

Mid-Morning Coffee

Last week I made a promise over a telephone which I am going to keep, if only in part, this morning. Ten women wanted help in beginning a course in carpentry at the Vocational School. Perhaps it was my coffee table, I forgot to ask. But I think their idea is an excellent one and I do feel that any housewife would be much more self-reliant if she knew the basic steps in, let's say, understanding blueprints, driving a nail without smashing a thumb, or even making picture frames.

Answer for M. Mac: This is in answer to your request to publish an example of an informal "thank-you" note for wedding gifts. If Emily Post doesn't sue me for lifting this piece of information right from her "Blue Book of Social Usage," I'll start with her examples for a formal answer and an informal one.

Dear Mrs. G.: It was more than sweet of you and Mrs. G. to send us such a lovely clock. Thank you both, very, very much. Looking forward to seeing you on the tenth. Very sincerely, Mary Smith—or Dear Mrs. N.: The tea cloth is perfectly exquisite. I have never seen such beautiful work. I appreciate your lovely gift more than I can tell you, both for its own sake and for your kindness in making it for me. Don't forget you are coming in on Tuesday afternoon to see the presents. Lovingly, Mary.

I think the easiest rules are brief, but be sincere, and do try to give it a personal touch. After all your friends spent perhaps an afternoon choosing your gift and you do wish to show them you appreciate it. Oh yes, and remember to use plain white note paper.

Have been reading Women's Institute reports again and I've found another bit of information. It was the Murray Harbour Institute report and the members were discussing the Adult Education plan to list material of provincial historic interest. This is what they found in their own group. Mrs. John MacDonald has in her possession a chair used by David Livingstone when he was a small boy. Mrs. MacDonald's great grandmother was a sister of David Livingstone's mother!

Received two letters this week that made me realize how nice people can be. The first was from Lantz, N. S., where Alma and Ernest Lorenzen have their pottery studio which I told you about one Tuesday in Morning Coffee. She says, "We feel we do not deserve such praise, nevertheless, you can be very certain, it flattered our ego tremendously and thank you immensely for having thought about us." The other was from someone we all know very well, and so I wish to thank you, "Ellen," for your kind words to a novice.

One young mother I know spent a good part of a morning this week teaching her young three-year-old son that he should love people and not want to fight. He should really love all those around him. It took a lot of time, she said, but after awhile his eyes became very warm and thoughtful. "Now," she asked him, "do you love anyone?" Just think very hard and tell me who you truly love." He thought a while and put his head to one side. "I love grocery mans and Santy Claus."

Have you got your Christmas Cards addressed? I haven't. But must remember this week to make my yearly visit to the Post Office and buy a sheet of stamps from Mrs. MacLaughlan.

Do you like sweet potatoes? If you do here's a recipe that you'll enjoy making as well as eating. You'll need 6 medium sized potatoes, 1-4 cup butter, 1-2 cup brown sugar, 1-4 cup water. Then, boil potatoes, pare, and cut in halves lengthwise. Heat butter and brown sugar in heavy frying pan. Add potatoes, turn until brown on both sides. Add water,

ELLEN'S DIARY

By An Island Farmer's Wife

Sunday then we had celebrated, with the folks at the house "in the road, an Anniversary of their marriage, though the actual date of it fell on yesterday. Along the fields we had gone, enjoying the invigorating breeze of day, and trying to match wits with James. Looking again upon this or that field that in our years with him we have learned to know so well, following old beloved paths unwearied, though a bit lonely for the two small lads who once upon a time helped to make up the procession. Taking possession of an old land-mark to see, turning long always at the point to the Kirk spire clear against the sky, wondering "Whose is that far away?" or "that house beyond below that edge of cloud?" and "I reckon there would be, well, altogether, a hundred acres of woodland in that patch away over there!" If James thought of those days, no mention came to his lips, taken up possibly with the present scenes of farming on his own acres, or full of anticipation of the happy greeting we should receive when at length we arrived at Rob's door.

Karoly, flushed from her dinner preparations, calling her greetings; Jamie so pleased, and Gage—now a lad of a retiring quiet manner, Rob coming from the stable, Mr. A. from his lonely house across the road, And Jeanie, detained until later by her small ones, coming by another route to join us, all presently to sit about the table, to partake of very tasty fare. Chicken from Karoly's flock, and the gizzard divided by Jamie, the half to his grandfather's plate, and the rest to his own so that both would taste sweetly by the dividing. "Not plum pudding!" James exclaimed, resting the first course in his depths, while he beamed benevolently around the board. "You'll have to excuse me for commenting about it," he explained to Karoly with a chuckle. "It had been a bit like so long since I tasted the one that was forgetting what the sight of it was like!" There was a cake too, gay in its trimmings of icing and cherries, and as our hostess apologized there would have been pie too "but there just didn't seem to be any time to do more."

