

ELLEN'S DIARY

By An Island Farmer's Wife

AY, another December passes and with it the Year—last sands of it coursing steadily down. And these days as we go about our work... washing the dishes, spreading the table, making the beds, dusting the floors, in mind we look back along its months. We return to that place where Father Time, a grim-visaged fellow, delivered the scroll new and white to our hands.

We like to think of the Year when received thus as a respected piece of parchment, such as men wrote upon soberly and with much thought and concentration in the long ago—the words repeated formally to point out the meaning, the characters of writing formed with meticulous care. It was upon such we wrote, preferring to use we fancy, a quill pen such as we often shaped and used in the young years; sometimes of necessity and more often to try to envision the sentiment of pioneering women who knew this practice.

And so we unrolled the scroll inscribed with our name and on a first day of the year dipped the quill pen in ink and proceeded to write. Ours was the initial, and continuing entries on the clean white page, but did not. Another guide the pen?

Shall we dare now to open the manuscript to read what has been written? Back to recent days, and before that to those of autumn? And to those of the preceding summer and spring... and back to the pleasant white-clad season of a former winter? Perhaps it would be better not to look again upon some lines unless it be, since sages have declared the past shapes the future, we can learn therefrom. Can profit from our mistakes, and our failures; our disappointments and the ills and

Continued on page 3

Modern Etiquette

By Roberta Lee

Q. How does a house wedding differ from a church wedding?

A. The bride and bridegroom do not take a single step together. He meets her at the point where the service is to be read, and after the ceremony there is no recessional. The clergyman withdraws, an usher removes the prayer bench, and the bride and bridegroom merely turn where they stand and receive the congratulations of their guests.

Q. Is it necessary for a hostess to provide new cards for her guests at a bridge party?

A. Usually, yes. She may use old cards only if they are spotless and shiny.

Q. What is the fee a woman is usually supposed to give the maid who helps her in a public dressing room?

A. Usually twenty-five cents.

Household Scrapbook

By Roberta Lee

Cookies

When cutting out cookies, they can be handled more easily if the dough is chilled several hours before it is rolled. Place as little flour as possible on the board, because extra flour and much handling result in tough cookies. Roll out and cut a few cookies at a time.

Gloves

If gloves need mending, first put the finger into a thimble and then into the glove. This prevents pricking the fingers. Mend gloves of leather or skin with cotton thread, never with silk.

Toll Calls

Long-distance telephone toll calls can be timed if a three-minute hourglass is placed by the telephone.

P.E.I. Art Society Executive



Shown above is the executive of the Prince Edward Island Art Society (l. to r.) Vic Runtz, president; Mrs. P. A. Creelman, past president; Mr. R. H. Rogers, vice president; Miss Florence Simmons, secretary; Mrs. Louis Simmons and Mrs. J. A. Fraser, directors; and Mr. J. S. Taylor, exhibition director.

A Country Garden

By Mrs. Gordon MacMillan

HAPPY NEW YEAR! A MORNING WISH

The sun is just rising on the morning of another day, the first day of the new year. What can I wish that this day, this year may bring to me? Nothing that shall make the world or others poorer, nothing at the expense of other men, but just those few things which in their coming do not stop with me, but touch me rather, as they pass and gather strength.

A few friends who understand me, and yet remain my friends.

A work to do which has real value without which the world would feel poorer.

A return for such work small enough not to tax unduly anyone who pays.

A mind unafraid to travel, even though the trail be not blazed.

An understanding heart.

A sight of the eternal hills and unresting sea, and of something beautiful the hand of man has made.

A sense of humour and the power to laugh.

A little leisure with nothing to do.

A few moments of quiet, silent meditation. The sense of the presence of God.

And the patience to wait for the coming of these things, with the wisdom to know them when they come.

These things I wish you all in the coming year, and many happy days in the garden.

Garden plants received as gifts at this season need special care as our homes are usually too hot and dry. A very good plan is to set the pots in a pan of pebbles and allow water to seep up through the porous container. If they are planted in non-porous pots they will not need so much watering but they will require more care.

Christmas Cactus is lovely now and will last a long time, and the azalea is late for the holiday season but will be something to look forward to; the sunny days have been good days for the house plants and the little greenhouse is crowded with plants that are looking very well. This small place is a real joy after the outdoor flowers are over for another year.

It is well to have a look at the plants and bulbs in the basement or storehouse; keep them watered enough so as not to dry out and when daffodils have grown a few inches they can be brought to the light gradually.

