

ELLEN'S DIARY

By an Island Farmer's Wife

Even though Jamie's holiday with us at Alderlea is past, evidences of some of his pet projects remain to tell of his visit. Creatures of the outdoors tented in silky cocoons rest in glasses on a sill for over the winter. There is the corpse of the beautiful wide-winged moth he captured one evening flitting about the light on a verandah, and liberated then in a favored laboratory of the children among the house plants in a porch. A large green grasshopper that "must be a Katydid" perished there too, seemingly in the midst of plenty. And during his stay we harbored escapees of spiders and caterpillars and we could have entertained a wide-mouthed warty toad as an over-night guest. "Isn't she just a darling!" they cooed admiringly when just to be cautious they lifted it on a shingle from a cool haven beneath a shrub. It was granddaughter who fancying the distress of her poor babies had this curiosity later carried down to the garden.

Nothing about seems to escape their notice or curiosity—plant, bird, insect, reptile. "Snakes!" Jamie laughed, when one slithered away from our path as we strolled by the stream. "You're frightened of them!" "Well, not actually scared" we admitted "but they're not pleasant company." "They won't harm you, and they are useful on a farm, didn't you know? They eat grubs and bugs and flies... they don't chew, but just swallow their food whole" and he added "they're as frightened of you as you are of them!"

This morning while the kettle was singing a first tune of day and breakfast was in the making, we heard a low wail from the lawn—a sound of distress... Having had more than a little experience in our day with children we have learned to distinguish with some degree of certainty between the different cries. Among the saddest is the lonely "I want my mother" cry and to us the sweetest is a lusty outburst after a bump or hurt. It was granddaughter, bare feet in the dew. She was still dressed in pyjamas and as she continued to search about the old stone doorstep she mourned softly. "I can't find it, I can't find it!" was the substance of her cry. "Find what dear?" we asked. "It's that hat mother found last night in the garden. She says she put it right there—and it's gone now!" She was so sorrowful that James dropped the rail-pails he was carrying across the yard to join us. "But it was dead!" he comforted her. She nodded. "I know... and now, I'll never see one—or touch one, because it's gone!" And the lengthy tawny grey cat that has taken over Tab-

That Body Of Yours

By James W. Barton, M.D.

A METHOD THAT PREVENTS SNORING IN SOME CASES

I have written about snoring several times because this habit is not only embarrassing to the snorer himself, but may cause real illness from loss of sleep by other members of the family. In previous articles it was pointed out that some obstruction of nose or throat or some slight deformity may be the cause, and this cause can usually be removed. Among the suggestions for correcting or relieving snoring were: lying on opposite side of the nose obstruction, lying always on the side but never on the back even if this meant using a board to prevent lying on the back. A bandage around top of the head and under lower jaw likewise may prevent mouth breathing.

However, as there are cases where no obstruction or nose or throat defect are present, how to prevent snoring in such cases is the problem. A method which may prove of help to snorers and members of their families is suggested by Robert Elman, M. D., St. Louis, in the Journal of the American Medical Association.

Dr. Elman gives the history of a young man afflicted with the snoring habit in whom no cause could at first be found and for whom the remedies mentioned above were of no avail. An x-ray taken sideways showed that with the head in the usual or normal position, the epiglottis opening into the windpipe and the uvula (the small tongue-like organ hanging between the tonsils) were almost in contact with the back wall of the throat. By extending the head backward, thus stretching the neck, the epiglottis and uvula became further separated from the back of the throat and the snoring stopped. The next point was how to keep the neck extended while the patient slept.

Dr. Elman fitted the patient with a simple, easily applied and removable Thomas collar, the collar that is used in broken neck, with very satisfactory results. This collar prevented any snoring during the entire night. The patient later was able to do without the Thomas collar and merely slept on his back with a small pillow at the nape of the neck.

The above information does not mean that when obstructions or defects are present they should not be removed. Thus a uvula that is too thick or too long should be removed or made smaller. Also, in keeping jaw from dropping downward by a bandage under the chin is often successful in preventing snoring.

Dr. Elman's task of providing us with kites, yawned until as Aunt Mahoney used to say "You could fairly hear her jawbones crack" and then with studied boredom,

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Princess Sparkles As Brightly Under Pert Hat As Diamond-Studded Coronet That Ceremony Oft Demands



Better English

By D. C. Williams

1. What is wrong with this sentence? "Acoustics are a branch of physics that I would like to study."
2. What is the correct pronunciation of "indie"?
3. Which one of these words is misspelled? Coiffure, complexion, colleague, collaborate.
4. What does the word "pa amonun" mean?
5. What is a word beginning with ge that means "liberal"?