And in thoughts, we must go back to that day of the past. James recalled as did we that it had been brooding, such as those which among the latest. November is pleased to bring. Without a sign of rose in the sunrise, but only an amber glow so delicate that it all too soon died away into the gray about. All day the clouds had lowered against the hills, and a strange stillness rested along the length and breadth of the countryside. The air held an edged chill, which gave over in time, to a softness, balmy, we remember when at the twilight it had been first snowflakes of the season drifted solemnly down. And overnight, "Heaping field and high-way, with a silence deep and white" Winter had arrived. And considering its advance that year, James observed with an ominous shake of the head: "You've heard of living on borrowed time? Then that's what the farmers are doing now as regards the Fall work!"

We remember now that the son of the farmer to whom James and our younger farmer, and many another from near and wide distances paid last respects in a sad yet oft-repeated rite, last evening, had not lived even one day on borrowed time. But without a word of farewell to loved ones, though they will search hearts now to find if there was any sign of the sorrow-to-come in his late-spoken and well-remembered utterances. . . he set off, young and alone, as one day shall we all, on a trek to that other land. "A good boy" a mother will recall proudly. "A kindly husband and father," a family will remember, and "a great neighbour and friend" those privileged to know him best will mourn. "Yes, though I walk through the valley of the shadow of death, I will fear no evil" a lad of the long ago sang. . . a fair shepherd lad

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

Strange But True

By F. H. MacArthur

The Maharaja's palace at Mysore, India, may be seen from every part of the city. The cupola, capped with gold, is an inspiring sight by moonlight. The Maharaja's throne is made of ivory, silver and gold. . . Like sin, prostitution is as old as the human race. Masses attacked the problem with strong injunctions against immorality, yet, strange to say, he tolerated these "strange women" in the smaller centers. During the reign of King Solomon, Jerusalem was overrun with prostitutes. Sampson chose the house of a prostitute during the time he lived at Gaza and every student of the Bible is familiar with Sampson's love-lady, Delilah. . . Nell Gwynne, Mistress of Charles II belonged to this class of females, being at one time an orange girl and, later, an actress in the Drury Lane Theatre.

Prior to the Nineteenth Century, the feeble minded were treated with great brutality. Quacks pretended to remove the stones from the heads of insane persons, which they claimed to be the cause of their insanity. The quack doctor made an incision in the forehead of the patient and then palmed a small stone which was exhibited to the patient's relatives. There still are quacks in the world and people who believe in them. Until the middle of the Nineteenth Century amputations were performed without anaesthesia. The nobility had their own surgeons, while the common soldiers and the general public had to rely on barbers to cut off a diseased leg or arm. . . "Believe it or not," but William Blake of Edinburgh, Scotland, signed a confession admitting that he committed sixteen murders for the purpose of selling the bodies to Dr. Knox, a school of anatomical dissection. Blake went to the gallows January 27, 1829. Leonardo da Vinci and Michael Angelo were similarly accused in their time and Pope Leo X, in 1519, for this reason denied da Vinci admission to the hospital in Rome, where he wished to study anatomy.

Tibet is a strange country. In Tibet, the most important group is the religious authorities. They are also the statesmen and ambassadors, and whenever they travel, they take religious ornaments such as prayer wheels, charm boxes, and what have you. . . Both men and women of Ceylon wear long hair tied up in a knot at the back of the head. Malaysians do little farming. They have little need to cultivate huge areas as the breadfruit tree yields a food like bananas in flavor, but like bread in texture. The Siamese cattle thief (when caught) is forced to wear a massive yoke of bamboo about his neck. This form of punishment does the trick, for he cannot run nor struggle nor escape into the shelter of the jungle.

In 1720, when the Black Death was rife in Marseilles, the doctors went about their grim business dressed in a long robe, gloved hands and a peculiar head piece, having a bill-shaped nose. This odd snout was filled with spices presumed to purify the inhaled air. They carried a wand to feel the pulse so that they would not have to touch the victim's flesh, and their advice to the healthy was: "Go quick, go far and return late."

