

ELLEN'S DIARY

By An Island Farmer's Wife

Next to the last of the mowings at Alderlea was done this morning and in a sign which promises fair rations for the wintering livestock, this afternoon's savings were collected to a stack in a familiar and level location up by the farm-line. With the children as interested and lively assistants Rob had placed a base of slabs in position in preparation, and to this spot it was, that the haulings from more distant fields were gathered in the sunshine and blue of the day. If it be true that the subjects in a great many callings and occupations are "born and not made" we believe this can be extended to include the fathers. Like his father, Rob has an enviable with his own and all small ones which makes them happy to be in his company.

But whereas James inclined always to indulge their every whim and fancy for the sake of peace, or "Here Ellen, you see what you can do with these!" Rob's tone though most kindly can indicate a finality. We recall that once when Ellen, our niece and namesake was a young visitor to Alderlea, and must go with the farmers at their fencing in a distant field, she wearied of it in no time. And James, though his work was most insistent at the moment, interrupted it to carry her to the house. And landed safely, she looked up to ask, with all the whimsy of a three-year-old, "Are we ready now to go back?" But "Oh no!" we said firmly, though James was about to oblige her, which a bit stormily settled the matter.

Machinery has now replaced the laborious task of unloading the hay by hand to a stack, and from a verandah — we have two doors opening into the kitchen, the front one which granddaughter designates as "the clean one" and that in the rear, the favored scene of many a feminine and masculine endeavour which to her is "the dirty one" since more often it is littered than not — we were able to take the pulse of the work. We saw huge

Morning Smile

A Good Answer

Principal—Aren't you ashamed to be called into this office so often? Pupil—Why, no, sir. I always thought it was sort of a respectable place.

Truth Will Out

"Johnny," said his mother, severely, "someone has taken a big piece of ginger cake out of the pantry." Johnny blushed guiltily, and fid-

True Success Story

By F. H. MacArthur

It is hard to realize Herbert Spencer (1820-1903) became a distinguished philosopher though he hardly ever attended school. Being in delicate health his parents permitted him to spend most of his time out of doors. Perhaps his contact with nature caused the boy to acquire a dislike for schools; anyway his only education seems to have been acquired at home.

During this time, the lad became much interested in making collections of insects and in rearing moths and butterflies as well as studying the botany of the locality.

At the age of 17, Spencer became an engineer on the London and Birmingham railway and continued in this occupation for some ten years, when he resigned the job to become a sub-editor of the London Economist. He stayed on the new job exactly four years. During this time, he got to know George Eliot, John Stewart Mill and other celebrated scholars and thinkers of that period. While editor of the Economist, Spencer produced his first work of importance, "Social Statics" which was well received by readers of that day. Next he conceived the idea of publishing a philosophy whose scope should include all existing knowledge and upon this task he labored throughout his life and was finally able to see his work in print.

Spencer appears to have been well fitted by nature for the work which he had set himself. He was possessed of almost unlimited patience and was a keen observer. Thus he was able to store up in his brain numerous facts pertaining to the sciences and had the ability of being able to distinguish relations between facts to a marked degree. Some say to a much greater degree than Darwin or other specialists. Be that as it may, Herbert Spencer will always be looked upon with the greatest respect for he accomplished what no other man did in the field of labor.

But, like Darwin, Spencer was a staunch believer in evolution, and did much by his writings and lectures to establish the theory.

We are told that he believed in the unity of all things and he set forth this belief in such a convincing manner that his popularity increased in spite of the violent opposition which many of his statements caused. His works have been well received in the U. S. A., among those best known are First Principles of Biology, Principles of Sociology, Principles of Ethics and Education. Besides these he wrote books on various subjects and three volumes of Essop.

geted around. Oh, Johnny," she exclaimed, "I didn't think it was in you!" "It ain't all," replied Johnny, "part of it's in Elsie."

