

ELLEN'S DIARY

By An Island Farmer's Wife

We enjoyed our proposed walk along the fields with James on an hour of the week-end. A solemn hour it was...

We came to a lonely far field of hay which quite hid granddaughters in its flowery aisles, where we are sure nothing else dwells but the dim echoes of the outside world.

The peace and tranquility of the week-end comes only to be broken at Monday's dawning... a golden Monday if ever, spread with July's delights...

The Stars Say - -

By Genevieve Kemble

For Tomorrow EXCEPTIONAL opportunity for stable and lasting benefits, promotion, with approbation from those in influential places.

Those whose birthday it is may be prepared to take advantage of propitious conditions promoting important objectives, with the friendly and generous support for work well done...



That Body Of Yours

By James W. Barton, M.D.

RHEUMATIC HEART DISEASE

Dr. Ogler, the greatest physician of modern times, once stated that more illnesses started in the throat and nose than in any other part of the body.

In Michigan State Medical Association Journal Dr. H. McCulloch states that every attack of rheumatic fever produces some harmful change or alteration in the structure of the heart.

Generally, any change or alteration in the structure of the heart caused by rheumatic fever which inflames the lining of the heart, can be easily detected by the physician but even where the usual signs of change cannot be detected, a change in structure should be suspected.

When we think that a simple sore throat or an attack of tonsillitis can lead to a heart disease, we can understand the need for careful supervision, good nursing and absolute rest in any such cases.

Morning Smile

Squelched

The train came to a sudden stop, jerking the passengers around. "What has happened, conductor?" cried one nervous old lady.

No Trouble!

Young John Jones got home for the college holidays quite late. In fact, it was almost two o'clock in the morning.

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "I have effected a change in my business, and I will be away for awhile."

ANSWERS

- 1. Say, "I have effected a change in my business, and I shall be away for awhile."

Modern Etiquette

By Roberta Lee

Q. Is anything written on the inner envelope enclosing a wedding invitation?



"MARKSMAN MARY McLENNAN" - First woman sharp shooter ever to come to Bisley with the Canadian Rifle Team...

Sullivan - MacInnis Wedding



Mr. and Mrs. J. F. Sullivan, photographed as they cut their wedding cake at their reception held at The Lord Nelson Hotel following their recent marriage in St. Mary's Basilica, Halifax.

Household Scrapbook

By Roberta Lee

Grease Stains

To remove grease spots from rugs or carpets, mix one tablespoon of fuller's earth with the same quantity of lump magnesia, and make into a stiff paste with boiling water.

Warm Weather Food

Instead of serving a hot roast during the summer months, there is nothing quite so appetizing as a dainty platter of cold meat, garnished with cut beets, parsley, or sliced tomatoes, along with a substantial salad.

Preserves Hosiery

A little vinegar in the water in which silk stockings are rinsed tends to prevent runs.

Cook's Corner

FRESH MINT JELLY

1 1/2 cups mint infusion 3/4 cups (1 1/2 lbs.) sugar Green coloring 1/2 bottle Certo

To make jelly. Add sugar to mint infusion in saucepan and mix well. Place over high heat, and while mixture is coming to a boil, stir in coloring to give desired shade.

head of the dinner table? A. The head of the table is wherever the hostess sits. In other words, the wife is the head of the table, though the man is head of the house.

The Jade God

By Mary Imlay Taylor

CHAPTER VII

Pam did not reply at once; they had come to a crossing and Burleson observed that she took advantage of it to hurry him across and point out the magnificence of a florist's display.

"I see that I'll have to observe this blue carnation young man, myself," Burleson retorted dryly. She laughed delightedly: "I wish you would. You'd like him; he is not like—like—"

"Archie Landon?" She was indignant. "Archie's such a social idiot; he only dances and plays bridge and keeps tag on Aunt Lynn's social list."

"Well, that's more than most of us can do." "You wouldn't want me to marry Archie Landon, would you?" "No! But I don't believe you'd pay any attention to my 'wants'; you're too modern."

"I wonder why you're so nice to me when we're alone together, Uncle Herbert?" She leaned her head back to look up at him. "You're really jolly, and you're terrible sometimes!"

"I lose my temper, Pamela; that's my trouble," he admitted; "you see, I've got the Devil of a temper. Perhaps this new young man of yours will rouse it."

"You'll rouse mine if you call him 'my young man!'" He laughed, a little grimly. His mood with the girl was passing; that old gray look that the doctors

DOROTHY DIX SAYS—

Tied Down

Sitter Would Allow Young Parents Evenings Out

DEAR MISS DIX: I have three small children. With keeping house, cooking, washing and ironing, I find I keep pretty busy, but I feel that my husband and I are growing apart. Except for special occasions such as a wedding, we are never able to go out together.



My family does not live near me, but my mother-in-law, whom I love dearly, has often told me how she stayed in with her children until they were grown up.

ANSWER: One of the worst things a mother can do in her relationship with her children is to make a martyr of herself for them. This is exactly the stand the older generation takes with the self-righteous attitude that because Grandma sacrificed every pleasure...

TEACH THEM SELF-RELIANCE

To my mind the responsibilities of parenthood are much better realized by the mother who teaches her children to stand on their own feet, without preaching of the hardships and sacrifices she has made to bring them into the world and rear them.

Get a capable baby-sitter, then take an evening off now and then with no misgivings. You will be taking the best course for you, your husband and your children.

DEAR MISS DIX: I have been keeping company with a very nice young man for nearly a year. I love him very dearly, but he is of a different background and nationality, and I find him unwilling to participate in the activities that I was brought up to enjoy.

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How Can I!!!

By Anne Ashley

Q. How can I treat white clothes that have turned yellow? A. Put some boiling water in a vessel and add one teaspoonful of cream of tartar to each quart of water.

Q. How can I remove rust spots from steel? Q. How can I make a good floor polish? A. Mix equal parts of melted candle grease and turpentine.

something extra special



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