

## ELLEN'S DIARY

by an Island Farmer's Wife

Now with the bustle of hay-days past, when school keeps this house settled into quiet ways... James took himself after breakfast this morning away along the fields to an old love of place there to join forces with the younger farmer at a work of repair recently undertaken there. A granary in the rear of the barn is being enlarged and repaired... not a granary in the true sense of the word though to the family known thus, since all down the years it has been a storehouse only for sheaves.

So many harvests we have watched James on his knees stow them neatly there. And odd times, though he declares this to be pure imagining on our part or else he concedes "it may have happened on some other farm we have handed the sheaves to him." One by one, steadily, now Ellen at his pleasure. Or from the harvest-wagon drawn up behind, we have tossed them in to him from a convenient door set beneath the roof's peak. Enjoying it much. To caressing every hour of sun or shadow but especially the last spell of day. With the evening, cool and peaceful, crossing the hillsides about, tenderly snuggling them softly, bidding birds and crickets to attend now their evening. Sweet we remember it, engaging, reverent and solemn as the purple

shades deepened to veil the far hills. In later years the building continued to hold sheaves in winter and when empty of these pieces of machinery were stored there—the thrasher after its work of the year was done. And always there were swallows' nests along the rafters. And sometimes in the lambing season it sheltered mother-ewes and their lambs, or indeed in the event of expected increase, the whole flock on chilly spring nights. This is the building which now is in the process of extension and repair. A foundation of concrete is already in place, lumber has been hauled from the mill. And this morning James took himself away along the fields to be numbered among the workmen there.

What a pleasant day it has been—cool delight of morning, mellow sun of afternoon, hush of evening. And the sunset, how regal and beautiful! Very lovely were the shades which at length dissolved into amber bars above the dusky woodland trees to the westward. And presently nearer, above the quiet fields toward the valley's brim, what was there? An old wishing-star of young summers!

Until tomorrow ———— Diary  
— God-night ————

### LET'S EAT

## An Herb Recipe Such as Helen Keller Might Make

By IDA BAILEY ALLEN

NO fragrance is more vitalizing than the smell of fresh herbs. This was brought vividly to mind recently when I saw a motion picture called, "The Unconquered," the story of Helen Keller. Deaf, mute and blind from childhood, she is, in spite of all, a radiant, happy, highly cultured, inspiring woman—literally "unconquered."

### On a Country Walk

One scene in the picture showed Miss Keller taking a walk along a path at her home in the country, during which she stopped to investigate a clump of herbs, possibly tarragon, to make an aromatic vinegar.

We also saw her drying dishes, cracking pecans, and appreciating pretty hats and pretty shoes—even as you and I.

Some years ago, it was my privilege to interview Helen Keller. Later, she sent me her photograph, beautifully autographed in her characteristic "square" writing. This hangs in my study. Whenever people come in dimmed with discouragement, I suggest they study her picture—that calm, sympathetic face, the trim figure, the alertness of body and mind. She has conquered by spiritual faith and courage.

Tarragon Herb Vinegar: Pick enough fresh tarragon leaves from the stems to make 1 c. pressed down. Rinse with cold water; transfer to a qt. jar. Fill with mild cider vinegar.

Cover and let stand 3 weeks at room temperature. Stir each day. Strain through cheesecloth and bottle.

### TOMORROW'S DINNER

Cabbage-Carrot Slaw  
Chopped Beef Loaf  
Pepper Hash  
Whipped Potatoes  
Baked Tomatoes  
Stewed Plums  
Pecan Cookies  
Hot or Iced Coffee or Tea

### All Measurements Are Level Recipes Serve 4 to 6

Pepper Hash: Peel 12 large white onions; seed and core 12 sweet green peppers and 12 sweet red peppers. Cut a crisp 3-lb. cabbage into sections; wash and drain dry. Put all through the coarse blade of a food-chopper. Scald with 2 qt. boiling water and drain. Add 2 c. cane or beet sugar, 4 tsp. salt and 2 qt. distilled white vinegar.

Boil 25 min., or until the vegetables are barely tender. Seal in sterilized jars.

Baked Tomatoes: Scald 6 to 8 medium-sized tomatoes with boiling water. Remove the skins. Scald tomatoes with a mixture of 1 tsp. salt, 1/2 tsp. pepper and 1 tsp. sugar.

