

ELLEN'S DIARY

By an Island Farmer's Wife

"I should think, Ellen" James observed in the wake of a casual comment of ours at supper this evening, "that by this time you had arrived at an age when your mind shouldn't be occupied so much with the trivialities of life—the frivolities, I call them. You should think of your grandchildren, if nothing else and endeavor to set them a good example at all times.

"Now wouldn't it be better, Ellen, if instead of running off—and how light then is your step, not a bit like the dragsy one you have when you answer some call of mine!—to practice for some Play or another, you'd quietly sit yourself down by the fire and try to interest yourself in some piece of handwork? You could if you were so minded, make a shirt for one of the children. . . . Yes, out of the remains of one of my worn ones!"

Was it baked beans we dined upon? Yes, brown from a spot of molasses, rather mysterious as to flavor because of the dash of mustard and slivers of onion we had added, and of an excellent variety Jeanie had grown in her garden among the mangels down by the pond.

"Just think of the thrifty ways of the mothers of the old days," James continued. "Instead of buying clothing ready for the family's backs, they brought home bolts of cloth and packages of yard-goods! They didn't sit themselves down to a bit of knitting from factory yarn, and think they were being over-worked. No, indeed! They often had to shear the wool from the sheeps' back, wash it by the brook— heating the water over an open fire in a great iron pot, and card it by hand, or perhaps send it to a carding mill.

"And then in the midst of their other work—and mind you, they weren't just pottering about a kitchen turning a switch or a faucet! they spun the rolls into yarn. I can hear yet the sound of the little spinning wheel. . . . In the kitchen round about this time of year, when I'd come home from school. . . . Some women spun on a big wheel. . . . dear, dear, the miles they walked!"

"Ay!" we said on a sudden remembrance "and the sound was like an autumn wind crying about the eaves. It was a sad sound as though it regretted losing the leaves and mourned for the lovely sights and sounds that were. But sometimes the spinning died away into a near silence that was like the gentle wash of the waves on the shore—a nice sound and inclined to make one sleepy."

James nodded, helping us and himself to a piece of apple pie—the apples gathered from an aged tree in the sheltered orchard up at the other farm, the pastry made with a slice of lard from a rendering which had followed the recent butchering.

"And then the knitting" James continued "what yards of it came from their needles! Not only pairs of mittens and socks, but long stockings for themselves and the children, and suits of warm underwear for their men." "But go on James" we urged "you've forgotten the thread of your discourse!"

"Forgotten, is it, woman!" he said raising his voice slightly. . . . And there it is again, as he looks at the clock where the old hand indicates a surprisingly late hour, he offers: "You'd think we didn't have a bed to come to!"

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

That Body Of Yours

By James W. Barton, M.D.

THE GREAT MISTAKE OF LEAVING TUBERCULOSIS HOSPITAL TOO SOON

It is extremely discouraging for physicians and nurses in a tuberculosis sanatorium carefully to treat and nurse a patient for months, have him almost recovered and ready to leave the institution when he or his family decide he has been there long enough and he is taken, or takes himself, away. The majority of us would probably sympathize with the patient, but physicians try to impress it on every patient that rest and rest only until healing is complete, is the only successful treatment, and that with a little patience, he will be able to return home and to work in time.

A very strong argument against leaving a tuberculosis institution before treatment is complete was given by Dr. Stuart Carey, Winnipeg, Canada, at the last meeting of the Canadian Tuberculosis Association as reported in The Canadian Medical Association Journal. Dr. Carey stated that one of the chief problems in treatment was keeping the patient in hospital long enough. His study, based on records of three Manitoba institutions during 1949, showed that out of 651 admissions, 305 were readmissions. Of these only 6.7 were true relapses. Some of the patients had left against medical advice or had refused surgery. Some 27 were capable of leading a normal life but were possible sources of danger to others. Dr. Carey spoke of an isolation center in England where the patients could live normal lives with their families rather than be confined to hospital. He felt that patients should be given a frank explanation of their disease and treatment and a reason for sanatorium rules as soon as they were admitted.

While I was visiting a young friend in a tuberculosis sanatorium, a new patient was placed in the bed next to him. I recognized the new patient as a heavyweight amateur boxer. He greeted me as follows: "Well, here I am, Doc, for the next two years. The doctor told me it would take two years to cure me, so I'm going to stick it out." "This patient had been made ready to obtain a cure. It takes much less time today with the new drugs and surgery.

