

How Can I!!!

By Anne Ashley

Q. How can I stuff pillows without using down or feathers?
A. Cotton batting, cut into small squares and heated in the oven, will swell to twice its size and be as fluffy for stuffing pillows as down or feathers.

Q. How can I retain the juices when pounding tough meat?
A. When pounding tough meat, pound flour into it. This will retain the juices that otherwise will be lost.

Q. How can I prevent the hands from sticking to the goods when sewing?
A. Rub the hands thoroughly with talcum powder before starting to sew.

Cook's Corner

FRUIT UPSIDE-DOWN CAKE

- 1 1/2 cups sifted cake flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter or margarine
2-3 cup sugar
1 egg
1/2 teaspoon vanilla
1/2 cup milk
3 tablespoons butter
1 cup firmly packed brown sugar
Well-drained canned fruit
Sift flour and measure; sift again with baking powder and salt. Cream butter or margarine, add sugar gradually; cream well until light and fluffy. Add unbeaten egg and beat well; add vanilla.



ROYAL GODMOTHER - Princess Elizabeth, who is expecting her second child this summer, holds her christened Godchild before the little church in Mersham, England. The babe, five-week-old Michael John Ulick, is the second son of Lord and Lady Brabourne. Behind the princess is the Countess Mountbatten.

That Body Of Yours

By James W. Barton, M.D.

LENGTHENING THE WORKING LIFE SPAN

Because the average life expectancy has increased almost 20 years—from 47 to 66—since the beginning of the century, there are more elderly men and women than any other single age group. This great increase in the number of elderly persons has brought problems of health and security to every community.

While security is very important to everybody there are other points to be considered, such as the working span; that is, how long the elderly man and woman is able to work or allowed to work.

Because of the great number of the aged and the problems they present to the community and themselves, medical journals, magazines and even newspapers are now published for the elderly.

In "The Journal of Gerontology," Dr. E. C. Clague shows that while life expectancy has been steadily increasing in recent decades, there have been no corresponding gains in the working life span. Modern industry and occupational trends have had the effect of not lengthening the working life span; in fact if anything, tending to shorten it, because there has been no increase in the kind of work elderly men and women are able to do.

This means fewer opportunities for work for older people and a lengthening of the period that these workers will be dependent on the government. "A program for extension of working life is needed as an alternative to a steady increase in the period of old age dependency and in the corresponding economic burden," Dr. Clague writes.

During the depression period we are told that the British workers preferred to work for 30 shillings rather than remain idle and collect 25 shillings a week from the Government. The same applies to the elderly, who greatly dislike the thought that employers consider them unfit for work when they reach a certain age.

CHRONIC RHEUMATISM AND ARTHRITIS

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, rest, massage and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." To obtain it, send 10 cents and a 3-cent stamp to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

HOW'S YOUR APPETITE?

Not eating well, all food tastes alike, get a bottle of Morissey's Stomach Tonic, and enjoy eating again.

Price \$2.00 per bottle (21-Day Treatment) For sale at all Drug Stores and Drug counters.

ELLEN'S DIARY

By An Island Farmer's Wife

"Oh no, Ellen", James said, shaking his head gravely this morning, "there's no use in saying we're as smart as we used to be—it's no trouble to see that. If the truth was to be stated I don't believe you can milk a cow nearly as fast as you could!" He had evidently been settling a question in mind which sometimes intrudes in to our busiest days on the farm. Driven up then beside bovine friends of ours in a stable, hands busy, we were at the milking. The new sun of day was streaming in at an eastern window, casting a golden latticed shadow on a wall close by. Above the doorway, a swallow, now into her mothering, chirped her concern at our intrusion, while others of her family and kin dipped and soared on swift intriguing wings beyond it, making the yard bright with their presence. Granddaughter's white cat, bland of face, yet with never a hint of his excur-sioning or adventures during the night hours, strolled in casually to join the Blackie-dog already there with an eye on the cat-pan. June was never more winsome, as we would have this last morning of it, to tuck away with the succession of others we keep so dearly in memory.