Place in oiled muffin pans with 1/2 tsp. water in each compartment. Top each tomato with a small piece of bacon. Bake 20 min. in a hot oven 400 degrees F.

### SUGGESTION OF THE CHEF

Mesdames: There is a world of difference between ordinary mashed potato and whipped potato. Mashed potato is usually made of potatoes mashed with a potato masher, with cold milk, butter and seasonings added. It is often lumpy.

Whipped potato is made of cooked potatoes first put through a potato ricer. To make smooth, the milk is heated, then added with butter and seasonings, and whipped until light and fluffy, with a wire whisk or electric mixer. Reheat in a double boiler.

### Morning Smile

"I'm going to kiss you before I go," said the young man who had long outlasted his welcome. "Do it now while I'm still young," replied the girl, wearily.

## Anne Adams Patterns



### FIGURE FLATTERER

Cool—cool—cool! Bare-back sun-fashion with the scallops you adore, to frame your back, flatter your bosom! See the empire midriff—so slimming! Full, full skirt accents a tiny waist! Note the halter-type straps. Smart in print plain cottons, or sheers.

Pattern 4702: Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes 4 1/2 yards 35-inch fabric.

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 care The Guardian, 90 Front Street, West, Toronto.

### Household Hint

Be imaginative! Flowers look charming in interesting containers. If you look around your home, you will probably find many old vases, copper kettles, bottles and other oddments which might be used in decoration. Beware of too many of these! The idea is to build a charming nook around such a novel piece—not to achieve a clutter of jugs and glassware all over the house. A few flowers or a vine spilling out of that old copy of an Etruscan water carrier may add distinction to a room.

## Wed in Fort Augustus



Mr. and Mrs. C. F. Dalton, with their attendants

A pretty wedding was recently solemnized at St. Patrick's Church, Fort Augustus, when Charlotte Margaret, youngest daughter of Mr. and Mrs. James Hughes and Chester Francis, son of Mr. and Mrs. Thomas Dalton, Fort Augustus, were united in the holy bonds of matrimony. Rev. Father Butler performed the double-ring ceremony and celebrated the Nuptial Mass.

During the offertory, Miss Margaret Ross sang a solo, "Ave Maria." Other appropriate hymns were rendered by Miss Margaret Ross, Mr. John McDonald, Miss Marion Rogerson, Miss Corlene McEachern. The professional and recessional marches, as well as hymns rendered during the ceremony were played by Mrs. Cyril Morrison, Savage Harbor.

The bride, given in marriage by her father, wore a strapless full-length gown of white nylon net over taffeta with insets of Chantilly lace, and matching jackets. A lace and flower cap with diamond cut-outs held a chapel veil of sheer illusion with hand rolled hem. She

wore a single strand of pearls, gift of the groom, and carried a cascade of pink roses.

The bride was attended by her sister, Mrs. Clarence Mitchell, as maid of honor, who wore a floor-length gown of pink nylon over taffeta with matching headress and mitts, and carried a nosegay of pink carnations.

The bridesmaids were Mrs. James Feehan, and Mrs. Gus Kilbride, sisters of the bride. Mrs. Feehan wore yellow nylon net over mauve taffeta and net with matching bonnet and mitts and carried a basket of mixed flowers.

The groom was attended by his brother, William, and the guests were ushered by Mr. Harry Hughes, brother of the bride, and Mr. Melvin Curley.

Mrs. Hughes, mother of the bride, chose for her daughter's wedding a dress of powder blue lace and taffeta with white accessories and wore a corsage of pink carnations.

Following the wedding ceremony, a reception was held at Sandy's Restaurant attended by 90 guests. The bride's table was attractively decorated for the occasion and centered with a three-tier wedding cake, topped with a miniature bride and groom.

The toast to the bride was proposed by Rev. Father Butler and responded to by the groom.

Mr. and Mrs. Dalton left on a short honeymoon trip to points of interest in the Maritimes. For travelling the bride wore a suit of grey gabardine with pink and navy accessories, her corsage was of pink roses.

The bride has been engaged in teaching profession. The couple will reside in Boston, U. S. A.

Herman N. Dundesen, M. D.

## Skin Rash

INFANTS, children and obese adults are more sensitive to prickly heat than the rest of the population. Heat rash also occurs sometimes in those exposed to excessive heat for prolonged periods of time. It can even affect a child in cold weather, if he is overdressed. Flannel pajamas are a frequent offender in those who are oversensitive to heat.

