

ELLEN'S DIARY

By An Island Farmer's Wife

Despite the many signs and omens to the contrary, as indicated in the state of readiness of beast and bird, of lowly banded moth and buds of trees, which appear to forecast one long and snowy, winter still lingers along the way.

December continues to cast a lovely spell over the island countryside. Upon the warp of resting meadow and furrowed field she weaves a beautiful design; gold threads gleamed from the sun-glints, sober green of spruce and "var," azure of sky, pearl-grey of wisps of evening fog, and white and fancy caught from the peace and serenity of our world about.

So winter loiters. And we are satisfied with things as they are so that the farmers can go easily about their choring and unhindered by snow-levels or drifts, to their work of woods. "It's good, Ellen," James spoke of this today. "And besides," he added, pleased to find it so, "this spell of mild weather will help to wear the winter away. It's strange but I'm not overly fond of storms and snow. I think I endure them for the spring that is bound to come!"

An Island girl domiciled for several years now in a sunny southern State wrote on the same subject: "I can't find any fault with the brand of weather here, unless it is that I find it too perfect! It is pleasant but from my point of view there is monotony in the sameness. I think I should like a good old-fashioned blizzard against the windows for a change . . . snow drifting along the fields and heaping high against the buildings."

"It should find it fun to wrap myself warmly and face it out about—the woodshed for an armful of good maple sticks; and returning experience something of the pleasurable triumph our pioneer grandmothers must have known over similar battles with the elements . . . though I believe it was sometimes their lot to find their wood at the chopping-block in the wind-swept yard! And I should like as once to untie the rope from old Nellie's halter and watch her make her way to the nearer brook—or should I carry her a pail from the pump, battling every step of the distance between there and the stable? And

to the cow that was Brindle, and Blossom her helper."

"Finding nice sanctuary in the stable while it stormed without, I should like to put my hand in the wooden box with the old measure. And return then to the house, dappily clad and somewhat breathless but glowing from the brisk exercise. . . . And how snug and secure all would be in the evening, though there was a wild wind in the chimney and snow encrusting the panes! We'd have pancakes for supper Ellen, honest-to-goodness ones from the buckwheat flour . . . brown and crisp-edged from the frying . . . buttered or molassed, on the old plates—and milk to drink. And lamplight and warmth of stove-wood and good smell of kitchen."

"We're due to leave for the beach in a few minutes—to swim, or rest in the sand and play beach games. Tonight we dine at the Club—dressed in our best! The food will be supposedly 'out of this world' but I'd trade it all for a pancake . . . a lamplight kitchen and the somnolent of a non-easter a-llen." James spoke of this today. "And besides," he added, pleased to find it so, "this spell of mild weather will help to wear the winter away. It's strange but I'm not overly fond of storms and snow. I think I endure them for the spring that is bound to come!"

Until tomorrow . . . Diary . . . Good-night . . .

Modern Etiquette

By Roberta Lee

Q. When the conversation among the guests is centered about one person who is present, and is so complimentary that it is really embarrassing, what should this person do?

A. The best thing for him to do under these circumstances is to turn the conversation towards someone else, or some other subject.

Q. What is the correct thing for a man to say to a woman who is blocking his way when leaving a bus or other public conveyance?

A. "May I get through, please?" And as she moves aside to allow him to pass, he should lift his hat and thank her.

Q. Is it proper for a girl of eighteen to ride when she is being introduced to a man of sixty?

A. Yes—also to a woman of sixty.

Anne Adams Patterns



7095 by Alice Brooks

SOCK DOLL!

Meet Annie Oakley—she's a real pal for daughter! Dressed up in Wild West costume! Use a man's size 12 sock for her body—scraps for her clothes!

Pattern 7095: directions of 12-inch sock doll; patterns for clothes. Make hair of straw yarn. Send Twenty-five Cents in coins 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.

