

ELLEN'S DIARY

By An Island Farmer's Wife

Days fair and mild are still being granted us, strange ones, we are sure in the light of this season. It seems as if April impatient in awaiting her turn of the months, now intrudes into February's time. Not as an unwelcome visitor to some of us, yet we confess that sometimes in the midst of the gentle breezes and sunlight, the trickling streamlets and bare fields and Spring-like conditions obtaining at present, we own to a longing to have an old-fashioned storm of Winter against the windows. But of course only when we know that all about are well and happy, and the stock fed and comfortable. Then we should have contentment within, while out of doors the stark stubbles and muddy resting furrows and drab pastures, were being covered softly. Roofs too, and fence-posts and rails that heretofore had been rather bedraggled and unsightly, moulded in a depth of white, like the evergreen boughs and every tree and shrub down to "the meanest twig." With the snowfall covering the slopes of our valley to blend mill and pond and all "unto the hills" into a picture of an old bewitching and clean. James, we know, would not be one to share our enjoyment. He merely tolerates wintry storms, breathing more freely when the wind changes to the west to write an end to the falling.

These days at Alderlea, the fowls roam the yards and near fields with the delight of Summer, adding extra eggs to our stores and inviting, nay demanding us to rest any engrossing interest of the moment, and put our wit and skill towards concocting some wholesome dish or another for the family. Preferably a combination of eggs and milk though it be only a simple custard or humble bread pudding, good as it is, or glorified by the addition of raisins or dates, an end of nutmeats or preserve. The thought returns other days to mind—days when familiar words like car, radio, truck, tractor or the like had no place in the conversation at all. We recall that in company with a family of farm-children, mostly of memory now, we ate and much enjoyed a supper dish of this kind. "You may call it what you like, Ellen," the housewife smiled in reply to our curiosity. "We call it, 'Floating Island'—it's a pretty name, don't you think? and perhaps serves to make it more attractive. It's a fine way to make use of the small or cracked eggs. . . or double-yoked goose-egg, and very nourishing. I am sure." The eggs were scrambled lightly and dropped into scalded and sweetened milk. There was a pinch of salt too, and for flavour a sprinkling of nutmeg. And as we "cut" along well-known fields in the afterglow or close to the edge of dusk towards home, we never could be sure whether it had been the food that had satisfied us so completely or other incidentals of the occasion, because there were other contributing factors.

The clean-spread table set beside windows and the family gathered about it were tidy and pleasant. From a sill, mauve petunias spread their blossoming fragrance and on a corner-shelf near the light, in a discarded but quaint "golden" teapot, a green trailing plant grew. There was too, the smiling content of the mother as she bowed her head before the meal as did the children reverent-

Household Scrapbook

By Roberts Lee

Painting Kitchen If the kitchen walls are painted they should not be painted again without first removing all grease and dirt. Otherwise, the paint will not adhere, and is liable to begin peeling within a very short time.

Bleaching An easy method for bleaching sheets is to stretch them on the line and each time the sun dries them turn the hose on them. It will save the time of taking them down each time to wet them.

Egg Beater The wire egg beater is excellent when used to turn and remove the doughnuts from the hot fat.

Cook's Corner

Seafood Spaghetti, unlike many of our favorite spaghetti dishes, is of American rather than Italian origin. It relies on seasonings used for New Orleans creole combinations for flavor. Serve a tray of assorted relishes such as green pepper rings, tomato wedges, scallions, and cucumber sticks with the spaghetti.

SEAFOOD SPAGHETTI

(Makes 4 servings)

- 1/2 cup finely chopped green pepper. 1/2 cup finely chopped onion. 3 tablespoons fat. 1 No. 2 can tomatoes. 1 8-ounce can tomato sauce. 1/2 teaspoon chili powder. 1 small bay leaf. 1 teaspoon sugar. 1/4 teaspoon ground cloves. 4 teaspoon salt. 1/4 teaspoon pepper. 1 1/2-pounds fresh-cooked shrimp. 3 quarts boiling water. 8 ounces spaghetti. Sauté green pepper and onion in fat until tender. Add tomatoes, tomato sauce, chili powder, sugar, bay leaf, cloves, and 1 teaspoon salt. Cook covered, stirring occasionally, over low heat 40 to 50 minutes. Add shrimp. Heat through; do not overcook. About 10 minutes before sauce is done, cook spaghetti. Add remaining 3 teaspoons salt to rapidly boiling water. Gradually add spaghetti so water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Dot with butter or margarine, if desired. Place on serving dish and top with seafood sauce.

