

## ELLEN'S DIARY

By An Island Farmer's Wife

"Wouldn't it be nice if we might eat our supper out of doors? Over there," Gage said, indicating the pleasant eating-place of some of our hay-days, a sheltered spiced spot of near meadow. There were hay stacks, neither so green nor imposing as when in their freshness, sit awaiting the needs of the herd. A part of the landscape they are now, settled and content, like we think those housewives who after summer holiday once more ply busy needles at the knitting.

"It's so warm this evening," he continued, "But I guess it wouldn't be quite so nice as in summer, would it? Then," he stopped to remember the joys of it, "wasn't it good? And wasn't it good too," he nodded, "to come to the shore then with Mother and Daddy? The sand was warm and the water just right."

A silver plane made rhythmic passing overhead. "Our own mare" on loan from Alderlea and then waiting a turn at the open barn-door regarded it lightly as it disappeared beyond a near hill, while the chickens were scattering grain to nearby kept on with their meal. These are Jamie's—have been his special charge since the day in June they were brought from town to add to the number of those home-hatched. He, with of course a smart and willing assistant, repaired and cleaned chicken-coops to receive them and assumed with much interest their care. White of plumage these are with dark necklaces, engaging lads and lassies, though not so pretty as the more lowly birds.

And all now come to that stage of growth when to look at them is to picture one brown and tender over against the master's place at the table. We have sometimes achieved this but only after an open conference with the youths. Indeed, the axe has been stayed above the chopping-block while we pondered an immediate question. Would we, in cutting off this head, silence that musical crow of dawn? Better release him and catch one smaller, in the event that this might be. After all, as one of them pointed out, "You wouldn't want to do that, would you? For there's nothing starts the day away better than a long sweet crow of morning!"

It was indeed lovely at the time... mild and warm as a day in early autumn. Men worked in their shirt-sleeves; children discarded jackets. The west was brilliant with "the going down of the sun," the flames lingering for a last glorious minute on hill and farmhouse and valley. Then sunbeams were withdrawn and not without fair promise for the morrow, it passed from sight below our rim of world. "Summer's nice!" the lad said, leaving then to help Jamie round up and stable the calves then approaching with

homing instinct along the farm-lane. "And I like the fall, I guess," he smiled, "every time of year is good."

Back now we are to bare trees of lawn—to symmetry of nude white birch and rowan, to wide-branched poplar, lonely for its restless summer leaves. At Alderlea, we could gather still, copper from the oak of our planting but winds, sighing, we suspect, through the clear branches of linden. And we found a stout-hearted marigold blooming in the strip of border and pansies today of Carolyn's planting. With a cat scouting about and a sentinel dog close by, the boys planted bulbs—tulips and daffodils to mark with color spring days to come. "But," Gage said, patting down the dark earth, "Christmas will be first!"

Umm tomorrow --- Diary --- Good-night. . .

## That Body Of Yours

By James W. Barton, M.D.

### THE 1,200 CALORIE REDUCING DIET

"Most people with obesity (being greatly overweight), but without disease, eat too much, particularly of carbohydrates (sugar, bread, potato). Such persons will often say they have small appetites, that they never eat a good meal, and so on. Patient questioning will generally get such information as that the individual always tastes when cooking (in this way many calories may be taken during the day), is 'fond of sweet stuffs,' or eats a lot of potatoes and bread."

I am quoting Rose M. Simmons, S.S.R.N., dietitian to the Hammett Hospital (Post Graduate School) in her book "Handbook of Diets." The book records cases in which while the diet proper was followed at meals, one overweight ate a pound of chocolates daily and another had pound of acid drops.

What we would call a 1,200 calorie diet in America is outlined in the book consisting of 240 calories of carbohydrates, 280 calories of proteins and 630 calories of fats.

