

ELLEN'S DIARY

By an Island Farmers Wife

A strange air of desolation hangs over our immediate countryside these days — almost a desolation, were it not for the colorful herds and flocks that pasture in content on the slopes about. At the mill, the familiar ring of the saw has been temporarily silenced and no one works on the farm lands about.

"My mother made a bowl of apple sauce this morning," granddaughter announced as with red ribbons on her fair braids she too happily joined the trek to The Fair. Although she has been in attendance before, this will be no doubt, the first occasion to remain evergreen in her memory. She rode the smallest ponies, until dwindling resources halted the pastime.

These are the crowning days of Jamie's holiday season, the grand ending before presently he returns to his classes and another school year. We remember that there was a period of living for us when the year did not begin in January but after a summer season that had suddenly aged, when we bid farewell to all its delights that we would never be able to enjoy in just the same way again, and a bit lonily realizing even then nothing could abide, but ever there must come a change, we turned to face our new year. "Too bad school is coming up so soon" we remarked to Jamie one day in the hayting when we tried to divide impartially among the four a favor we bestowed. "Oh, I don't know" he replied "I rather like the idea of going back. You know it is only fun when you like it." "Fun," he says, "echoed Gage a shadow falling across his dark eyes. "It's no fun for me. I'll be lonesome. I have only Spotty to play with when Jamie's away."

That Body Of Yours

By James W. Barton, M.D.

CANKER SORES MOST OFTEN CAUSED BY FOOD ALLERGY

While many cases of canker sores are caused by various conditions of the mouth, the majority are caused by digestive disturbances and certain foods which seem to disagree with the patients. For some time, physicians have suspected that when foods disagree and canker sores appear, it is because the patient is sensitive or allergic to these foods.

In the question and answer department of The Journal of the American Medical Association, the cause of canker sores (aphthous stomatitis) is asked by a physician who has used the usual methods of treatment, including vaccinations, perborate mouth washes, the old-time method of borax and honey and others on an obstreperous case, but the sores return at almost regular intervals. The answer follows:

Aphthous stomatitis always requires an allergic study. Most allergists agree that food allergy is the usual cause. Walnuts, spices, and fruits are to be suspected; other foods commonly responsible for allergy must be considered.

In his book "Elimination Diets and the Patient's Allergies," published by Lea and Febiger, Dr. Rowe, the noted food authority, prescribes his fruit-free elimination diet which leaves out all fruits, milk, eggs, wheat, chocolate, spices and certain other foods when canker sores and other stomach and intestinal allergies occur. Dr. Rowe points out that many physicians continue to treat canker sores by use of various ointments and other remedies instead of considering allergy as the most likely cause.

Canker sores occur from various causes. Toothpastes, powders and mouth washes. "In almost all patients with aphthous stomatitis, other mouth allergic reactions occur — distension of stomach, soreness under breast bone, full feeling, nausea, vomiting, pain or distress in abdomen, diarrhoea or constipation," writes Dr. Rowe.

The thought then is that canker sores in most cases are caused by foods to which the individual is allergic. By leaving suspected foods out of the diet, the food of foods at fault can usually be found.

Better English

By D. C. Williams

1. What is wrong with this sentence? "Keep me posted, and I'll be back in a few days."

ANSWERS 1. Say, "Keep me informed, and I shall return in a few days." 2. Pronounce boo-ka, oo as in boat, accent second syllable and not bow-ka, 3. Achieve, 4. A model or pattern, a type of excellence or perfection. "She was a paragon of chaste womanhood." 5. Turbid

Morning Smile

Win Sometime Mother—Did you put your dinner in the Sunday School collection? Junior—No, I lost it. Mother—But this is the third Sunday in succession that you've lost it. Junior—I know it, but the other boy's luck can't last forever.

Sarcasm Elder Sister—I suppose some day some man will come along and ask me to marry him. Younger Sister—Oh, I would be surprised—there seems to be a great demand for antiques these days.