"But now" James says, rising from the comfort of the old armchair "I have a feeling I'd better take a look at the stock" . . . before retiring. Until tomorrow . . . Diary . . . Good-night. . .

"Permed" Pleats, Penguin Suits Shown in Spring Collections

By Alison Settle

PARIS.—Permanent pleats, penguin contrasts of black and white, pin-stripes and pin check patterning for daytime clothes, pockets of great size; these form the theme of the first of the Paris dress collections.

The "perming" of fabrics (much as hair is permed) is the love of the dressmakers here, who show crystal pleats on dresses and coats and who even crystal-pleat the petals of flowers. Such flowers are worn on evening dresses themselves, using panels of close, stiff pleating let into the vast crinolined width of their semi-transparent skirts.

By penguin fashions Paris means the use of black on white, white on black, but Jacques Heim, sloping his jacket closings and his hip pockets and using these tone combinations, calls his suits "Penguin Suits". And even in knitwear Anny Blatt makes twin-sets with white stripes on black cardigans, black stripes on white pullovers, which in France are simply called "pulls".

But grey is the accepted tone for all these early showings of spring-into-summer. Grey on the beaches with cotton poplin shirts, sashes and bullfighter's pants. . . Grey suits with white blouses, hats and gloves. . . Grey "resses, lightened with touches of lemon. "Grey like the times, our spirits and the weather" said one of the French reporters sitting by me. And the loveliest of all Germaine Lecomte's vast floating organza ball gowns was pale grey named "Garden in the Rain". The palest pink, watergreen, and lemon chiffon flowers were sewn to it with jewelled centres.

Pocket Theme So far as these early dress shows reveal (for the organizers will keep the great designers to the last) the smart women will wear a grey single-breasted suit with slim wrapping skirt, will buy an equally slim dress, also grey, that buttons this season down the back, is neatly belted and has huge pockets attached to the belt, pockets indeed that in one model were 18 inches in depth, but pockets that equally are not intended to hold anything, as that would ruin the line. The chic woman of 1951 will then buy herself, if she can afford wool at current prices, a big coat without fastenings, and on her head will perch a pillbox worn straight and jutting over her forehead, or else, a sailor shape in straw with a long beaked brim.

Her cocktail hour will be spent in slim dark dresses, grey or black, draped much as last season over one hip, but made in semi-transparent fabrics. And only when darkness falls will this quietly dressed semi-Cinderella step out in vast crinolined ball gowns that fly away from a minuscule waistline in organza or chiffons covered, if Germaine Lecomte has her way, by equally delicate, floating "sorties de bal", which are in fact sleeveless chiffon cloaks, almost transparent, coloured richly as few dresses are coloured, perhaps in poppy red, perhaps in lime yellow.

"Two Centuries of Fashion"

The Parisiennes, excluded from their own dress shows, which are only open to export buyers and the Press, crowd in their hundreds to a beautifully staged show, "Two Centuries of Fashion" at the Galeries Carpentier. Here authentic clothes from Regency days up to 1914 are displayed. And of all these fashion the ones from which it is impossible to budge the delighted crowd is the setting for the period 1890-1900, showing clothes by Doucet such as a tea-gown made for Sarah Bernhardt, a dress and jacket for Cleo de Merode, ball gowns by Worth, Rouff Paquin and Callot. The Paris crowds also adore the Paul Poiret designs of 1911 to 1914, clothes which a few years back would have seemed laughable but now have attained a stage of nostalgic admiration.

It is pleasant to turn from these historic dressmakers to their successors of today, who dress women for a period of greater practicality. Masgy Kouff, keeping alive the great name of that house,



"Fashions of the Times" spring woolen suit in windowpane checks designed by Clifford of Del Mar. Hat by Harryson, Jewelry by Richelieu, Gloves by Van Raalte, Umbrella by Franz Vogel.

shows softer and less tailored clothes than the other dressmakers have shown, uses brilliant colours in conjunction with her greys, and softly bags the sleeves

of her clothes. And, like the other designers, she is in love with the pocket theme, making the basques of her suits from exactly four big covered pockets.