Household Scrapbook

By Roberta Lee

Parsley will stay green and fresh for a long time if kept in an airtight glass jar in the refrigerator. This is a much better way than trying to keep it in water, where it usually turns yellow within a day or two.

Worn-Out Blankets When blankets have become worn, they may still be utilized by putting two of them together, covering with sateen, and tacking with worsted to form a comforter.

Dress Hanger Rubber bands wound around the ends of slippery dress hangers eliminate this trouble.

How Can I!!!

By Anne Ashley

Q. How can I tighten the blades of a pair of scissors, which have become loose? A. Try pressing a hot poker or solder iron on each side of the rivet which holds the blades. The rivet will expand and fit the table, which tightens these blades. Q. How can I impart a better flavor to fruit cake? A. When the fruit cake is ready for baking, set it in the icebox for 24 hours before putting into the oven. It will be lighter and the fruits will give the dough a better flavor. Q. How can I make putty? A. By mixing linseed oil with sifted whiting to the proper consistency.

MELVILLE SCHOOL Report for month of November. Grade X-1, Edna MacDonald. Grade VIII-1, Regie Noye. Grade VI-1, Joan Gillis. Grade V-1, Jimmy Ross; 2, Gerald Ross. Grade III-1, Horace MacEwen. Grade II-1, Helen MacRae; 2, Ellen MacDougall; 3, Gerald MacDougall. Grade I Sr-1, Lee MacRae; 2, Katherine MacDonald. Grade I Jr-1, Laurie Morrison. Beginners - 1, Alex MacDonald; 2, Donnie MacDonald. Teacher—Flora Gillis Morrison.

NO FEAR OF COLD CATCHING when the children have been built up with Father John's Medicine, which increases resistance to colds.

That Body Of Yours

By James W. Barton, M.D.

OPERATION FOR HIGH BLOOD PRESSURE We do not hear or read much about appendicitis any more now about the operation for removal of the appendix. What we do hear and read about is high blood pressure, because heart strokes (Coronary thrombosis) and brain strokes (apoplexy), due to high blood pressure, are becoming increasingly common. Fortunately the family physician by using drugs to lower the blood pressure temporarily, can relax both the blood vessels and the heart muscle, and even short rests take some work off the heart. In addition, the physician prescribes an easily-digested diet and cuts down the food intake, thus preventing overweight, a bad complication of high blood pressure.

Where drugs, diet and health suggestions fail to keep the blood pressure within safe limits, the operation known as sympathectomy (cutting of nerves supplying heart and blood vessels) is being performed in many hospitals. Thus the results of the effects of this operation, Dr. Paul D. White, Boston, E. Grey Diamond, Kansas City, Kansas, and Armistead Williams, Richmond, Va., report in the Journal of the American Medical Association on a smaller but special group of 50 private patients also operated on at Massachusetts General Hospital. These 50 patients differed from the first group in that they did have important heart and blood vessel complications. Their progress was followed after operation by Dr. White and by Dr. R. H. Smithwick, the noted surgeon and the originator of the special operation used. Notwithstanding that this type of patient (with complications) is not considered a good risk, the results were very gratifying.

The results by sympathectomy are compared with results of 50 private patients with heart and blood vessel complications treated medically. After a three-year follow up of the 50 who had undergone operation, the result was excellent or good in 11 and fair with some definite improvement in 11. In 5 cases there was little or no change; 11 patients were worse and 12 were dead. The deaths at end of first year were two for those who had undergone operation and 8 for those treated medically; at end of 2 years, deaths were 6 and 16 respectively; at end of 3 years, 8 and 23.

This means that selected cases of high blood pressure who have heart and blood vessel complications, do better under operation than those treated medically.

Morning Smile

More Exciting

"Mother, shall I have a little sister one day?" "Why? Well it gets rather a bore teasing the cat."

Mean!

Joggins: How do you get on with the boss, old man? Juggins: "He's about the meanest man I know." Joggins: "How's that?" Juggins: "He's had the legs sawn off the wheelbarrow so that I can't sit down and rest."

BASKET OF PANSIES



E-859

The pansy medallion, so easily made and quickly memorized. Crocheted separately, they are handy pick-up work. The Baskets are easily crocheted in the spider-web design to make this beautiful chair set.