I have been reading a wonderful library book "The Mill Garden" by A. T. Johnson about his Welsh garden and illustrated by seventy beautiful photographs of the garden taken by the author. A prominent feature of the book is the story of how they have been gardening without the help of former years, and I am sure it will be helpful to us when it is necessary to garden now under the difficulties that we all have. Gardening is too deeply seated in our hearts, too safely established in our national traditions to be trampled under foot. Gardens, indeed.

Continued on page 3

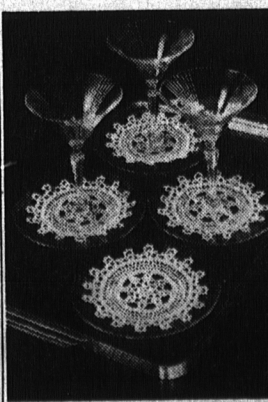
Cook's Corner

TUTTI-FRUITI SAUCE

Two 20-oz. cans of apricots, 1/4 cup sugar, juice of 1 orange (or juice of half orange and other half finely chopped with skin left on, juice of half lemon, grated rind of 1 orange and 1/2 lemon, 1/2 cup chopped maraschino cherries, 2/3 cup blanched almonds, 1 table-spoon almond flavoring. To this may be added a can of crushed pineapple to increase the quantity.) Drain apricots well. Reduce juice by boiling it with the sugar until about half. If using the diced orange add it when the boiling down begins. If the orange juice only add it when sauce is reduced with the lemon juice. When syrup is ready cut up the apricots and add to juice; add cherries and almonds. Finally add flavoring and keep in jar in refrigerator. This keeps for weeks and is useful in many ways, especially for serving with ice cream.

If pineapple is added add the pineapple juice to the apricot juice and boil them down together and add the drained pineapple when adding the chopped apricots. The fruit should never be cooked in the syrup as it spoils the fresh flavor.

Lacy Table Accessories



For festive entertaining, or a small buffet supper, nothing is more stunning with your crystal and silver than the gossamer glamour of crochet. Even a simple meal becomes a special occasion when served on this setting. These sturdy doilies measure about six inches in diameter, and can be crocheted in a jiffy. To obtain a leaflet with directions for making these CHIC CIRCLES, send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. C-7572.



THE EMPIRE LISTENS—Queen Elizabeth II delivers her first Christmas message to the British Empire since her accession to the throne. Speaking from Sandringham, she called on the Commonwealth and empire to work for tolerance and understanding among nations for true peace.

DOROTHY DIX'S COLUMN—

A Casanova Problem

Husband Bore Wife With Stories Of Past Loves

DEAR MISS DIX: My husband's pet topic of conversation is his old girl friends. I try to ignore him when he embarks on the subject, but it makes him worse; I even left him once, but it did no good. We were married four years ago, when I was 18 and he 30. We have one child. Eleven years ago Ralph dated a high-school girl, then went into the Army. The girl married while he was in France, had a fine husband and a very happy home. Ralph insists she never married for spite, and still loves him. He claims she would divorce her husband and marry him, even now. This I doubt, since we have met the lady on a few occasions and she barely speaks to Ralph. This is just a sample.

There are about ten different women he remembers, romantically, from the past. Whenever we encounter them he makes a big fuss, then later becomes reminiscent with me about his erstwhile loves. He never introduces me to them, even when he stops to talk on the street. I'm quite sure you'll find that such a lack existed. The fact that he has felt the need of carrying this boasting habit into marriage would indicate that somewhere along the line you have failed to supply the assurance he requires.

MRS. L. W.

ANSWER: Why not counter with a lively recital of your own high-school romances—real or imaginary? Be just as voluble in your reminiscences. You might give him something to think about that will divert attention from his own Casanova past.

Ralph was 30 when he married you, so he had several years in which to build up this romantic past—most of which has been greatly magnified in the present. It is most probable that Ralph's youth lacked the love of a serene and secure home, so he invented or amplified any affection that came to him from the outside. In his own mind, every girl who smiled upon him was terribly in love. This trick of substitution is quite usual with people who have been denied the love of parents. If you look into Ralph's past, I'm quite sure you'll find that such a lack existed. The fact that he has felt the need of carrying this boasting habit into marriage would indicate that somewhere along the line you have failed to supply the assurance he requires.