At this same meeting, Dr. G. D. W. Cameron, deputy minister of National Health, told the Association that successful treatment of tuberculosis was not alone drugs, surgery or bed rest nor did it stop when a patient returned home with his disease arrested or cured. Further treatment was rehabilitation, providing occupational counselling, training and job placement and acquainting possible employers with the qualifications of former patients.

Household Scrapbook

By Roberta Lee

Cleaning Painted Walls

Dampen a soft cloth in warm water, rub on the cloth a small quantity of baking soda, and wash a small part of the wall with this. Then rinse with clean warm water, and wipe dry. Walls cleaned in this way look as if freshly painted.

Note to Milkman

When a note to the milk man is placed in the milk bottle try inverting a jelly tumbler over the bottle. The note will be kept safe no matter how blustery the weather.

Plant Lice

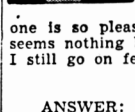
Plant lice can be destroyed by spraying the plants with naphthol soap suds, using a syringe for the purpose.

DOROTHY DIX SAYS—

Office Infatuation

Girl Should Quit Job To Be On Safe Side

DEAR MISS DIX: My problem began about four months ago when I took a new job. I am 18 and have been out of school a year. This is my fourth job and I really love the work, the surroundings and the people I work with. But there is a man here with whom I have become infatuated. I know I do not love him but this infatuation is getting the best of me. He is married and has two small children. He is 31 and has a very important position here. . . . I couldn't bear quitting the job because everyone is so pleasant and I like the work. I'm so mixed up my life seems nothing but worry and tears. I feel so ashamed of myself, yet I still go on feeling the same.



ANSWER: Regardless of your conviction that you can't change your feelings about this man, the one thing that you simply cannot and must not do is continue to float along on this romantic cloud that you've conjured out of the blue. You are headed for tragedy and disaster. You seem to realize the enormity of the step you're contemplating, but without enough comprehension to get out of the situation while you can do so with dignity.

YOU WILL SUFFER

This man is perfectly willing to accept the adoration of an attractive youngster, and might even go as far as to carry on a love affair with you. Then just where will you be? The heartache following such a course of events will be incomparably worse than the pangs you'll suffer in breaking off all connections with this man at once. Thank your lucky stars you had sense enough to seek advice before it was too late, and turn your efforts to forgetting him. Naturally the best thing to do is change your job. Since you've already had four in one year another move can't affect you too much. Then, turn your thoughts and attentions to boys your own age. Don't fool yourself into thinking you mean anything to this man. He's wrapped up in his wife and children. Though he is not adverse to a flirtation of varying degree with you, nothing more will come of the affair but more tears, and more worry for you. Be smart. Hand in your resignation fast, and don't leave a forwarding address.

DEAR MISS DIX: I have been a widow for four years and am 34 years old. I have a son of 12. I was in a T.B. sanatorium for six months and thought that someday I would marry again and lead a normal life. Over a year ago I met a man of 38 and went with him for seven months. He told me he loved me and would do anything for me. I told him then that I had had T.B. He stopped coming to see me, and within five weeks married another girl. After two months he told me he was sorry he had married her, and that it was all my fault. I still love him, but have no intention of going out with him ever. Did I do right in telling him of my illness? That question always bothers me when I go out with a man. Should I tell them if they begin to be serious?

ANGELA

ANSWER: Of course you were right in telling the man you had been ill, but there's no reason for either you or him to act as if your ailment were something horrible. Frankly, from the way you described him in your letter (part of which was omitted here), you are better off without him. If you do marry again, you want a kind, considerate husband who will be a good provider—none of which this man was.

You should have a frank discussion with your doctor on your complete medical history, and ask his advice on your attitude with future suitors. Knowing your case, he is in a position to guide you in the best way. When you meet a man who does become serious, it would be a good idea to have him talk to your doctor too.

DEAR MISS DIX: I am 14 and in my second year of high school. My best friend and I skipped school twice, and were caught. Now my mother forbids me to see this girl, who she claims, is a bad influence on me. To be truthful, I talked her into not going to school. I promised my mother that it wouldn't happen again, but she still insists I do not see my friend. My mother is a very understanding person, but in this case she will not listen to reason.

