

ELLEN'S DIARY

By An Island Farmer's Wife

Happy summer days like these, with one fancied, the chiming of peace-bells ringing out, only vaguely yet but promising, across the wide world, bring vacationists to our door. Folks of the farm, it may be, interested as are those at Alderlea, in the affairs of the farming—the rows to hoe, the haylands to mow and barns to build. Just passing it may be, but stopping by to bring us new friendships and scenes from far farmsteads. And in their findings, perhaps somewhat disappointed to discover at first hand that this is as we have pointed out, an ordinary island farm and not some imposing estate. Made up of such pasture, hay, grain and woodland, as is to be found in any of the three Counties. Dotted sparsely with herds and flocks, and to one of the housewives' chagrin, with only two turkey poulters next to her gifts as a poultry-farmer.

"What shall we do with these?" granddaughter perched on the door-sill of their house-on-stilts and looked dreamily into the future this morning, while we attended to their needs in the way of food and water. "Well," she reasoned, "supposing only one lives to grow big, well just have to cook him for Jamie's birthday in December. And if it doesn't live" she lowered her voice impressively, "I guess," she nodded "that will put an end to your turkey-raising. My grandfather said, there'd not likely be any..." she wrinkled her nose in a merry grin "you-know-what-kind of a gobbler around here next year! when he found him making a hole to get in a sack in the grain-house this morning. He said... you know the word, it starts with a 'D'. But you couldn't expect him not to say it, could you? Yes, he said 'You'." she chuckled at the recollection, which savored of the forbidden... old gobbler, that's the second one you have ruined today! and he chased him out of the building and said to me, like this: 'Where's your grandmother got herself to now, that she's not looking after her birds? Wasn't that funny? All the same I guess if it was you, you'd be in the turkey-business next year!'

So visitors come to our door. On a recent day cousins of the family from a distance who had known of the place only by legend, stopped by to visit us briefly. James at the wedding with Jeanie and the helpers, and we at the belated week-end baking, and the small ones shutting between field and house. There was the small and talented grandmamma, justifiably proud of her grandchildren, the two of an interesting pair from Cape Breton's shores: young sturdy Sandy, whom granddaughter declared was "much like Jamie" because he had admired her dark kitten and joined heartily in her other interests of the moment. And his sister, quite as bonny, in her early teens who read for us so beautifully we felt that after our companying her to school take time to educate our small girl along those lines. "Come here, dear!" we called from the kitchen. She looked up from the back verandah where now she played a bit lonely with the cats. "What have you for me?" she queried curiously. "Nothing at all—just want you to learn this verse with me." She shook her head so decidedly, she reminded us of James, when we propose some outing to carry him away from his farming. "No!" she said "I can't stop now to say verses—I'm too busy with these children of mine!"

"What!" James says, starting up from the old armchair as the clock chimes the hour, "It's never bedtime again!"

Cook's Corner

Strawberry Jelly, Red Raspberry Jelly, Blackberry Jelly, Boysenberry Jelly, Dewberry Jelly, Loganberry Jelly

4 cups (2 lbs.) juice 7 1/2 cups (3 1/2 lbs.) sugar 1 bottle Certo. To prepare juice: Crush thoroughly about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Measure 4 cups into large saucepan. (If berries lack tartness, substitute 1/4 cup strained lemon juice for 1/4 cup prepared juice.) To make jelly: Add sugar to juice in saucepan and mix well. Place over high heat and bring to a boil, stirring constantly. At once stir in Certo. Then bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat, skim off quickly into glasses. Pack in at once. Makes about 11 six-ounce glasses.

Morning Smile

Lucky Husband: "Wasn't I a fool when I married you?" Wife: "Well, you bet, but fools always have luck."

Voice of Experience She: "Darling, I saw the sweetest little hat in the store today..." He: "Put it on and let's see what it looks like."

SALTY SECTION The Great Salt Lake in Utah at an altitude of 4,218 feet has a salt density of 17 per cent, with no known outlet.

That Body Of Yours

By James W. Barton, M.D.