MacNevin - Stewart Wedding



The marriage of Florence Ellen Stewart of Mr. Watson MacNevin was solemnized June 27th at the manse of the Church of Scotland, Charlottetown. Rev. J. H. Bishop officiated. The bride is the youngest daughter of Mr. and Mrs. John M. Stewart, New Brigg, and the groom is a son of Mrs. Catherine and the late Duncan MacNevin, New Haven, left to right in the picture are the groomsmen, Mr. Alex Gillis, Cambridge Mass., Mr. and Mrs. MacNevin, and the matron of honor, Mrs. Alex Gillis, sister of the bride.

DOROTHY DIX SAYS—

Discontented Wife

Young Woman Regrets Pleasures Missed Through Early Marriage

DEAR MISS DIX: I am a young married woman, mother of a family. Being young and attractive, I still crave the excitement missed by marrying young. I find myself thinking about what I could do if I were not tied down. I have desires for trips that are impossible, for clothes I cannot have and entertainment I long for.

ANSWER: I am pointing your letter not so much in hope that I can help you (though I will try), as for the possibility that it may prove enlightening to teen-agers contemplating marriage.

YOUR LETTER TYPICAL This letter is representative of dozens that come to my desk each week from young women 19, 20 or 21 years old with two or three children, bewailing their state. Many are already divorced, others contemplate separation, and all yearn for the fun, pretty clothes and carefree pleasure they gave up for matrimony.

Now the girl has worn off the wedding ring and Peggy longs to recapture the freedom of youth. It can't be done, my dear. Willfully, and probably against the wishes of your parents, you embarked on the career of wife and mother, from which there is no turning back. You are standing squarely in the present, facing the future. Looking back may not turn you to salt, as it did to Lot's wife, but it will make you a cheap, tawdry individual unworthy of your husband's love, your children's devotion and your own self-respect.

DEAR MISS DIX: Can or will a woman change? I am 53 years old and have a fair income. I have been going with a woman, 46 years of age, who has been married and divorced three times. I have recently learned that for three years she has been accepting money regularly from a man considerably older than she. She has a son, 27 years old, who has been married and divorced twice. He now lives with his mother, and works part time. Could such a woman develop into a reliable and trustworthy wife?

DEAR MISS DIX: Far be it from me to condemn any woman to the extent of declaring she is beyond redemption on this earth, but you have sure picked yourself as feeble a piece of female as I have ever encountered. Any woman who has survived three divorces goes down in my books as a bad matrimonial risk for any steady male. DEAR MISS DIX: A girl who has always been my best friend seems to have suddenly gone crazy over my husband. She calls him pet names, but her arms around him, jumps on his knee whenever he sits down and pretends that he is in love with her. He seems embarrassed. He has always been a good and faithful husband and I don't believe that he likes all of this carrying-on. What should I do?

DEAR MISS DIX: Show the woman the door and tell her it is hands off of your husband. She bodes you no good.

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

Had Eczema For 40 Years

Itching Misery Spread Over Hands, Arms and Legs Tells How He Found Relief "For over 40 years I have had to submit to the curse of Eczema. It spread over hands, arms and finally my legs," writes Mr. M. E. of Vancouver, B.C. "I gave up all hope of ever finding a remedy that would give me a little relief. I tried everything. Three months back I was compelled to leave a good job on account of the condition of my skin. After being home for a month, I read an advertisement of your Emerald Oil. I bought a bottle and applied a few daubs on my raw flesh. Eureka—what had I found! I wish you could see my skin today. If I did not have the living proof on my own body, no one on this Earth could ever possibly convince me that it was possible to have such a remedy act and operate so rapidly. Gentlemen, I wish to heartily thank you. I suffer from any relative or friend ever from any form of itching. Give me your Emerald Oil at once. I am giving Moore's Emerald Oil a trial. Sincere—Grossless—but extremely efficacious. Moore's Emerald Oil is obtainable wherever drugs are sold."

HUGHES DRUG CO. JENKINS PHARMACY REDDEN BROS.

The Royal Edinburghs

By MARGARET SAVILLE

Her Royal Highness, The Princess Elizabeth, Duchess of Edinburgh, accompanied by His Royal Highness, The Duke of Edinburgh, will visit Canada in October and November. By special arrangement, The Guardian is presenting a series of twelve articles outlining the plans and preparations for the tour which are being made in Clarence House, the Royal Couple's official town house in London.