LOIS

ANSWER: Have you told your mother that you were largely responsible for the school-skipping episodes? She might view the matter in a different light, but, of course, your friend's mother would then be the one to forbid a continuance of the friendship. It is to be hoped that both you girls have learned a good lesson from the dire results of your escapades. Once you have shown evidence of being untrustworthy, it is very difficult to have faith in you restored. Your mother is indeed an understanding person, and she realizes that her daughter deserves a severe penalty for bad conduct. The only way she can be convinced that you and your friend are good for each other is for you girls to give a first class exhibition of good behavior. Keep it up until the black mark against you is erased.

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

Modern Etiquette

By Roberta Lee

Q. Is asparagus ever eaten with the fingers?

A. No. It is ill-bred to take up this dripping vegetable with the fingers. It should be taken with the fork, the tip being cut off with the blunt edge of the fork, and so conveyed to the mouth.

Q. Should the tissue that is found on engraved invitations be removed before mailing?

A. Yes, unless there is danger of the ink smudging.

Q. What is the maximum length of time before a person should acknowledge any kind of invitation?

A. An invitation should be answered within one or two days if possible, or not later than a week when necessity forbids an earlier reply.

GOOD NOSES

Reindeer have a very keen sense of smell, and can smell moss even through several feet of snow.

Anne Adams Patterns

ONE YARD WONDERS

ONE YARD for skirt! And ONE YARD for blouse! Yardage is for any given size—12, 14, 16, 18, 20—in 54-inch fabric. Pattern 4828 is a wardrobe in itself! Make the blouse and skirt in contrasting fabrics to mix with each other and other separates, or all-one fabric to look like a dress! As you can see, they're easy sewing, with few parts! 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 of The Guardian, 60 Front St. West, Toronto, Ontario.

Nice Answer

"Exceptionally healthy tan you've got, Jones, considering I gave you a week off at home because your wife was ill!" "Yes, sir, you see our kitchen faces due south!"



WHERE THERE'S Coca-Cola THERE'S HOSPITALITY

A Country Garden

By Mrs. Gordon MacMillan

When I consider Life and its few years— A wisp of fox betwixt us and the sun; A call to battle, and the battle done Ere the last echo dies within our ears; A rose choked in the grass; an hour of fears; The gusts that past a darkening shore do beat; The burst of music down an unlistening street— I wonder at the idleness of tears. Ye old, old dead, and ye of yesterday, Chieftains and bards and keepers of the sheep, By every cup of sorrow that you had, Loose me from tears, and make me see straight How each hath back what once he stayed to weep; Homer his sight, David his little lad. —L. W. Reese.

I have received a beautiful book from The Prince Edward Island Library written by L. W. Briggs on The Famous Charleston Gardens and it is a very wonderful book that anyone can obtain from the library or any of its branches. Old and new, large and small, these gardens are described in intriguing detail. With more than two hundred black and white illustrations and a frontispiece in color, the book is practical, informative, and fascinating. The author is a notable landscape architect who has deslensed the grounds of public buildings and private estates and gardens in the North and in the South. Mr. Briggs was formerly head of the Department of Landscape Architecture of the New York School of Fine and Applied Arts. He has written many articles on landscape subjects and city planning. He has lectured on art, and has staged several garden features for flower shows, including the New York Flower Show. As a gift to the Garden Clubs of South Carolina, he planned the Memorial Garden in Columbia.

Concerning this book, Mr. Briggs has written the following message: "To see a beautiful garden radiant in the summer sunlight is an exquisite sensation. Securing pictures for Charleston Gardens involved many days of such delightful experience and with them came a realization of the priceless privilege that is ours who may so keenly enjoy all the wonderful colors and forms of flower and foliage, the lush green of grass, and the ever-changing hues of the sky and clouds above. In gratitude for this blessing above all others the author has assigned his royalties from the sale of this book to institutions devoted to bringing relief to those deprived of sight."

For at least two hundred years Charleston gardens have been famous. Many have perished in turbulent times and with the changing fortunes of the people, but new gardens appear each year and some of the older ones have been restored; and garden beauty, ever recreated, maintains the traditional charm of Charleston and the surrounding Low Country. As Charleston was the center of the social and business life of an extensive area, the plantations within a considerable radius have always been so closely associated with the city that their gardens have been known as "Charleston Gardens" and are therefore properly included in this book.