Breakfast: Tea, milk (5 table-spoons), 2 eggs or a piece of fish or a thin slice of bacon; 1 wheat or other biscuit, piece of butter, the size of half a walnut; tomatoes ¼ pound, or any kind of fresh fruit. Dinner: Lean meat or cheese—about 3 ounces, a good plateful of green vegetables or salad; one small apple, orange, pear or grapefruit; one wheat or other biscuit. Tea: (mid-afternoon) Tea, 5 table-spoons of milk; one egg; one wheat or other biscuit; piece of butter size of half a walnut.

Supper: (6.30 to 7 p.m.) Steamed fish (about 6 ounces) or lean meat or cheese; butter size of two walnuts; a good plateful of green vegetables or salad; one wheat or other biscuit. This is about 1,168 calories. Sugar, cakes, pastries, puddings, jam, bread, potatoes or fried food must not be eaten.

Plenty of green vegetables, salad and all fresh fruit, except bananas, may be eaten. Bananas are rich in sugar.

When the patient approaches his normal weight, the above diet can be increased. Add first one pint of milk daily and then bread and potatoes, regulating the amount of bread and potatoes to the loss or gain in weight.

Sugar should never be given in the diet of the obese patient.

The 1,200 calorie diet is sufficient for the office man, or housewife with help.

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## Better English

By G. G. Williams

1. What is wrong with this sentence? "There's only three apples in the basket and I don't know if I can eat them."

2. What is the correct pronunciation of "infamous"?

3. Which one of these words is misspelled? Impeachable, despicable, coercible, intelligible.

4. What does the word "paragon" mean?

5. What is a word beginning with ho that means "respect or reverence"?

ANSWERS: 1. Say, "There are only three apples," and "I don't know whether I can eat them." 2. Accent first syllable, not the second. 3. Intelligible. 4. A model; a type of perfection; as, "a paragon of beauty." 5. Homage.

## The Stars Say

By Genevieve Kamble

For Tomorrow

IT is possible that under current planetary auspices, personal, private, social, sentimental, domestic, or youthful matters may occupy the major attention. All relations of an intimate and pleasure-seeking contact could promote much happiness, good will and peaceful as well as health-giving pursuits. Those industries or commercial activities catering to this ideal—the happiness of home and people—are in line for much gratification and fulfilled desires. Engagements and marriages may be counted on. All creative arts flourish.

For the Birthday

Those whose birthday it is may plan upon a happy, prosperous and enjoyable year, with all flourishing that concerns the heart, home, health and all those activities centered on intimate and personal enjoyments and welfare. The arts and related business and cultural professions should thrive and give ex-

## A Country Garden

By Mrs. Gordon MacMillan

### Store House

There is a place in the heart for lovely things. All lovely things. They are stored with folded goose-amer cloaked wings. And however dreary the day, with cold and cloud Or dusty duty, Delight may suddenly soar with shining songs, Remembered beauty.

—F. N. Bunner.

There is remembered beauty in the garden now as we work at the tidying and trimming of the borders, and make changes in the plantings for another year. The sunny summer days when the fragrance and beauty of the garden rewarded the gardener for the care given.

Beginning with the early bulbs in May and even before that date when the frost had left the ground, and now as we write, there is some beauty. I remember the long border of Sweet William in mixed colors that was sown with seed that was gathered from the garden the summer before. For several weeks it was a joy! The new Hybrid Tea roses planted in the spring were lovely. . . more will be added to the garden next year.

The blue, blue For-get-me-not with the Tulips as a ground cover, and in the wood they were especially admired by garden visitors. Walking up the path under the pale green beech trees with tender green ferns all about was one of the happiest walks in early spring.

I remember the Forsythia shrub

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## Cook's Corner

### CREAM OF GREEN BEAN SOUP

This delicious and different soup has a quite sophisticated flavor. Yield—6 servings.