Household Scrapbook

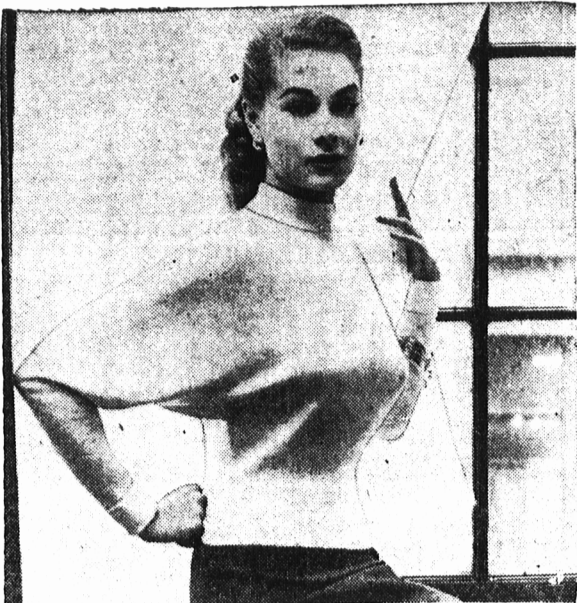
By Roberta Lee

Chocolate Stains
If chocolate or cocoa is spilled on the tablecloth remove the stains by immediately washing with cold water. If left awhile, use a solution of cold water and borax and allow to stand for a few hours in this solution before laundering.

House Plants
To clean soiled leaves of house plants apply equal parts of milk and warm water. Use a sponge and rub them gently to avoid breaking the leaves.

Cut Lemons
To preserve cut lemons smear the cut surface with the yolk or white of an egg, then set it aside to dry.

Chic Sweaters Popular In England



BATWING SWEATER—Made in black and white Cashmere this fully-fashioned model sweater has wide batwing sleeves and rollover collar. Popular in London this



TURTLE-NECK POPULAR—A deep wide turnover collar is the chief feature of this fully-fashioned Cashmere sweater with cap

sleeves, popular this season in London. Comfortable and warm it is ideal for a dinner at home and comes in many shades. (CP Photo)

That Body Of Yours

By James W. Barton, M.D.

PREVENTION OF CORONARY THROMBOSIS

Because angina pectoris (breast pain) occurs under breast bone where the heart is situated, any pain in this region or in left side of the chest may cause the individual to think he has heart disease.

As a matter of fact, angina pectoris is one sign of heart disease but other conditions—gas, gallstones, strained muscle—can also cause pain in this region.

When heart disease is present, it may be caused by over-exertion, or a disturbing or upsetting emotion which requires the heart to need more "pure" blood than it can supply.

In Medical Clinics of North America, Dr. William Paul Thompson, Clinical Professor of Medicine, College of Medical Evangelists, Los Angeles, states that "the pain is situated behind the breast bone (sternum) rising gradually to maximal intensity consisting of a sensation of tightness, fullness, oppression or pressure, often extending to neck, jaw, shoulders or arms, subsiding gradually and lasting altogether from one to three minutes. Nitroglycerin ordinarily provides prompt relief."

Now, the first symptom of coronary thrombosis (heart stroke) is pain, and about the same kind of situation as angina pectoris, but usually more severe, and lasts longer—about one-half to several hours. Nitroglycerin ordinarily provides no relief. The attack may occur hours or days after physical exertion. During an attack there is usually anxiety, sweat, and ashen pallor.

About half the patients with coronary thrombosis pass through a premonitory (warning) phase lasting hours, days or weeks before the complete closure or stoppage of the flow of blood in the blood-vessels of the heart. The patient notices that he has heart pain more often, coming on with very slight exertion or emotion, or even during sleep. Pain lasts longer, ten to fifteen minutes, and is less relieved by nitroglycerin. When patient notices the increase in symptoms he should telephone his physician thus saving time. He should enter hospital immediately where medical and rest treatment may prevent progress of the disease. By the use of drugs which prevent coagulation of the blood temporarily, another heart stroke may be prevented.

The lesson, therefore, is that when a patient notices an increase in his symptoms—more and severe pain, pain occurring more often—he should telephone his physician who will immediately arrange for hospital treatment by which a heart stroke may be prevented.

DOROTHY DIX'S COLUMN

Facts Of Life

They Can Be Told At Too Early An Age

DEAR MISS DIX: We have many small children in our neighborhood, boys and girls, and we parents have recently been presented with quite a problem. A doctor and his wife have moved to our block. They have small children, the oldest a girl of four. The mother has taught the child the facts of life, and the youngster seems to get quite a kick from imparting this knowledge to other children. Most of us parents feel that our youngsters are too young to be as fully aware of sex as this child is.