In 1670 the English landed on the soil of South Carolina and took possession of the country, and within the wilderness the colonists made their gardens, and for the first century the plants and the people who cultivated them fought against the ever encroaching forests.

Between Charleston and Summerville, formerly a summer resort of the early plantation owners and now famous as the "Flower Town", the moss-hung highway is a route of rare beauty and historic interest. As early 1707, well before a bit of unmolested woodland reserved landscape that he wrote: "Out of Charles Town for three or four miles called the Broadway, is so delightful a road and walk of great breadth, so pleasantly green that I believe no Prince in Europe with all their Art can make so pleasant a sight for the whole year."

The mild climate and abundant sunshine, with sufficient rainfall on a fertile soil have especially favored the Carolina Low Country in producing a lush and varied semi-tropic flora of great beauty and interest. Here, many members of the more hardy species of tropical types. Therefore it was natural that botanists would be attracted to this rich field.

Joel R. Polnsett was an eminent statesman as well as an accomplished amateur botanist. The Government sent him as Minister to Mexico and from there he brought to South Carolina our vivid Christmas "flower", the poinsettia. He passed the plant on to a Scotch nurseryman, in 1833, and so began the distribution of this popular exotic, and ever since this flame-like flower has been called after Mr. Polnsett.

Actually the "flower" is a formation of crimson and sometimes pink or nearly white leaves around a tiny greenish-yellow center, which is the true flower. It can be grown out of doors in Charleston and during the winter one frequently sees it vividly displayed against a porch or in a garden.

OLD SCOTTISH CUSTOM By ancient tradition, no Scottish cook or mother of a family will let the kitchen fire die out on New Year's Eve.

The Stars Say - -

By Genevieve Kemble

For Tomorrow STRANGE, novel, dramatic or romantic activities continue to add spice to life, with alluring prospects and exhilarating contacts. Elements of the unforeseen, perhaps unfathomable, keep the mind and the emotion plucked to high levels of agitation and anticipation. New associates, unique experiences, present a definite challenge to explore the Unknown. All phases of consciousness could be of far-reaching and inviting climax, of hidden consequence.

For the Birthday

Those whose birthday it is are urged—in a trite way—to "expect the unexpected." That is, the unusual, the singular, the irregular and unique, may come to pass, with the accent on the unorthodox or wholly unforeseen and unplanned. All this may be quite desirable, "unimagined," coming like a "bolt from the blue." Such opportunity should be grasped with all the latent or developed talent and initiative available. A child born on this day may have special or spectacular talents or abilities for doing things in untried fields of endeavor; creative, radical, or curious. Inventive genius could apply.

Better English

By G. C. Williams

1. What is wrong with this sentence: "He was confronted with a widow woman." 2. What is the correct pronunciation of "italic"? 3. Which one of these words is misspelled? Fully, pully, bully, peacefully. 4. What does the word "apothegm" mean? 5. What is a word beginning with fe that means "capable of being done; practicable"?

ANSWERS

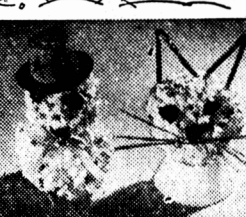
1. Say, "He was confronted by a widow (omit woman)." 2. Pronounce first i as in it, not as in ice. 3. Pulley. 4. A short, pithy, and instructive saying. "A good apothegm is often a safe master to follow." (Pronounce ap-o-thegm, as in it, accent first syllable). 5. Feasible.

NO ARGUMENT

ORILLA, Ont. — (CP) — While Quebec and some other places have questioned federal census figures, Orilla is content. The federal figure for this town showed a population of 12,013. The town assessor a few weeks ago reported 12,003.

WASHINGTON, Dec. 10. (CP) — The Defence Department announced Saturday 55,000 men will be drafted into the United States army and marines in February. The call-up will bring the total thus far drafted to 849,330.

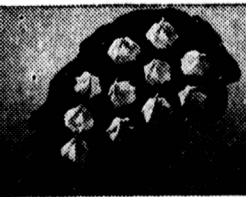
Christmas IN THE KITCHEN



Little folks love popcorn balls! Cook taffy syrup till it forms a very hard ball in cold water. Remove from heat and add a teaspoon of Shirriff's True Vanilla, Maple, or Buttered Caramel Flavouring. Stir well. A few drops of Shirriff's red or green food colouring. Decorate with fruit, cellophane straws, paper cup hats.



