

ELLEN'S DIARY

By An Island Farmer's Wife

August's last Friday — the quiet mellow day, when the gold of the harvest-weather lay over the farmsteads. When the muted and rather melancholy music of the crickets' tuning refuted the assertion made in our hearing recently. "The days are drawing in" one said with a sigh "why even the crickets' tunes are over!" Thrilling a nice melody in with the other tranquil sounds of the surroundings, it was soothing on the ear to those of us who today listened. "Come out and see the pretty 'Glad' — a red one!" granddaughter, who loves every flower of field and orchard and garden begged us, and so we came with her to the out of doors to enjoy the glory of it — of hill and slope and sky, of twittering bird and visiting bee. It is her delight to have her grandfathers accompany her hand on a stroller excursion. "Now this" she will point out "is a — you guess what?" And James' knowledge of the plants in the border is not nearly so wide as that of those he cultivates in his fields. "It must be a Hollyhock" he will hazard a reply. "And don't you know any better than that?" she will say earnestly. "Hollyhocks grow away over our heads. Now this is a — and that another and recall the names he declares it to be "nothing short of remarkable what's in that child's mind!" Forgetful that it is easy to learn about those subjects we admire or which serve to hold our interest.

But James was missing then, having gone with the younger farmer and Rob to a clearing project at the other farm. There the stumps and other debris uprooted by the bull-dozers of Spring were collected into heaps and burned in a gesture to neatness. "That clump of Hawthorn in the front field, Ellen — you'll never see that again" he reported at dinner, "we made an excellent burning there" And even though we too like neatness and order in the fields, we are sure that Spring there will have lost some of its former fragrance and beauty. No petals are more delicate and scented, no crown more beautiful than that which bedecked an English Hawthorn in the Spring. Blueberry cobbler we were having for dessert, brought in by Jeanie, fresh-made and delicious and of the spool she had taken in yesterday's outing.

By her absence, Jeanie had missed the arrival of the new binder, gay and shining in its paint and glitter. Neither had she seen the departure of the old — worn but respected as have some of our gallant old warriors we have known. It carried in its heart the saga of our years at Alderlea. . . Those years of the past, James was pleased to dwell upon these tonight. The early years when the harvests were not so extensive as those which followed in the wake of further clearing. Yet brave in the piece of wheat and the oats and the teasing barley. And then by the addition of a corner here, an acre or a part of one there, by his vision and industry and sweat and toil and perseverance many acres of virgin soil were made arable and listed among the rest of the cleared land — and extra pounds of twine were needed for the harvest. And still plenty stump and woodland remained for our needs and those of subsequent generations.

James talked of those harvests which came at length when the best joy of all to any farmer, "our own help", the sons, matured to take their places at the work — Rob on the binder, "the young lad" at the stooking, and his own labour was lightened and circumstances were very sweet as the three marched along the harvest-days together. Again extra acres came to them — and the old binder with the acquiring in time of Rob's farm, a momentous piece of buying in those years but extremely worth while

That Body Of Yours

By James W. Barton, M.D.

YOU MAY NEED MORE SALT IN AND ON FOOD

There isn't any question but that by cutting down on table salt, much of the water in the tissue, especially the fat tissue, will leave the body and thus greatly reduce the weight. Wrestlers lose 10 to 15 pounds in a bout but have this weight back on within 24 hours. By reducing the weight, less work is put upon the heart and blood vessels, which is why the low salt diet is prescribed in cases of high blood pressure where there is a possibility of a heart stroke or brain stroke. Doing without salt is a hard proposition for anybody but where it is necessary to reduce weight and temporarily lower the blood pressure it must be done.

However, so afraid of heart and brain strokes are many healthy middle-aged men and women who are not overweight, that they are trying to do without salt and trying to use salt substitutes. The first thing we should all remember is that the body needs salt, as it is necessary for each cell to have a supply of salt daily. Therefore, some salt should be taken in and on food aside from its use in making foods attractive in taste and smell.

That following a strict diet, low in sodium, may cause various symptoms is reported in The Journal of the American Medical Association, by Drs. Louis A. Soloff and Jacob Zatzkin, Temple University, who present seven cases that show the depressing effects of a diet low in sodium (sodium chloride — table salt) in cases of heart failure. These physicians believe that in prescribing the low salt or salt-free diet to take strain off heart and blood vessels, physicians overlook the harmful effects of not having enough salt in the blood and tissues.