MORE ABOUT YOU AND YOUR HEART

Now that it is known that heart disease stands first as a cause of death, it is only natural that when pain or other symptom occurs in region of the heart, the individual becomes disturbed and quite rightly consult his physician. Because the heart is the most important organ from the life and death standpoint, there are many mistaken notions, myths in fact, of which physicians are trying to tell their patients with more or less success. Thus in the book "You and Your Heart" edited by Dr. H. M. Marvin and associates Drs. T. Duckett Jones, Irving H. Page, Irving S. Wright, David D. Rutstein with a foreword by Dr. Paul D. White, some common fallacies about heart disease are described. Some of these fallacies or mistaken ideas are:

- 1. Heart disease is always incurable. Certain heart diseases are curable and by following the physician's advice, a life span of 30 or 40 more years is possible. 2. Heart disease is hereditary and so nothing can be done. There may be a family tendency to heart disease but this may be from family habits—neglect of infections, not resting during or after an ailment. 3. Heart disease is a result of our hectic civilization. Notwithstanding our emotional strains, the life span has been lengthened from 45 to 67 in the last 50 years. 4. Heart disease is usually brought on by high living. This is a misinterpretation of the fact that once heart disease has been acquired, excesses are to be avoided. Before the effect of over-indulgence—whether in food, drink, tobacco, or night life—on heart disease was discovered, it was natural to blame the overindulgence for the disease. So far as can be determined, heart disease comes first overindulgence merely worsens it. 5. The heart is a very delicate organ. The heart, in fact, is a tough organ. It is chiefly muscle so that exercise makes it extremely tough. From months before birth, the heart continues its rhythmic movements, never relaxing, except for a second at a time so that the heart normally is as strong at fifty as at twenty. 6. Strenuous exercise damages the heart, especially after the first flush of youth. There is no need for strenuous exercise as we get older but regular exercise, such as walking, keeps the heart strong and circulation active. 7. Pain over heart is a sure sign of heart disease. Such pain is far more likely to be a sign of excessive air (gas) and muscular spasm in the digestive tract. The above are only a few of the misconceptions regarding the heart and heart disease. Why worry about your heart? One visit to your physician will usually tell the true story.

Household Scrapbook

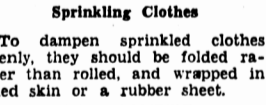
By Roberta Lee

Table Linen Even dampness can be given to table linen when sprinkling it by dipping half the cloth into boiling water, wringing as dry as possible, and folding the wet side onto the dry side. Roll, then wrap in a towel for several hours.

Broiling Meat Before broiling steaks or chops, slit the fat around the edges, and this will cause the meat to lie flat on the rack. This is a good procedure to follow with the breakfast bacon too, if you want flat slices.

Sprinkling Clothes To dampen sprinkled clothes evenly, they should be folded rather than rolled, and wrapped in oiled skin or a rubber sheet.

Zodiac Sign Potholders



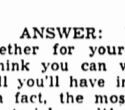
Crochet designers have created something new and different once again. This time it's potholders using the signs of the Zodiac. Pictured here is the design for Pisces... block fish on a yellow background. The instruction leaflet for the Pisces potholder also includes directions for two other potholders. Write to the Needlework Dept. of this paper if you would like to have this leaflet called ZODIAC POTHOOLDERS, CN-18. Please enclose a stamped, self-addressed envelope.

DOROTHY DIX SAYS—

Forbearing Wife

Patient Wife Of Philanderer Has Reached End Of Rope

DEAR MISS DIX: Since the beginning of my marriage twenty years ago, my husband has been involved with other women. For the sake of my daughter, I have held the marriage together, but now she is grown and about to begin a life of her own. I wonder if it was the right thing for me to do. Here I am in my early forties with nothing to look forward to. I have lots of friends, and a family, but are they enough? I have a little money of my own, so am not completely dependent on my husband. We have always avoided arguments, for our daughter's sake, but it's been years since we've made an outside appearance together. I know there's no hope for anything better in my marriage, and wonder if it wouldn't be better to give my husband the divorce he wants so that I will at least find a little happiness in peace of mind. Or should I go on being his housekeeper?



ANSWER: You've done a valiant job of keeping a home together for your daughter, and now that she is safely launched I think you can write "finis" to the episode. Peace of mind may be all you'll have in life from now on, but that is no small thing. It is, in fact, the most important thing we can possess and without it no material wealth can mean anything.

