

That Body Of Yours

Continued from page 2
including the electrocardiogram, chest survey, encephalogram and the other usual tests, so that it cannot be said that the physician, perhaps because he knows the patient and the patient's background, jumps to the conclusion that the mind and the emotions are causing the symptoms and may not make his usual searching examination to locate the presence of some underlying organic disease which may be present.

ELLEN'S DIARY

Continued from page 2
welcome her babies of autumn away back in a grove and another who found hers down by the mill-stream. James told the latter this evening.
-I had been away all that day thrashing and she was missing from her pen when I came home. So I took the lantern... it was dark by then, and there's where I found her.
-And where was she?"

"Who?" Nods were in our direction.
"Oh, she was with me!"
And again back of the years, we saw the magic play of Northern Lights above the dark rim of our world, smelled the scent of dropped leaves and dying fern, with the night quiet and lovely about us. Heard the ripple of stream and saw again a mother and babes cuddled snugly in a hollowed earthy bed.
"We took them home in a day or two," James continued—and what a nice climax! "She raised them all!"
What interesting yarns James can spin on an autumn evening like this, of the days of the long ago!

Until tomorrow - - - - - Diary
- - - - - Good-night - - - - -
CHEESE—A MILK PRODUCT
Cheddar cheese is an excellent source of calcium and protein and a good source of riboflavin. It should be used at least three times a week in generous amounts to supplement the amounts of the nutrients obtained from milk. Cheese is not constipating. It can be used in cooking to add flavour to many foods.

A Country Garden

Continued from page 2
the-plants themselves does not receive the consideration it deserves. The form and the design of the garden are the very soul of the garden and it is not difficult to make the beautiful in this way if we remember that by using Nature as a pattern and taking advantage of existing features it is easy to produce something very pleasant at small expense. Existing features necessary to a beautiful garden are... Lovely views and trees; a difference in level laws when rockwalls can be introduced and planted in many interesting ways. There is some touch that, rightly given, can impart distinction and charm, quite irrespective either of the extent of the garden or of any expensive or elaborate treatment. It is in the use that is made of materials rather than in the materials themselves, just as the greatest of written works are made of the common words of everyday use, in simple but beautiful combinations.

So essential is it that every place should have the treatment most suited to develop its particular character in the most effective way, that it could truthfully be said that the site should make the garden, and certainly good design should have a spontaneous quality—at all events in its main idea, for a laborer plan seldom develops into a beautiful garden. In country gardens the surrounding scenery should become a part of the garden and all the time we are improving and changing our gardens. It is a happy adventure lasting a lifetime; with greater knowledge every year comes greater delight so that in time the garden one has created becomes one's whole world, a world enclosed, a haven where outside influences can not annoy. Partnership with nature admonishes one to be continuously patient, to trust and hope, to have implicit faith in the capacity of time to work wonders to put up with disappointments and disillusion, and after repeated failures, to try again.
In this garden more annuals will be planted in sheltered spots next year. Driving into town it is possible to see lovely Cosmos and Marigolds next a white picket fence, also Dahlias blooming tall and colorful by the front steps of another home. On a corner lot there are several varieties of annuals including Sweet Peas near the home and when it is possible to have color and beauty this late in the season, it is necessary to tell others of our wonderful climate in this island of ours.

It was a joy to attend the eighth annual meeting of the Rural Beautification Society and note the progress made through the years. The guest speaker said "I do not think there is a place on this continent where there are so many aids to gardening," and he mentioned the Cotton Memorial Nursery, the Society for Rural Beautification with Colonel Johnston as President and founder, the assistance of the Provincial Government, all the public spirited men who donate the prizes and the willing staff of workers.

Reading good books on gardening is one important way to learn how to garden and beautify your home and the Experimental Station has a wealth of information gathered through the years for the asking.
Our wonderful library is stocked with books on all phases of gardening and all of them are free. Certainly with the soil and the climate and all of these things to help us, we live in a favored land.
It was a happy evening for the prize winners too, because any way you look at this improvement of property there is a great deal of work and planning in connection with it. Country folk are extremely busy and time to do this work is difficult to find, but the satisfaction is very great for all who create some beauty in this old world.

The roses red upon my neighbor's vine
Are owned by him, but they are also mine.
His was the coat and his the labour too,
But mine as well as his, the joy, their loveliness to view.
They bloom for me, and are for me as fair
As for the man who gives them all his care.
Thus I am rich, because a good man grew
A rose-clad vine, for all his neighbor's view.
By J. R. Williams

Interesting History Attaches To St. Stephen's Church At Irishtown

By L. E. T.

