

## ELLEN'S DIARY

By An Island Farmer's Wife

What think we have we taken in treasure from today? What have we now to keep from its hours? As we cleaned the clay of November footsteps from the floor of porch and kitchen, dusted it from hall and stairway were these the scenes we were laying up in mind?

On the contrary we saw the lads of this home on their way to school hailing others as they joined in the precious flow of youngsters en route hither. For this morning we went with James in the truck which conveyed them the mile-plus to get them down presently at the corner-store in that neighborhood.

What an interesting and busy place this morning, was that village-store set at crossroads; Children made happy buyings: pencils, scribbles, candy, ice cream; tractors paraded to the tanks, refuelling for the tanks of the field cars too, and trucks for their missions of the farm.

"The road looks like a shining red ribbon this morning; and the houses, how snug and content they seem to be at this season" we commented entering at length the truck with our purchases, where James waited.

"Ellen!" he exclaimed, "I do wish you would let the scenery be while I'm starting this machine! With all that clutter, how can I hear when the motor catches? I wonder" the harassed man turned to us with some speculation, "if all women are like you! No," he shook his head, "by golly, they're not! Any other I know would be more interested in getting the car going and her man of mine to his work than in gawping of the scenery about! It's not," he continued to elaborate on his subject, "that you don't know it pretty well by this!"

But not like this . . . never before with the peculiar charm of season so in evidence about. The sun, shining bravely, warmed the everlasting hills about; trees arrayed in a new beauty awaited the winter's coming on the summits bare branches tracing pretty patterns against the horizons; houses had snuggled down in seasonal content; the children in a number trooped blithely along the village-bridge and up the rise to meet soon the familiar summons to class. The day was full of the serenity of Fall, calm and pleasant . . . The motor caught, pulsed; the machine moved and then up hill and down dale we followed the red course of this road which led between quiet farms to this home.

If as a wee lad suggest, this is "the Trappers' Moon," last night it brought initial good fortune to the two who now have re-opened their trap-line beside the mill-stream. This morning found them the richer by one muskrat.

"I don't know whether to be glad about it or sorry," Gage commented. "It will be good to make a little money to buy more traps" he smiled "but" now thoughts were sober, "it's going to be hard on the rats!"

All in all, what engaging scenes this day brought to this Island farmwife with Fall, caressing tenderly, the face of the countryside! Until tomorrow . . . Diary . . . Good-night . . .

## Light Fruit Cake

Here is a recipe for a light Christmas cake, moist and tasty. Although called a "light" cake it is beige in color because the fruits are soaked overnight in fruit juice.

Now is a good time to bake your cake and store it for the festive season.

### Light Christmas Cake

- 2 cups bleached or light-colored seedless raisins, washed and well drained
- 1 cup silvered or chopped mixed candied peels and citron
- 1 cup mixture of red and green candied or maraschino cherries, drained and halved
- 1 cup broken walnuts or pecans
- ½ cup drained crushed canned pineapple
- ½ cup syrup from crushed canned pineapple
- 2 tablespoons lemon juice
- 4 cups once-sifted enriched pastry flour, or 3½ cups once-sifted enriched all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup butter
- 1½ cups fine granulated sugar
- 4 unbeaten eggs
- 1 teaspoon vanilla

Prepare the seedless raisins, peels, cherries and nutmeats; place in a bowl. Add the pineapple, syrup from pineapple and lemon juice to fruits and nuts and combine well. Let stand overnight. Measure and sift together twice, the flour, baking powder and salt.

Cream the butter and gradually blend in the sugar; cream well.

Add the unbeaten eggs to the creamed mixture, one at a time, beating after the addition of each egg until well combined. Beat in vanilla.

Add half of the flour mixture and combine well; add fruit and juice mixture and combine well; add remaining flour mixture and combine well.

Turn batter into a deep 8-inch square cake pan that has been lined with a layer of aluminum foil or with three layers of cooking parchment or heavy paper — if you use the heavy paper, butter the top layer.

Bake cake in a slow oven, 300 degrees, 2½ to 3½ hours. Let baked cake stand in its pan on a cake cooler until cold. Store cold cake in a crock, covered tin or roasting pan.

## How Can I . . .

By Anne Ashley

Q. How can I be sure that pastry will be flaky?

A. It is a good thing to remember that all ingredients used in making pastry should be cold. The colder the pastry is when placed in the oven, the flakier will be the finished product.

Q. How can I freshen a black silk dress?

A. After washing a black silk dress, it is a good idea to soak it for twenty-four hours in clear rain water. This will freshen it until it looks almost like new.

