

Mid-Morning Coffee

If you're lucky enough to have a next door neighbor who shares coffee with you after the breakfast dishes are on the shelf...

But summer is not the time of letter writing. This month and August belong to the cottage villages which dot the harbour and the coast line of both sides of the Island.

For this morning's recipe you will need a good friend and a relative, unless you are fortunate enough to locate a grocery store where pecans are sold shelled and ready for baking.

Who really would want to write a letter? "No," said the man over the counter. "It's not going to rain again all summer. It rained all Festive Week and we won't get another drop of rain till September. Soon we'll be crying for rain. Everyone knows he is wrong."

Heeding my own advice of last week for the Exhibit of Historical Interest I went to the attic to see what I could find that might have any value in the town's past life.

That Body Of Yours By James W. Barton, M.D. EMOTIONAL DISTURBANCES INCREASE WORK OF THE HEART

I have written several times of how Nature comes to our help in emergencies, enabling us to put up a stronger fight by increasing the amount of blood pumped at each beat and also increasing the number of beats of the heart per minute.

These emergencies that cause us to call on Nature for help may not be due to any real organic trouble but can be caused by the emotions. In The Journal of Clinical Investigation, Drs. Ian P. Stevenson, Charles H. Duncan and Harold Wolf (Cornell University) tell of their study of heart rate, blood pressure and output of blood by the heart, before and after a standard exercise test.

In patients who were only slightly disturbed emotionally, average heart outputs were greater before and after exercise than in those who were apparently undisturbed. This difference (increase) was largely due to increase in the power or stroke volume with each beat of the heart.

Despite the increased output, there was shortness of breath, palpitation and weakness in the emotionally disturbed. In 10 patients with structural heart disease—leaking valves, weak muscular walls of heart—the same relationship was observed between emotional disturbances and signs of weakening of muscular strength of heart, that is, shortness of breath, palpitation and fatigue.

What we do learn from the knowledge that emotional disturbances can cause symptoms when exercise is taken, whether the heart is perfectly sound or the heart has defects in its structure? Both conditions—healthy or a defective heart—are less able to withstand exercise when an emotional disturbance is present.

In seven patients alterations in ability to withstand exercise (exercise tolerance) were observed in less than an hour. In the early stages of heart mobilization (increase in heart stroke, increase in heart rate and increase in blood pressure) this mobilization is mainly achieved by increases in the strength of the heart stroke; in advanced stages, the increase is due to increase in heart rate.

Ordinary physical exertion, our everyday work, performed during periods of relaxation put little extra work on the heart compared to the great increase in work done by the heart when emotional disturbances such as anxiety are present. You increase the work of the heart when you are anxious. Anxiety is chronic fear.

We had gathered the herd, then fell to milking, leaving as

DOROTHY DIX SAYS—

Widow's Dilemma

Choice Of Beaux Complicates This Young Mother's Life

DEAR MISS DIX: I find myself in a most unhappy situation and I am asking you for counsel. I am a young widow with a child, and I have managed to make myself fairly secure in the business world.



My friend does not dislike my child, but has never shown signs of affection towards her. He assures me that the differences in religion and family background are of no consequence in our case and that he loves me for myself alone.

ANSWER: With so many doubts in the atmosphere, I don't think either suitor is the man for you. I could certainly never advise you, or anyone else, to marry a man you don't love—which would seem to eliminate suitor No. 2.

CONSIDER YOUR CHILD

And for any young mother with a child to contemplate marriage to a man who is not wholeheartedly fond of her baby is to lay the groundwork for a miserable future.

DEAR DOROTHY DIX: What can a wife do with a husband who swears and throws things and breaks up the furniture if anything goes wrong in the home or he has had a bad day at the factory?

ANSWER: Many husbands use their wives as escape valves for all the bottled-up temper and nerves and irritability that they dare not show the outside world.

DEAR MISS DIX: I have known this boy for four years and in that time he has shown signs of being in love with me. However, I do not return that love. At present he is in the service and on his last leave we had a misunderstanding.

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ANSWER: Since you say he has shown "signs of being in love," you do have some doubt about it. If his feeling for you is friendly, it would be a nice gesture on your part to write a note and try to clear up the misunderstanding.

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

James' share the more fidgety of them. And now, two milk-stools together, our shoulder made a pillow for the small sturdy lad, who after an extremely busy and satisfying day, had gone away into dreamland with a smile and a word on his lips.

Modern Etiquette

By Roberta Lee

Q. Is it proper to use the telephone to acknowledge receipt of a gift?

A. This is not considered good form. The receipt of a gift by mail always calls for a personally-written note of appreciation.

Q. When leaving a person to whom you have just been introduced, and that person says, "I am glad to have met you," what should your response be?

A. "Thank you" is sufficient. Or, if you can say so sincerely, you may reply, "Thank you, I hope I shall see you again soon."

Morning Smile

Honest

The Latin teacher was in fine humour after lunch and instead of setting right down to Latin, he decided to tell the class a couple of jokes he'd heard the night before.

The Stars Say --

By Genevieve Kemble

For Tomorrow

AN obstacle, a letting down, a postponement or a temporary stagnation, could prove a factor for averting sinister entanglements, crafty alliances or hateful involvements.

For the Birthday

Those whose birthday it is may find themselves in a position where they gain and find security by staid, frustrated or delayed conditions.

A child born on this day might profit by its innate tendency to postpone, put off or defer vital decisions, turning disaster into discipline.

Campbell - Walsh Wedding



Mr. and Mrs. John Campbell photographed during their wedding reception at Keppoch Beach Hotel following their recent marriage at Saint Dunstan's Basilica.

