

ELLEN'S DIARY

By an Island Farmer's Wife

At present, and in anticipation of the night ahead, the walls of the old kitchen at Alderlea are decorated with a varied collection of timely scenes.

There are drawings of happy-faced Jack-o-lanterns from Jamie's pencil and for her contribution, granddaughter has added fearsome black cats and a sizable witch of Jeanie's sketching. And the magic and mystery of Halloween again hangs about. "But it's only make-believe" granddaughter offered, wrinkling her face in a whimsical smile as she cuddled down a moment beside us in the old armchair one morning to talk it over.

"There are no ghosts, are there? Nor black cats prowling... except those that are used to being out, and" she reasoned "how could a witch ride away over a housetop on a broom-stick? She just couldn't, could she? All the same" she commented "Halloween is a funny night — a witching night, mother says. And perhaps" she said with some longing "because you never know what might happen, if we went out of doors when the dark comes and kept very still, just as we used to do when we wanted to see a bat in summer, we just might catch a sight of a witch... one with a long nose and a pointed hat! All dressed in black! And what would my grandfather say if he saw one? Would he believe his eyes?"

And whose eyes shall be "spelled" to see one as she rides? An interesting article in the current issue of Redbook has it that "If your eyes are clear and your age is less than ten, you can see her clearly — her skirts flapping in the night wind, her conical hat perched on ragged black hair.

"If you live in the country, you will see her in the mists that swirl around the corn shocks and drift across the brown October meadows. But if you live in town or city, you must look above the rooftops and listen for the witch's cackling laughter... She has a magic that touches all children (and some grown-ups) on the great October night. She brightens the eyes of children whether rich or poor (for the Halloween witch is no respecter of wealth).

Her magic touches the pools of light beneath street lamps, and the dark shadows along country lanes. She makes apples taste better; and her magic is in the smell of masks and false whiskers and fall leaves, in the odor of chestnuts roasting on a tenement street, in the sight of a crate-wind fire presided over by small boys. So watch closely wherever you are, for a glimpse of the Halloween witch.

Look into the moon path above the fall elms, look beyond the church steeple, look above the roofs and fire escapes of the city. Look where there's a light and look where there's shadow; and look with laughter and love. Best of all, look for the Halloween witch in the eyes of a child. She'll be there.

At Alderlea tonight we shall find her we are sure in the eyes of the children while memories of other Halloweens will return to us unfaded and dear and a precious new one is added to carry with us down the years.

Until tomorrow — Diary — Good-night.

Modern Etiquette

By Roberta Lee

Q. On what occasion would something more than "How do you do" be necessary in acknowledging an introduction?

A. Such occasion would be when a friend brings a stranger to your house and perhaps tells you, "I have brought Mrs. Smith, who is visiting us." You then reply, "I'm so glad you did." And then to the stranger, "I'm delighted to see you, Mrs. Smith."

Q. Should ice cream be eaten with a spoon or fork?

A. Ordinarily, ice cream is always eaten with the spoon. However, if it is served with pie, then a fork is used.

Q. Is it all right to use a folded napkin to brush the crumbs off the dinner table?

A. Yes, this is perfectly proper, and it usually does a good job.

How Can I!!!

By Anne Ashley

Q. How can I steam velvet more quickly?

A. If the teakettle is used for steaming the velvet, try using a small funnel in the spout of the kettle. A large surface can be steamed and the work will be done much more quickly.

Q. What can I do if candy I have been making becomes grainy?

A. If the candy becomes grainy, add half a teaspoon of cream of tartar and a creamy texture will result. Also, if a tablespoon of vinegar is added to the sugared candy, and it is reheated, a creamy texture will be acquired.

Q. How can I make a good hair tonic at home?

A. Add a teaspoonful of salt to a quart of sea tea. Apply this to the scalp three times a week.

Better English

By G. C. Williams

1. What is wrong with this sentence: "I am very pleased that she got married."

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

3. Which one of these words is misspelled? Onerous, onyx, omnivorous, omission.

4. What does the word "proscenium" mean?

5. What is a word beginning with tra that means "brief; fleeting"?

ANSWERS

1. Say, "I am very much pleased that she (omit got) married."  
2. Pronounce the o as in on, not as in joke. 3. Omission. 4. The stage in front of the curtain; sometimes, the curtain and its framework. 5. Transient.