Q. How can I make it easy to handle a hot water bottle?

A. It is not necessary to fill the hot water bottle. When half filled it will be just as effective, and is much easier to handle.

## Better English

By D. G. Williams

1. What is wrong with this sentence? "Since when have you been aware of that?"
2. What is the correct pronunciation of "thee"?
3. Which one of these words is misspelled? Prognosticate, professional, promissory, prominence.
4. What does the word "inordinately" mean?
5. What is a word beginning with ha that means "dwelling"?

### ANSWERS

1. Say, "How long have you been aware of that?" 2. Pronounce the l as in tie, the th as in smooth, not as in both. 3. Professional. 4. Excessively; intemperately. 5. She was inordinately proud of her beautiful complexion." 6. Habitation.

## First Ladies Of Canada And U. S. "Join Forces In Friendship"



## That Body Of Yours

By James W. Barton, M.D.

### SKIN ERUPTIONS AMONG OFFICE AND INDUSTRIAL WORKERS

Two physicians, friends of mine, both middle-aged, have recently retired from general practice and giving their whole time to industrial medicine, one at a large factory and the other at a large department store. They have regular hours, fair vacations, and treat the workers and families for all manner of illnesses, and, for surgery, obstetrics and gynecology. They are kept very busy but enjoy the regular hours and can plan week ends or other short or long vacations.

Many of us who often think of office or factory workers spreading communicable diseases because of the general use of wash basins, will be surprised to learn that skin diseases are not as common as one would expect.

In The Journal of the American Medical Association, Dr. George E. Morris, Boston, Assistant Clinical Professor of Dermatology, Tufts College Medical School, states that skin eruptions among office workers are not common, but that they are seldom reported, but, as they comprise 3 per cent of illnesses reported to the industrial physician, more literature and information on skin eruptions should be at hand.

"Prior to this writing, infrequent reference has been noted to uncommon cases of dermatitis (inflammation of the skin) from carbon paper, glue, and typewriter ribbon." Dr. Morris reports an analysis of 1213 patients he treated, all of whose dermatoses were proved to be caused by industrial factors. Among them were 36 office workers who contacted the conditions as follows: 4 from carbon paper, 8 from paper, 6 from glue, 2 from cardboard, 12 from various machine dyes and inks and the chemicals used to remove them, 1 from paper towels, together with 6 interesting cases caused by (a) a green rubber blotter and green leatherette chairs, (b) 3 from rubber thumbtacks, (c) one due to the lead in a pencil, and (d) one due to a liquid soap used in the office.

I believe all will agree that these cases of skin eruptions were caused by substances — blotters, paper, cardboard — which would not ordinarily come under suspicion.

Conclusion: "When a patient complains of a rash that he believes to be due to something encountered in his work, it is only prudent to test him with various materials with which he comes in daily contact. Dermatitis from rubber bands has not been emphasized as a cause of contact dermatitis. Failure to consider all the factors present was the reason why 11 dermatologists, including Dr. Morris, missed the diagnosis in the case caused by carbon paper."

The suggestion that all materials used should be tested is, therefore, in order.

### What Are The Sources of Vitamin D?

Vitamin D is extracted from fish livers, or may be made chemically. It can be taken in drops or spoonfuls, depending on the kind of liquid, or in tablets or capsules. Limited quantities of Vitamin D may be derived from sunlight and certain foods, such as salmon, sardines and irradiated evaporated milk.

A happy birthday wish is extended to Mrs. Eisenhower (left) by Canada's first lady of the land, Madame St. Laurent, on the occasion of her 57th birthday celebrated in Ottawa during her recent two-day visit with her husband, President Eisenhower. Now back home in Washington, first lady of the U. S. will long remember her visit to Canada, for she was roundly cheered wherever she went. At station when the famous couple left for home, thousands of Ottawa citizens chanted: "Happy Birthday to You, Happy Birthday to You, Dear Mame." In thanking the crowd, President Eisenhower said he and his wife "would like to come back some day. We've had the most wonderful treatment, everyone has been so kind."

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

ON this day the Moon enters Gemini, auguring well for the formulation of new plans and projects, mental stimulation in the form of new and exciting ideas, all matters pertaining to correspondence and literary efforts.

In situations where you can employ your skills and talents to their best advantage, there are excellent opportunities for advancement and there is assurance, also, of cooperation from business associates and superiors. All in all, you may expect a fine day. Do take advantage of it.

### The Flavor of Oatmeal

The flavor of oatmeal will be greatly improved if a little sugar is added to it when cooking, instead of waiting to put it on at the table.

cooperation of others. Domestic and social affairs should be most harmonious and, if single, you may find romance entering your life in the early spring. Concentrate on personal relationships during the next few months. They will be extremely important to you.