Provincial Girl's Club Summer School



Shown here are a group of girls from all over the Province who attended a course at the Vocational School put on last week for girls from Food Clubs and Sewing Clubs: Back row—Left to right, Pauline Doucette, South Rustico; Leita MacLean, West Point; Helen Nicholson, South Rustico; Isabel Mutch, North River; Joan MacKinley, North River; Vera Newson, Brackley; Miss Audrey MacMillan, Department of Agriculture, 3rd row—Doreen Smith, Central Royalty; Ellen Woolridge, Brackley; Birdie Kitson, East Baltic; Ardelle Robertson, East Baltic; Helen MacLean, East Baltic; Florence MacPhee, Grandview; Doris McKenna, Glen Roy; 2nd row—Ardelle MacAusland, Central Royalty; Louise McCarron, Southport, Glenn Smith, Bloomfield Station; Lillian Bernard, Bloomfield Station; Leona Atkins, Glen Roy; Miss Mary H. Robin, Supervisor W. I.; Miss Maylea Boswell, Assistant Supervisor, Front row—Elizabeth Arsenault, Carleton Lot 6; Annie MacDonald, West Point; Leona Gallant, Southport; Irene Gray, Carleton Lot 6; Eileen McKearney, Glen Roy; Myra Griffin, Glen Roy.

Cook's Corner

VEGETABLE MARROW CASSEROLE

4 cups sliced vegetable marrow 1/2 cup sliced onion 6 medium tomatoes, sliced 1 teaspoon salt Dash of pepper 2 tablespoons butter Peel marrow, remove seeds and cut in 1/2 inch slices. Arrange vegetables in alternate layers in a greased casserole, sprinkling each layer with salt and pepper. Do with butter. Bake in a moderate oven, 350 degrees F., for 45 minutes. Yield: six servings.

That Body Of Yours

By James W. Barton, M.D.

SOLDIER'S HEART, ANXIETY NEUROSIS, NEUROCIRCULATORY ASTHENIA NOT DANGEROUS During and after World War I a number of returned men were found to be suffering with a group of symptoms that was given various names: soldier's heart, battle fatigue, anxiety neurosis, effort syndrome, and, finally, neurocirculatory asthenia. This same group of symptoms occurred in the civilian population and it is estimated that about 5 per cent (1 in every 20) of the population is suffering with neurocirculatory asthenia, which means weakness or tiredness of nerves, blood vessels, and the muscles themselves.

In The Journal of the American Medical Association, a group of Boston physicians — Edwin O. Wheeler, Paul D. White, Mandel E. Cohen, and Eleanor W. Reed — state that this disease or ailment is a common disorder which they have observed and followed for many years. They report their findings in the records of 173 patients followed up after 20 years.

The definition given by the group is that neurocirculatory asthenia is "a state of ill health characterized by a large number of symptoms including breathlessness, palpitation, chest pain, nervousness, fatigue, headache, dizziness, sighing, attacks or spells, apprehension, trembling and discomfort in crowded places, in the absence of other disease which might reasonably account for these symptoms."

The records of these 173 patients were chosen because, while they had the above symptoms, these symptoms were not complicated by other disease or disease such as high blood pressure or heart disease.

What did these research physicians find in their follow-up 20 years later of these 173 patients suffering with neurocirculatory asthenia?

1. They found that this is usually a chronic disorder which does not greatly interfere with the patient's work or family life, nor does it cause death. 2. They found no evidence to suggest that these patients are more likely to develop high blood pressure, heart disease, peptic ulcer, diabetes, asthma, and mental disturbances than others. 3. Neurocirculatory asthenia does not lead to a high death rate. 4. The various methods of treatment that had been used, including shock treatment, gave no better results than the usual reassurance of their physician.

As we go over all the symptoms that were present at the examination 20 years previously and find nothing more serious than what had happened to the rest of the population, this should be reassuring to sufferers with neurocirculatory asthenia.

NEURASTHENIA—MENTAL AND PHYSICAL TIREDNESS

Many men and women suffer from neurasthenia — mental and physical tiredness. Write today for Dr. Barton's helpful leaflet on this subject entitled "Neurasthenia." To obtain it, send 5 cents, coin preferred, and a three-cent stamp to cover cost of handling and mailing, to The Bell Syndicate, Inc., Post Office Box 99, Station G., New York 19, N. Y., and ask for leaflet "Neurasthenia."

LONDON, — (CP) — London's Southwark Cathedral will present a religious ballet for the festival of Britain.

