

ELLEN'S DIARY

By An Island Farmer's Wife

In our recollections we can see again the procession of conveyances we joined on "the Three Mile Run" in a morning when in what James now refers to as "our courting days" we made a trip to the Provincial Exhibition of the long ago. Carriages and buggies with perhaps an express wagon or noisier farm-wain drawing supplies for stock or help thither. Or sometimes a rude road-cart, its driver bent on enjoying the day quite as much as any acquire with his well-polished and more impressive equipage. And along our way, the sun of the fresh new day shed a gay blessing, in keeping with hearts that beat high in anticipation of the affair ahead. We can reconstruct the scene in mind, but to describe it we shall not do it justice. We should leave something out of the winery tang of the air, the ripe mellowness of the Autumn day, the pleasant rhythm of beating hoofs and the clang of wheels on the roadway. And the air of excitement, with James apparently enjoying it all, if not actually happy, and alert to every change in the surroundings as we continued to roll up the intervening miles.

Now silent, taken up with new scenes, and again chatting of subjects we still remember. "There's a horse that's come quite a distance, Ellen," James would nod of a new-comer in the procession. "He's a good one, I'm thinking. Yes, I should judge there'd be a surprising burst of speed in him. Looks like a Brazilian. . . well, he's of that line. How can I tell? By his head and neck and the way he carries himself. Yes, he looks like them. No, I don't know the man, but he's likely not a bad lad - you can mostly tell a man by the horse he drives!" We were young then, as was our world, and all of it was fair with promise for the like of us. And riding beside James in his neat "three-quarter buggy", a bow on the die whip, the whole turn-out representing much in the way of worldly possessions - and privileges to a youth of long ago.

And behind "Birdie", she that was a smallish chestnut pacer, well seemed for her quickness if not actually for her speed, and acquired if we recall our ancient family history in detail, as a result of a trade. For until circumstances combined to make him too busy to indulge in it, or perhaps it was that in time he "grew in wisdom" to abstain from its hazards, James was not above an occasional barter in horse-flesh, then with many a farmer a fascinating pastime. She was quick on the rein, we recall, but temperamental as the most whimsical of her sex. We have occasion to remember this even now. By the lingering memory of James' terse and insistent "Ellen!" when we would linger in entering the carriage, in the bright publicity afforded at a lighted Church door.

A hand on our elbow, he would hurry us, outwardly calm, but we knew later, inwardly having his doubts over his steed's whims. Then, "There!" he would breathe in relief when assured of a forward speed that was exceedingly pleasant or as he was wont to express it "sweet". We grant that youths of the here and now can enjoy an easier mind in their modern romances and conveyances than those lads of the past whose drivers existed in a crowd or chafing under restraint in a public place might prefer to reverse their steps or stand immovable instead of choosing the bewitching path of duty which lay ahead! But certainly not more thrilling to deal with an impersonal motor than with the wisdom and whimsy of a flesh and blood creature. "Oh no" James will defend her fair name loyally. "To those who listen to his reminiscences" she was no baulker - that chestnut mare. She was true as steel in a wagon. She just could not bear to be held at a door or gate, so willing she was, and, he

That Body Of Yours

By James W. Barton, M.D.

PAIN IN NECK MAY BE CAUSED BY ALLERGY TO FOODS

In many cases the cause of pain at back of neck, shoulder, and down the arm has been found to be rupture or hernia of the disk or rupture between two spinal bones in the neck. This rupture of a disk occurs most frequently in the lower end of the spine between the two large hip bones. In rupture of a disk at any part of the spinal column, operation to remove the disk is considered the best treatment, though some of the less severe cases are helped by a strapping belt which must be worn for months and, in some cases, for years.

However, that all pain in the neck is not caused by a rupture of a disk in spinal column at the neck is pointed out by Dr. T. G. Randolph in Archives of Ear and Throat. He states that allergy, being sensitive to various substances, is the cause of many cases of nuchal (neck) myalgia (pain in muscles), that is, pain in muscles of neck. It is sometimes called posterior cervical myalgia. Certain foods and inhalants (house dust) were stated to be the cause of pain in back of neck in several cases. In many of these cases of pain in back of neck, physicians, because they can find no apparent cause for this pain - no ruptured disk or other injury, no arthritis due to infection - naturally think that nervousness or emotional disturbances cause the pain because of the tension with which these individuals hold all their nerves and muscles, including muscles of back of neck.