B. D. G.
ANSWER: From some of the facts outlined in your letter, which I have shortened, I most certainly agree that the new little neighbor has been too well informed. This is a trend that many overly conscientious parents take. They are so afraid that their children will acquire information elsewhere that they hasten to impart knowledge much too soon.

FOUR IS TOO YOUNG
Of course, since children differ widely, each parent must make the decision of time for himself, but four is an absurdly young age to be entrusted with detailed information. Surely a watchful mother, especially one who has earned the confidence of her children, will realize the proper time to instruct her young, and will be able to give just the amount of information necessary without becoming too factual. Sex is one of the great mysteries of life; such of its revelations as pass between parents and children should be delicately and tenderly handled. Never, never should a parent attempt to cram the entire story of life's origin into a single session, which is apparently what Mrs. Doctor has done with her child. From simple beginnings, evoked usually from a pertinent question of the child, the imparting of sex knowledge should span several years and even then some aura of mystery should still be left around the subject.

Of course, Mrs. G., the fact that your children and those of other neighbors have already been exposed to the precocious knowledge of the newcomer doesn't give you much alternative but to carry on with your own offspring. I do think the doctor's wife should be told to just what lengths her little girl is going to exhibit her learning, and I think she will be quite surprised when she learns the effect her teachings have had on the child.

If you think a little reading will help you to set your own children on the right road, I can recommend some fine booklets and books to you. The list is yours for a stamped, self-addressed envelope.

DEAR MISS DIX: For some time I have been keeping company with a widower. He has two teen-age daughters who are, it seems to me, telling their father what he can or cannot do. Now they are following instructions. This has left me brokenhearted, as I am very much in love with him and he seemed to think a lot of me. The girls' only objection to me is that they don't want to see another woman in their mother's place.

H. I. K.
ANSWER: If you care enough for the man, I advise you to play



For prize-winning baking, Mrs. Alvin Mundle, Moore's Mills, N.B., uses Fleischmann's Yeast.

St. Stephen Fair Winner tells of Baking Success

Up and down the rolling farm country around Moore's Mills, N.B., the home baking exhibit at the country fair at St. Stephen is an event of much interest each year. Veteran home bakers do their stuff and produce some eye-popping exhibits for the judges. Among these, Mrs. Alvin Mundle is a winner of long experience. "I always use Fleischmann's Yeast," says

Mrs. Mundle, "because it gives me faster rising and lighter dough. And I know that Fleischmann's will give me the same results in every batch because its strength is uniform."

Well put! It's the dependable fast action of Fleischmann's Yeast that has made it the favorite in the Maritimes for four generations.

Alice Brooks Designs

GADABOUT!

Fifty-two weeks of the year, you'll wear and love this casual that's scalloped for softness. Has such pretty lines—crisp, stand-out skirt—convertible collar—cuffed sleeves! Just what you've been longing for—its simple sewing.

Pattern 4736: Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 yards 39-inch fabric.

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 size, name, address, style number.

Remove paper and sprinkle top with crumbled potato chips. (This topping to a pressure-cooked dish gives it a baked appearance.)



4736 by Anne Adams

Morning Smile

Thin Pickings

Thin Lady Passenger—They ought to charge by weight on these street cars.

Pat Lady—If they did, dearie, they couldn't afford to stop for some people.

A "Painful" Attempt

The window-cleaner was going from door to door in an attempt to increase his "round," but his morning's toil proved fruitless. Coming to the last house in the road, he wearily lifted the knocker, and the door was opened by a sharp-faced woman.

"Clean your window upstairs, lady?" he inquired eagerly.

"No, thank you."

"Downstairs, lady?"

"No, thank you."

"Clean your greenhouse, grass?"

"No, thank you."

"Well—let's give your specs a wipe over."