That Body Of Yours

By James W. Barton, M.D.

ALCOHOLISM IN INDUSTRY

Some months ago, I predicted that within five to 10 years, instead of the police looking after an intoxicated individual, he would be gathered up by the hospital ambulance, taken to the general hospital until attack was over, then placed in a special hospital or rest home. In less than a year we find plans already being prepared and wards or individual beds provided at these general and special hospitals.

Another great forward step in the treatment of alcoholism is reported by John J. Wittmer, M. D., in the Quarterly Journal or Studies on Alcohol, published by the Consolidated Edison Company of New York.

Late in 1947, the Consolidated Edison Company officially began to recognize chronic alcoholism as a legitimate basis for disability retirement, with the usual modified pay, among its 30,000 employees. The company, facing the facts, acknowledged the reality of alcoholism as a disease. The company's pension roster contained the names of employees disabled by cirrhosis of liver, high blood pressure, neuritis, water on the brain and other ailments which in many cases were due to chronic alcoholism.

The company states that it does not belong to that class of employer which insists that they have no alcohol problem, when they really mean that "When a man's drinking begins to interfere with his work, we fire him—no matter how long he has been with us."

"The much valid testimony exists to prove that an uncontrollable appetite for liquor comes amazingly often from a pathological (disease) condition, rather than from moral weakness or human perversity. Research has demonstrated that a confirmed alcoholic is a sick man rather than a sinner," wrote Dr. Wittmer.

An individual employee is considered to be an alcoholic when repeated or long-continued over-indulgence interferes with efficient performance of his work. "If employed for two years or less, he may be discharged for the first violation after he has been warned sympathetically. Offending employees with two to 15 years of service are placed on probation while rehabilitation procedures are started. In cases involving employees of service longer than 15 years, they are studied carefully and if found to be cases of chronic or psychopathic (mentally and emotionally disturbed) alcoholism are recommended for the disability payroll. Like other employees who are disabled by illness, certain cases of chronic alcoholism are considered eligible for separation allowance or retirement annuity.

The helpless, deteriorated person, old or young, rich or poor, in Dr. Strecker's opinion, is entitled to protection for himself and others. With this we will all agree.

Choose Wardrobe To Suit Figure

The chief action many women take against their excess poundage is much talk about losing weight. This is fine — as far as it goes. But while you're dreaming about working toward a slenderer figure, it's important to make the best of yourself as you are. No woman can afford to abandon her good looks for even the brief per-

DOROTHY DIX SAYS—

Self-Centered Girl Daughter's Problem Is Mother's Fault

DEAR MISS DIX: Why don't parents realize the harm they do a child by bringing it up to be utterly selfish and self-centered? I am one of those cursed by a loving mother who reared me to believe that I was the most important thing in the world and that the whole universe revolved around me. All my life I have been encouraged to talk of myself, my plans, my clothes, my thoughts, my books, my everything, and now that I am grown I find that I cannot adjust myself to a world in which I am not only not the most important thing but am nothing. I know what's the matter with me and I am trying my damndest to undo my mother's twenty years' work of inflating my ego, but it is a hard job and I doubt I will ever be really successful.



ALICE

ANSWER: You are right, Alice, in thinking that the greatest misfortune that can possibly befall a child is to have a mother who brings it up to be selfish and self-centered. No other one thing she could possibly do could so unfit it for life, and if she hated her child instead of loved it she could do it no greater wrong.

To begin with, she dooms her child to certain unhappiness for no selfish person is ever satisfied or content. He never gets all he wants. Then the selfish and self-centered are always lonely. They have no friends. They are shut up within themselves and nobody takes the trouble to try to break through their shell. They have lived for themselves alone and so when their time comes to be old or poor or heartbroken they are left alone in their sorrow.