A child born on this day will be ambitious, talented and unusually enterprising.

## Anne Adams Patterns



Only One Yard \$54

4686 WAIST 24"-32"

by Anne Adams

### WEEK'S SEW-THRIFTY!

Our ONE-YARD Wonder is a SEW-EASY Wonder—and a Wardrobe Doubler, too! Whip it up in a jiffy—mix it, match it with everything this fall! Note the new slim lines—the off-center back pleat for style—and walking pleasure. Quick, sew it now!

Pattern 4686: Misses' Waist Sizes 24, 25, 26, 28, 30, 32 inches. All given sizes 1 yard 54-inch.

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

### SINNOTT ROAD SCHOOL

Report for October from Sinnott Road School is:

Grade VIII—Joan Sinnott, Leo Malone.

Grade V—Kevin Phelan.

Grade IV—Gerald Trainor, Freda Phelan.

Grade III—Olive Trainor, Mervin Devesaux.

Grade II—Paula McCarthy.

Grade I—Leo Sinnott, Evangeline Trainor, Edward McCarthy and Gary Phelan.

Perfect attendance: Edward McCarthy.

Teacher: Mrs. Mary Malone.

## Modern Etiquette

By Roberta Lee

Q. Is it proper for the "dummy" in a bridge game to leave his seat and take up a station behind his partner so that he may view the playing of the hand?

A. No; his view of the play should be from his seat. It is distracting and rude to the other players to have one of the players wandering about the room during the progress of the game.

Q. When a man arrives fifteen minutes late at a dinner party, after the other guests have begun to eat, should all the men rise to greet him?

A. No. It is necessary that the host and hostess rise, but it would be too confusing for all the men to do so.

Q. Is it proper to tip the hostess of an airliner for some special service she has rendered?

A. Never!

## Morning Smile

The seaside landlady entered with a plateful of bread and butter so thin that her boarders gazed at her in dismay.

"Did you cut these, Mrs. Brown?" asked one.

"Yes—I cut them."

"All right—I'll shuffle and deal."

## DOROTHY DIX'S COLUMN—

### Cured Alcoholic Mate

But It Took Wife 29 Years; Now She Wants Separation

DEAR MISS DIX: Thirty-four years ago, at the age of 16, I married a drunkard. I was then unaware of it, since he lived in another town and was always on his good behaviour when with me. During our married life he has never entered a church—not even to see his five children baptised, or to attend my parents' funerals. He has never brought home a week's pay, and due to privation at the beginning of our marriage, the last child was born with a deformity that has cost me a small fortune. In time, I opened a small business, which was successful. Now I have bought a home and car. Five years ago my husband began leading a better life. But by that time I had lost all love and respect for him, and now feel I'd be much happier if he left us. The only emotion he arouses in me is pity. I'm sure he has no love for us.

VIRGINIA P. ANSWER: You have succeeded where many women in your circumstances have failed — redeeming a human soul. To let your husband go now would certainly undo the work of 29 years. After going through this long period of privation, heartache, and humiliation, it's difficult to understand why now, when the family situation has so much improved, you should contemplate this drastic step.

### WHAT MIGHT HAPPEN

While your present bitterness is certainly understandable, in view of the man's unfortunate past, I honestly don't think your own mind would be at ease after a separation. It's almost certain that, being left alone, your husband would sink into the morass from which you rescued him. You'll be more satisfied, I'm sure, if he remains with you, and you continue to work for his further betterment. You probably never will be completely happy with or without him, but you will have an easier mind if you don't separate.

DEAR MISS DIX: When I was 16 I had a very nice boy friend, but my parents wanted me to date others, with the result that Jed and I drifted apart. I'm 19 now, have never met anyone as nice as Jed, and I'd like to be friends with him again. He goes with other girls, but has no steady.

ANSWER: The coming holidays offer a perfect opportunity for new old friendships. Why not have a gathering of mutual friends for

Continued on page 13

## Alice Brooks Designs

### BEGINNER — EASY!

Eight-to-the-inch, crosses! With such big stitches, you'll embroider these wise sayings in no time flat! Motifs everyone loves — frame, or line; hang on rod. For gifts, too.

Colorful, cross-stitch samplers. Pattern 7007 has 2 embroidery transfers 9½ x 13 inches.