It is suggested that the blood and tissues are not receiving enough salt from food eaten when weakness, tiredness, loss of appetite, nausea, vomiting, restlessness, thirst not relieved by water, lack of interest in people and surroundings, mental confusion, fall in blood pressure, increase in pulse, a clammy skin, develop in patients who have been on low salt diets and using large amount of mercury drugs to drive water out of the body.

The thought then is that in certain heart and blood vessel conditions, cutting down on table salt as prescribed by your doctor is wise, but cutting down on table salt and salt foods to reduce weight only may cause the symptoms mentioned above.

EATING YOUR WAY TO HEALTH

Be sure you are getting the all-round daily diet for your type of build and occupation. Write today for Dr. Barton's handy booklet on this subject entitled "Eating Your Way to Health." Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to 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.

and satisfying when the settling-down of the family appeared. Very pleasant it is, when out of the year's toil and planning — their interested co-operation, farmer-sons can be assured of homes of their own. Though intended "just to help us out with the pasturing", the buying then of "the other farm" brought too its fields of waving grain. What a tale of our living, the old and respected binder took with it as yesterday, it was borne out and over the hill!

"If the new will stand up to it as well, Ellen! James sighs now, picking up his newspaper. "In any event" he adds, setting his glasses more firmly "it will likely see us out!"

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

DOROTHY DIX SAYS -

Why Do They Marry?

Men Who Resent Marital Obligation Should Have Stayed Single

DEAR DOROTHY DIX: When I married, I guess I loved my husband as much as any man ever was loved, but today we are strangers because he shut me out of his life. He never talks to me. Never speaks unless spoken to. I know less of his affairs than a stranger, but on the outside I hear he is quite a chatterbox, and when friends come to our house he monopolizes the conversation. I am not included in these talking sprees, so I have quit talking to him. I tried being very affectionate to him, but it was like adoring a stick of wood, and now I am cold toward him. I don't think there is any other woman, but if there is, she is welcome to him. But why do you suppose he married me?



ANSWER: Many another woman, who has a husband like yours, asks herself that question and finds no answer to it. Indeed, why men marry is one of the crossword puzzles that nobody can solve, for apparently a large number of men commit matrimony merely to repent it.

UNDOMESTIC TYPE

Why does the man marry, for instance, who hasn't an ounce of domesticity in his nature, and who wants to always be going places and doing things and is bored to death at his own fireside? There are plenty of men like that who clap on their hats the minute dinner is over and fare forth to the club or to the theatre or a prize fight or play poker with the boys, anywhere to do anything except spend the evening with their wives.

Why does the philanderer marry? Why does the man who knows himself for a petticoat-chaser, and that he can never resist a pretty face and that it isn't in him to be faithful to any woman, not pass up matrimony and keep himself at liberty to flutter from flower to flower? Why does he want to torture some hapless woman with jealousy and break her heart with his infidelities? Nobody knows.

Why does the stingy man, the man who begrudges the very food his wife and children eat and what it costs to support them, marry. He knows beforehand how much it costs to set up a family and if he isn't willing to pay the price, why doesn't he stay single and keep his money for himself instead of marrying and raising Cain over the bills? It keeps his wife guessing, but she never guesses the answer.

Why does a man marry a woman he trusts so little that he never discusses his business with her, or who hates him so much he can find nothing to say to her? Why does a man marry a woman who never speaks except to find fault? Why does a man marry a woman except that he loves her and enjoys her and admires her? Nobody knows. Least of all the wife.

DEAR MISS DIX: I am a boy of 17. My mother will not let me think for myself and I'm going nuts. She will not allow me to go to a show unless she takes me, but all the boys in my crowd can go alone to a night movie once in a while, and even take a girl now and then, but not me. Mother says that I have plenty of time for that when I get to be 21, but I'd like to get a little now. I know that Mother is "thinking of me only", as she says, but I would enjoy thinking for myself some time now, not when I'm 21.

SEVENTEEN

ANSWER: You have my sympathy, poor little overmothered lad. Your mother doesn't realize it, but she is doing you as deadly a wrong in not letting you think for yourself, or decide things for yourself, even when you are 17 years old as she would have done if she had kept you from learning how to walk until you are that age.