Prickly heat is due to an inflammation of the ducts of the sweat glands. Keratin, a substance contained in the skin, obstructs these ducts, following profuse sweating.

The typical rash is made up of a group of small pimples which actually may form blisters. There is usually severe itching and burning with this condition. Its common location is the chest, back, neck, and around the skin folds of the armpits or the waist. The inflammation and redness may disappear peeling of the skin after their disappearance.

### Cleanliness Essential

Cleanliness of the skin is very important in the treatment of prickly heat. Tanning of the skin by the sun or ultraviolet rays is effective in both its treatment and prevention. Sponging the area with starch or bran water also helps. Lanolin, an animal fat, used in the form of an ointment, eases the symptoms. A physician may well be consulted concerning the treatment and prevention of this condition.

### QUESTION AND ANSWER

Mr. C.: Is there such a thing as second sight?

Answer: Many elderly persons who have been wearing glasses, usually bifocals, for many years, pass through a stage when they do not need glasses for reading. This usually is a temporary condition and may last for only a short period of time.

### DOROTHY DIX

### Stepmother's Champion

DEAR MISS DIX: My mother died when I was two. Six years later dad remarried and, four years after, died. So, from the time I was 12 the only parent I knew was my stepmother. She was truly wonderful to us, raising four of her own boys, five children of my dad's by his first wife, and three they had together. Naturally, such a large family, she couldn't give us all the material things we wanted; she went without clothes herself to provide for us. Kindness, love and a generous spirit were always there.

Now that I am married and have two children of my own I realize more than ever the sacrifices she made for us. Nevertheless, I am the only one of her stepchildren who, today, has any consideration for her. My father's people never liked her, now my brothers and sisters have swung around to their way of thinking. This difference of allegiance has caused a rift in our family. My sisters and brothers won't visit me, though they are all married, in homes of their own. They never visit my stepmother nor her children, yet we all grew up as one family. I am very kind to the attitude of my own kin.

### SAINTLY DEVOTION

ANSWER: You certainly deserve an accolade for recognizing your stepmother's devotion. She was a fine person, from your letter. Unfortunately, your brothers and sisters don't appreciate her sacrifices; perhaps in time they will. Being a stepmother is undoubtedly the most difficult relationship to handle; she who tackles the job successfully deserves a special place in Heaven. It takes a saintly love of her fellow men to work, sacrifice and love the children of another woman when all effort is met by nothing but ingratitude. There is no reward on earth save the knowledge that a difficult job has been done; a hard duty discharged.

Thoughtlessness might be excused in the very young, but certainly as children grow, marry and acquire their own family responsibilities, they should come to an appreciation of what has been done for them. There's absolutely no excuse for the attitude of your brothers and sisters. Even your father's folks are inexcusable in their faultfinding. If your stepmother hadn't been on hand to care for you children, would your grandparents have been willing to assume the responsibility. Very

likely not. Continue in your loyalty, and hope the rest of the family see the light someday.

## Shining Success



By ALICE ALDEN

Satin is back in all its gleaming beauty and it is a shining success in every collection, in dresses, in suits, in coats and used as a contrast trim with dull textured fabrics. Samuel Winston does an afternoon dress very much in the new season picture. It's of bottle green French chiffon satin and the designer has handled the fabric simply to let it whisper for itself. The deep narrow neckline, the highrise midriff band, the graceful gathered skirt make for one of those dresses that sees considerable service for quite a time.

## Some Household Helps For Handymen at Home

By Eleanor Ross

A SMATTERING of news and notions for the house hold, leading off with an idea for the ever-increasing army of do-it-yourselfers.

A homemade snack tray is fun to make, and there never can be too many of these around the house.

### Modest in Cost

It's a mighty inexpensive job, too, since its main ingredient is a small, shallow baking pan. This should be cleaned dry with steel wool. Then find a cork place mat and cut it to fit the inside bottom of the pan. Paste down the mat, after fitting carefully, with water-proof glue. Four small rubber door stops will make the legs for the pan. Just glue one to each corner.

Then coat pan and mat with a mixture of fresh, white shellac and denatured alcohol, half and half. When dry, apply a coat of shellac enamel to the pan, but not to the mat.

If desired, the border can be decorated freehand. Allow to dry. Then give the entire tray and mat another coat of white shellac thinned with an equal amount of denatured alcohol. Wax and polish when dry.