"Pulling, drawing, tightness and aching of the neck muscles are some of the most usually encountered symptoms observed in the course of performing individual food tests for the diagnosis of food allergy," he writes. "Technicians are trained to observe whether the patient stretches his neck as if his collar were too tight, as 'telltale' evidence of the onset of such neck symptoms. As the patient stretches the neck and turns his head from side to side, he generally starts to rub or massage the back of his neck."

It is because these neck symptoms can be brought on by eating certain foods that Dr. Randolph suggests allergy tests by the family physician or an allergist where other causes of neck pain are not found.

ALLERGY

Write today for Dr. Barton's helpful booklet entitled "Allergy" (sensitivity to various foods and other substances). Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing. The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Cook's Corner

DATE BAR

Moderate oven. One cup brown sugar, 2 1/2 cups oatmeal, 1 1/2 cups pastry flour, 1 cup shortening (half butter), 1 small teaspoon baking soda, 1/4 teaspoon salt. Rub all this together. Make a filling as follows: 1 lb. dates, 1/2 cup granulated sugar. Cook until thick and add 1/4 cup chopped nut meats and 1 teaspoon vanilla. Put half crumbs on bottom of cake pan, then spread date mixture and rest of crumbs on top. Cook until brown.

will smile over the past, "Ellen was always inclined to be slow-moving!"

But fairly quick at the moment in response to an invitation to accompany the younger farmer to a spell at tonight's "Sport of Kings". More subtle we believe, than James but no whit less suggestive he stops at the door of our study-of-sorts to ask: "How soon can we get away?" "Until tomorrow - - - Diary" - Good-night. . . .

Needlecraft

FOR THE HOME

SHIRRED SHIRTWAIST

The shirtwaist dress is still a most significant fashion! You'll especially like this version because it blends the tailored look with the soft touch of a shirred skirt.

No. 3043 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40.

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True Success Story

By F. H. MacArthur

One of the most unforgettable characters in the medical field was an Indian - Dr. Oronhyatekha. This remarkable man was born near Brantford, Ont. in the year 1841. Dr. Oronhyatekha received his early education at the Industrial Schools where his flair for knowledge amazed his instructors. Through the help of these men and a few close friends, the clever Indian boy was sent to Wesleyan Academy, Kenyon College and later to the University of Toronto. He belonged to the Six Nations Indians in Canada, and we may rightly assume that his people were justly proud of his achievements.

When the Prince of Wales visited Canada in 1860, Oronhyatekha was chosen by the chief of the Six Nations to present an address to him. He made such an impression on the Prince that he was invited to continue his studies at Oxford, which he did, under the care of Sir Hy Acland, the prince's personal physician.

As a physician, the Indian medic enjoyed a large practice and had a remarkable career. Upon returning to his native country he began his practice at Frankfort, Ontario and later moved to London. By this time his fame as a physician had spread across the country, and again he set out for a larger field. This time he removed to Toronto. The year was 1869, and he continued to follow his calling with great success.

In 1868 he married Ellen Hill, a great-granddaughter of Joseph Brant, head chief of the Mohawks. Briefly narrated, that's the story of an Indian who, as a child played about his parent's tepee, shot arrows at wildlife and roamed the forests together with his Indian friends. It is thought that overwork brought Dr. Oronhyatekha to his grave at a time when he should have been enjoying the fruits of middle age. But there are no records left to substantiate this claim. All we know is that this great Canadian physician quietly passed away on a beautiful June morning in 1907.

Household Scrapbook

By Roberta Lee

Purify Water

To purify water for drinking purposes while on a camping trip add one tablespoon of powdered alum to four gallons of water. Stir quickly, then allow to stand, and all impurities will sink to the bottom.

Sunburn

One good remedy for relieving sunburn is to mix two parts of lime-water with one part of linseed oil; beat to the consistency of cream, and apply.

To remove grass stains, rub the garments with molasses, roll up for an hour, and then wash in warm water and soap suds.

Morning Smile

Unfortunates

"My luck's right out. I lost a pot of money in a deal; then I had my car stolen; now my wife is ill. How's that for being dead out of luck?" "Not as bad as mine, my boy. The other day I bought a suit with two pairs of trousers, and this morning I burned a hole in the coat."