Household Scrapbook

By Roberta Lee

**Old Pictures**  
If the backs of the pictures on the walls are torn and open to dust and soil, take some heavy weight of wrapping paper and glue tightly to the back of the frame. This will keep out dust that is so hard on the picture itself.

**Removing Wax**  
To remove wax from an old floor, use a strong soap or alkali solution. Make sure that all soap is removed before refinishing; otherwise the finish will be spoiled.

**Prevent Boiling Over**  
If the inner rim of the kettle or saucepan is greased to the depth of an inch from the top, the contents will not boil over.



PICTURE SHOWS PRINCESS ELIZABETH BEING GREETED BY THE DIONNE QUINTUPLETS AT NORTH BAY, ONT., OCT. 29TH.

That Body Of Yours

By James W. Barton, M.D.

PREVENTING DRUGS IRRITATING LINING OF STOMACH

Many are amazed when they meet some friend who has had his whole stomach removed and yet appears to be getting along all right. What most of us forget is that while part of digestion of food takes place in the mouth and some in both mouth and stomach, digestive processes for the real place in the small intestine just after the stomach empties its partially prepared food into it. It is really here that the all-round digestive juice—pancreatic juice—is poured on the food, and also the bile from liver and gall bladder which emulsifies or breaks up the fats so that they can be later absorbed into the blood.

As a matter of fact, physicians take advantage of the knowledge that man can live without his stomach by prescribing drugs in capsule form, the capsule covering the drug being able to resist the action of the stomach digestive juice. The drug, safely past the stomach, enters the small intestine where the outer capsule is dissolved and the drug is able to do the job in the body for which it was prescribed.

Some years ago in searching for a combination of drugs that would help digestion, prevent constipation and also diarrhea, a family physician found that his combination of drugs did not agree with his patients or friends on whom he tried it. There appeared to be pain, burning sensations, explosion of gas in the stomach. This was before the days when our drug manufacturers had perfected this capsule that permits the drug to withstand the acid stomach digestive juice. Today research workers in clinical laboratories and in the laboratories of drug manufacturers are encasing drugs and also ordinary looking pills so that they will not empty their contents into the digestive tract (small intestine) for some time after being taken by mouth.

Not only does this outer coating protect the drug from being released in the stomach but, in turn, this same coating protects the soft lining of the stomach from being irritated by the drug prescribed, especially certain quieting drugs.

That these coatings protect stomach lining and the drug itself is readily shown by X-ray examination.



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DOROTHY DIX SAYS—

For Servicemen's Sweethearts  
Girl Who Waits At Home Gives Her Recipe For Happiness



DEAR MISS DIX: I am sure there are a lot of girls who are facing the same problem that I am today, but it need not be a problem for I believe I am doing the right thing. I am 24 years old and very much in love with a soldier in the army. He is overseas now. I have known Bob for a long time and I am sure I will always feel the same about him. I have all the faith in the world in him and pray every night that God will keep him safe. We agreed that it was best to wait and when it's all over we will never be separated again. It isn't easy; there are many lonely hours, heartaches and tears, but it won't be forever.

We could have snatched at a little happiness but it will be sweeter for the waiting. I'll be content; it isn't so far away to the day when he'll be home to stay. It does have an advantage, this waiting. It's a true test of love. When I miss him more and more every day, I truly believe our love is real and sincere.

Girls, if you are faced with this problem, don't rush into something you may regret; you'll never be sorry you waited. Write to your boy often and pray for him. Don't stay home brooding and feeling sorry for yourself. Remember, he has a tougher job than you have and he isn't complaining. You have your home, and parents who are always ready to share your troubles; he has no one. Don't forsake your friends, go out with them, smile and be gay. That is what he wants you to do.