### Housecleaning Aid

Treat yourself to one of those dry mops of nylon. They do a fine job of attracting and holding the dust, and go easily into corners and under low furniture. When you're through using, just slip the mop off the wire frame and into hot suds and rinse. It cleans in a minute, dries in a jiffy, something we have found to be a real investment. It scrapes mud off shoes, then lets it drop through to the floor. When clean-up time comes, it can be lifted off to wash the floor beneath. The mat itself may be cleaned with warm, soapy water and rinsed off with the garden hose.

Mentioning the garden, brings the thought that plants which grow under trees get all the soot and oil that drop down from the large leaves above. So wash these little plants once in a while with a soapy cloth so that they can breathe once more. Then rinse with a fine spray from the watering can.

When an electric bulb or fluo-

rescent tube breaks, scattering innumerable splinters in every direction, remember that a bar of wet soap makes the best and safest collector. After the pick-up job is complete, shave the surface off the soap with a sharp knife; then roll these shavings, with glass bits embedded, into a newspaper, roll tightly and discard.

### Bringing Up Baby



A famous doctor advises a wily mother to be friendly with their babies. His theory is that friendliness makes the spirit grow, just as food makes the body grow. And a proud new grandmother I know offered these wise words to her daughter: "Whenever you communicate with your baby, wear your heart on your sleeve."

Even the inimitable babies sense when they are loved... respond to the warmth of affection.

### A friendly attitude instead of a frowning one when you feed baby, may make all the difference between a balky eater and an eager one.

First Impressions are often lasting ones, especially when baby meets a new food for the first time. When your darling is ready for cereals, try Gerber Baby Cereals, with textured food a pleasant one. Start him off with any one of Gerber's pre-cooked, ready-to-serve Baby Cereals. Tots take to Gerber's readily because the creamy-smooth texture feels so nice on delicate tongues. And the bland, but distinctive, flavors seem to suit little taste buds to a T. All four are fortified with iron, calcium and B-vitamins.

Baby Spoon offer! A heavy silver plated Baby Spoon (regular value \$1.25) is yours for only 25c plus one box top from any of the five famous Gerber Baby Cereals. Send to: Mrs. Dan Gerber, Box 17, Toronto, 18, Can.

A cheerful coo is apt to follow a sip or two of Gerber's Strained Orange Juice. Because it's made from tree-ripened oranges, specially selected for mild, natural flavor, appealing natural color. Gerber's Orange Juice is rich in Vitamin C, so vital to healthy gums, bones and body tissue. Extra-finely strained—minimum amount of peel oil assures easy digestibility. Important point to remember: Gerber's Orange Juice is pasteurized for baby's protection. Gerber's Baby Foods, Niagara Falls, Canada.

### DEMANDING GIRL FRIEND

DEAR MISS DIX: I have a girl friend who is very nice except for one failing—she won't stop calling me up. She knows what time I get home from work and, the minute I'm in the house, the telephone rings. She then demands a detailed account of my day's activities. It's getting very annoying.

### ANSWER:

Since all your tactful suggestions and hints have failed, I'm afraid you'll have to be downright rude to get rid of this nuisance. Tell her your mother has dinner waiting and you can't talk; or insist that you're busy at something else. If necessary, hang up. Perhaps the young lady will learn enough to handle her next beau more diplomatically.



## WHEN YOU SERVE CHICKEN

Your family will enjoy it even more if you serve Ocean Spray Cranberry Sauce. You'll find that Ocean Spray does something wonderful for the flavor of any poultry. Try it soon.

Ocean Spray



### Cook's Corner

### CHEESE PUFF CASSEROLE

(Yield 6 servings).

Preheat oven to 375 deg. Turn into a 6 cup casserole. 1 can (10 oz) cream of mushroom soup. Add:

1 lbs. creamed onion.  
2 cups cooked vegetables (choose from peas, carrots, beans, corn, etc.).  
1 cup diced canned luncheon meat or any other suitable cooked meat.  
Combine lightly. Cover and bake in preheated oven 10 minutes.

Beat stiff but not dry. 2 egg whites.

Beat until thick and light. 2 egg yolks, and mix in 1/4 cup shredded Swiss cheese.

Fold beaten egg whites into egg-yolks mixture. Border the hot mixture in the casserole with this meringue. Continue to bake, uncovered, until meringue is puffy and set. 30 minutes. Serve immediately.