SUNBONNET PATCH WORK QUILT



DESIGN NO. 873

Here is a quaint design for a patch work quilt. The blocks are 12 inches square. Ideal for a youngster's bed. Pattern No. 873 contains complete instructions.

To order, send 20 cents in coin to Needlework Bureau, Charlotte-Town Guardian.

Design No. 872

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Protection Plus Charm



Pretty enough to wear to a party, your own party, this crisp half-apron combines a pastel blue top with a diagonal sweep of white cotton printed with big blue roses. One rose motif is cut from the printed fabric and silhouetted against the light blue section. If you would like directions for making this PRINT AND PLAIN APRON, send a stamped, self-addressed envelope to the Needlework Dept. of this paper, requesting Leaflet No. E-2355.

The Stars Say - -

By Genevieve Kumble

For Thursday, August 24

THE sudden advent of a circumstance, development or crisis may be dynamic and startling, with a probable threat of danger or disintegration. While in the spell of excitement it could be possible to fly into some sort of tantrum of rash act, jumping at conclusions; such conduct could be the fatal factor.

With due pause for reflection and analysis of fundamentals sound judgment might prevail; a fresh idea or stroke of genius could attract support from high places, ready with funds for promotion for practical, creative propositions.

For the Birthday

Those whose birthday it is, may be stumped by some strange or sudden turn of events, a curious break from original plans or objectives. Under such impetus, it could be possible to fly into false judgment, wrong conclusions of other hasty action, and this would prove calamitous to creative ideas. Practical propositions are in need of assistance for development and promotion. In the long run there are rich rewards and high dividends in sight for sound ideas.

A child born on this day, although original, and inventive may be defeated by rash judgments, erratic tendencies, thus forfeiting needful collaboration.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "We expect to finish up the work very soon now."
2. What is the correct pronunciation of "virulent"?
3. Which one of these words is misspelled? Kindergarten, kimona, kilocycle, kilowatt.
4. What does the word "evacuate" mean?
5. What is a word beginning with la that means "wanton"?

ANSWERS

- 1. Omit up and now. 2. Pronounce vir-u-lent, i as in vim, u as in use, accent first syllable. 3. Kimono. 4. To abandon possession, or withdraw from. "The city was not evacuated until defeat became imminent." 5. Lascivious.

NO GAMBLING

Residents of Modaco, home of the world-famous Monte Carlo, are forbidden to enter the gaming rooms.

Advertisement for Moodie's Vanta Baby Garments, featuring illustrations of baby clothes and text describing the products.

DOROTHY DIX SAYS -

Constant Visitor

Every Day Too Often To Drop In On Neighbors

DEAR MISS DIX: Is every day too often to visit a neighbor? I have had several friends whom I used to stop in on every day and they always seemed glad to see me, but I do not want to overdo things and wear out the welcome on the doormat. Neither do I want to shut myself in like a hermit and stay at home all the time. Do you think this tends to end friendship?



MRS. FRED
ANSWER: I think any woman who went to see her neighbors every day would soon come to be regarded as a pest. Of course, when you go to see people politeness compels them to pretend to be glad to see you, but you can bank on it that they are not overcome with joy at having to swallow a daily dose of your society. Just consider the subject dispassionately and you will be bound to realize that you interfere with their work or their plans.

IN MIDST OF JOB

They are in the midst of some job that has to be done but that they have to stop in order to gab for an hour with you, and this disarranges their whole schedule for the day. Or they were about to go downtown shopping or to the movies and had looked forward to a pleasant and exciting afternoon, but when you drop in they have to sacrifice the anticipated pleasure and listen to you repeat for the thousandth time all about Sally's beaux or the baby's new tooth. For no person can possibly think of a new and thrilling conversational line for every day of the year.

Or they were going to read a new book they have been hungry to get at, or they were tired and were just about to lie down for a little restful nap, when in you came and they have to get up and thrash over the same gossip you have winnowed over a hundred times before.

There is no affliction worse than the everyday visitor. She wastes our time. She interferes with our pleasures. She knocks our plans gallewast. She invades our privacy. And she bores us stiff. The old proverb that says that "short visits make long friendships" should be amended to read "infrequent visits make for enduring friendships." For it is the essence of friendship that we should have enough of it to flavor life, but not so much of it that it sickens us.