No mother would be cruel enough to handicap her child physically by preventing it from using its body. But she does all in her power to keep her child dependent upon her and from using its mental faculties. She will decide every question for her child instead of letting him exercise its own judgment. She won't let the child do its own thinking or develop its own character and the excuse that she makes for this is that she is afraid that the child will make mistakes, that he may get to know the wrong people or make injudicious decisions.

Of course he would, just as a little child learning to walk falls and bumps its nose, but it learns by mistakes. It learns how to stand on its own feet and take care of itself as the child never does whose mother always holds it by the hand.

The child who had always depended upon himself could take care of himself. For although our mothers cannot always go with us and hold us by the hand and protect us against the dangers and hardships we must meet, and if they have not prepared us for this, they have failed as mothers.

Twenty-one is too late to let a boy think for himself. He should have begun that in the cradle.

DEAR DOROTHY DIX: My fiance and I are planning to be married in a very short time, but we have seen so many of our old friends' marriages go on the rocks that we are beginning to wonder if a wedding ring destroys the beautiful love that precedes it. Do you think it does?

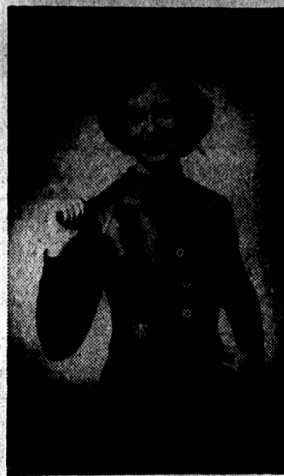
D. W.

ANSWER: Not at all. Marriage is the greatest preservative of love because the mere sense a man and woman have that they are bound together gives each the value in the other's eyes that we have for the things that belong to us. Likewise, married people have the strongest of all ties in that they have a mutual interest in their home, their children, their prosperity generally. They rise or fall together.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

NEW DELHI, India, Aug. 30. — Tibet peacefully through negotiations in New Delhi, thus spiking recent rumors the Chinese were planning or already had invaded willing to settle the question of Tibet.

Back-to-school Weskit and Beanie



Here's a tricky weskit and beanie that will be a welcome addition to the teenager's fall wardrobe. Any vest pattern may be used for cutting out the weskit pieces, and putting them together is a simple matter of shoulder and underarm seams. Hearts and flowers, a book and bowling tenpins are applied in gay colors. Directions for making this FELT WESKIT AND BEANIE are available if you will send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Ask for Leaflet No. F 2511.

The Stars Say -

By Genevieve Kemble

For Saturday, September 2

A SUDDEN turn, a brilliant flash of constructive ideas, with a drastic urge to put over such novelty, ingenuity or skill with hammering blows is forecast. At the same time it may be more fruitful to withhold for the present such a spectacular crash of the gates in order to interject a personal element which could supplement a fertile situation. Pleasant and winning ways might prove captivating as well as further more practical plans.

For the Birthday

Those whose birthday it is have splendid promise of putting over ambitious objectives, particularly should these involve the expression of new talents, brilliant flashes of ingenuity or originality with exceptional ways and means of achievement. Although the drive may point to force and immediately pushing into sensational channels it would be wiser to switch some of this talent into personal equations, also accented for the time being into realistic charm and allure. Romance may sidle practical activities and adventures. A child born on this day should have a colorful career with accented social, romantic and intellectual talents side-stepping originality, inventive genius as well as rare creative skills.



Be Bath-Fresh "All Day!" use Mum. Keeps you nice to be near. Quick... Safe... Sure.

Cook's Corner

MIXED SWEET PICKLES Two quarts cauliflower (2 medium heads); 2 sweet red peppers, cut in strips; 2 green peppers, cut in strips; 1 quart onions, cut in wedges (1 1/2 lbs.); 1 quart white-vinegar; 2 cups sugar; 1 1/2 cups light corn syrup; 1 tablespoon mustard seed; 1 tablespoon celery seed; 1 teaspoon whole cloves; 1/4 teaspoon turmeric; 2 tablespoons salt. Prepare all vegetables as listed. Precook the cauliflower in a small amount of unsalted boiling water for 5 minutes. Then drain. Combine the remaining ingredients. Cover and heat to boiling point. Add all the vegetables. Return to boil and continue boiling gently for 2 minutes. Quickly pack 1 hot sterilized jar at a time. Fill to 1/4 inch from top. Be sure the vinegar solution covers the vegetables. Seal each jar at once following the procedure for open kettle method. Yields 6 pints.