ANSWERS

1. Say, "Acoustics is a branch of physics that I should like to study."
2. Pronounce as though spelled indie, with accent on second syllable.
3. Coiffure.
4. Superior to all others; supremely con-trolling. "The influence of Nash-iron became paramount."
5. Gene-rous.

GRANDMOTHER'S KETTLE

The first aluminum plant in Canada was founded at Niagara Falls in 1895.

As clothes-conscious as any other woman, Princess Elizabeth has been busily engaged in the job of choosing a new wardrobe for her scheduled visit to Canada in October. Since Elizabeth and her husband, the Duke of Edinburgh, who will accompany her on tour, will be visiting industrial and defence production plants one moment and then dining with some dignitary the next, appropriate costumes will be demanded. Timing is also another important factor, in an effort to maintain

DOROTHY DIX SAYS—

Forget Past Love

False Glamor Surrounds Erstwhile Sweetheart

DEAR MISS DIX: Seven years ago I was very much in love, but have parted and both have since married. Now my sweetheart of old has come back into my life. He wants me to go out with him, and says he still loves me. I love him, too, and don't want to lose him again. Should I continue seeing him now, or wait until he gets his freedom?



ESTHER
ANSWER: My advice is short and to the point! Send him back to his wife and forget you ever saw him again! Don't say you can't do it, that you can't forget him! Decency and prudence have no other course. You're just building romantic castles in the air out of nothing. Come down to earth and look facts in the face. You're a day-dreamer, Esther, and while occasional dreams are fun, it is the reality of everyday existence that forms our lives.

RENOUNCE HIM

By creating a big renunciation scene, you'll be able to spend the rest of your life with a slightly shattered heart, which will give heroic stature to the humdrum days ahead. This will be a good deal more satisfactory than breaking up two homes, and embarking on a second marriage that will, itself, be broken before too long. Two unstable people cannot make a satisfactory home, and both you and your sweetheart are too vacillating to make a worthy attempt at settling down.

DEAR MISS DIX: I am a girl of 19, engaged to a boy of 22. We have been going together for three years and are very much in love. He is very kind and I know he would make a good husband. My mother, however, does not approve of him. She would like me to marry a professional man with no family ties. My boy friend works in a dairy, never finished high school, and has his mother to support. I don't think I could ever learn to like his mother. Another problem is that I want to start at the university this fall. I plan to see an art teacher. If I decide to marry next spring, I probably won't finish the course. Is our love strong enough to conquer these difficulties or will they, as our friends believe, conquer us?

BETTY
ANSWER: "Love conquers all," you know and it is more than just the title of a play. You do have a lot of difficulties to overcome, and some of them may easily lead to trouble after marriage. I think you should postpone your wedding until you finish your university course. This seems like a long time, but I agree with your friends, you probably won't finish if you marry earlier. Having a profession such as you will be trained for is an asset not to be lightly discarded.

Another obstacle that deserves long and careful thought on your part is your future mother-in-law. Since your boy friend is her sole support, you will probably have to share your home with her. The uncongeniality existing between you both will certainly not be conducive to a harmonious home.

Continue your education, and give careful thought to your other problems which are not trivial ones.

DEAR MISS DIX: I am a young widow with a 6-year-old son I have been going to with an older professional man for several years. He is separated from his family until you find out occasionally but most of the time just makes himself completely at home at my house, where he eats most of his meals. I care for him, but he says he can't get a divorce because the resultant scandal would be detrimental to his professional standing. What do you think his intentions toward me are?

LAURA
ANSWER: Your friend's intentions are simple to make things as easy and pleasant for himself as possible. He'll enjoy the hospitality of your home and your cheerful companionship as long as convenient, then—well, you can just worry about yourself! This may seem a callous summing up of the situation, but it's better for you to face the bitter truth now than wait for a tragic disillusionment later.

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

The Stars Say --

By Genevieve Kemble

For Tomorrow

THERE are signs that the power urge of yesterday may find itself expressed in "going to the head" or in some manifestation of egotism or show-off conduct. Perhaps the "party" celebration of the big event was demonstrated in a complex over-exaggeration of importance, thereby forfeiting cherished prestige or "pull" with the higher-ups.

For the Birthday

Those whose birthday it is may find a degree of letting-down in the magnified desires, hopes and wishes. Things may not "pan out" according to schedule. It could be that this default might be due to a vaunted ambition, turning the head in a show of ego or other high-handed behaviorism. Keep balanced.