A Country Garden

Mr. Gordon MacMillan

How may a man compute the value of the rose? From out the distant past, through present times, it goes Ever to greater heights of beautiful destinies.

Adorably serene through uncounted litanies, Of dew and wind, of sun and cloud, till its repose, Secured by faith; still folding fragments close

Of fragrance it has shared. God loves it, it must be. For sharing His great gift so well, and cheerfully.

'Tis by this simple grace the rose has gained that touch Which bends the will of man to love, and love it much;

And, if it but inspires some love in human hearts, Who knows the power of good which one small rose imparts?

Methods we should not strive appraisals to compose, For God alone can probe the depths of value in the rose.

Roses are now blooming in the rose-garden for the season has been good for roses. Several new roses were planted this spring and Hybrid Teas and the Polyanthus are all we have hoped for.

Many years ago the Sweetbriar was planted in this garden and it is one of the cherished roses along with the mossed crimson and fragrant white, Rugosa Roses are extremely hardy and will grow with little care; they attain a height of

Household Scrapbook

By Roberta Lee

The Cold Drink

The cold drink should not be sweetened too much. The purpose of the drink is to quench the thirst, and a very sweet drink will only induce thirst.

Caseament Windows

If you have caseament windows in your home, all the hinges occasionally in order to prevent their squeaking and rusting.

four or five feet and bloom until frost. They are suitable as specimens or planted as a hedge. The Grootendorst in red and pink have been grown here for many years.

"Enter then the rose-garden when the first sunshine sparkles in the dew, and enjoy with thankful happiness one of the loveliest scenes of earth. What a diversity, and yet what a harmony of colour!"

There are White Roses, Striped Roses, Pink Roses, Rose Roses, Carmine Roses, Crimson Roses, Scarlet Roses, Roses almost Black, and Roses of a glowing Gold. What a diversity, and yet what a harmony of outline! Dwarf Roses and Climbing Roses, Roses closely carpeting the ground, Roses that droop in snowy foam like fountains, and roses that stretch out their branches upwards as though they would kiss the sun; roses in clusters and roses blooming singly; roses in bud, in their glory, decline and fall. And yet all these glowing tints not only combine, but enhance each the other's beauty.

All these variations of individual form and general outline blend with a mutual grace. And over all this perfect unity, what a fragrance, freshness, purity, splendour!"

— Dean Hale, 1885.

cup strained lemon juice. To make the jelly: Measure sugar into a bowl to be added later. Place saucpan containing juice over hi-h heat. Add powdered fruit pectin and stir until mixture comes to a full hard boil.

8. What is a word beginning with oa that means "playful rivalry; banter?"

ANSWERS 1. Say. "We left as soon as we had finished our work, but the foreman objected to our leaving."

2. Accent second syllable, not the first. 3. Prerogative. 4. Hooked; prominent like the beak of an eagle, applied especially to the nose. "Many great men of history have had aquiline noses." 5. Badinage.

7. What is the correct pronunciation of "caloric"?

3. Which one of these words is misspelled? Perspiration, persivity, prerogative, pertinence.

COOK'S CORNER MINT JELLY 2 1/2 cups (1 1/4 lbs.) prepared juice 3/4 cups (1 1/2 lbs.) sugar. 1 box powdered fruit pectin.

To prepare juice: Crush 1 1/2 packed cups fresh mint leaves and stems. Add 2 1/3 cups water. Bring to a boil. Remove from heat, cover and let stand 10 minutes. Strain and measure 2 1/4 cups mint infusion into a large saucpan. Add 1/4

How Can I!!!

By Anne Ashley

Q. How can I eliminate the squeaks from my porch swing? A. Try wrapping the hooks, where the chains come into contact with them, with pieces of thin leather, pigskin, or other suitable material that will not wear through readily.

Q. How can I remove a bulge from the bottom of an aluminum pan which has been heated excessively? A. To strengthen this out, heat the pan slowly and when hot, pound the bottom lightly with a hammer.

Q. How can I soften shoes that have become stiff from being wet? A. First wash the shoes in warm water; then rub them well with castor oil.

Better English

By D. C. Williams

1. What is wrong with this sentence? "We left as soon as we were through with our work, but the foreman objected to us leaving."

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

3. Which one of these words is misspelled? Perspiration, persivity, prerogative, pertinence.

4. What does the word "aquiline" mean?

5. What is a word beginning with oa that means "playful rivalry; banter?"

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Why pound them 20 minutes?

SHIRTS AND SHEETS

COME WHITER..LAST LONGER

washed 10 minutes in NEW Jet-Power LUX



MRS. IRENE SPROWT, BEDFORD, N.S.

"It's amazing how New Lux saves wear and tear. My sheets used to 'go' so fast but since I've been using New Lux in my washing machine they're lasting much longer."



MRS. GEORGE F. DYSON, VICTORIA, B.C.

"My shirts and sheets couldn't be whiter and they're just not fraying and tearing the way they used to. And New Lux doesn't cost a penny more than what I used before in my washing machine."

Why "beat up" your good shirts and sheets every washday when they come whiter, last longer washed only 10 minutes in New Jet-Power Lux? With New Lux you save half the tumbling and twisting, half the wear and tear.

Washing tests of all leading washday soaps used in Canadian homes show

Costs less to use — you get more soap than in any other washday product

LUX advertisement with image of a woman and a dog, and text: NEVER BEFORE SUCH WASHDAY POWER WITH SUCH WASHDAY SAFETY. new! LUX for all the family wash.

WIMPY TOMATO KETCHUP advertisement: BIGGEST FLAVOUR BARGAIN YOU CAN BUY...