CONSULT A MARRIAGE COUNSELOR

One could scarcely expect a girl of 18 to marry a man 12 years older and be able to appreciate and fulfill his emotional needs, especially in a case like yours, in which Ralph is a bit complex. You may need professional help to unravel your personal problem, for which I strongly recommend a marriage counselor. It may be that in one way or another you make Ralph feel inferior to you, so it seems perfectly natural for him to boost his own morale by boasting of the conquests he has made. Perhaps there is strong affection between you and the members of your family; if a comparable feeling doesn't exist in Ralph's family circle, this would also be a cause of unconscious resentment.

Try a bit of analyzing and, if you don't come up with a workable answer, seek the advice of someone to whom you can present the entire problem and its background.

DEAR MISS DIX: I am a young lady of 25 with a good job, and very active in community and church projects. I have been going with a man four years, older who has a wonderful job and fine personality. My problem is that he is divorced and some of my friends

Continued on page 8

Alice Brooks Designs

JIFFY SHRUG!

GLITTER OF GOLD combined with soft knitting worked in your favorite color—how glamorous you feel in this jiffy-crochet shrug! Star stitch, single crochet.

Evening shrug! Metallic thread, knitting worsted. Crochet Pattern 7213. Sizes 32-34, 36-38 included. 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.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ACCORDING to schedule, the customary conventional manner of "speeding the old and welcoming the new" is at hand. With some this is a formula of spiritual ritual, in other quarters the feeling is "let joy be unconfined." With many there is more than usual urge to set an irregular pace. Avoid over-indulgence, as harm, injury, may result.

For the Birthday

Those whose birthday it is may

How Can I!!!

By Anne Ashley

Q. How can I freshen leather furniture and keep it from cracking?

A. Put into a bottle one cup of vinegar and two cups of boiled linseed oil. Cork securely and shake until creamy. Apply sparingly and rub into the leather with a soft rag or flannel, and polish with soft duster. Never use gasoline to clean leather as it will crack it.

Q. How can I make use of spoons?

A. Splendid holders for towels, aprons, and such things, can be made by screwing several large spoons on the back of the cellar door. This type of holder eliminates any possibility of rust.

Q. What is a good tonic for the liver?

A. Try drinking the juice of one-half a lemon in a cup of hot water, the first thing upon getting up of a morning.

plan for a lively, memorable or momentous state of affairs. Much in the way of innovation, fresh plans and ambitions is in order. It would be well to keep inside accepted codes and regulations, since peculiar or eccentric situations, some unforeseen climax, could be attributable to overstrung nerves or rash impulses. "Look before you leap" is a wise saying.

A child born on this day, while original, bold and eager, with the spirit of adventure, may tend to overleap the bounds if not taught restraint.

The Motion

In a town on the Pacific coast an earthquake shock was felt, and when the municipal building rocked, the City Fathers left without bothering about formalities. The clerk, a man of rules and regulations, was hard put to it to give his minutes the proper official tone. Finally, he evolved this masterpiece:

"On the motion of the city hall, Those whose birthday it is may

That Body Of Yours

By James W. Barton, M.D.

EMOTIONAL DISTURBANCES OFTEN CAUSE OF HIGH BLOOD PRESSURE

As heart and blood-vessel disease is now the most frequent cause of death, not excepting cancer, research workers all over the world are now seeking a drug or drugs to reduce high blood pressure, which is the underlying cause of most cases of heart and blood-vessel disease.

The search for a drug to reduce "permanently" high blood pressure has not been successful, but now that it is known that emotional disturbances raise the blood-pressure, the sale of "quieting" drugs (sedatives) outnumber the sale of purgatives.

In fact one of the latest forms of treatment from an authoritative source is the "arm chair" treatment in which the patient spends his time in an armchair but gets up occasionally to go to the commode or to walk slowly about the room. This not only keeps up his spirits but helps all the body processes—the circulation of the blood, aids digestion, prevents constipation.

Many may think that overwork, too much tobacco or alcohol, heredity, are the chief causes of high blood pressure, and these are among the many causes, but physicians today are prescribing these quieting drugs not to keep the patient from doing physical work, but to quiet or prevent emotional disturbances. Emotional disturbances can raise the blood pressure 40 to 60 points (M. M.).