When Princess Elizabeth and Prince Philip speak of home, they mean the big white Clarence House of St. James's Palace in London. And the heart of it... the place in which they spend most of their time... is a delightful room on the second floor with turquoise-walls and pieces of antique mahogany that were among the Royal couple's wedding gifts.

Here in this pleasant sitting-room, the Royal Duke and Duchess are now preparing their coming visit to Canada. On the Princess's flat-topped Sheraton desk are all the papers concerned with the trip and a large-scale atlas of the world, now permanently left open at the double page which shows North America. Here the travellers have been talking with officials from Buckingham Palace, with their own household executives and their secretaries, arranging all the myriad details of their tour.

Scattered about this sitting-room are children's playthings. Prince Charles's red toy automobile is usually parked beside his mother's chair and there are some dolls to entertain Princess Anne when she is brought down from the nursery suite. Sturdy blonde-headed little Prince Charles, three next November, has already got the idea of the coming trip. "Mummy going in a big ship?" he announces importantly to everybody he meets.

The fact that the Duke is also going in the big ship does not strike Prince Charles as remarkable — he takes it for granted that the Duke is always connected with a ship. While Prince Philip was away until recently on naval service at Malta, photographs of him in uniform and of his ship stood on the nursery mantelpiece and at bed-time Prince Charles always insisted on kissing them.

Household Scrapbook

By Roberta Lee

Grass Rug

If the grass rug has become worn, and soiled, remove it to the yard and wash thoroughly. Then apply a coat of good house paint, using any desired color. Allow to dry thoroughly before moving it.

Prevent Corrosion

The metal tops of salt shakers can be prevented from corroding by treating the inside of the cover with melted paraffin. Open the holes before the paraffin has set.

Laundering Hint

An aspirin added to the water in which chintzes and cretonnes are to be laundered will keep the colors from running, and even improve them.

Modern Etiquette

By Roberta Lee

Q. When a man and his wife are entertaining a number of guests for dinner, and dinner is announced, do both the host and hostess precede their guests into the dining room?

A. No; the host should lead the way with the most important woman guest, and the hostess goes in last of all.

Q. When a man is escorting a woman and another man offers her a seat in a public conveyance or asks about something she has dropped, isn't he supposed to lift his hat to that man?

A. If he has any sense of courtesy, he certainly does.

Q. Is it proper to send typewritten letters of condolence? A. No. More thoughtfulness and more sympathy are expressed when letters are written by hand.

Alice Brooks Designs

A STORY COMES TRUE Be a fairy godmother! Delight your Goldilocks with Three Bears! Materials you need: two socks in men's sizes 10 and 12; one sock, child's size 8 1/4; few gay scraps. Easy-to-make toys for birthdays: Christmas! Pattern C7094; clothes patterns; directions; 3 toys. Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address Pattern Number.

How Can I!!!

By Anne Ashley Q. How can I prevent my glasses from cracking when pouring hot jelly into them? A. Put the glasses into a pan of hot water to prevent their cracking. The pan should be a shallow one, and the water sufficient to cover the lower third of the glass. Q. How can I make a good summer drink? A. A good and attractive summer drink can be had by serving frosted orange juice, containing pinks, cherries, or other fruit that is in season. Q. How can I clean window shades that are non-washable? A. Common table salt rubbed into them will remove their fresh-



PRINCESS ELIZABETH, Attending the Midsummer Festival Ball, smiles and holds the bouquet presented to her in the Dorchester Ball Room. She wears a full-flowing evening gown, and a jewelled necklace.

Princess Elizabeth is already a TV fan, enchanted if he can recognize anybody on the screen. "Granny!" he cries triumphantly when the Queen appears at some State function, and claps his hands. Granny is one of his favorite people and she will take charge of both Prince Charles and Princess Anne while the Edinburghs are away. The children are to remain at Clarence House because Princess Anne feels it is best that their ordinary routine should not be disturbed. Looking after them in the sunny third-floor rooms overlooking the gardens and The Mall will be their nurse, Miss Helen Lightbody.