(Continued from Monday's Issue)

The cemetery has been enlarged at least twice. One strip of land was given by the late James B. Millman, and by an irony of fate the first burial in it was that of his own young son who died in October, 1909. In the summer of 1921 the men of the congregation decided to improve the cemetery. William J. Paynter and William Profit were then the wardens and gave leadership to the project. Mr. Edmund Phillips who was experienced in this work was the overseer. The men cleared away a day, plowed, harrowed, levelled and seeded the ground. A few plot-holders then preferred to raise mounds, but it is all level now, a smooth green sward, the hallowed resting place of those whom we have loved, and lost awhile.

It is known that there were two graves not in the cemetery plot, on the north side of the church. These people were buried under a tall spruce tree, but the tree is gone long since, and also all trace of the graves. The parish register records the burial of one of them, Susannah, widow of William Rundle of Fermoyle, died September 11, 1858. As she was a widow the other grave was no doubt that of her husband, but there is nothing in the register to confirm that. As soon as the cemetery was put into good shape it was enclosed with a suitable fence. The St. Stephen's minute book, 1921-1922, records that Sea View and Spring Valley were asked for strings and pieces of "two-by-four." The Eel Creek men provided their share of lumber, and the women turned up to help with their Mite Society and the organization of various social affairs.

So, money was raised, turned posts, ornamental wire fencing and gates were bought and the men completed the job. Each year the cemetery is carefully attended to. We would venture to assert that there are few better cared-for cemeteries in the countryside. In the spring of 1933 the horse shed was moved from the church grounds to the opposite side of the road, and the entire churchyard plot was levelled, seeded and put into excellent shape. The church, school, and hall properties have been entered in the 1953 Beautification Contest as a community project.

In the past two years St. Stephen's Church has had more than its share of trouble. The first outside flue, built in 1949, blew down in a heavy gale in December, 1950. It was rebuilt and collapsed again in October, 1951, damaging the roof as well. The third flue, a steel one, was installed in the interior of the church in 1952, and will, we hope, be permanent.

Memorials in St. Stephen's Church are the following:— Brass altar cross, vases, and alms basin, in memory of Gertrude Adams, two small windows of frosted glass in the sanctuary, in memory of William J. Paynter warden for twenty-seven years, given by his family; lectern Bible in memory of William Profit, warden for twenty-five years, given by his family; office book and prayer book in memory of Mr. and Mrs. Richard Paynter, given by their family; a lamp given by Miss Ida Adams in memory of her parents; prayer and hymn books given by Mr. John Coulson in memory of his daughter, Pauline Coulson, R.N.

Fourteen members of St. Stephen's Church served in World War I. Charles Kingsley Wiggins, son of Mr. and Mrs. G. W. Wiggins of Darnley and nephew of Sir Louis H. Davies was killed in action. Twenty-four served in World War II, one a young man, Myron Cole, being accidentally killed before going overseas.
The Rev. Thomas Reagh Millman is so far the only member of the congregation to enter the ministry of the Church. He graduated from the University of Tor-

onto in 1931 and from Wycliffe College in 1933. He was incumbent of Grafton, Ontario, for two years, and then served on the teaching staff of the Montreal Diocesan Theological College for six years. For eight years he was rector of Dunham and St. Armand East in the Diocese of Montreal, and since 1950 he has taught in Huron College, London, Ontario. He holds several academic degrees and is the author of two books.

It is worthy of remark that St. Mark's Church, Kensington, owes a debt of gratitude to St. Stephen's Church. At the present time two of its vestrymen, the treasurer, the vestry clerk, the superintendent of the Sunday School and two part-time teachers, the organist lately retired who served for twenty years, the president of the A. Y. P. A., were all former members of St. Stephen's Church. Eight members of St. Mark's W.A., six of them officers, once belonged to the same country congregation.

St. Stephen's Church is a small, The End

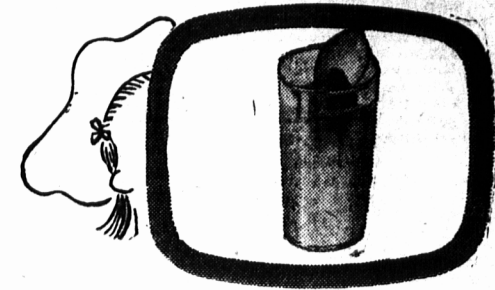
The Neighbors

By George Clark

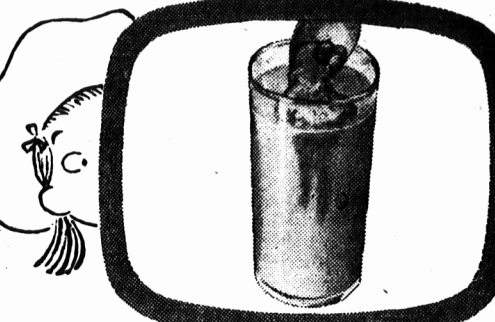


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Topo' the World ALUMINUM has a habit of turning up almost everywhere. But "farthest north" was reached recently, when a U.S. Air Force pilot set down his aircraft at the geographic North Pole—on a pair of aluminum skis.

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