In his book, "Control High Blood Pressure and Live Longer," Dr. Herman Pomeranz, visiting physician, Manhattan General Hospital, New York City, states: "Anger, fear, excitement, worry, general nervousness or other emotional influences greatly affect blood pressure. Such feelings, whether expressed or repressed, may cause a sudden rise in pressure. These effects are brought about by increased heart action and changes in the state of the blood-vessels through impulses playing upon the heart and brain."

Another factor is that in the early history of man, with dangers all about him, Nature caused

Better English

By G. C. Williams

1. What is wrong with this sentence: "I concede to your request, and am sure I shall be able to persuade them to agree with your proposal."

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

3. Which one of these words is misspelled? Humanitarian, hyacinth, horrendous, hors d'oeuvre.

4. What does the word "venue" mean?

5. What is a word beginning with pa that means "an irreligious person"?

ANSWERS

1. Say, "I accede to your request, and am sure I shall be able to persuade them to agree to your proposal." 2. Pronounce kom-plai-zens, accent second syllable. 3. Horrendous. 4. The place where a crime is committed or a trial is held. "The defendant, through counsel, asked for a change of venue." 5. Pagan.

Morning Smile

An Idea

A famous veteran actor liked to dine quietly. Consequently he was rather put out when, in an exclusive restaurant, he was seated near a noisy diner, who kept yelling for the waiter.

"What do you have to do," demanded the noisy one, finally, "to get a glass of water in this dump?" The actor said quietly: "Why don't you try setting yourself on fire?"

Learned Quickly

The village blacksmith found an apprentice and immediately began his instructions to the lad: "When I take the shoe out of the fire, I'll lay it on the anvil; and when I nod my head, you hit it with this hammer." The apprentice did just as he was told. Now he's the village blacksmith.

the adrenal glands, one above each kidney, to pour adrenal juice into the blood to strengthen his heart and raise his blood pressure to better enable him to fight or fly. "This, of course, raised the blood pressure till danger was past. Now, everyday emotional disturbances stretch the blood-vessels too much and too often, so that some of the elastic tissue of blood-vessels is lost. They become hardened, and blood pressure remains high.

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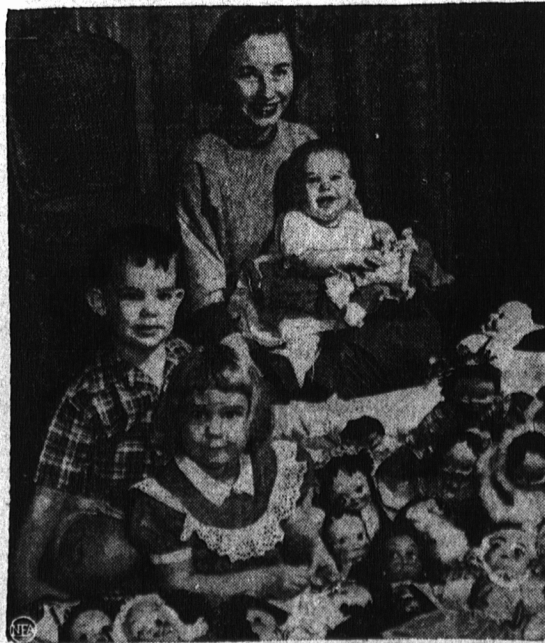
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*According to actual store surveys.



EISENHOWER CHRISTMAS—Mrs. John Eisenhower, daughter-in-law of the President-elect, poses with her children at a doll ex-

hibit. Mrs. Eisenhower, whose husband is in Korea, holds daughter Susan on her lap. Daughter Barbara Ann and son Dwight David flank her.

Anne Adams Patterns

FRESH AND PRETTY!

TWO APRONS to keep you fresh and pretty at work! Make a bib apron of a sturdy fabric for daytime chores, and the half-apron of something dainty and gay for tea-time! Both have handy pockets, and a pert flirt to the skirt!

Pattern 4565—Misses' Sizes: Small 14, 16; Medium 18, 20 and Large 40, 42. Small size, bib apron takes 1 1/2 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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Everybody gets a bit run-down now and then, tired-out, heavy-headed and maybe bothered by backaches. Perhaps nothing seriously wrong, just a temporary basic condition caused by excess acids and wastes. That's the time to take Dodd's Kidney Pills. Dodd stimulates the kidneys, and so help restore their normal action of removing excess acids and wastes. Then you feel better, sleep better, work better. Get Dodd's Kidney Pills now. Look for the blue box with the red band at all druggists. You can depend on Dodd's. 22



4565 SIZES 14-16 18-20 40-42

by Anne Adams