ANSWER: I present this letter in full, hoping some impetuous youngsters who turn deaf ears to the warnings and advice of their elders will give careful attention to these words of wisdom from one of their own generation.

SHE IS RIGHT

L.J. rightly concludes that many girls are facing the same problem today, and altogether too many of them rush for the nearest justice of the peace for a quick marriage service. To them it's a thrill to be a soldier's wife — especially if the soldier soon departs and the young wives can take up their social whirl where they left off before the wedding. It's fun, too, to have an allotment check each month to spend on gay clothes and a good time. A day of reckoning will come, but who cares! That's in the future.

Thank God for the integrity of most women, who like L.J., either wait for their men to come home, or marry them with full realization of the responsibilities incurred and a firm resolve to live up to every word of their marriage vows.

Those who love with a light heart — sometimes with no heart at all, it seems — are in the minority, but as anyone can see by observing life around him, there are still too numerous. Parents, clergymen, teachers — all are powerless to stop these youngsters from the needless step they will regret the rest of their lives.

DEAR MISS DIX: I have been engaged for eight months and would like to know if it is all right for my fiancé to go out with other girls. When I object, he says it doesn't mean anything.

ANSWER: It most certainly is not all right! If he loves you enough to become engaged — which means he cares enough to marry you — you should be the only girl in whom he is interested. If he can't settle down to one girl before marriage, think how hard it will be for him to be satisfied with the same one after the wedding.

DEAR DOROTHY DIX: I have been dating a boy I like for three weeks and he hasn't asked me to go steady yet. He's not at all bashful either. I'm beginning to wonder if he'll ever ask me.

ANSWER: You sure are rushing things, Beatrice. Give the poor lad a chance to become a little acquainted before you rush off into steady company. Three weeks is mighty short knowing.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A PARTICULARLY alluring and challenging state of affairs is likely to call for a unique approach, some shrewd and perhaps novel way of handling matters of major consequence. The situation being intriguing, and having certain emotional involvements, it is urged that sagacity and logic be exercised, as well as peculiar inner urges. However, an "inspired" idea may work.

For the Birthday

Those whose birthday it is may find themselves deep in a period of strange, peculiar, novel situations or queer contacts. In these the emotions, intuitions or imaginative faculties, could be the actualizing factor in manipulating critical issues.

A child born on this day will probably be activated by its deep feelings, emotions, impulses, intuitions. Properly directed the life could be strange, creative, but drifting into unusual channels.

Says Intelligence Necessary To Child Training

REGINA, Oct. 28.—(CP)—Dr. S. R. Laycock, Dean of Education of the University of Saskatchewan, says the way in which a home meets the needs of a child's various stages of development determines whether the home is an answer or a problem to a wholesome personality.

"There is more to a 'good' home than respectable parents and a father with a steady job, he says. 'A good' home is a good place for children to grow up in," one where parents understand the needs of their children at different age levels.

"A child learns to respond to the world as he finds it," according to this noted educationist. "That world should be one in which there is love and security, one where the child feels he is wanted."

The child must feel he is accepted both by his parents and later by his teachers and schoolmates. He is establishing a sense of independence from the time he learns to walk until about four years of age, after which he starts playing adult.

Need Encouragement

From six to 12 years of age, the child needs a sense of accomplishment, he said. "Parents should never expect the impossible, but should give them things to do which they can accomplish with a reasonable amount of effort."

During his teens, the child has a sense of identity; he is concerned about how he looks and feels, and how others think about him. The home should be the first place where people realize the youngster does not want to be treated as a child.

Parents, said Dr. Laycock, must put certain limits on foolishness, of course, but must do so through affection and understanding, recognizing the child's right to privacy.

Towel Gift Suggestions

Quick decorative touches for kitchen towels can be made with rick rack braid in bright colors. A beet and a carrot are colorful kitchen companions. If you would like directions for making VEGETABLE RICK RACK TOWELS, send a stamped, self-addressed envelope to the Needlework Department of this paper, requesting Leaflet No. E-261.