The milk-beat its familiar tune into the pails. "Don't you think James that it wouldn't be out of place, well . . . to offer your felicitations?" we queried on the laughing note, easing the pinch of the still-pent flow on the far side of "that red one", a trick we learned many adventures ago, so many indeed the beginning has been quite forgotten, though "Bossy's" of childhood sometimes walk sedately or stand primly at the milking along those well-trodden paths. I remember, James, lightened his touch to allow for better hearing. "Felicitations, Ellen!" he repeated. "And so we accused 'you're true to type, you've forgotten that this is an Anniversary of ours! I do believe your years have never beginning nor end, nor any date of moment to mark their passing." "Now there's where you're astray, Ellen," he countered, but he laughed, "I guess I'm so taken up with the present, I sort of forget the past. I did think of it just the other day . . . I knew we were married some day in June, and I was going to speak of it, but it slipped my mind. But Ellen" he chuckled, "I don't believe I should be the one to offer felicitations. When you come to think of it, you should shake hands with yourself that I took a fancy to you—in my youth—since, after all that was providential for you, saving you as it did from . . . the single state. And I reckon he continued, "I should receive some sort of recognition—congratulations no doubt, for having survived our married years, a medal perhaps, as proof of my record of endurance. . . your cooking and all! What a hardy constitution it was blessed with, to have withstood it at all!" And his chuckle was mirthful and we admit, searching and sensitive as we are, we could find no note of concern there. "And so, time, Ellen—I'm a bit rushed right now, but when I'm not so busy, I guess I could manage a kiss, for remembrance." He called this over a shoulder as with a pail of milk he stepped out over the doorstep on his way to feed a pair of calves.

And so another Anniversary on our road of life we have been privileged to celebrate and enjoy together—a humble road it is true, but then when we pause to consider it, not all who tread it made of the same clay that this is flesh and blood and at the last "moulder in dust away" together? It has been a pleasant road, we have trodden, which winds now into the sunset. Sometimes it led towards the stars, we remember, and again it dipped down into despairing shadows. Sometimes steps were light, and at other times plodding. Around bends which tested strength and heart and mind, but which in good time disclosed lovely scenes we in our youthful days could never have believed lay ahead in the mists for us . . . grandson Jamie is in these, a thoughtful fellow, old for his years; and granddaughter smiling and coquetting with all the gifts of her sex; Gage dimpling over some new delight and youngest grandchild of all, Mackie, already firmly taking charge of his own corner of our hearts. . . . And the sweetest words of the years? These have been and are, James coming in to inquire at an apparent absence, all teasing gone from his tones, and we like to think, some anxiety there, "Where's Ellen?"

"And are you still busy?" we laughed to him moments ago, when he came in for the lantern in the dusk. "Busy Ellen!" he exclaimed, "I never saw the like of this place! . . . Doing? Were you going to weigh the biggest hog—Jock's sure that it's pretty well into the weight now!" . . . In truth, at Alderley, "we live in deeds, not in years" nor Anniversary Kisses! Until tomorrow . . . Diary — Good-night. . . .

CHURCH LAMP "FIRE"

BATH, England—(CP)—A man called firemen when he saw a red glow in a church. The glow came from a sanctuary lamp. The call was logged as a "false alarm with good intent."

NOYWAY CHEAPEST

OSLO—(CP)—Aksel Borge, Norwegian restaurateur, looks for a big tourist season. He says "without doubt Norway is the cheapest country in Europe in which to travel."

Gallant - Martin Wedding



Mr. and Mrs. Leo Francis Gallant photographed following their marriage at the church of the Most Holy Redeemer. The bride is Mary Charlotte, daughter of Mr. and Mrs. Andrew Martin and the groom is the son of Mr. and Mrs. Peter Gallant of Charlottetown. The bridesmaid was Theresa Arsenault and the groomsmen Mr. Wilfred Gallant.

Morning Smile

The Remedy

"I have a most valuable work to sell, madam," said the book-agent. "It tells you how to do everything." "Does it tell you how to get rid of a pestering book-worm?" asked the busy woman.

The Meaning

He had arrived home late, and was being told all about it by his wife. At last he lost his temper, too, and said a few things back. "I don't care," he said. "I mean exactly what I say. I'm a man who calls a spade a spade."

The Stars Say

By Genevieve Kemble

For Friday, July 7

IT IS possible that high hopes, of thrilling promise, may be dashed for the time being, by some stubborn obstacle, limitation, the withdrawal of funds or collaboration from high places. Some sort of blood may call a halt in most dynamic or promising plans or projects. However, it is but a temporary impasse, which could be bridged by a period of incubation or relaxation.

For the Birthday

Those whose birthday it is, may find it both profitable and relaxing to temporarily call off high tempo tactics while novel ideas, or frustrations, have time to "simmer." This in normal processes, and order, without retreating, or desponding, from previously sound basic ideas and vision. Hold rigidly to the optimistic viewpoint.