Surprise! It's a red-currant jelly candle to serve with the turkey. Shirriff's tangy True Fruit Jellies can be loosened with a knife and rolled right out of the jar. Cut in half to make a pair of candles. The wick is cream cheese on a toothpick. Another favourite with turkey is Shirriff's Old Time Cranberry Sauce!



Now's the time for candy-making. For melt-in-your-mouth divinity fudge, add a teaspoon of Shirriff's fragrant almond extract, and a few drops of Shirriff's red food colour. Merry eating!

Make all the food you prepare for Christmas more wonderful with Shirriff's Flavouring Extracts, Pure Food Colourings, or Shirriff's glittering True Fruit Jellies.

Everybody loves SHIRRIFF'S

How Can I!!!

By Anne Ashley

Q. How can I renovate a faded brown leather coat? A. Try applying a stain made of walnut hulls. Put the hulls into a kettle or water and boil until the water is slightly thick. Then strain it and apply with a paint brush. If necessary apply two or three coats.

Q. How can I soften heavy shoes that have been in the rain and become stiff and uncomfortable? A. Rub the shoes thoroughly with kerosene. This will soften the leather.

Q. How can I remove varnish stains from material? A. Rub the spot with turpentine or benzine; then wash the goods thoroughly.

Cook's Corner

CRANBERRY RELISH MOULD

A good recipe to keep for the Christmas season. ½ pound (2 cups) fresh cranberries 1 medium-sized orange 1 medium-sized lemon 1 ½ cups granulated sugar 1 red prepared jelly powder (any flavor) ½ cup boiling water

Pick over, wash and drain the cranberries. Wash the orange and lemon; peel off and discard half of the rind of each fruit. Cut orange and lemon into pieces. Put the cranberries, cut-up orange and lemon through the food chopper, using a medium blade; mix in the sugar and let stand about 1 hour, stirring occasionally. Turn the jelly powder into a saucpan; add the ½ cup boiling water and heat, stirring constantly, until jelly powder is dissolved. Remove from heat and gradually stir into the fruit mixture. Turn into a mould that has been brushed lightly with salad oil or rinsed with cold water. Chill until set. Unmould for serving.

They Were

"Jackson and Williams had a terrible row at the club," said Wilson. "His companion looked surprised. 'That's strange,' he said. 'I thought these two were inseparable.'" "They were," said Wilson. "It took six of us to drag them apart."

When Your BACK Begins to Ache



REACH FOR DODD'S KIDNEY PILLS BECAUSE— Backache is often due to urinary irritation and for over half a century Dodd's Kidney Pills have helped bring relief in backache by stimulating the kidneys. Get Dodd's Kidney Pills at any drug counter. Look for the blue box with the red band. You can depend on Dodd's. 160

THERE ARE CAKES & CAKES

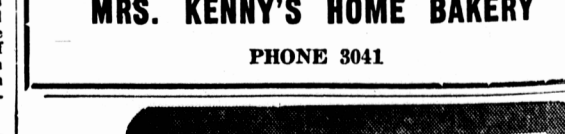
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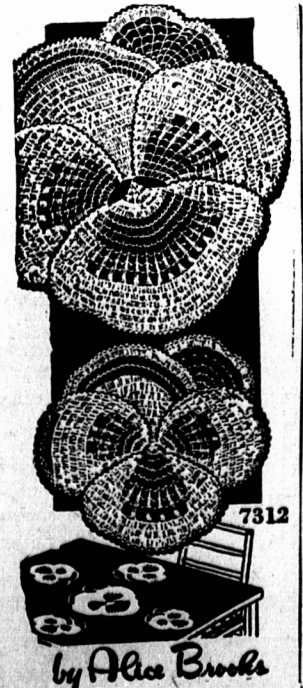


FOR COLDS AND COUGHS

Alice Brooks Designs

WORTHY OF YOU!

Here's your chance to make a masterpiece! These pansy dollies are really worthy of your time. Use them for lunch-set, buffet set, or even for chair-sets. Unusual crochet for special occasions. Pattern 7312 has crochet directions for two sizes. Ready hrdu cmfwy shrdlu shrdl 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.



Heinz OVEN BAKED Beans 4 Kinds Each a thrifty meal



by Alice Brooks