Morning Smile

Mathematics

Father took his small son to church. At one stage of the service the clergyman announced: "We shall now sing hymn number two hundred and twenty-two." "Ten thousands times ten thousand. Two hundred and twenty-two." The puzzled lad nudged his father. "Dad," he whispered, "do we have to work this out?"

How Can I!!!

By Anne Ashley

Q. How can I remove mildew from white clothes?
A. Rub the clothes with the juice of a raw tomato, sprinkle with salt, and lay in the sun to dry. Repeat several times if necessary.
Q. How can I remove tar stains from linen?
A. Rub well with oil of turpentine, or lard, let it stand for a while, and then wash in soap and hot water.



Wins Baking Prizes at Bear River Fair

There's plenty of friendly competition in the home-baking section of the Digby County Fair at Bear River, N.S., and a consistent winner is Miss Helen L. Woodworth, of Bear River. In yeast-raised baking especially it's been nip and tuck, and Miss Woodworth credits her yeast with giving her the edge. "Ingredients are so important—and I'm extra careful about the yeast I use," says Miss Woodworth. "For years I've been baking with Fleischmann's. I always find Fleischmann's Yeast is good and lively. I know I can depend on it." That's what the majority of prize-winning cooks say! You get finest results with Fleischmann's Yeast—proved dependable for 83 years.

Even when dried indoors... EVEN WITHOUT RINSING

Surf gives you Sweeter Washes

... whiter, brighter to look at!
... fresh-air-sweet to smell!

Wonder-working detergent gets out every trace of dirt, grease... and "dirty clothes" odor... leaves clothes so much cleaner they're actually sweeter-smelling!

Once you switch to Surf, you'll wonder how you ever did without it!

You can see how sparkling white and bright Surf gets your clothes. And your nose will prove they're really deep-clean clean. They're sunshiny sweet, blown-in-the-sun sweet to smell... even if dried indoors. You don't even have to rinse your Surf-clean clothes!

Here's Surf's secret

The magic detergent in Surf has the power of grabbing the dirt and holding it in the washwater, so when you wring out the water, you actually wring the dirt out with it. Out goes every bit of soil and grease—and every trace of "dirty clothes" odor, too.

When you don't rinse your Surf-clean wash, Surf's special purifying ingredient goes on working so clothes stay sweeter longer. (If you do want to rinse, add a little Surf to the rinse-water.)

Use Surf for everything

Those rich, long-lasting suds do 3 times the work of ordinary soaps, in hardest water. They're powerful enough for greasy work-clothes, yet gentle enough for delicate silks and rayons. They leave towels soft, fluffy. Make everything easier to iron.

So—switch to Surf. Save time, work, hot water—and get the cleanest, sweetest wash you've ever had!

If it's Surf-clean, it's really clean... EVEN WITHOUT RINSING



"ORDINARY" CLEAN...???

Though you may think your wash is perfectly clean, a faint "musty" odor often betrays the presence of dirt, grease or scum. Rinsing won't get rid of this... but Surf does!

SURF-CLEAN, SWEETER!

Even without rinsing Surf removes every last trace of dirt, grease (and scum)... every trace of odor, too! That's why it gets your clothes so white, so bright... so wonderfully sweet!

-Needlecraft-

FOR THE HOME

EASY TO MAKE

Comfortable kimono sleeves, handy pockets, and easy button bodice make this an especially wearable dress. And its simple shawl makes it ideal for many fabrics.

No. 3061 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46. Size 18, 9 1/2 yards 35-inch.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

Address: Pattern Department, The Charlottetown Guardian.

Pattern No. 3061

Name _____
Address _____
City _____ Province _____



CRISPER! LIGHTER! MORE PER PACKAGE!

MCCORMICK'S JERSEY CREAM GODAS

REACH FOR THE BRIGHT BLUE BOX!

SALTED OR NOT SALTED