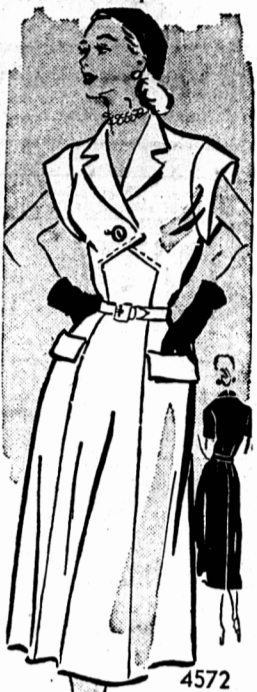
A child born on this day could be the instrument of its own defeat, due to a vaunted display of its own importance in the scheme of things. A little modesty could mend this.

Anne Adams Patterns

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Cook's Corner

PEANUT BARS

2 cups sifted flour, 2 teaspoons double-acting baking powder, 1 teaspoon soda, 1/2 teaspoon salt, 1/2 cup shortening, 1/2 cup sugar, 1/2 cup firmly packed brown sugar, 2 egg yolks, 1 teaspoon vanilla, 3 tablespoons cold water, 2 package semi-sweet chocolate bits, 2 egg whites, 1 cup firmly packed brown sugar, 1/2 cup chopped salted peanuts.

Sift together the flour, baking powder, soda and salt. Cream the shortening, gradually add the granulated and brown sugar, one-half cup of each. Mix well. Blend in the egg yolks and vanilla. Add the cold water alternately with sifted dry ingredients. The dough will be very stiff. Press dough into two greased and floured 8 x 8 x 2-inch pans. Sprinkle the chocolate bits over dough and press in gently. Beat the egg whites until foamy. Gradually add the one cup of firmly packed brown sugar and beat until stiff. Spread over chocolate bits. Top with the chopped salted peanuts. Bake in slow oven, 325 degrees F. 30 to 35 minutes. Cut into bars or squares while still warm.

Household Scrapbook

By Roberta Leo

A Tight Ring

It is very seldom that a tight ring cannot be removed from the finger if the hand is held in cold soap suds for a short time.

Saves Curtain Hem

An old glove finger, if slipped over the end of a curtain rod while pushing it through the hem of a curtain, will prevent it from catching in the hem.

Chopped Cabbage

Vinegar left over from sweet pickles makes a tasty seasoning for chopped cabbage.

How Can I!!!

By Anne Ashley

- Q. How can I make celery crisp?
- A. First cut the inner stalks of the celery into three or four inch lengths. With a sharp knife, cut each piece down into thin slices, stopping when within an inch of the end. Drop into ice water. The strips will curl as they become chilled.
- Q. How can I clean suede shoes?
- A. Brush and sandpaper the suede shoes lightly. Then go over them with a cloth moistened with vinegar.
- Q. How can I cool a dish of any hot food quickly?
- A. Set it in a pan of cold water which has been liberally salted.

Morning Smile

Brush-off

He: "If you'll give me your telephone number, I'll call you up some time."
She: "It's in the phone book."
He: "Fine! What's your name?"
She: "That's in the phone book too."

Love Wasn't Blind
Friend (to newly-wed): But why

Modern Etiquette

By Roberta Leo

Q. What toast may the father of a bride-elect propose in announcing her engagement at a dinner party?

A. "I propose to drink to the health of Mary and the young man she has decided to add permanently to our family, James Marlin."

Q. Is it proper for a woman to rise when another woman leaves the room?

A. It is a nice thing to do when the woman leaving is much older, but it is not necessary otherwise.

Q. Is it proper for a child to address a young aunt as "Heleen" instead of "Aunt Heleen"?

A. Yes, this is quite all right, if the aunt prefers it or requires it.

Q. Did you pick a gal so chubby? Newly-wed: Well I figured it's easier to live with 200 pounds of curves than 100 pounds of nerves!

Cookies—extra tasty when they're MAGIC baked!

OAT CRUNCHIES

Measure into bowl 3 1/2 c. rolled oats and sprinkle with 4 1/2 tps. Magic Baking Powder, 1/2 tsp. salt, 1/4 tsp. grated nutmeg; mix thoroughly. Combine 3 well-beaten eggs, 2 tps. grated orange rind, 1/4 tsp. vanilla; gradually beat in 1 1/2 c. fine granulated sugar and add 1 1/2 tps. butter or margarine, melted. Add egg mixture to dry ingredients and mix thoroughly. Drop by small spoonfuls, well apart, on greased baking sheets and centre each with a piece of nutmeat. Bake in moderate oven, 350°, about 15 mins. Remove baked cookies from pans immediately; they come from the oven. Yield: 5 dozen cookies.



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