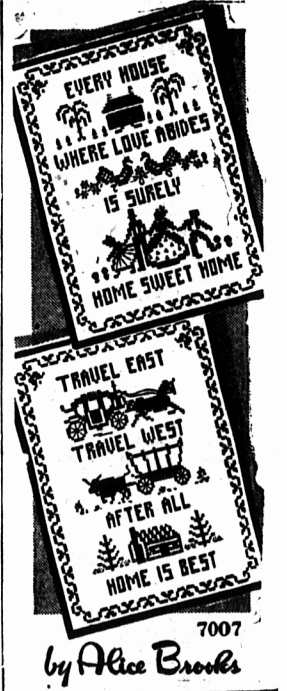
Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

### Why Is Vitamin D Needed?

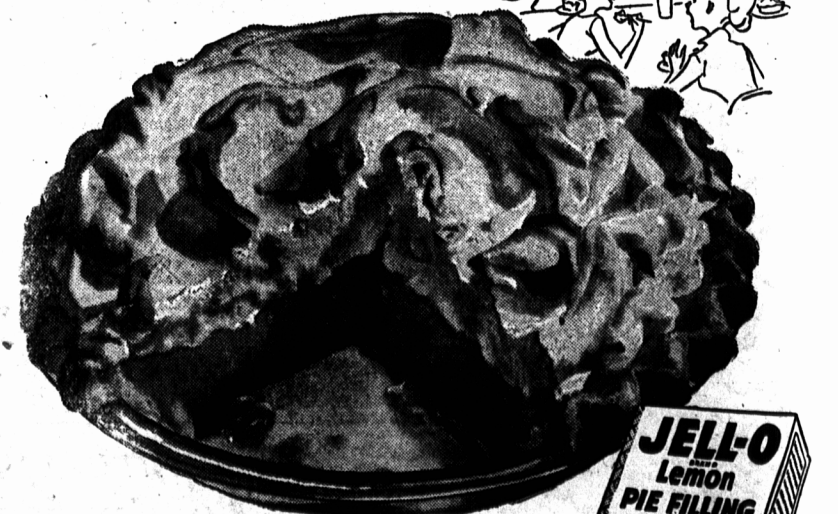
It is needed to prevent rickets, a disease characterized by the following defects: stunted growth, soft bones, poorly developed and defective teeth, small dental arch, malformed chest, bow-legs, knock-knees, protruding forehead, swollen joints, digestive disturbances.

### What Is Vitamin D?

It is a chemical substance needed by the body to make use of the calcium and phosphorus in food in order to form strong, straight bones, good teeth and well-developed bodies.



## WHEN THE SCHOOL CROWD'S IN...



TREAT THEM to real home-made lemon pie. Make the filling in minutes — with Jell-O Lemon Pie Filling.

It's the freshest, tangiest old-fashioned lemon filling that was ever put in a pie shell. The flavor is pure fruit from real lemons. And you can't go wrong.

Try Jell-O Lemon Pie Filling to-day. It's not a lemon jelly.

FOR ANOTHER EXTRA-SPECIAL TREAT — try Jell-O Coconut Cream Pie Filling. Creamy, rich-tasting — with snowy coconut right through the filling.

## JELL-O PIE FILLINGS

Lemon Coconut Cream

Jell-O is a registered trade-mark owned in Canada by General Foods, Limited



## COOK'S CORNER

**SALMON SCALLOP**

Make a white sauce using ¼ cup butter, 3 tablespoons flour, 2 cups milk, salt and pepper. Then add: 1 can salmon, 1 can peas, Breadcrumbs. In a casserole put a layer of salmon, then peas, then sauce and bread crumbs alternately until all are used up, ending with a layer of bread crumbs. Dot with butter and bake in 375 degree oven until golden brown. Serve very hot.

—Ruth Woolner, Avonlea W. I.

## Trust MAGIC for sure-fire baking success!

**WALNUT BUTTERMILK LOAF**

Mix and sift twice, then sift into a bowl, 2¼ c. once-sifted pastry flour (or 2¼ c. once-sifted hard-wheat flour), 2 tps. Magic Baking Powder, ¼ tsp. baking soda, 1¼ tsp. salt, ¼ tsp. ground mace. Mix in ¾ c. lightly-packed brown sugar, ¼ c. rolled oats and 1 c. broken walnuts. Combine 1 well-beaten egg, 1 c. buttermilk, 2 tps. grated orange rind, 1 c. vanilla and 5 ths. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into a loaf pan (4½" x 8½") which has been greased and lined with greased paper. Bake in a rather slow oven, 325°, about 1 hour. Serve cold, thinly sliced and lightly buttered.

FOR FRESHNESS

ZERO-PAK FROSTED FOODS

FOR FLAVOUR

HOSIERY OF DISTINCTION

Nylotrust

by Chatelaine

EXTRA ELASTICITY FOR DURABILITY