Better English

By B. C. Williams

1. What is wrong with this sentence? "Mix together one cup of milk and two eggs." 2. What is the correct pronunciation of "swathe" (to envelope)? 3. Which one of these words is misspelled? Excellence, excellifeon, exorbitant. 4. What does the word "chicanery" mean? 5. What is a word beginning with pa that means "relating to rural life and scenes"?

Modern Etiquette

By Roberta Lee

Q. What are the bridegroom's expenses for a wedding? A. Engagement and wedding rings, clergyman's fee (\$10 minimum), marriage license, bachelor-dinner expenses, bride's bouquet, boutonnières for his attendants, wedding trip, wedding gift for the bride (anything except clothing), and gifts for his attendants.

Q. Is it proper for a woman to rise to accept an introduction to another woman? A. Not if the woman is of the same age or younger. But if she seems much older, then the younger woman should rise.

Q. When writing to the head of a college, should his academic degrees be designated on the envelope? A. It is not usual nor necessary to affix them to his name on an envelope.

How Can I!!!

By Anne Ashley

Q. How should buttons be fastened on lace? A. The buttons on lace instead of sewing them on, using a needle with doubled thread. The ends should be tied under the buttons and on the wrong side. If tied carefully, the buttons are easily removed when the lace is to be refreshed.

Q. How should a silk garment be laundered? A. Do not rub soap directly on the garment. A suds should be made of white flakes, and the silk worked up and down in the suds until the garment is clean.

Q. How can I keep a party

Household Scrapbook

By Roberta Lee

Cleaning Ivory Ivory which has become yellow may be easily cleaned and its whiteness restored by the following method: Take half of a lemon, dip it in salt, and rub over the discolored ivory. Wipe off immediately with a soft cloth.

Cakes and Cookies When baking cakes or cookies, in which horsey is used as a sweetening, be sure to use a rather moderate temperature, as they will burn if the oven is too hot.

Chewing Gum Chewing gum can be removed from clothing by rubbing the spot with pure lard, then rubbing on a quantity of soap. Follow by washing alternately with water and turpentine.

used bottle of olives fresh? A. By pouring about a half inch of olive oil over the top and then keeping the bottle securely corked

DOROTHY DIX SAYS -

Misplaced Kindness

Grandmother's Pampering Does More Harm Than Good

DEAR MISS DIX: I have a "problem child", the result of its grandmother's spoiling. My mother lived with us and from the hour of my son's birth she was frantic over him and took possession of him and negated my every effort to bring him up properly. She upheld him in his childish misbehavior, opposed my every way of doing things and made up to him for what discipline I managed to give him. Today he is 12 and shows the marks of the rockings, coddlings, humoring which she gave him. Underneath our boy is of a very tender nature, loving and kind, gentle to his pets, but resentful to authority and any suggestion as to behavior.

I knew my boy was being ruined, but what could I do? A WORRIED MOTHER

ANSWER: There is no problem that a mother confronts that is more difficult to solve than how to protect her children from the cruel kindness of a doting grandmother. The mother, weighted down by her sense of responsibility to her children, realizes that their grandmother may be wrecking her children physically, mentally and morally, yet she can only save them at the expense of depriving a pitiful old woman of almost the last shred of happiness she has left in the world, and it takes a more ruthless nature than most women possess to do it.

CHILD FILLS HER LIFE Old people are very lonely. They have few pleasures. And to them a grandchild comes almost as a resurrection. There is something to do and think about and feel again, and so they come to worship the grandchild with a passion of devotion greater than any they ever felt for their own children.

And perhaps it is because they do not feel any sense of responsibility to the child, or perhaps it is because they are so near the end of things that nothing seems important but the indulgence of the moment, that they spoil the child without reason. They save it from all discipline, they encourage it in selfishness, they make it a rebel against authority and use entirely different tactics in bringing it up from those they employed with its parents.

But what is the woman to do when she sees her children being ruined by their grandmother? I don't know. Of course, the children's rights come first, and in justice to them they should be separated from the evil influence that will be their undoing. They should not have to pay all their lives for the folly of an old woman.

DEAR DOROTHY DIX: We have had an argument about which love the deepest—men or women. A contends that even when two persons are deeply in love with each other the man's love is stronger than the woman's. What do you think?