MAKE A NEW LIFE

When you are on your own again, making a new life with your family, friends and hobbies, your conscience will be at ease, your heart free from the humiliations heaped upon it by a philandering husband and you will truly have peace of mind. Fill your time with work for others—especially women in situations similar to yours who do not have your financial advantages. With the counsel you can give from a heart also scarred by a loveless marriage, give them the courage to handle their affairs with the wisdom you have shown. Children of broken homes could also use your help, and by caring for these unfortunates, you will soon heal the hurt in your own heart.

DEAR MISS DIX: I have a very difficult problem with my father. I have no mother to give me advice. When I have boy friends, my father orders them away and will not let me entertain them. He won't let me go to any place where I'll meet boys so I have to sneak out with my girl friends who can have dates. I am 15. My relatives and friends have tried to convince him that he is wrong but it doesn't do any good.

ANSWER: If you think you have a problem with your father, remember he feels he has quite a problem in you! The father of a motherless daughter has a hard time filling the role of two parents. Furthermore, to him you are still a child, though I'm sure you consider yourself quite grown-up.

Fathers have a hard time accepting the fact that their little girls become young ladies overnight and you must have patience until Dad realizes you are old enough to be out of the nursery. At 15 you are old enough to go to school dances or plays with boys, and with this viewpoint, you have no choice but to bide your time until he sees things differently.

Above all, stop sneaking out with girl friends on any occasion. If you value your reputation, be honorable and honest, though the rules you must obey seem severe and unfair. Your father is only looking out for your welfare and is trying to do what is best for you. Don't judge him too harshly.

DEAR DOROTHY DIX: A few weeks ago my husband and I were vacationing and we met a friend who last year left his wife and children. He is going around with a young girl and it looks serious. The girl knows he is married but is absolutely brazen about it. Should I tell his family about this affair? My husband has forbidden me to meddle but I think it's my duty to tell.

ANSWER: My advice is short and sweet—mind your own business! Your husband has the right idea. The wife probably already would just acquire the name of "busybody" from her and all concerned. The bearer of bad tidings is a very unwelcome guest and you'd best keep any tales of this type to yourself.

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

The Stars Say --

By Genevieve Kemble

For Tomorrow A rather remarkable climax could develop from the disruptive bungling of really promising and constructive conditions. An error in judgment, flying into action through rash, temperamental and even vindictive urges might have power to negate exceptional promise. Reflect, pacify, study for surprising crises for restrained conduct. Those whose birthday it is may endanger most prolific and progressive conditions by some wild flight of fancy, a vindictive mood, with strange and erratic urges to "get back" for a forced situation. An error of judgment or a curious burst of emotionalism could wreck a good cause. A child born on this day could be its own worst enemy by flying into temper tantrums, built upon bad judgment or vengeful emotions, better curbed.

Modern Etiquette

By Roberta Lee

Q. When one is a guest at a small informal dinner in someone's home, should one accept a helping of every dish offered? A. Yes. We all have our likes and dislikes, but at a small dinner it is embarrassing to the hostess when a guest refuses a dish. One can at least manage a small quantity of each dish offered.

Q. When writing a letter or note to a brother and sister, may one address the envelope, "Miss Mary Morgan and brother"? A. Never. The envelope should be addressed either to the sister or the brother, never to both.

Q. Whom should a bride show preference, if any, in choosing her maid of honor? A. The bride's sister should have the preference. If she has no sister, then she usually chooses her most intimate friend.

The world's two largest buildings devoted to library work are the Library of Congress at Washington, N. D.



How Can I!!!

By Anne Ashley

Q. How can I take proper care of a coffee drip bag? A. A drip bag used for preparing coffee should never be allowed to dry. After using, rinse it thoroughly in cold water, and when not in use keep it submerged in clean, cold water. The bag has a tendency to sour when exposed to the air.

Q. How can I smooth curdled custard? A. Beat up a raw egg and slowly beat the curdled custard into it.

Q. How can I clean an oil mop? A. For cleaning the oil mop, use hot water, ammonia, and a little washing powder.

Better English

By D. C. Williams

What is wrong with this sentence? "I do not know as I shall be there."