Scattered about this sitting-room are children's playthings. Prince Charles's red toy automobile is usually parked beside his mother's chair and there are some dolls to entertain Princess Anne when she is brought down from the nursery suite. Sturdy blonde-headed little Prince Charles, three next November, has already got the idea of the coming trip. "Mummy going in a big ship?" he announces importantly to everybody he meets.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A PARTICULARLY active and enterprising day, but one that could be marred by rash, reckless, quarrelsome conduct. Flying into passionate and violent action, and precipitate most regrettable and violent reactions on personal injury, on health and on the integrity and satisfaction of all contacts, personal as well as business. Some novel achievement is jeopardized.

For the Birthday

Those whose birthday it is may stand in the way of their own good fortune and enterprise. The augury for a surprising development could be smashed by some wild, reckless or intemperate action of radical consequence. Bursts of temper, any show of ungentlemanly conduct, could stand in the way of success, with regrettable reactions on health, personal safety and all promising business associations.

A child born on this day may have a wild and fiery nature, prone to rash and violent temper tantrums. Early discipline may avert regret and defeat in a constructive career.

Cook's Corner

HONEY COCOANUT BISCUITS

Three cups sifted flour, 3/4 teaspoons double-acting baking powder, 1 teaspoon salt, 1/4 cup sugar, 1/2 cup shortening, 1 cup milk, 1 egg, beaten, 1/3 cup firmly packed brown sugar, 1 1/2 teaspoons cinnamon, 1/2 teaspoon salt, 1/2 teaspoon orange rind, 2 1/2 tablespoons butter, 1/3 cup honey, 1/4 cup shredded cocoanut.

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening. Combine milk and egg and add to flour mixture. Stir with fork until soft dough is formed (about 20 strokes). Turn out on lightly floured board and knead 30 seconds. Roll into a 15 x 10-inch rectangle. 1/4 inch thick.

Mix together brown sugar, cinnamon, salt, orange rind, butter, and honey. Spread half of the mixture over dough and sprinkle with half of the cocoanut. Roll as for jelly roll and cut in 1-inch slices. Arrange cut-side down in lightly greased muffin tins. Spread top with remaining brown sugar mixture and sprinkle with remaining cocoanut. Bake in hot oven (425 degrees F.) 20 minutes, or until done. Makes 15 rolls.