To order: Send 20 cents in coin to Needlework Bureau, Charlotte-town, Guardian. Design No. E-859

A Country Garden

By Mrs. Gordon Macmillan

"The service of flowers to mankind is almost without limit. They minister joy to those whose hearts are almost bursting with the songs of carefree anticipated pleasures; they equally minister solace and peace to those whose hearts are breaking with the sob of sorrow and the crushing weight of almost hopeless despair; from the cradle to the grave, in every age and phase of life's short span, they lend themselves in making better and happier lives."

The African Violet, Saintpaulia ionantha, is not a violet at all but is related to the Gloxinia and it is only in the last twenty years that it has become known as one of the most popular house plants. I think this is due to its free-flowing habit, and the fact that it will thrive in a north window if there is light, but they do much better in a west or east window and one good gardener tells me that she has two beautiful plants in a south window: a violet, blue and a white variety. They will be left there until the sun becomes hot in early spring. She is careful to water with a long-spouted teapot, then water does not touch the leaves; the most important thing to remember in watering is . . . the water must be warm and she finds that rain water is just the drink that they thrive on.

African Violet culture is featured in the lovely new America's all-garden magazine sent to me last week under an island visitor from Boston and I think him for his thoughtfulness; it is the finest gardening magazine I have seen and the illustrations are beautiful.

"Make African violets bloom." "Lots of Violets in little space" and "Everyone knows how to grow African violets" are the headings of each page and after reading the four pages we became bewildered as there are so many ways to grow beautiful violets.

Henry was a graduate in Botany from Cornell University, and he became so interested in the breeding of new varieties that he soon had one thousand varieties; he decided to show his exhibits at the African Violet Society Show held in May in Rochester, the "Flower City" and six thousand people crowded the gallery to see this popular house plant. Henry won eight prizes out of nine exhibits and this included the "Queen of the Show" award; this was a magnificent specimen of Du Pont Lavender Pink, with blooms measuring two inches across on a vigorous plant.

The leaves were five inches in diameter with stiff stems the size of a pencil. Many other varieties are in his collection, fringed, and in several lovely colors, also bicolors. He grows these wonderful plants in a soil composed of one-fourth sand, one-fourth sifted leaf mold, one-fourth rotted cow manure and one-fourth peat moss. The seed of the African Violet is as fine as dust and sometimes it takes quite a while for the seedlings to appear, so he grows the plants from leaf cuttings.

Henry roots the cuttings in water and the parent leaf is left until it rots off; a warm temperature is important; and dust must not be left on the leaves so he sprays gently with warm water. Artificial lighting is used with splendid results, bringing the flowers into bloom, and Henry grows many of his violets in the basement behind the furnace where the temperature is right and the lights are suspended at a three foot height and no turning of the plants is necessary.

An easy way to propagate violets is to take sound mature leaves, removing the leaf with a long piece of the stem. Insert the stems through one-quarter inch holes punched in cardboard which is fitted over a glass container, a four inch depth is convenient. They should be rooted in thirty or forty days and these small plants can be planted in shallow pans. Toothpicks are used to hold the leaves down until the small plants are rooted, and in this way a large collection is soon made.

Garden work is still being done this wonderful weather and in this garden more good earth has been brought to the borders, and stems of the perennials have been gathered. Pruning and tidying of all the corners in the shrub boundaries has been done. Seeds that were gathered in the sunny busy days and pushed into boxes and pans can now be cleaned and stored in paper bags; the scented leaves bring back memories of a happy summer and many new friends. But once I pass this way, And then — no more. But once — and then, the silent door Swings on its hinges — Opens . . . closes — And no more I pass this way So while I may, With all my might, I will essay Sweet comfort and delight To all I meet upon the Pilgrim-way. For no man travels twice The Great Highway That climbs through darkness up to Light— Through Night To DAY. — Ozonham.

OWBRIDGE'S COUGHS - COLDS BE REFRESHED

DOROTHY DIX SAYS—

By Dorothy Dix

Real Love Mature Man's Description Sums Up True Affection

DEAR MISS DIX: I am a man 41 years of age. I have found a woman who has shown me that life is really worth living, though I never cared about it before. If I am in despair her smile drives away my gloom. Just the sound of her voice over the telephone puts me on top of the world. In all my life I have never known the meaning of love and happiness until I met her. I can always talk over my troubles with her and get consolation. If she goes away for a few days I am beside myself with worry over her, although I know she is capable of taking care of herself. Since I have been going with her I have never given another woman a second glance. After four years I can still go to a movie and hold her hand and feel like a boy with his first sweetheart. I would like very much to marry this woman, but my friends think I would be foolish to do so because they say it is only infatuation that I am too old to fall so desperately in love. Do you think that is true?