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

3. Which one of these words is misspelled? Extravagance, extrinsic, extraordinary, exemplary.

4. What does the word "rampant" mean?

5. What is a word beginning with pa that means "closeness in expenditure"?

Answers 1. Say, "I do not know that I shall be there." 2. Pronounce diamond, three syllables, and not di-mund. 3. Extraordinary. 4. Unchecked; widespread. "Rumors were rampant." 5. Parsimony.

The Jade God

By Mary Inlay Taylor

"I don't like you well enough, Archie, to begin with," she had said, "and you're not the kind of man I'd marry anyway. You've never done anything in your life but play tennis and dance and make yourself agreeable. I've done about the same things. We'd bore each other to extinction. No thank you!"

She had not said it sweetly either, because she was so angry that her cheeks were pink and her eyes flashed. Landon choked down his anger without accusing her of being in love with that "wager fellow," as Teddy Banks had called Mark, but none the less, he knew she was, and he vowed vengeance—not on her, but on the man. He had been in this state of mind when Teddy broke in on him with his shocking revelation. Landon felt like shouting; it was a fearful thing to introduce him, but he could lose no more by that than he had already. He had lost Pam! Very well, then, she would know before the sun set that she had to live up her conviction!

Landon, sitting tight in the jumping taxi, laughed bitterly, with a kind of ghoulish joy. It was not until the vehicle stopped at the door of a dingy brown-stone front, that it occurred to him to be afraid of the consequence—physically. He remembered suddenly the terrible grip of Mark's hands in the smoking room; but not even that could deter him he was at a white heat.

"The convict!" he thought, "the murderer—making love to her!" Jealousy and something deeper, a kind of brute fury, carried him up the steps to the door. But he met only disappointment. The landlady herself answered the ring. Mr. Grant had gone—sent his luggage away, paid her and left an hour ago or more. Landon leaned against the doorpost, white to the lips. It was no part of his plan to lose the triumph of his knowledge; to beat down the law-breaker!

The woman, seeing his face grew anxious. "Did you want him for anything particular, sir?" she asked. "I-I heard—just today—that he'd been in jail!"

Landon nodded. "Served a term for murder."

She uttered a frightened exclamation and then shook her head. "To think of it! And him such a nice young man, too!"

"You're sure he's gone?" Landon panted—his anger was not assuaged by this escape. "He said so, sir; going west, he told me; didn't say where," she added, "but I think—Nebraska."

Landon glanced at his watch. The Chicago flyer had not left yet. Could he make it and get at him at the station? He rushed the taxi there at full speed and made it before train time. He stood a long time at the gates, waiting, searching the crowd with his eyes. But there was no sign of Mark. Landon's thirst for battle grew rather than diminished; he wanted to humiliate the man who had shaken him like a puppy; he wanted to be able to tell Pam who he was and what he—Landon—had said to

MacDonald - Cantwell Wedding

St. Dunstons' Church was the scene of a very pretty wedding on Wednesday morning, July 4, when Loretta Joyce, only daughter of Mr. and Mrs. James Edward Cantwell of Charlottetown, became the bride of Joseph Alexander, son of Mrs. Mary MacDonald, and the late D. J. MacDonald of Tracadie Parish.

The double ring ceremony was performed by Reverend Patrick McMahon, who also celebrated the nuptial Mass.

The bride entered the church on the arm of her father, by whom she was given in marriage. Her floor length gown was of white slipper satin and shadow lace, designed in princess style with full skirt and long sleeves tapering to a point over the hand. She carried a shell crystal Rosary, a gift from the groom and a white ivory prayer book, adorned with white streamers and dainty red rosettes. Her full length veil of nylon net was capped by a coronet of seed pearls.

The maid of honor, Miss Lorna Flood, wore a full length gown of Nile green frosted organza over taffeta with matching poke bonnet. She carried a bouquet of yellow carnations.

The bridesmaid, Miss Noreen Noonan, wore a full length gown of orchid frosted organza over taffeta with matching poke bonnet. Her bouquet was also of yellow carnations.

The flower girl, Joan Mary MacDonald, three-year-old niece of the groom, wore a floor length gown of white organza with finger-tip veil. She carried a basket of mixed roses.