-Needlecraft-

FOR THE HOME

3009 SIZES 9-17



DRESSED-UP COTTON One of those exciting new cottons that take you everywhere! Pocket-catching skirt with slim princess waistline . . . button-shoulder bodice with cool neckline. No. 3009 is cut in sizes 9, 11, 13, 15 and 17. Size 13, 3 3/4 yards 36-inch. 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 zone number in your address. Address Pattern Department, The Charlottetown Guardian, Pattern No. 3009

Name _____ Address _____ City _____ Province _____



True Success Story

By F. H. MacArthur

One of the foremost writers of American fiction spent his early youth on his father's farm where he was born July 4, 1804.

The place was Salem, Mass., and the boy's name was Nathaniel Hawthorne. His youth was singularly free from the restraints of formal schooling, but he liked to read good books, Spencer's Fairy Queen, and Bunyan's Pilgrims Progress, as well as the works of Shakespeare and Milton were read and re-read until he knew their contents as few other boys of his age did. These boon companions and the quiet country scenes which he loved to take solitary rambles were largely his teachers.

When he was fourteen his mother went to an uncle's who lived at Lake Sebago, Maine, and here his craving for solitude was further satisfied. In the summer months he wandered in the unbroken forest and observed the ways of Nature. In winter he spent a great deal of his time skating on the lake. In 1825 he graduated from Bowdoin College without having distinguished himself as a scholar. Then for a period of twelve years, the boy who loved the great open spaces, buried himself in his precious books, reading and studying under the shade of his favourite forest giants.

During this period he also did a lot of writing, destroying almost everything that came from his pen, because it failed to meet his own critical judgement. Later, however, various articles were written for periodicals, but they attracted little attention or interest from the general public. Of these Three-Told-Tales was perhaps the best, though it added little to his meagre earnings. So in 1839 he went to work as a weigher and gauger in the Boston Customs House.

The work did not appeal to Hawthorne and he quit his job at the end of two years, and married a Miss Peabody of Salem. The young couple then went to live at Concord, the house which he celebrated in a new story called "Mosses From an Old Manse". The four years spent at Concord were among the happiest of his life, although his latest book afforded him but a scanty living. To further supplement his earnings he accepted the position of surveyor of the Custom House at Salem, a position which he held for three years, or until a change of politics threw him out of his job.

Taking up his pen again Hawthorne wrote and published The Scarlet Letter, which made his name famous on both sides of the Atlantic. Success came after the long struggle to find recognition as indeed it usually comes to those who persevere.

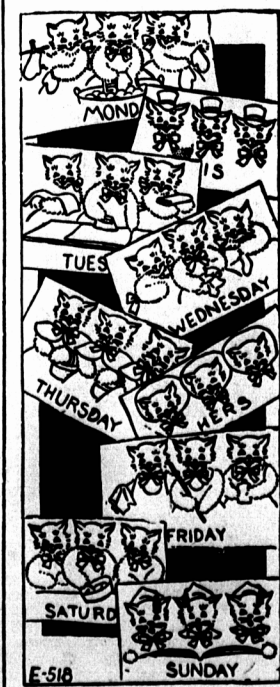
His next novel, the House of Seven Gables (1851), and the Blithedale Romance, were well received. Still another stroke of good fortune lay right around the corner. Hawthorne's old friend, Franklin Pierce, became President of his Country and the author was appointed to the Consulship at Liverpool, England. At the expiration of his term Hawthorne spent more than a year in travel visiting Rome, Florence and other famous European countries. The result of these wanderings were set down in a series of notebook jottings. The ripe plum of this period, however, was the Marble Faun, published in 1860. Upon his return to the U. S. A. he purchased a new home where he penned Our Old Home a further study of English life which was not highly thought of in the Old Country.

And now we come to the closing chapter of Nathaniel Hawthorne's colorful life. He was at work on a new book, The Dolliver Romance, when his health failed. He died suddenly at Plymouth, N. H., where he had gone in the hope of recovering his strength.

Descended from pure New England stock, Hawthorne was a rare personality with a fine intellect tempered by mercy and justice. His genius was a genuine American product, and his style is remarkable for its clearness, ease and beauty.

BOOM IN BELLS MORADABAD, India — (CP)—Bells in all sizes, from dinner gongs to church bells, are being turned out here to meet a growing United States demand. Moradabad bells are among the world's best and foundries are working overtime to fill orders.

KITTEN GIFT TOWELS



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The three little kittens are colorful embroidery on kitchen towels. Hot iron transfer pattern No. E-518 contains 9 motifs about 3 by 7 inches with complete instructions.