ANSWER: Which one of two lovers cares more is a matter of the individual. It isn't something that is determined by sex. Probably no couple in the world ever loved each other in just the same degree.

Not all people are capable of feeling the same amount of emotion. Some hearts are bigger than others. Some natures more generous and responsive than others. There are hard and cold and selfish men and women who are incapable of ever loving profoundly anyone except themselves. There are shallow men and women, with no depths to their natures, who really never have anything but a passing fancy for any man or woman. There are other men and women with affectionate natures who can twine the tendrils of their hearts about anyone

Continued on page 9

The Stars Say - -

By Genevieve Kumble

For Friday, August 4

A SUDDEN and shattering crash may bring recent enjoyments, festivities, plans and indulgences to spectacular end. An irregular or intrusive state of affairs could bring pleasant and profitable affairs to a crisis. In such event it might as well be the part of valor, to "rest on your oars" quietly making the best of a self-created denouement. Expect no assistance or favors from those recent "fair-haired friends."

If It Is Your Birthday

Those whose birthday it is, may find themselves in a predicament, probably built upon their own sudden and wayward behavior or involvements. Perhaps this disintegration may be a normal reaction from miscarried plans, ambitions or ideals, or possibly from a rash or

reckless gesture either in business contacts or in the dominant quest of a personal association of a sensational character. Novelty, thrill, ingenuity may not "cash in" at this time.

A child born on this day, may find its life one of sudden and unpredictable events, with many reverses, strange adventures or unusual experiences.

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, gripping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters needs to be pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist, 25c.

Advertisement for Certo Raspberry Jam. Features include: 'It's So Easy... Make Raspberry Jam the Short-Boil Way', 'THIS RECIPE GIVES YOU 50% MORE JAM FROM SAME AMOUNT OF FRUIT', 'BOIL HARD ONE MINUTE ONLY SAVE TWO-THIRDS OF YOUR TIME', '10 GLASSES OF SPARKLING JAM WITH FRESH-FRUIT TASTE, COLOR', 'CERTO RECIPES GIVE SURE RESULTS IF SIMPLE DIRECTIONS FOLLOWED', 'In the short one-minute boil practically no juice wastes away in steam. So you get about 10 glasses instead of the 6 you'd expect from old-fashioned, long boiling. CERTO helps all fruits to jelly perfectly... gives an average yield of 50% more jam or jelly from the same amount of fruit.', 'CERTO is fruit pectin — the natural jelling substance in fruit — extracted and concentrated for easier, quicker, better jam and jelly making. A Product of General Foods.

Advertisement for Heinz Beans. Features include: 'Try all four kinds of Heinz OVEN-BAKED Beans', 'EACH ONE A THRIFTY MEAL IN ITSELF', 'LONDON, — (CP) — London's Southwark Cathedral will present a religious ballet for the festival of Britain.'

Advertisement for Palmolive Soap. Features include: 'For Baby Too!', 'choose extra mild, extra soothing Bath Size PALMOLIVE', 'Palmolive Soothes BABY'S TENDER SKIN!', 'Palmolive — made of the finest ingredients — gives a creamy-smooth extra-mild lather that soothes away irritation as it gently floats away dirt. A daily Palmolive bath will keep your baby comfortable... refreshed... dainty. Palmolive is extra-mild, extra soothing!', 'DOCTORS PROVE YOU TOO MAY WIN LOVELIER SKIN IN JUST 14 DAYS!', 'Start Palmolive's famous 14-day Beauty Plan today. Leading skin specialists proved the Palmolive Plan brings lovelier complexions to 2 out of 3 women regardless of age, type of skin or previous beauty care! Here's all you do: Wash your face with Palmolive Soap... Then for 60 seconds, massage gently with Palmolive's soft, lovely lather. Rinse!... Do this 3 times a day for 14 days. This cleansing massage brings your skin Palmolive's full beautifying effect!', 'So Big! So Thrifty (So Solid and Long-Lasting) Ocean of "Beauty Lather" (Eaching New Fragrance) (Mammoth Love It, Too)', 'PALMOLIVE GOOD FOR BABY IS ESPECIALLY GOOD FOR YOU!', 'For Loveliness All Over buy BATH SIZE PALMOLIVE'