

ELLEN'S DIARY

By An Island Farmer's Wife

And now no day, of these which ever shorten, is allowed to pass without bearing off with it, its complement of completed tasks. For now the baring trees the nip of night-frost, the wind clean and purposeful from the west or bitter from the north hasten the step of the farm-folk. James "regards" the sky, hoping to find promising token of continuing field-work in the fires of the sunset, in the new moon which of evenings now swings clear-cut and cool in the silver of dusk.

And we find ourself wondering if, as our philosopher-helper—who is a great one to find confidence in the sayings and legends of preceding generations—says "the weather will strengthen as 'she' came in fine," to grant still beautiful days for the field-work. And remembering back to the sublime magic of it, does "the new quarter of the old moon rule the first one of the new?" Or, as James prophesies, shall we awaken "some morning not too far off, to find in truth that winter is here?"

Myriads of stars look down now from the heavens with remote gleam but the same tapers of night as shone so graciously above the scented farmlands of summer. "They're too thick, I'm thinking," our helper offered. "There's rain ahead—though" he smiled towards James, "it may be only old showers!" He was setting out then with "our own mare" and farm-staff to return to "headquarters" at Alderlea.

Perhaps you would see him in the light of the car as he appeared around a bend of road? A broad-shouldered bigish man, seated surely on the front of the vehicle, from habit feet firm on shafts rope lines in good hands. Whistling a bit of cheerful tune; fearing nothing en route, no evil of night—or of day. Enjoying the peace and quiet of the hour and place and finding sermons in trees and stones, morals in the hills, affairs to discuss with the younger farmer when the tread of mare's feet and the clatter of heavy wheels on the gangway bridge should at length bring him to Alderlea.

There the younger farmer and his helper were taken up with building a new fence to enclose a wider extent of barnyard, an endeavour necessitated by the retreat of the barn—Mr. D's interest of summer—to another site . . .

At this place today a last harvest of field was being taken: the turnips. By way of hoes and horse-drawn potato-digger. While this practice of harvesting them is not entirely in accord with James' notion of tidiness, he accepts it to lighten the labor and shorten appreciably the time of this chore.

"Not going to give us a hand, Ellen?" he queried, coming in through the afternoon. "You'd enjoy it . . . it's sunny and warm in that field—sheltered by the woods. The colors!" he nodded, will be soon gone from the trees—a spell of wind will take them. But it's still pretty along the countryside . . . And there are wild geese flying, did you know? Their calls are clear. I wonder if it's a sign of good weather to see them on wing?" He smiled. "I guess it's a hint to be done of what we're at, to commence the plowing!"

Turnips . . . plowing. As our philosopher-helper said when he teamed happily away into the starlight of tonight, on a farm, or for that matter, we suspect, anywhere we "live and move." "Life is just one thing after another!"

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

PRETORIA, South Africa — (CP) — The Transvaal Museum will alter the labels on three exhibits to state theory of the evolution of man, not the actual facts. Religious groups had objected to the exclusion of religious theories of the origin of man.

That Body Of Yours

By James W. Barton, M.D.

HYPOTHYROIDISM — UNDER-ACTIVE THYROID A PROBLEM OF THE ELDERLY

The rate or speed at which the body processes (heart rate, breathing, stomach and intestinal movements) work, is called the metabolism rate, breaking down and building up of the body cells as they do the necessary work required by the body to maintain life and energy. This rate is governed by the thyroid gland in the neck.

We hear and read much about the overactive thyroid gland (goiter) which greatly increases the metabolism rate. Thus in goiter the heart rate is so rapid that there is danger of the heart tiring and then failing, in which case treatment of the thyroid gland to "slow down" or quiet it, is given. This condition is called hyperthyroidism.

On the other hand when the thyroid gland is underactive, the metabolism rate is slower than normal and the individual increases in weight and becomes sluggish mentally and physically. This is called a hypothyroid condition. The rate is measured when body is at complete rest and no digestion going on.

That the hypothyroid condition is important, is suggested by an editorial in the journal of the American Medical Association, owing to its effects in our older men and women. Because, as we get older, the thyroid gland gradually becomes underactive and we slow down mentally and physically, the editorial suggests that physicians should keep this in mind in the middle-aged and elderly so that "preventive" treatment should be given just as other preventive measures are put in use when thought necessary.