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DOROTHY DIX SAYS -

Neglected Heroes

Reader Writes Tribute Praising Stepfathers

DEAR DOROTHY DIX: Why does no one ever give any praise to stepfathers? All that they do is taken for granted. No one ever gives them any thanks or appreciation, not even their wives. I was 15 years old when my father died. Four years later my mother-maid called for more self-sacrifice and self-abnegation than the stepmother. For the woman who marries a widower with children at least improves her condition to the extent of getting a home and a husband to support her, whereas the stepfather simply sells himself into slavery to the woman he marries and her children. Also in any dispute between the in-laws and the children the stepmother is pretty sure to have the sympathy and support of her husband, while, on the contrary, the mother is certain to side with the children against the stepfather and resent his every effort to control them.

ANSWER: I am glad to print this tribute to a Forgotten Man who has never received his just meed of praise. For if there is a heaven in the world, it is surely the good stepfather.

STEP-PARENT'S JOB DIFFICULT

It is a difficult job to be a step-parent of either sex. But it has always seemed to me that the stepfather had a harder lot and one that called for more self-sacrifice and self-abnegation than the stepmother. For the woman who marries a widower with children at least improves her condition to the extent of getting a home and a husband to support her, whereas the stepfather simply sells himself into slavery to the woman he marries and her children. Also in any dispute between the in-laws and the children the stepmother is pretty sure to have the sympathy and support of her husband, while, on the contrary, the mother is certain to side with the children against the stepfather and resent his every effort to control them.

About the most superlative proof of love that any human being is capable of giving is exemplified in a man's marrying a widow with children. For he knows that he is letting himself in for every one of the drawbacks of family life, with few, if any, of the ameliorations. He knows that he will always run a poor second to the children in his wife's affection, and while he might not resent that if they were his own children, it takes a superman not to be jealous of rivals who are a perpetual reminder of their father to his wife.

DEAR MISS DIX: What are the advantages of marriage? I am contemplating the step, but find only discouragement from almost every one. Should a girl of 26 marry a man a few months younger? I don't want to be considered a cradle-snatcher. The young man in question is very considerate and thoughtful and has every indication of making a good husband.

ANSWER: The fact that the young man is a few months younger than you are certainly wouldn't put you in the cradle-snatcher class. If he were twenty or thirty years younger, that would be something else again.

The principal advantage for a woman in marriage is that unless she tries it once, at least, she is never satisfied and she goes through life thinking that she has missed the best thing in it. Men can rejoice in being old bachelors and thank heaven for their single blessedness, but I doubt if there ever was a really happy and contented old maid.

Another advantage of marriage is that the average married woman is better off financially than the average single woman. But the greatest advantage of all in marriage is that it gives a meaning and object in life to women. It is the fulfilling of the career for which they were destined. It gives work for their hands, interest for their minds, an outlet for their affections.

DEAR MISS DIX: My husband and I have been disputing about which a husband should love the more, his wife or his mother. What do you say?

ANSWER: Why don't you argue about which you like better, roast beef or ice cream? The one taste no more conflicts with the other than the love a man has for his wife and his mother. You can comfort yourself, however, with this thought: That if your husband hadn't loved you in a different way from the way he loved his mother he never would have married you.

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

Modern Etiquette

By Roberta Lee

Q. Was there ever a time when it was considered proper to eat with a knife?

A. The table knife became popular after the 17th century. During the period of transition from finger to forks, knives were properly used for eating as well as for cutting.

Q. Is it really correct to say "man and wife" when "husband and wife" is meant?

A. The use of "man" in the sense of "husband" has the sanction of time, dating back to about 1300.

Q. What would be an appropriate kind of affair for introducing a new daughter-in-law?

A. An afternoon tea, a reception, or a card party.



SHERLEY MAY TRAINS AWAY - Shirley May France, 17-year-old Somerset, Mass., high school girl who is determined to swim the English Channel in the next few weeks, goes wading with little Elizabeth Wheatley, 4, of Twickenham, Eng. Shirley May, who failed in a gallant bid to swim the Channel last summer, is training hard at Dever, Eng., for her new crossing attempt, under sponsorship of NEA Service.

FOR WOMEN (WHO BAKE AT HOME) ONLY THE LADIES AGREE

Advertisement for Fleischmann's Yeast featuring a cartoon illustration of a woman and a man talking. The woman says, 'I JUST WOULDN'T BE WITHOUT FLEISCHMANN'S YEAST'. The man replies, 'ME TOO - IT IS SO DERENDABLE'. Other text includes 'RISES FASTER, BAKES LIGHTER TOO' and 'MAKES BETTER DOUGHS BECAUSE IT'S EXTRA ACTIVE'.

3 out of 4 Canadian Women prefer . . . FLEISCHMANN'S YEAST

