

ELLEN'S DIARY

Royal Bank's Letter Is Excellent On "Soil"

The April issue of the Royal Bank of Canada's monthly letter, which treats of "Using Soil Wisely" reached this farm today by way of a Doctor — friend of the family with this quite startling comment relative to this interest of his heart: "Apparently future generations will die of deficiency diseases or starvation unless some way is found to prevent soil erosion."

"Through millions of years" the soil has been building up a balance between animal, vegetable and mineral life. She tied the mixture in place on the earth's surface by the interlacing of grass roots on our prairies and tree roots in our forests. The leaves she discarded in autumn became part of the soil that produced them.

"But we humans came and broke up the prairies and cleared away the forests. We upset the balance of nature. Today our earth is sick."

When my sister and I were planning to marry, they disapproved. They were discouraging towards the boy friend and marriage; but when they finally saw that we were determined, they went along at the zero hour.

**FEEL GUILTY**  
Mother's feelings are easily hurt and if one were sharply frank, she might become fearful. And in fact she can sense if you might be on the verge of being sharp, and you can see the impact in her face—a stricken look that makes you go away feeling guilty.

Mother is an introvert and very religious; religion seems to be her only outlet. Dad is the extrovert and quietly feels though he never says that mother rather overdoes religion. I think. But he is a loyal husband, just as she is a devoted wife.

I don't know why I get so disturbed about them. Mostly, I guess, because I'm the "cluck" over adult children. Or having to curb myself in their presence. I don't say much, lest I start a long discourse about nothing; or lose my temper and go away knowing that they'll be dissecting my comment for hours; or that I've hurt their feelings, unwittingly.

What do you make of it all? I would appreciate your opinion. S.Y.

**ON THE DEFENSIVE**  
Dear S.Y.: As I get the pitch, most of the story isn't told. It seems you are on the defensive against your parents' solicitous disapproval of some aspects, at least, of your "conduct of life" in widowhood.

Your fragmentary quotes, to illustrate their concern, "let's smoke so much; drinking is bad; don't be out late at night"—also your aggrieved memory that they disapproved your choice of mate, and your sister's too, years ago, all suggest a chronic fear on their part that you may harm yourself.

In other words, they just don't assume that you can maintain yourself morally, without constant reminders that they're taking note from the sidelines and exhorting you to "live up" to "right" standards. I think it's this sort of pressure—well meant but annoying—

interesting article states "Nature built up a balance between animal, vegetable and mineral life. She tied the mixture in place on the earth's surface by the interlacing of grass roots on our prairies and tree roots in our forests. The leaves she discarded in autumn became part of the soil that produced them."

"But we humans came and broke up the prairies and cleared away the forests. We upset the balance of nature. Today our earth is sick."

"Just what in plain terms does this deterioration of land mean to us? One result of lack of conservation is a lowered level of living and the development of human deficiency diseases and hidden hunger. It is conceivable that if wastage of land continues, we shall be faced not with a struggle for markets but with a struggle for food."

"Health is so important to us that we should be well advised to spend relatively more on knowing our soils and seeing that they are healthy, and relatively less on our illnesses, which are merely the outward sign of an often unrealized soil deficiency."

"In considering health it is misleading to separate man, animals, plants. All are part and parcel of the same nutrition cycle which governs all living cells. The earth's green carpet is the source of the food consumed by livestock and mankind."

"We have passed the stage look that creates mutual tension when you are together. Even as your mother acutely senses when you'd like to speak sharply to her, but don't you probably sense what's in her mind too, that she doesn't say—about hidden "bones of contention" at the present time.

Judging by the gist of past history, she probably is concerned about your dating relationships or social affiliations (or lack of same) at the present time. And you may be less than happy on this score too—which would cause you to be emotionally allergic and resistant to her intense preoccupation with such "details" of your private life.

If you were happy and satisfied in your personal scheme of things, her habitual solicitude wouldn't distress you unduly—as seems to be the case at present. The antidote is to come of age, psychologically, and round out your own development—so that you won't be always "judging" yourself unconsciously, by what your mother "thinks" of you. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.



SOFT SUIT

Delightfully demure is the new "little shell" jacket suit much favored by that master-designer, Arthur Jablow. He does this one in a beautiful black and white tweed and details the fly front coat with two little black suede bows. The

jacket is short and lightly molded, the hem notched to allow for the curve of the skirt which unfolds in unpressed pleats. The skirt is straight and slim in back. Definitely a suit for the young and slim figure.

MARY HAWORTH

Parents Are Very Concerned

Dear Mary Haworth: I am a widow, 40, living in the same town as my parents and married sister—but we have separate homes.

My sister and I are very fond of our nice parents, and always have been close to them, perhaps because we are a small family.

However, the problem is their attention to details—their extreme solicitude about small things such as "make sure you wear your overshoes . . . take an umbrella . . . you shouldn't smoke so much . . . drinking is bad . . . don't be late at night."