While the normal metabolism rate is placed at 100 per cent, a range of plus 15 and minus 15 (85 to 115) is considered within normal limits, the suggestion is made that when the basal (lowest) metabolism rate reaches a level of 20 per cent, evidence of this low rate appear — sluggishness, increase in weight, roughness of the skin, puffiness of the face and eyelids, swelling of tongue and throat, dry thickened skin, dry brittle hair, chronic constipation, stubborn anemia (thin blood). Naturally by the time these symptoms appear, the physician knows that an underactive thyroid gland is the cause.

However, Drs. S. T. Kimble and E. J. Streglitz, whose work prompted the editorial, are concerned with the milder cases of underactive thyroid because the beginning or early stage of this disease or condition can readily pass unnoticed by the other members of the family as the onset is so slow and gradual and the physician does not know about the case.

In this early stage, treatment by daily doses of thyroid extract restores the patient's zest for living and his working ability.

Better English

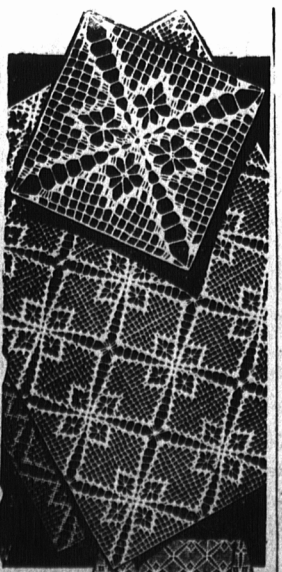
By G. G. Williams

1. What is wrong with this sentence? "I intended to have visited them last week, but their whereabouts were not known."
2. What is the correct pronunciation of "scourge"?
3. Which one of these words is misspelled? Manila, vanilla, vaccine, vacuum.
4. What does the word "tolerance" mean?
5. What is a word beginning with "e" that means "act of calling forth"?

ANSWERS

1. Say, "I intended to visit them last week, but their whereabouts was not known." 2. Pronounce as skurj, u as in fur; not skorj. 3. Vanilla. 4. The disposition to bear the beliefs, practices, or habits differing from one's own. "The only true spirit of tolerance consists in our toleration of each other's intolerance." 5. Evocation.

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by Alice Brooks

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DOROTHY DIX'S COLUMN

A Young Man In A Dilemma

How To Get Away From A Demanding Girl

DEAR MISS DIX: I am a young unmarried man of 28. I am rooming away from home and recently a girl and her mother came to stay at the same place. I dated the girl several times, and now I can't leave the house without her wanting to know where I'm going. She and her mother seem to think nothing of asking me to take them places without first talking it over with me. Recently I found out the girl is ten or fifteen years older than I. I don't mind doing favors for people but I don't like the idea of being considered husband material for every middle-aged girl I meet.



Marjell Nissen

L. H.
ANSWER: Yours is the predicament most unattached males find themselves in sooner or later. Every unattached female considers them fair prey and goes agunning. With the extra, added ambition of a mother who is intent on seeing daughter married, you really don't have much chance of escape. With a full realization of the fact that you'll have no peace in your present quarters, I suggest a move. And next time be less friendly to your fellow (or girl) lodgers.

DANGER TO CHILDREN

DEAR MISS DIX: Recently I saw a 6-year-old holding a stick which her 9-year-old brother was pounding into the earth. I drew the incident to the attention of the mother who said they were used to playing with such tools. Later, neighbors told me the children have a habit of chasing other youngsters with hammers, axes or whatever implement is at hand. How can one cope with such a situation?
MRS. M.

ANSWER: If the offending children actually constitute a menace to the rest of the neighborhood, legal steps can be taken to restrain them. A neighborhood in one of our large cities was recently plagued with a young bully who took delight in physically mistreating other children. His mother, who accepted his misdeeds as childish pranks, is now facing a possible jail sentence. In her case, the neighbors got together and brought charges, which is the only way to handle such a parent after all else fails.

DEAR MISS DIX: I have been married to a divorced man for three years. His wife divorced him after twenty-five years and took his house and life savings. He was penniless and jobless when I married him. I am 62 and he expects me to work and help pay all the bills. I drew all my money from the bank to buy things we needed. Since I was generous in the beginning, he expects me to give an account of every nickel of my money. Is this right or not?
ANNABELLE

ANSWER: If you like it, and you apparently do, it's fine! Surely you didn't marry him without realizing that your bank account and job were the chief attractions? No love could be that blind! He has security as long as you live, and plans to make the most of it. At least you going to be foolish enough to let him get away with it? At his first wife had some sense. She probably struggled as hard as you are doing now to get a home and few cents together and was wise enough to see that she kept it. Follow her example.