ANSWER: Too old to fall in love at 41? Why, that's just the right age for a man to experience the grand passion. It is only maturity that can experience the depths of emotion. It simply skims the surface with youth.

YOUTH SEEMS MORE GLAMOROUS

Perhaps it is because boys and girls are prettier and more glamorous than older people that causes us to wreathe them about with romance and make them the heroes and heroines of our love stories, and attribute to them feelings which in the nature of things, they cannot possess. Their loves are, as a general thing, mere passing fancies that have one object today, another tomorrow.

I have printed your letter because it is such a beautiful description of the love that a man feels toward a woman when he finds his life with her. Other men might well check their affection by yours, and with her ever after.

DEAR MISS DIX: I am a girl of 22, an adopted child. I love my foster-parents dearly and would be happy except for one thing. I am always thinking about my mother and wondering about her. It is a bitter thing to me to know that she abandoned me as a baby, that I wasn't wanted and was in the way, but in every crowd I think— is she here? Is she nice? Does she ever think of me? What does she look like? Can you give me a better thought about this?

ANSWER: It is natural that a girl of your sensitive temperament should often think of the mother she has never known. It is part of the idealism with which we surround motherhood.

If you judge her harshly, no one can blame you, but perhaps what seems her cruelty to you was kindness. It may be that when she gave you for adoption she was desperately poor. Perhaps your birth was a tragedy. Perhaps your mother was that most pitiable of all human beings—an unwed mother, without money, without protection, without even any way of earning more than a pittance of a living, must seem to such a woman the kindest, as well as the wisest thing, to give the child to those who will love it and care for it, who will give it an honest name and bring it up in a good social environment.

My earnest advice is to talk this matter over with your foster-mother. Tell her just how you feel and ask her to help you, if she can, to find your own mother and let you see just what manner of woman she is. There is no way of laying our ghosts like turning the light upon them.

Furthermore, little as you may believe it now, the chances are a hundred to one that when you find your own mother you will find that she is a stranger to you and that your foster-mother, with whom you have every memory in common, is your real mother.

DEAR MISS DIX: Should a girl return jewelry and other gifts to her ex-sweetheart's mother? He said he didn't want any of his presents returned. In the meantime he has moved away and his mother writes me to return his presents. What must I do?

ANSWER: If the young man wanted his presents back you would have to return them, but his mother has no claim upon them whatever, and there is no reason why you should send them to her unless you want to.

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

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "After having arrived, the people greeted each other." 2. What is the correct pronunciation of "etiquette"? 3. Which one of these words is misspelled? Despicable, despondency, desecrate, desecrable. 4. What does the word "ineffably" mean? 5. What is a word beginning with di that means "variety"?

Modern Etiquette

By Roberta Lee

Q. When one is eating meat should only one piece be cut at a time? A. Definitely, yes. When eating either meat or poultry, cut a small piece and convey it to the mouth. Never cut up the entire portion of meat into numerous pieces. This is considered very crude.

Q. Is it considered the duty of everyone who was invited to a wedding to call on the newlyweds after their return from their honeymoon? A. Yes, making sure, of course that they are well established in their new home.

Q. When a man is walking in the rain with a woman who is carrying an umbrella, should he offer to hold it? A. Yes, this would be courteous.

ANSWERS

- 1. Omit after, and say, "the people greeted one another." 2. Pronounce et-i-quet, and not et-ki-quet. 3. Despondency. 4. In a manner not to be expressed in words. "The mountains were ineffably majestic and beautiful." 5. Diversity.

Needlecraft

FOR THE HOME

THE KEYNOTE - VERSATILITY The skirt and blouse team is a wardrobe basic! Here, a shawl collar blouse for wool jersey . . . a slim new skirt made from a mere yard of fabric. (Two patterns.) No. 2982 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24 and 26. Size 16, 3 1/2 yards 35-inch or 1 1/2 yards 54-inch. No. 2921 is cut in waist sizes 22, 24, 26 and 28. Any of its sizes can be made from 1 yard of 54-inch material. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address. Address: Pattern Department, The Charlotte-Town Guardian, Pattern No. 292 and No. 2981. Name Address City Province

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