CAN'T TAKE IT

The selfish and self-centered never know how to take the misfortunes of life. They have been taught to feel that they are immune from the troubles that are the portion of the balance of humanity. Their mothers have made them weaklings who lack the strength and courage to fight the battle of life. Selfishness absolutely unfits any one for marriage. It is the selfish husbands and wives who are determined to have their own way about everything, who try to take all and give nothing in return, who think only of their own happiness and not of their mates', and eventually land in the divorce court.

Nothing is truer than that it is more blessed to give than to receive. Only the unselfish who strive to make others happy are happy themselves.

DEAR DOROTHY DIX: I am engaged to a boy of whom my parents disapprove, and we are going to get married without their consent. He says that when we are married he will positively refuse to have anything to do with my family; that they have run over him enough and that he will never enter their house. But he will not object to them coming to ours, though he will never see them when they do, and that I can go to visit them as much as I please. I wonder if a marriage under these conditions can prove successful. Should I forget my family and think only of him?

LORRAINE

ANSWER: You can't forget your family. No matter how devoted you are to your husband, there will always be this older love of the mother who bore you, the father who cherished you and the sisters and brothers with whom you grew up. They are a part of your being, so interwoven with your life that you cannot separate them from it. This is what makes it so unfortunate when children marry against their parents' wishes and what makes it so vital that fathers and mothers should not oppose their sons' and daughters' choice of mates unless there is some drastic reason for doing so. Of course, there is nearly always a reconciling reason for the marriage, but there is always a bar between the parents and the unwelcome son-in-law or daughter-in-law who never forget or forgive that they were not wanted in the family.

I cannot advise you to give up the man you love because your parents object to him, for they may have no good reason for not liking him. Parents are often unreasonable and prejudiced in their opinion. Their biased views should not be allowed to wreck the happiness of two people who love each other. You have to live with your husband and you have a right to pick him out, but I hope he will be broadminded enough and love you enough to make a true wife with your family for your sake.

DEAR MISS DIX: My wife is unfaithful to me. Gets drunk and makes public exhibitions of herself. For the sake of the children do you think I should stand it?

DOCTOR TED

ANSWER: No. I think the children should be removed as quickly as possible from such a corrupting influence.

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

Modern Etiquette

By Roberts Lee

Morning Smile

Reassuring Note

Q. What would be an appropriate letter of appreciation to write to a good friend who was very thoughtful at the time of one's bereavement? A. Just be very simple and sincere, as "When Mother passed away, you were very kind, Mrs. Barnes, and I want to thank you. Come to see me when you find time."

Q. When a man and his wife have invited some guests for an auto ride should the wife sit in the front seat with her husband and the guests sit in the back with the other guest or guests? A. No; the wife should ask one of the guests to sit in front, while she sits in the back with the other guest or guests.

Q. Is it necessary for the hostess of a house-warming to write "thank you" notes for all gifts brought by the guests? A. Yes, it would be rude and unappreciative not to do so.

-Needlecraft-

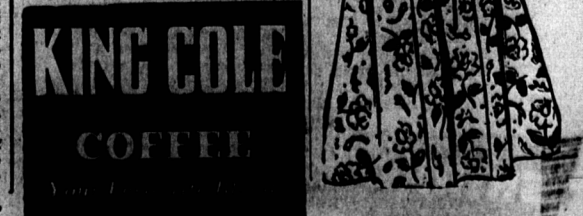
FOR THE HOME

A DOUBLE BILL Your Spring-into-Summer basic could be the uncluttered cap sleeve dress with its own covering bolero. One of the nicest features of this costume is the jacket which is fitted to follow the contour of the dress. No. 2144 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44 and 46. Size 18, 6 yards 35-inch. Send 35c 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 zone number in your address. Address: Pattern Department The Charlotte-Town Guardian, Pattern No. 2144.

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2144 SIZES 12-46

"Be Lux Lovely" says Jane Powell. Here's the Beauty Care That Guards Her Million Dollar Skin. "My Lux Soap facials do wonders for the skin," says Jane Powell. "Smooth on the creamy lather . . . work well in. Then rinse with warm water, follow with cold. Right away skin feels softer, smoother." See what this Lux Soap care screen stars recommend can do for you! JANE POWELL, co-starring in Metro-Goldwyn-Mayer's Technicolor Musical "ROYAL WEDDING" out of 10 Screen Stars use Lux Toilet Soap