DEAR MISS DIX: Some of us girls got into an argument about going with boys. Should we accept invitations from boys whom we care nothing about just for the sake of having lots of dates and going places? One girl considered it two-faced and hypocritical to give a boy encouragement by going out with him when at heart she cared nothing for him. Also, should a girl be satisfied with a boy she can have, or should she sit at home and wait until one she likes happens along?

ANSWER: It is perfectly ridiculous to think that a girl has to be in love with a boy before she can go to the movies or around the corner to a drugstore for an ice cream soda with him. Social life isn't run on a heart-throb basis. It is a matter of convenience and congeniality and give-and-take-a-little-pleasure. Unless a youth has specifically declared his feelings a girl may take it for granted that he is no more in love with her than she is with him. He just likes her and finds her a jolly companion with whom to spend an evening. He likes to dance with her and she helps him have a good time when they step out together. And that's all there is to it.

I am a great believer in both girls' and boys' going around with as many other girls and boys as possible because this gives them a chance to look 'em over, to get acquainted with different types and find out how they react to them, and to test out their own feelings. Thus they will be able to make a much better choice of husband and wife than they would if they had only gone with some one particular girl or boy.

As for your second question: A wise girl takes what she can get in the way of attention from boys while she is looking for what she wants because that keeps her in circulation, so to speak. In these

Continued on page 12

Advertisement for Colgate Dental Cream, featuring the headline 'Now! Proof that BRUSHING TEETH RIGHT AFTER EATING WITH COLGATE DENTAL CREAM HELPS PREVENT TOOTH DECAY!' and an illustration of a woman brushing her teeth.

Advertisement for Colgate Dental Cream, featuring the headline '2 Years' research by LEADING UNIVERSITIES proves that test groups brushing teeth right after eating with Colgate Dental Cream showed amazing reduction in tooth decay!' and an illustration of a woman's face.

Advertisement for Colgate Dental Cream, featuring the headline 'FURTHER PROOF FROM SCHOOL CHILDREN' and an illustration of a child brushing their teeth.

Modern Etiquette

By Roberts Lee

Q. When a woman, who is traveling alone, has been unable to secure a lower berth on a train and some man offers to exchange with her, would it be proper for her to accept?

A. Yes; and such a courtesy deserves sincere appreciation.

Q. Which name should appear first when a husband and wife are having their names printed on greeting cards of any kind?

A. The wife's name, as "Mary and Robert Smith," unless of course the name is to appear as "Mr. and Mrs. Robert Smith." Q. Is it considered good manners for one to eat the garnish that is served with a meat dish. A. Yes, if one likes it.

How Can I!!!

By Anne Ashley

Q. How can I obtain a high gloss on linens?

A. Use lukewarm water when mixing the starch. Mix to the desired thickness with boiling water; add one-half teaspoonful of salt and stir well with a white wax candle. Then proceed with the starching as usual. This will impart a much finer appearance to the cheaper grade of linens.

Q. How can I keep marshmallows soft?

A. By storing them in a tightly covered jar or can. If they have become hard, they will soften up again if put into the bread box over night.

Q. How can I make my teeth whiter?

A. One method is to apply a solution of peroxide of hydrogen diluted with one-half water.

Sashay Skirt



Honor your partner in a full-swinging skirt of your own making. The special feature of this style is the big puff pocket gathered at the top to keep your compact, handkerchief etc. from leaping out. Use a gay cotton print for the skirt and deep flounce; trim pocket and ruffle with wide rick-rack. A direction leaflet for this SQUARE DANCE SKIRT, Leaflet No. E 2611, is available to you if you will write to the Needlework Dept. of this paper requesting it by number. Please enclose a stamped, self-addressed.

JUICY STEAK

A porterhouse steak is 60 per cent water.

Large advertisement for VEL soap, featuring the headline 'NOW! NEW! IMPROVED!' and 'Today's Best Buy VEL Milder than soap More Cleaning Power More Suds... More Suds...' and an illustration of a woman washing her face.

Advertisement for Digby County Fair, featuring the headline 'Prize-Winning Home Baker at Digby County Fair' and an illustration of a woman baking.