Alice Brooks Designs

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Cook's Corner

DELICATE BREAD CUSTARD

Yield—4 servings  
1 tablespoon butter or margarine  
3 tablespoons thick raspberry jam  
3 tablespoons desiccated coconut  
4 slices white bread, cut about 1/3-inch thick.  
2 eggs  
1/3 cup granulated sugar  
1/4 teaspoon salt  
2 cups milk, scalded  
1/4 teaspoon vanilla  
2 tablespoons chopped nuts, optional.  
Cream the butter or margarine and blend in the raspberry jam and coconut.  
Trim the crusts from the bread slices, if desired. Spread two of the slices with jam mixture; cover with remaining slices to form sandwiches; cut each sandwich into four squares and arrange in a greased baking dish.  
Beat the eggs slightly; stir in the sugar and salt. Gradually stir on the scalded milk; add vanilla. Strain custard over the sandwiches in the baking dish; sprinkle nuts over top, if used.  
Place baking dish in a large pan and surround with hot water.  
Oven-poach in a moderate oven, 350 degrees until set — a silver knife inserted into the centre of the pudding should come out clean — about 45 minutes.  
Serve warm or chilled.



Morning Smile

Confession  
A security officer on a big Government site saw a workman with a wheelbarrow wheeling out a bundle of straw. He stopped him. Investigation showed that it really was straw.

The officer was puzzled. Next day the man came back, and eight times he passed out of the gate, always with his load of straw.

In the evening the security officer met the man in the local. "I'm off duty now," he said, "so you're quite free to talk. Just what is your racket?"

Crude Oil

A little crude often proves effective in removing the mark left on the surface of varnished wood by steam or hot water.

Grow Christmas Flowers From Bulbs In Water

Growing flowers for Christmas in the modern home is not easy, but it can be done if Paper White Narcissus bulbs are started Nov. 1, are grown in carefully regulated temperatures. Without such care the flowers are likely to be inferior, and the stems weak, because the bulbs have not matured to the degree most favorable for "forcing."

"Forcing is the florist's word for making a plant flower out of season; and the formula for accomplishing this is much the same with all bulbs. Bulbs develop, even in storage, and take time to reach the stage where they are ready to grow. If planted then, they first must produce roots since top growth without good roots is weak, and seldom flowers.

Paper White narcissi, planted in bowls filled with gravel or pearl chips, should be kept in a temperature below 60 degrees for four weeks; preferably in dim light. When root growth is sufficient, top growth will begin, and then they should have all the light possible. Best flowers will result when the temperature never exceeds 70 degrees; keep them away from radiators and steam pipes, and out of overheated living rooms.

Instead of gravel, bowls may be filled with bulb fibre, or potting soil. Containers should be deep enough to allow two inches of gravel, fibre or soil below them. Set the bulbs close together but do not let them touch; and only the necks should emerge from the soil.

Yellow Paper Whites (soliel d'or) and Narcissus Early Perfection can also be grown by these methods; but they take longer to make flowers. The best time to start all these is Dec. 1, for mid-January flowers.

Large bulbs of hyacinths can be grown in water in special glasses;



and both bulbs and glasses are available this year for the first time since the war began. The glasses support the bulbs just above the water, into which their roots drop. It takes 10 to 12 weeks for the roots to develop, in a dark place, cool temperature. When roots fill the glass and top growth begins, accustom the plant gradually to light, and grow slowly in a temperature below 65 degrees. The water should not be changed, but merely replenished.

When top growth begins, these bulbs must have all the light you can give them. They should be kept near windows, in a sunparlor or room where ventilation can be given and temperatures kept down. By arranging shelves in front of a window on which the plants can stand, an attractive display is made.

Lily of the Valley pipes can be flowered in bowls of moss and water.

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New Sailors, First Women "Tars" Since War, Join R.C.N.



Some of the 35 girls joining the Royal Canadian Navy are shown as they were sworn in by Lieut. Jean Crawford-Smith. They are the first group of girls to serve in the R. C. N. since the war and will train in motor mechanics, electricity, medical research and office duties at H. M. C. S. York, Toronto.

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