- 2 slices bacon
  - 2 tablespoons butter or margarine
  - 2 tablespoons flour
  - 1 teaspoon salt
  - Few grains pepper
  - Few grains ground mace
  - 3 cups milk
  - 2 cans (5 ounces each) strained green beans as prepared for babies
  - ¼ teaspoon grated onion
  - ¼ teaspoon Worcestershire sauce
- Cut the bacon into very small pieces and pan-fry until crisp; pour off the bacon fat.
- Add the butter or margarine to the bacon in the pan and heat until fat is melted; remove from heat and blend in the flour, salt, pepper and mace.
- Gradually stir in the milk. Cook the sauce, stirring constantly, until smoothly thickened.
- Stir in the strained green beans, onion and Worcestershire sauce. Heat thoroughly before serving.

## How Can I . . .

By Anne Ashley

Q. How can I make use of left-over milk?

A. If it so happens that there is a quart or more of milk on hand, make a rice pudding, a custard, or a dish with a creamed sauce. Another pleasing way to use it is to have a slice of ham for dinner and bake it in milk in the oven for about an hour, adding milk as it boils away.

Q. How can I retain the colors in cretonne when laundering?

A. The next time it is necessary to launder the cretonne slip covers, or any other cretonne articles, try washing them in bran water and see if they do not retain their colors.

Q. How can I make a tooth brush last longer?

A. Soak the new tooth brush in salt water over night, not only to cleanse it but to make it last longer.

## Household Scrapbook

By Roberta Lee

### New Glassware

Strengthen new glassware by placing it in a vessel of slightly-salted water, letting it come to a boil slowly, then boil thoroughly, following by cooling slowly. The slower this treatment is done, the more effective will be the result.

### Measuring

If the term "cup" is used in a cooking recipe, it means the equivalent of one-half pint. Therefore, two cups equal one pint, four cups equal one quart.

### Rust Stains

Some of the best remedies to be used for rust stains on white materials are lemon juice, salt, and strong sunlight.

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## Autumn Wedding At St. James Church, Souris



Mr. and Mrs. MacLean are shown above with their wedding attendants. From left to right are Mr. M. A. MacLean, usher; Mr. Clifford Townshend, best man; Mr. and Mrs. MacLean; Mrs. M. A. MacLean, matron of honour; and Mr. C. N. Richards, usher.

Multi-colored gladioli and ferns formed the background for a pretty autumn wedding at St. James United Church, Souris, at 2:00 p.m. on September 18th, when the Rev. W. B. F. Corkum united in marriage Joan Eileen Richards and Alan Kenneth MacLean, both of Souris.

The bride is the daughter of Mr. and Mrs. N. H. Richards and the groom's parents are Mr. and Mrs. R. C. MacLean.

Mrs. H. H. Larter was the organist and Mr. Lester Clarke of Pictou, N. S. was the soloist, singing "Because," and during the signing of the register, "I'll Walk Beside You".

Given in marriage by her father, the bride was charmingly attired in a ballerina frock of white lace and net over taffeta. Her tulle veil was shoulder length, and she carried a semi-cascade bouquet of red roses.

Mrs. M. A. MacLean, sister of the bride, as matron of honour, wore a ballerina length gown fashioned of light green applique net over taffeta, with a headdress of matching tulle, and she carried a semi-cascade bouquet of yellow roses.

Mr. Clifford Townshend, brother-in-law of the groom, was best man, and the ushers were Mr. M. A. MacLean and Mr. C. N. Richards.

Mrs. Richards chose for her daughter's wedding a navy blue dress, with which she wore a matching hat of velvet, white accessories and a corsage of white carnations. The groom's mother wore a medium blue two-piece dress with wine velvet hat, wine accessories, and a corsage of roses.

Following the ceremony a buffet luncheon was held at the Seaview Hotel, Souris. The toast to the bride was proposed by the Rev. W. B. F. Corkum.

The bride and groom spent their honeymoon motoring through the New England States. For travelling the bride wore a chocolate brown suit with gold accessories and a matching top coat. On their return Mr. and Mrs. MacLean took up residence in Souris.