Anne Adams Patterns

Only One Yard of 54" Junior Miss! This is your ONE-YARD SKIRT! That's all the 4 1/2 inch fabric you need for this in any of these waist sizes: 26, 26 1/2, 27, 27 1/2, 28, 28 1/2, 29, 29 1/2, 30, 30 1/2, 31, 31 1/2, 32, 32 1/2, 33, 33 1/2, 34, 34 1/2, 35, 35 1/2, 36, 36 1/2, 37, 37 1/2, 38, 38 1/2, 39, 39 1/2, 40, 40 1/2, 41, 41 1/2, 42, 42 1/2, 43, 43 1/2, 44, 44 1/2, 45, 45 1/2, 46, 46 1/2, 47, 47 1/2, 48, 48 1/2, 49, 49 1/2, 50, 50 1/2, 51, 51 1/2, 52, 52 1/2, 53, 53 1/2, 54, 54 1/2, 55, 55 1/2, 56, 56 1/2, 57, 57 1/2, 58, 58 1/2, 59, 59 1/2, 60, 60 1/2, 61, 61 1/2, 62, 62 1/2, 63, 63 1/2, 64, 64 1/2, 65, 65 1/2, 66, 66 1/2, 67, 67 1/2, 68, 68 1/2, 69, 69 1/2, 70, 70 1/2, 71, 71 1/2, 72, 72 1/2, 73, 73 1/2, 74, 74 1/2, 75, 75 1/2, 76, 76 1/2, 77, 77 1/2, 78, 78 1/2, 79, 79 1/2, 80, 80 1/2, 81, 81 1/2, 82, 82 1/2, 83, 83 1/2, 84, 84 1/2, 85, 85 1/2, 86, 86 1/2, 87, 87 1/2, 88, 88 1/2, 89, 89 1/2, 90, 90 1/2, 91, 91 1/2, 92, 92 1/2, 93, 93 1/2, 94, 94 1/2, 95, 95 1/2, 96, 96 1/2, 97, 97 1/2, 98, 98 1/2, 99, 99 1/2, 100, 100 1/2, 101, 101 1/2, 102, 102 1/2, 103, 103 1/2, 104, 104 1/2, 105, 105 1/2, 106, 106 1/2, 107, 107 1/2, 108, 108 1/2, 109, 109 1/2, 110, 110 1/2, 111, 111 1/2, 112, 112 1/2, 113, 113 1/2, 114, 114 1/2, 115, 115 1/2, 116, 116 1/2, 117, 117 1/2, 118, 118 1/2, 119, 119 1/2, 120, 120 1/2, 121, 121 1/2, 122, 122 1/2, 123, 123 1/2, 124, 124 1/2, 125, 125 1/2, 126, 126 1/2, 127, 127 1/2, 128, 128 1/2, 129, 129 1/2, 130, 130 1/2, 131, 131 1/2, 132, 132 1/2, 133, 133 1/2, 134, 134 1/2, 135, 135 1/2, 136, 136 1/2, 137, 137 1/2, 138, 138 1/2, 139, 139 1/2, 140, 140 1/2, 141, 141 1/2, 142, 142 1/2, 143, 143 1/2, 144, 144 1/2, 145, 145 1/2, 146, 146 1/2, 147, 147 1/2, 148, 148 1/2, 149, 149 1/2, 150, 150 1/2, 151, 151 1/2, 152, 152 1/2, 153, 153 1/2, 154, 154 1/2, 155, 155 1/2, 156, 156 1/2, 157, 157 1/2, 158, 158 1/2, 159, 159 1/2, 160, 160 1/2, 161, 161 1/2, 162, 162 1/2, 163, 163 1/2, 164, 164 1/2, 165, 165 1/2, 166, 166 1/2, 167, 167 1/2, 168, 168 1/2, 169, 169 1/2, 170, 170 1/2, 171, 171 1/2, 172, 172 1/2, 173, 173 1/2, 174, 174 1/2, 175, 175 1/2, 176, 176 1/2, 177, 177 1/2, 178, 178 1/2, 179, 179 1/2, 180, 180 1/2, 181, 181 1/2, 182, 182 1/2, 183, 183 1/2, 184, 184 1/2, 185, 185 1/2, 186, 186 1/2, 187, 187 1/2, 188, 188 1/2, 189, 189 1/2, 190, 190 1/2, 191, 191 1/2, 192, 192 1/2, 193, 193 1/2, 194, 194 1/2, 195, 195 1/2, 196, 196 1/2, 197, 197 1/2, 198, 198 1/2, 199, 199 1/2, 200, 200 1/2, 201, 201 1/2, 202, 202 1/2, 203, 203 1/2, 204, 204 1/2, 205, 205 1/2, 206, 206 1/2, 207, 207 1/2, 208, 208 1/2, 209, 209 1/2, 210, 210 1/2, 211, 211 1/2, 212, 212 1/2, 213, 213 1/2, 214, 214 1/2, 215, 215 1/2, 216, 216 1/2, 217, 217 1/2, 218, 218 1/2, 219, 219 1/2, 220, 220 1/2, 221, 221 1/2, 222, 222 1/2, 223, 223 1/2, 224, 224 1/2, 225, 225 1/2, 226, 226 1/2, 227, 227 1/2, 228, 228 1/2, 229, 229 1/2, 230, 230 1/2, 231, 231 1/2, 232, 232 