—Mrs. Edward Collicutt, Burton W. I.

### KEEP IN TRIM

## Can Your Figure Get By In A Pinch

By Ida Jean Kain

Exercise can put a stop to spreading hips, and what's more can slim bulky inches off this measurement by restoring tone to flabby muscles.

You can't go very far wrong on hip exercises, since most of them are in the general direction of streamlines. However, the calisthenics that apply the exact spot get streamlined results faster.

The angle of swing depends on whether you're trying to reach the big muscles that pad the rear hips or the muscles flanking the sides. A straight swing, past a 45 degree angle, brings the gluteus maximus muscle vigorously into action. To reach the muscles bounding the sides of the hips, put a curve on the swing, like this:

Position: Lying on right side, left leg on top of right. Elbow bent, left hand braced on floor in front of chest for support.

Movement: Lift the left leg a few inches and make wide circles, one direction 5 counts, and then the other. Continue about 10 counts, reverse sides and circle with right leg.

Now rest a little with an easy straight roll.

Same position—lying on side, legs straight down, arms out of the way.

Movement: Roll flush across the hip padding and on over to thigh bulge, roll back across hips and on over to the other thigh. This is an easy exercise movement that can be continued 20 or more counts. Make it a slow, heavy roll, bringing the weight to bear on the bulges.

To reach the trio of hip muscles, try this:

Same position—lying on side, legs straight down. Again have hand braced on floor for support.

Movement: Flex the knee of the top leg, bring it vigorously toward chest, shoot leg straight down and swing—forcibly back as far as possible—

and hold. Flex knee to chest again and repeat 3 times. Reverse sides and bend and swing the other leg.

To look better in a skirt, try a two-in-one exercise:

Position: Kneeling on floor, bending forward with head resting on folded arms. Just make sure to have knees in straight line with hips—

not a slanting line.

Movement: Move right leg backward, straightening knee, and raise leg in air as high as comfortable, and hold. Feel the pull on the middle muscles too. Come back to position and move left leg backward, up and hold. Three times with each leg is enough.

### Contract Bridge

By Josephine Culbertson

### SQUEEZES CAN BE SIMPLE

Most bridge players feel that squeeze plays are somewhat too rich for their blood—"they'll leave such things to the professionals."

Well, it's true that some squeezes require extraordinary skill, but the "amateurs" would be surprised to find how easy and even automatic it is to "fall into" certain squeeze positions simply by cashing instead of holding on to the last trump. Here is a simple illustration.

South dealer.  
East-West vulnerable.

♠ J 8 5  
♥ A Q 9 7  
♦ 10 9  
♣ A 6 2

♠ 7 6 2  
♥ K J 5 4  
♦ 10 8 3 2  
♣ J 7

♠ 3  
♥ A K J  
♦ 7 6 4  
♣ 10 9 8 5

♠ A K Q 10 9 4  
♥ 8 6  
♦ 5  
♣ A K 4 3

Took hand came up in a duplicate game, and almost every North-South pair bid six spades and made seven against the lead of a trump, a heart or a club. Strange to say, no West hit upon the diamond lead that could hold the hand to six-odd.

One South, however, did not fully capitalize the luck of the lead. At his table West opened a trump.

mental exertion immediately before going to bed.

Try light reading or low-toned music.

Find some activity to prevent daytime dozing.

These aids should be tried before resorting to a doctor's prescription for sleeping medicine but if sleeplessness persists, consult a doctor.

## Can't Sleep

### First Aid and Home Nursing

(St. John Ambulance)

Ever lie awake at night wondering why you can't sleep?

St. John Ambulance says that anyone who has this trouble should first try to determine the cause of sleeplessness and remedy it. Sleeplessness may result from excitement, worry, fear, pain, a room too hot, or too cold, lack of exercise, digestive upsets or daytime habits of sleeping.

To bring on sleep, the following aids are recommended:

Be sure that the bed is comfortable and that the body is in a relaxed position.

Adjust the ventilation, room temperature and light for most comfort.

Use the correct amount of light bed clothes.

Before going to bed, take a warm drink with or without light nourishment.

Take a warm bath or at least splash the face and hands.

Have someone give you a light massage.

Take long, deep breaths.

Be sure that the surroundings and the atmosphere of the bedroom are quiet and restful.

Relax mentally—don't carry on any activity requiring much