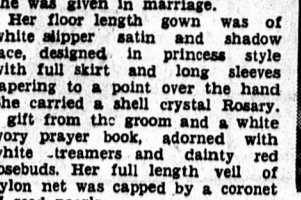
The groom was assisted by his brother Raymond of Toronto. Usurers were Messrs. Arthur Cantwell and Reginald MacDonald.

The bride's mother was attired in navy blue crepe with picture hat. She wore a corsage of pink roses. Mrs. MacDonald, mother of the groom, wore navy blue with matching accessories. She wore a corsage of white roses. Mr. Harold Wood, soloist rendered several hymns appropriate to the occasion and was accompanied by the organist, Mrs. Joseph Dougan.

Following the ceremony, a wedding breakfast was held at the Queen Hotel. The toast to the bride was given by Mr. John D. MacDonald and responded to by the groom.

Later, the newly-weds left on a motor trip to points of interest, through the Maritimes and on their return were recipients of many useful and valuable gifts at

EASES BREATHING...



RELIEF FROM HAY FEVER AND ASTHMA

Inhale the soothing herbal vapors of Kellogg's Asthma Relief—Breathing becomes more free and natural. Brings effective relief even to chronic Asthma and Hay Fever sufferers. Over 60 years in use. Available in cigarette form, if desired—Ask your nearest dealer.

NORTHROP & LYMAN CO. LTD., TORONTO Est. 1884

KELLOGG'S ASTHMA RELIEF

a reception of 200 guests at the home of the groom's mother. Previous to her marriage, the bride had tendered several showers by her friends.

The young couple will reside in Toronto, Ontario. A host of friends in Toronto and Charlottetown join in wishing Mr. and Mrs. MacDonald many years of happy wedded life.

Out of town guests included Mr. and Mrs. Henry Godette and son Ted of Pittsford, Vermont; Mrs. Lora Campbell of Lynn, Mass.



YES—there's more flavor—more aroma—more real goodness in every cup of Baker's cocoa.

Here's cocoa as it should taste—full-bodied, deep-chocolate, richly satisfying—with a true, natural flavor that proves Baker's is all pure cocoa, with nothing added.

Economical, too—the 1-lb. package makes up to 90 servings.

Baker's Cocoa advertisement with product image and text: A sure guide to quality and reliability is the famous Baker name—symbolizing more than a century and a half of experience and skill in making fine Chocolate products. MADE BY THE MAKERS OF BAKER'S CHOCOLATE. BAKER'S COCOA. A Product of General Foods.

Easier for summer baking



... keeps without refrigeration!

Fleischmann's Fast Rising Dry Yeast advertisement with product image and text: No more dashing down to the store at the last minute! Now—with Fleischmann's Fast Rising Dry Yeast you can bake any time—in quick time. This new granule form needs no refrigeration—keeps fresh in the cupboard for weeks, always right there when you need it. You can depend on it for quick baking—delicious baking results. IF YOU BAKE AT HOME—order a supply of Fleischmann's Fast Rising Dry Yeast today.

MID SUMMER SPECIALS FRIDAY and SATURDAY

- 2 Dozen Children's Cotton Jersey PYJAMAS. Sizes 2-6 yrs. Reg. \$1.79—Clearing at Each \$1.00
- A Special Lot of Children's DRESSES, OVERALLS and SUN SUITS. Sizes 1 to 3 yrs. Clearing at, Each \$1.00 and \$1.49
- 2 Dozen Cotton DRESSES, 3-6x. Clearing at, Each \$1.29
- 2 Dozen DRESSES. Sizes 7-10 yrs. Clearing at, Each \$1.00 and \$3.00
- 3 Doz. DRESSES. Sizes 12-14x. Clearing at, Each \$3.00 and \$4.00
- 1 Dozen Girls' Gabardine SLACKS. Sizes 7-14 yrs. Clearing at, Each \$3.00
- Group Misses' T-SHIRTS. Clearing at, Each \$1.00
- 2 Dozen Ladies' BLOUSES. Clearing at, Each \$1.00
- Group Misses' Spring and Summer DRESSES. Clearing at, Each 1-3 off
- Special Lot of Misses DRESSES. Clearing at, Each \$3.00
- Balance of SHORTIE COATS. Assorted sizes. Clearing at, Each \$12.00
- Balance of LONG COATS. 33 1-3 to 50% off

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