Out-of-town guests at the wedding included Mr. Lester Clarke, Pictou, N.S.; Mr. and Mrs. J. M. Muirhead, Stellarton, N.S.; Miss Muriel Richards, Halifax, N.S.; Miss Hazel Stearns, Charlottetown; Mrs. Gustave Gingras and Mrs. Edington, Montreal, P. Q.

## DOROTHY DIX'S COLUMN—

### Belittles Wife's Work

Nothing Satisfies This Selfish Mate

DEAR MISS DIX: Six years ago I really believed I had found someone who would make me completely happy, so we were married shortly after. Since then, I have felt the love I had for him slowly leave me.

I keep our home neat, and our two children spotless. I don't drink, smoke or have anything to do with other men. Supper is on the table when he returns home from work. I do all my own household chores without help. But my husband says I don't do enough; that many women raise children, keep house and occupy jobs, also.

Well, I just wasn't built that way. I'm tired out at the end of the day. We are not, by the way, in positive need of extra money.

He claims I shouldn't expect to go to a movie once a week because I can see pictures on TV. When we do go somewhere, which is very seldom, he drinks until he becomes loud and unbearable. He claims he is the breadwinner and it is his privilege. I feel so bored and depressed. Could you possibly give me some helpful advice?

MRS. W. ANSWER: What you need is to plant your feet firmly on the ground and stop being pushed around. For six years you have apparently treated your hubby like a tin god, giving in to his every whim, catering to every wish. Now you have about come to the limit of what you can give him, and in desperation seek something else you can do to appease him. I think you are not so concerned about freedom for yourself, as you are about satisfying your husband in every demand. His last request is downright unreasonable and unwise.

### SHOULD A WIFE WORK OUTSIDE THE HOME?

No mother of small children should be forced to work outside her home unless circumstances make it necessary. What does your husband expect you to do with the youngsters while you work to satisfy his greed? There are few women who can do a thoroughly conscientious and competent job of raising children and keeping an outside position.

Those who are able to do it are gifted with exceptional talent and organization ability; theirs, however, is not a home standard that everyone can follow or admire. Most mothers like you, after cooking and cleaning, are often tired at the end of a day caring for strenuous youngsters. You have a whole-time job to manage a home and a family.

What you haven't learned to manage is a husband! Stop being so easy-going and insist on your rights instead of crying over their loss. And don't let your husband get away with the notion that merely because he earns a salary he has a right to drink too much and act like a boor.

Being assertive is difficult at first, especially when you have

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## Morning Smile

Slight Unseen

A clergyman, his face red from wind and rain, approached a policeman. His overcoat collar was turned up, so that the policeman did not see the clerical collar.

"Can you tell me the time, please?" he asked.

"They'll be open in ten minutes," said the policeman.

A. Yes; this is quite all right.

## Anne Adams Patterns

### WEEK'S SEW-THRIFTY

Easy? Check that diagram to prove exactly how easy this apron is! Now, figure how little spare time you need to whip up one, two, or three! Every good cook needs a few coverall aprons—sew some for gifts, bazars, too!

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## Modern Etiquette

By Roberta Lee

Q. How does one properly remove the bones from a fish at the dinner table?

A. Lift the end of the bone with a fork, and then pinching it between the fork and the knife, lift it all the way out. In some stubborn cases you may have to use the fingers, and this is quite all right if you do not allow the fingers to touch the fish.

Q. When meeting college professors socially—for instance, entertaining them at tea—how does one address them, as "Professor" or "Mister"?

A. If he bears the title of Doctor, call him that; otherwise, call him "Professor." If he is an instructor, call him "Mister."

Q. Is it all right to write invitations to tea on one's visiting card?

A. Yes; this is quite all right.



4578 S-14-16 M-18-20 L-40-42

by Anne Adams



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