DEAR MISS DIX: After going with a woman for a year, don't you think a man should at least have the courtesy to remember her birthday with a card?
C. F.

ANSWER: I most certainly would assume so, but I gather that the man you have in mind is either very inconsiderate, un sentimental, or simply forgetful. Many people place much more importance on such things as greeting cards than others do. If your friend is a creature who thinks such thoughtfulness is foolish, you must accept the fact and try to balance this failing with his virtues.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Modern Etiquette

By Roberts Lee

Q. How should a woman refer to her husband when with acquaintances, as Mr. Smith?

A. She should refer to him either as "my husband" or as "John." The reason it is discourteous as well as in very bad taste to speak of one's husband as "Mr. Smith," or one's daughter as "Miss Smith," is that it seems to put the person spoken to into the position of one's social inferior (the same type of rudeness as signing a letter "Mrs. Smith" without any parenthesis).

Q. When a girl has been dining in a public place with a man, and they are preparing to leave the table, should she immediately begin to put on her wraps?

A. No; she should always wait for her escort or the waiter to assist her.

Q. Whose duty is it to see that the bride and bridegroom's car is ready and waiting for them at the wedding reception?

A. The best man should attend to this.

Morning Smile

Who Cares?

"Is my hat on straight, dear?"
"Yes, yes! Now will you please hurry—we're a mile late."
"I'm sorry, but I'll have to go back. This kind of hat isn't supposed to be worn straight."

Mobile

The vicar was talking seriously to one of the young men of his parish. "John," he said, "I hear that you have been raising false hopes in maiden hearts. Rumor whispers that you are engaged to one girl in this village, to another in Little Mitchin, and to a third in Brenchley. How can you do such a thing?"

John looked sheepish as he replied: "Well, sir, I've got a motor-bike."

Respectful

"How's business?"
"Kindly remove your hat when you speak of the dead."

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LADIES' READY TO WEAR 141 Gt. George St. Charlottetown, P.E.I.

Seasoned Timber

By Dorothy Canfield

CHAPTER SIX

Continued

Timothy had waited in the hall corner for the callers, his day-old New York newspaper in his hand, but at the sound of the knocker on the front door he had flung his paper to the floor.

"Come on in here by the fire, Delia," called Aunt Lavinia.

Timothy hastened to draw near him a chair for Susan "Do you know, I positively hate to go away even for a week! I've had such a wonderful winter—you can't imagine what you've done for me."

From the room beyond them, "Susan" called Aunt Lavinia imperiously "Come here a minute." She went when Aunt Lavinia called—what else could anyone do? But, sheltered from other eyes in the angle of the hall corner, she gave Timothy, with shrugging shoulders and a fond smiling grimace, the assurance she left him unwillingly, that here was where she felt would be.

Glowing and confident, Timothy held up his newspaper to hide the broadness of his answering smile—and felt a chilling inner wind blowing, as if from ice fields. He saw that he was a fateful fool to assume that the frankly loving ardor in the gray eyes meant that Susan was a woman opening her heart to the man with whom she was falling in love.

Although his pulse was still hammering in the after effects of shock, his face was composed enough to make it safe for him to lay down the shield of his newspaper, light a cigarette and sit listening to the dialogue in the next room, once in a while glancing up at Delia, absorbed in a book, and Aunt Lavinia sitting wearily before the fire, her skirts folded back to expose her knobby wool-stocking knees to the heat, occasionally answering over her

Continued on page 11

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How Can I . . .

By Anne Ashley

Q. How can I wash woolen shirts properly?

A. Wash in warm water in which soap jelly has been dissolved, measuring one tablespoon of soap jelly to a gallon of water. Rinse thoroughly in tepid water. Squeeze the water out of the garment, but do not wring it. Button the shirt up the whole length and hang up by the bottom.

Q. How can I prevent leather

furniture from cracking?
A. It pays not to neglect the leather furniture. A good rubbing with linseed oil, occasionally will prevent it from cracking and drying.



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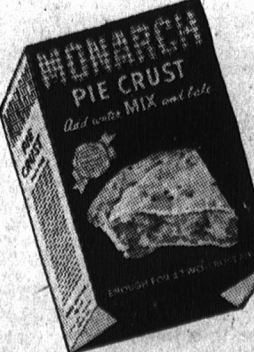
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MONARCH PIE CRUST MIX