**MARVEN'S BISCUITS**  
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<p><b>PERFECTION ORANGE AMBROSIA ICE CREAM</b> Pint Brick . . . 29c</p>	<p><b>MAXWELL HOUSE Coffee</b>, all-purpose grind, lb. 98c</p> <p><b>MAXWELL HOUSE INSTANT COFFEE</b>, 2 oz. btl. 59c</p> <p><b>SMOKED DEVON BACON</b>, sliced, lb. . . . 59c</p> <p><b>McLAREN'S CORN RELISH</b>, 12 oz. btl. . . 35c</p>	<p>Robin Hood <b>White Cake Mix</b> Pkg. 29c</p> <p>Robin Hood <b>Orange Cake Mix</b> Pkg. 29c</p>
<p><b>BALDWIN APPLES</b>, 5 lb. bag . . 59c</p> <p><b>NEW CRISP LETTUCE</b>, head . . . 19c</p> <p><b>YORK FROZEN Orange Juice</b>, tin . . 19c</p> <p><b>ZER-O-PAK GREEN PEAS</b>, tin . 27c</p>	<p><b>Perfection GOLD'N FLOW BUTTER</b> 2 LB. 1.19</p>	<p><b>NEW TEXAS ONIONS</b>, 2 lbs. . . 25c</p> <p><b>NEW TEXAS CARROTS</b>, 3 lbs. . . 29c</p> <p><b>POTATOES</b>, 10 lbs. . . 39c</p> <p><b>RIPE TOMATOES</b>, pkg. . . 29c</p>

ing upon plants and vegetation as inexhaustible resources, but we do not yet fully realize how perishable the earth's goodness can be. . . .

"What we seek from the land is that it provide the base of the highest possible standard of living for the people of Canada . . . ."

And we who farm for future generations, recognize that the term "soil erosion" includes a number of things. It takes in not only the more and less depletion left in the wake of the wintry seasons and rains, but any careless mining of the fields without thought of much restoration which is some instances, with help scarce and time at a premium has to pass for farming today. And how shall conditions be bettered?

It is likely the 26 man committee set up by the Senate early this year charged with a widespread study of land use in Canada in a job described in the Chamber as one of the most important the Senate has ever undertaken will find some answers to the question. It may be that sooner or later, to work toward the benefit of all, that soil survey and regulation of arming to some extent will be out lot on farms.

Tonight, the Maytime fields rest quietly beneath a damp spring blanket of snow. . . .

Until tomorrow . . . . Diary—Goodnight . . . . .



RECEIVES PRIZE

Olive Fern Ryder, daughter of Mr. and Mrs. Sterling Ryder of St. Nicholas who graduated as registered nurse at the graduation exercises held on Wednesday last. Miss Ryder received her education at her district school after which she entered Summerside High school where she received her Junior matriculation then entered the Prince County Hospital in 1954 for training. At the graduating exercises she

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**WIFE PRESERVERS**

bread so a very fresh cake or loaf of bread so that it doesn't crumble, use a thin-bladed knife heated in hot water, then dried. Never hold steel over an open flame to heat or you will ruin the steel.

**WINDSORS IN LONDON**  
LONDON (AP)—The Duke and Duchess of Windsor arrived Tuesday from Paris for a three-day private visit. The American-born duchess has never been received by the Royal Family since the duke gave up the throne to marry her.

**UROLOGISTS TO MEET**  
MONTREAL (CP)—About 50 surgeons from Britain, Ireland, Sweden, India and Australia and 100 leading Canadian doctors will attend next week's three-day joint meeting in Montreal of the Canadian Urological Association and the British Association of Urological Surgeons. It is the 13th annual convention of the Canadian association and marks the first joint meeting with members of the British organization.

was presented with a prize for General proficiency by the Medical Staff.

**FOR MOTHER**

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*Honey Bun Ring*

• When you bake at home, try this scrumptious Honey Bun Ring. It's so easy, when you use fast rising dry Best Yeast!

**HONEY BUN RING**

Scald 3/4 c. milk, 1/2 c. granulated sugar, 1 1/2 tpsps. salt and 3/4 c. shortening; cool to lukewarm. Meantime, measure into a large bowl 1/2 c. lukewarm water; crumble and add 1 cake Best Yeast—or stir in 1 tsp. granulated sugar and sprinkle with 1 envelope Best dry Yeast. Let stand 10 minutes. THEN stir well. Add cooled milk mixture and stir in 1 well-beaten egg and 1 tsp. grated lemon rind. Stir in 2 c. once-sifted all-purpose flour; beat until smooth. Work in 2 c. (about) once-sifted all-purpose flour. Knead on lightly-floured board until smooth and elastic.

Place in greased bowl and grease top of dough. Cover and set in warm place, free from draft. Let rise until doubled in bulk. Punch down dough and roll out into an oblong about 9" wide and 24" long; loosen dough. Combine 1/2 c. lightly-packed brown sugar and 1/2 c. liquid honey; spread over dough and sprinkle with 3/4 c. broken walnuts. Beginning at a long side, loosely roll up like a jelly roll. Lift carefully into a greased 8 1/2" tube pan and join ends of dough to form a ring. Brush top with melted butter. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, 45-50 minutes. Brush top with honey and sprinkle with chopped walnuts.

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