miracle, we fancy, one to be wrought by the combined effort of many hands.

"If you could just come to meet me, Ellen—to whistle a bit off my rows," James commented this evening, stealing a look into his tomorrow. "Between-times, Ellen," he said, "when you wouldn't be busy in the house," Tomorrow—where is it? Not yet given. But truly near... just past the starshine, and the moonlight, to come out of this cool dimness of night.

Until tomorrow - - - Diary - - - Goodnight dispel the fear and uncertainties of the patient. The medical treatment suggested is Benzadrine or Dextadrine, 5 mg. on arising and at noon, "the most important treatment being the emotional support from the doctor-patient relationship."

MELVILLE W. L.

The July meeting of the Melville Women's Institute was held at the home of Mrs. F. J. Emery with 11 members present. The meeting opened with the "Institute Ode" followed by the "Creed" in unison.

Minutes of the last meeting were read and approved and the roll call was answered by passing in an article for an auction sale which brought in \$401.85 cents was passed in on the quilt and Mrs. Malcolm Ross auctioned off a little cake. \$5.25 was paid to Mrs. John MacDonald for ice cream for the school closing, and a little dress was given to Mrs. Colin MacKenzie's new baby. The roll call for the next meeting is a fish pond and an article is to be taken by Mrs. Colin MacKenzie. The next meeting is to be held at the home of Mrs. Malcolm Ross with the following lunch committee: Mrs. Campbell MacLeod, Mrs. Preston Gillis, Mrs. William MacRae and Mrs. Nelson MacDonald.

The meeting closed by singing "The Queen," after which lunch was served.

GLASGOW, July 20 — (Reuters) — The Imperial Grand Orange Council of the World, meeting Friday, elected James A. Barlowe, Deputy Grand Master of Ireland, as Imperial Grand President. He succeeds Lt.-Col. T. Ashmore Kidd of Kingston, Ont., who retired after three years.

DOROTHY DIX'S COLUMN—

Quarrelsome Parents

Teen-Ager Longs For Happy Home

DEAR MISS DIX: If parents knew what separation does to their children I don't think there would be so many divorces. I should think people would straighten out their difficulties just for the sake of their children.

I am a teenager of 17 and a victim of such circumstances. My parents were divorced when I was small and each has remarried. I live with my mother, and now, after eight years, it looks like another crisis brewing. She and my stepfather are always arguing and quarrelling. She is suspicious of every move he makes for fear there is another woman involved. Sometimes when he is late for dinner she says, in front of me and my little sister, that she wishes something awful would happen to him. This life of discord is awful! I envy those who can honestly say they live in a happy home.



Muriel Nissen

While it is true that many divorces would be averted if parents stopped to realize the effect of the action upon their youngsters, it is also true that some people simply cannot create a harmonious atmosphere around them. Such a one, apparently, is your mother. Since she could not make a success of her first marriage, and is certainly not being too co-operative in this one, it would seem to be her nature, rather than the fact of the divorce, that is keeping your home life so unhappy.

Probably she in turn, however, is beset by worries of which you know nothing, so don't judge her actions too hastily. Perhaps she is so wrapped up in her own troubles that she is completely unaware of the bad effect her disposition has on you children. If you have a friend or relative in whom you can confide, try to bring the seriousness of the situation to your mother, through a third person.

By being cheerful about the house yourself, you may help change her attitude toward life. Whatever you do, Dawn, don't leave home at your tender age, or jump to the conclusion that marriage may be an escape for you. Living under present conditions, and doing your best to improve them, is a job you must do. Don't shirk the responsibility and, with God's help, you may be able to create harmony from the present discord.

DEAR MISS DIX: My husband and I have one problem which we cannot agree on. That is the upbringing of our two-year-old son. My husband is a strict disciplinarian and punishes the child for everything—climbing on chairs, taking too long to eat, singing or talking to himself when he's put to bed, etc. He says he wants to be proud of the boy and that this is the only way to train him correctly. I feel that so much spanking will make him dull and slow.

ANSWER: Your conclusion is much more correct than that of your husband. A boy whose spirit has been completely broken by constant, unnecessary punishment will be the dull child who will be discouraged—not quelled. The natural curiosity of a youngster should be one of the pleasures of parenthood. By not letting the baby do the cute things typical of babyhood, Daddy will never be able to relate the anecdotes that are most parents' chief delight.

Since you are unable to convince your husband of his error, why not tell your doctor of the circumstance and let him advise you?

DEAR MISS DIX: I am 19, soon to be graduated from high school. The man I love is 26. Is that too great a difference? Also, do you think I should continue my education in college where I will meet boys my own age?

ANSWER: The age difference is not too great, provided background and tastes are similar. As to your education, the faculty advisor, student counselor, or principal of your high school should be consulted. Don't go to college just to meet boys, however. It's rather an expensive way to get acquainted.

Modern Etiquette

By Roberta Lee

Q. Should a girl properly have something to say in the matter of her engagement ring, is it supposed to be taken care of entirely by the man?