The Stars Say

By Genevieve Kemble

For Tomorrow

EXTREME caution and wariness mark the keynote for this day, in which alert and wary tactics must be depended upon to circumvent underhand schemes, plans, or malicious, bitter and vengeful assaults from hidden sources. Deceit, fraud and rancor may be smoked out into the open by scolding the trouble with forthright attack, not compromise or connivance. Keep alert to false friends or tricky or perilous involvement in queer ideas. Safeguard the health.

For the Birthday

Those whose birthday it is are advised to be extremely cautious in all their contacts and commitments, since there may be plots and

pitfalls of most pernicious character coming from unsuspected sources. Seductive friends may lure to strange involvements with dread reactions on funds, security and personal standing. Vicious suggestions may intrigue and captivate, stifling principle and trapping into false predicaments. Postpone all vital commitments until such vitiated winds are dissipated completely.

A child born on this day may have many peculiar adventures and contacts in a life of strange and quixotic menace. Its erratic tendencies should be discouraged.

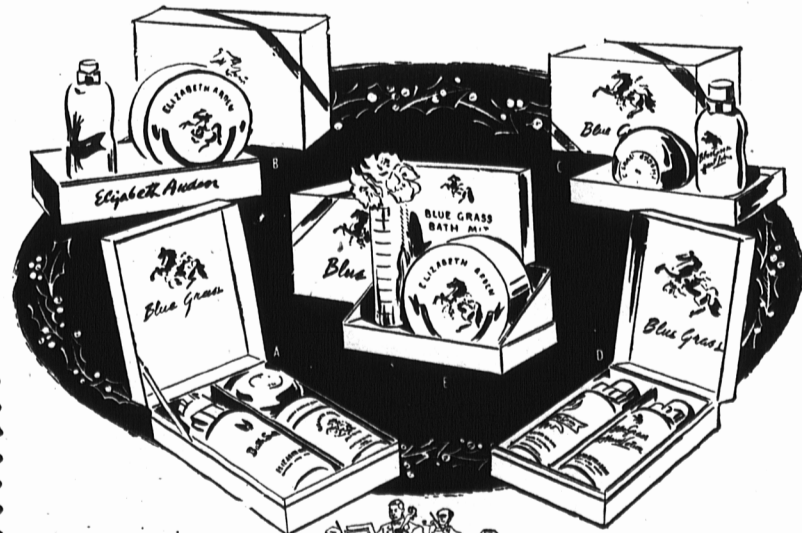


You can't go ALL-OUT If you feel ALL-IN

These days most people work under pressure, worry more, sleep less. This strains on body and brain makes physical fitness easier to lose—harder to regain. Today's tense living, lowered resistance, overwork, worry—any of these may affect normal kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest, that "tired-out" heavy-headed feeling often follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys to normal action. Then you feel better—sleep better—work better. Ask for Dodd's Kidney Pills at any drug counter.

Elizabeth Arden

Light, delicate, distinguished Blue Grass is a favoured fragrance . . . particularly in gaily be-ribboned Blue Grass Bath Sets. Each Set a gift of wonderful luxury to make her bath time a fragrant time!



Blue Grass Ensemble

- A—Blue Grass Luxury Bath Salts, Bath Soap and Dusting Powder . . . \$7.50
- B—Blue Grass Dusting Powder and Flower Mist . . . \$4.25
- C—Blue Grass Hand Lotion and Bath Soap . . . \$2.75
- D—Blue Grass Flower Mist and Hand Lotion . . . \$3.50
- E—Blue Grass Dusting Powder, Petal Waters and Bath Milt . . . \$5.50

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Better English

By V. G. Williams

1. What is wrong with this sentence? "Being as we are going tomorrow, I am anxious to see Charles today."
2. What is the correct pronunciation of "perpetual"?
3. Which one of these words is misspelled? Ascetic, asparagus, assassin, asphyxia.
4. What does the word "disparity" mean?
5. What is a word beginning with am that means "to enlarge"?

ANSWERS

1. Say, "Inasmuch as (or, since) we are going tomorrow, I am eager to see Charles today."
2. Pronounce per-pe-tu-ah-til, first u as in fur, e as in me unstressed, second u as in cube, principal accent on third syllable.
3. Assassin.
4. State of being dissimilar; difference. "We cannot overlook this disparity in opinion among our people."
5. Amplify.

SO GOOD WITH FOOD HAVE A Coke