1/2, 233, 233 1/2, 234, 234 1/2, 235, 235 1/2, 236, 236 1/2, 237, 237 1/2, 238, 238 1/2, 239, 239 1/2, 240, 240 1/2, 241, 241 1/2, 242, 242 1/2, 243, 243 1/2, 244, 244 1/2, 245, 245 1/2, 246, 246 1/2, 247, 247 1/2, 248, 248 1/2, 249, 249 1/2, 250, 250 1/2, 251, 251 1/2, 252, 252 1/2, 253, 253 1/2, 254, 254 1/2, 255, 255 1/2, 256, 256 1/2, 257, 257 1/2, 258, 258 1/2, 259, 259 1/2, 260, 260 1/2, 261, 261 1/2, 262, 262 1/2, 263, 263 1/2, 264, 264 1/2, 265, 265 1/2, 266, 266 1/2, 267, 267 1/2, 268, 268 1/2, 269, 269 1/2, 270, 270 1/2, 271, 271 1/2, 272, 272 1/2, 273, 273 1/2, 274, 274 1/2, 275, 275 1/2, 276, 276 1/2, 277, 277 1/2, 278, 278 1/2, 279, 279 1/2, 280, 280 1/2, 281, 281 1/2, 282, 282 1/2, 283, 283 1/2, 284, 284 1/2, 285, 285 1/2, 286, 286 1/2, 287, 287 1/2, 288, 288 1/2, 289, 289 1/2, 290, 290 1/2, 291, 291 1/2, 292, 292 1/2, 293, 293 1/2, 294, 294 1/2, 295, 295 1/2, 296, 296 1/2, 297, 297 1/2, 298, 298 1/2, 299, 299 1/2, 300, 300 1/2, 301, 301 1/2, 302, 302 1/2, 303, 303 1/2, 304, 304 1/2, 305, 305 1/2, 306, 306 1/2, 307, 307 1/2, 308, 308 1/2, 309, 309 1/2, 310, 310 1/2, 311, 311 1/2, 312, 312 1/2, 313, 313 1/2, 314, 314 1/2, 315, 315 1/2, 316, 316 1/2, 317, 317 1/2, 318, 318 1/2, 319, 319 1/2, 320, 320 1/2, 321, 321 1/2, 322, 322 1/2, 323, 323 1/2, 324, 324 1/2, 325, 325 1/2, 326, 326 1/2, 327, 327 1/2, 328, 328 1/2, 329, 329 1/2, 330, 330 1/2, 331, 331 1/2, 332, 332 1/2, 333, 333 1/2, 334, 334 1/2, 335, 335 1/2, 336, 336 1/2, 337, 337 1/2, 338, 338 1/2, 339, 339 1/2, 340, 340 1/2, 341, 341 1/2, 342, 342 1/2, 343, 343 1/2, 344, 344 1/2, 345, 345 1/2, 346, 346 1/2, 347, 347 1/2, 348, 348 1/2, 349, 349 1/2, 350, 350 1/2, 351, 351 1/2, 352, 352 1/2, 353, 353 1/2, 354, 354 1/2, 355, 355 1/2, 356, 356 1/2, 357, 357 1/2, 358, 358 1/2, 359, 359 1/2, 360, 360 1/2, 361, 361 1/2, 362, 362 1/2, 363, 363 1/2, 364, 364 1/2, 365, 365 1/2, 366, 366 1/2, 367, 367 1/2, 368, 368 1/2, 369, 369 1/2, 370, 370 1/2, 371, 371 1/2, 372, 372 1/2, 373, 373 1/2, 374, 374 1/2, 375, 375 1/2, 376, 376 1/2, 377, 377 1/2, 378, 378 1/2, 379, 379 1/2, 380, 380 1/2, 381, 381 1/2, 382, 382 1/2, 383, 383 1/2, 384, 384 1/2, 385, 385 1/2, 386, 386 1/2, 387, 387 1/2, 388, 388 1/2, 389, 389 1/2, 390, 390 1/2, 391, 391 1/2, 392, 392 1/2, 393, 393 1/2, 394, 394 1/2, 395, 395 1/2, 396, 396 1/2, 397, 397 1/2, 398, 398 1/2, 399, 399 1/2, 400, 400 1/2, 401, 401 1/2, 402, 402 1/2, 403, 403 1/2, 404, 404 1/2, 405, 405 1/2, 406, 406 1/2, 407, 407 1/2, 408, 408 1/2, 409, 409 1/2, 410, 410 1/2, 411, 411 1/2, 412, 412 1/2, 413, 413 1/2, 414, 414 1/2, 415, 415 1/2, 416, 416 1/2, 417, 417 1/2, 418, 418 1/2, 419, 419 1/2, 420, 420 1/2, 421, 421 1/2, 422, 422 1/2, 423, 423 1/2, 424, 424 1/2, 425, 425 1/2, 426, 426 1/2, 427, 427 1/2, 428, 428 1/2, 429, 429 1/2, 430, 430 1/2, 431, 431 1/2, 432, 432 1/2, 433, 433 1/2, 434, 434 1/2, 435, 435 1/2, 436, 436 1/2, 437, 437 1/2, 438, 438 1/2, 439, 439 1/2, 440, 440 1