A. If she would rather be "surprised," it is all right to let her fiancé pick the ring. Otherwise, the most practical procedure is for him to go to the jeweler's and have a number of rings set aside within his price range. Then he can ask her to accompany him to select one of these.

Q. What should one do if, upon calling at the home of a friend who is ill, you are informed that the friend is not in condition to see you?

A. In this case, it would be quite correct and proper to leave your card with some message of good cheer written upon it. Q. Is it still necessary for a man to ask permission to smoke when with a group of women who he knows do not smoke?

A. Yes, this is still the courteous and thoughtful thing to do.

The Stars Say --

By Genevieve Kemble

For Tomorrow

THIS day may be memorable for a breaking away from old conditions, static situations, hampering habits or commitments, spurring on the ambitions and aspirations to new heights of accomplishment, achievement, perhaps honors or dignities long thwarted or postponed. Such a change may prove exhilarating, not only for its concrete and expansive objectification, but, as well, for pleasant, congenial and progressive personal reactions. New contacts and fulfillments may thrill.

For the Birthday

Those whose birthday it is may be elated by the definite breaking up of some long-standing congestion, a static condition holding up cherished hopes and wishes, or perhaps putting a damper on initiative, with an inner drive to be up and doing. The benefits of "break" should inelude to new enterprise, especially since new effort and attack are to find the happiest of reactions on the domestic, social and romantic life. A new era of accomplishment, accumulation, fulfilled ambitions and desires in both private and public realizations, is possible.

A child born on this day should enjoy a rewarding and happy life, born of its own solid and worthy efforts and achievements. Social and domestic gratifications are assured.

letter, will you?" "All right." "Want to lend me a stamp?" "By the way, what's your girl-friend's address?"



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Better English

By G. C. Williams

- 1. What is wrong with this sentence? "I've got five more dollars than him." 2. What is the correct pronunciation of "gunwale"? 3. Which one of these words is misspelled? Stigmatism, stillness, stupendary, stiletto. 4. What does the word "arduous" mean? 5. What is a word beginning with def that means "slander"?

ANSWERS

- 1. Say, "I have five dollars more than he." 2. Pronounce gun-wale, u as in gun, e as in elk, unstressed. 3. Stiletto. 4. Difficult; attended with great labor or exertion. "It took many years to complete the arduous task." 5. Defamation.

Household Scrapbook

By Roberta Lee

Radishes

Keep the radishes crisp by cleaning thoroughly, wrapping in a damp cloth or vegetable bag, or storing in a covered container in the refrigerator. Radishes used for garnishing should be firm, smooth, uniform in shape, and a bright red.

Shabby Umbrella

If the umbrella is beginning to look a little shabby, open it and wash with a brush dipped in ammonia water. Rinse under the shower. Open to dry.

Tooth Decay

A pinch of baking soda used on the toothbrush as a dentifrice will act as a preventive to decay of the

Anne Adams Patterns

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R4779 12-20 by Anne Adams LUMBER INDUSTRY Saskatchewan had 274 active lumber mills in 1950 and the gross value of their products totalled more than \$3,600,000.

How Can I!!!

By Anne Ashley

Q. What can I do if the egg whites refuse to beat stiff?

A. Add a teaspoonful of cold water and a pinch of salt. Adding a pinch of baking powder while beating will also help, makes it more fluffy, and prevents falling if it must stand for a while after beating.

Q. How can I clean a soiled felt hat?

A. Rub it very lightly with a fine grade of sandpaper, rubbing with the nap. Then rub over with a mixture of salt, cornmeal and cleaning fluid and allow to stand in the air for a while.

Q. How can I relieve prickly heat? A. Put a large handful of Epsom salts into a basin of lukewarm water and bathe the affected parts.

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WITH CERTO THE OLD WAY. 1. Mrs. A. makes jam the short-boil way with CERTO. She has 2 pounds of fruit prepared ready to start at 9 o'clock. 2. The dotted line shows level of the prepared fruit in Mrs. A's saucepan. 3. Mrs. A. adds 3 pounds of sugar. A pound of jam made with CERTO contains no more sugar than a pound made the old long-boil way, but she knows the CERTO recipe will give her 50% more jam. 4. Mrs. A. brings the mixture to a full rolling boil; boils hard ONE MINUTE only; removes from stove and adds 1/2 bottle (4 ozs.) Certo. CERTO is the natural jellying substance in fruit in concentrated form. 5. Mrs. A. is able to pour and paraffin about 5 pounds (10 glasses) of jam from her 2 pounds of fruit. She gets sure results because she follows the CERTO recipe EXACTLY. 6. Mrs. A.'s 10 glasses of jam were made in just 15 minutes.

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WOMEN'S INSTITUTE HANDICRAFT EXHIBITION Entry forms and prize lists may be obtained by writing to Box 123, Charlottetown. Entries must be registered before July 28. There is no entry fee and entries from all parts of the Province will be welcomed.

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