

ELLEN'S DIARY

By an Island Farmer's Wife

Seasonal buyings our shoppers of yesterday brought; Jeanie paint for the walls of her living room—a pretty blue to cover the ivory shade of its previous and first decorating. Granddaughter, not entirely content as the prospect of "Mind now—no toys today!" returned bearing a parcelled new dress, a necessary replacement for the old cocoons out of which she has grown in the recent months. Arrayed in it, we saw her come primly along the path from the house across the lane towards last evening's dusk, modelling her selection.

James in at the time, put on his glasses, the better to see her and making believe our guest was a stranger said: "How do you do?" She, she smiled broadly, "Like it?" he repeated her query drawing her close to him. "There never was a prettier dress—or if so I never happened to see it!" Another neat volume of the Bedtime Stories—The Adventures of Bob White—the series to our mind, ideal reading for children, of choice English and most informative, she was able to add to her collection of these. The family is pleased to make old holiday gifts to her until now she has a nice store of them to make preferred reading for her and the cousins in the road.

The younger farmer's buyings as usual were for the farm except the blue jeans, presently a part of the seetime uniform of others besides the farmers at Alderlea. A whole army of them we are sure will be clad in such garments and wear as well the old or new leather boots reclaimed from last fall, on a morning in the spring when they hitch teams or back out the tractor to begin cultivating leading off to the seeding.

"The things that you remember to buy!" James commented with obvious approval when the truck had been relieved of its load. There were naturally the sacks of stored feed which continue to come in in goodly supply to us at Alderlea; A roll of "plain wire"—"Sure you may have a length of clothes-line off."

How Can I!!!

By Anne Ashley

Q. How can I clean white woolen toys?
A. Use a paste made with white

DOROTHY DIX'S COLUMN—

Dating Question

Reader Claims "Merry-Go-Round" Is Training For Divorce Court

DEAR MISS DIX: When our marital advisors continually urge girls to look around, encourage them to meet many young men, and vice versa, I am a little disgusted. For what can be more confusing than to get on the date merry-go-round? Certainly adolescence is a period of change, but is this eternal jumping very good training for a right marriage? Rather, isn't it perfect training for the divorce court—the eternal triangle played up in every play and movie? The advice to make every date think you are interested in him alone seems to me to place everyone in an insincere light. True, one should be polite and friendly, but no more.

If parents, schools and churches would see to it that more opportunity was given for group entertainment and there was less emphasis on dating, it seems to me our young people would have a better chance to make marriage successful. There should be more stress on character development, and less on being an interesting "date."

ANSWER: Young people begin to show interest in the opposite sex at about the age of 14. It would be most unfortunate if, at that age, they felt impelled to pick out, once and forever, a future mate. "Dating" is an inescapable step in the process of growing up, and whether we disapprove it or not, it's here to stay! For the better interests of all concerned, it's best that dating in the tender years should be as varied as possible. This does not make for a "merry-go-round", as you call

Continued on page 13

Anne Adams Patterns



THE WRAP-UP life of your wardrobe! Use it for an apron, a sundress, a to-and-from the beach dress—it's simply marvelous! Easy sewing—see the diagram. Easy ironing—opens out flat! Be smart, sew four or five in denim and other gay cottons!

Pattern R4625: Misses' sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 yards 35-inch fabric. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Cook's Corner

Peppermint Stick Ice Cream
Two cups scalded milk, 2 1/2 tablespoons flour, 1/2 cup sugar, 1/4 teaspoon salt, 4 egg yolks, well beaten; 1 cup crushed peppermint candies, 1/2 teaspoon vanilla, 4 egg whites, beaten stiff; 4 tablespoons sugar.
Scald milk in double boiler. Blend 2 1/2 tablespoons flour, 1/2 cup sugar and 1/4 teaspoon salt together; gradually stir in a small amount of scalded milk. Pour this mixture into the remaining milk in double boiler and cook 15 minutes, stirring occasionally. Stir a small amount of hot mixture over well beaten egg yolks and return to double boiler to cook two to three minutes longer. Add 1/2 cup candy white mixture is still hot.

Engagement Announced



Mr. and Mrs. George M. Schrader, New Glasgow, N. S., have announced the engagement of their eldest daughter, Gloria Lillian (Dolly) to Thomas Everett Dort, son of Mr. J. H. and the late Mrs. Dort of Guysboro, N. S. Wedding will take place in Prince Edward Island May 1st, 1952.

Garden Topics

By GORDON LINDSAY SMITH

Background

For screenings, fences, vegetable gardens, walls and other places we may wish to cut off partially or entirely from the general view there is a wide assortment of quickly growing annual flowers. These plants will reach two to ten feet high in a few weeks and will make just as good a screen or background as permanent shrubs and hedges. In most seed catalogues along with the date of flowering, hardiness and other factors, will be listed the mature height and usually some indication of the speed with which they grow. In the tall category are cosmos, hollyhocks, giant sinias and marigolds, spider plants, ornamental sunflowers and many others. Planted well apart and in good soil these will form a blossoming background for the regular flowers and will hide practical bits of the backyard we do not wish every passerby to see. For the same purpose one can also use annual climbing things like nasturtiums, sweet peas, scarlet runner beans, morning glories, annual hops, etc.

Spread the Vegetables

In most parts of Canada it is a mistake to plant all the vegetable seed in one swoop. Far more satisfaction will result and much larger total yields as well as finer quality, where each packet is roughly divided into three parts. The first and smallest of these parts is sown on the early side and if they come through without serious frost we have some extra early vegetables. The second or main sowing goes in at the regular time, then from a fortnight to three weeks later we make the last sowing. With some quick maturing things like beans, carrots and beets, one can make even more sowings at intervals of a fortnight. In the warmer sections of the country it is possible to go right on planting most vegetables up to early July. By spreading out in this way we not only get a continuous supply of vegetables but we get that supply right at its best quality. To extend the season still further experts adopt the

Continued on page 13

That Body Of Yours

By James W. Barton, M.D.

SUGAR DELAYS FATIGUE

The Boston Marathon is run on the level and also up and down hills. It is a real test of the running ability and physical condition of cross country athletes. A few years ago research workers at Harvard University examined these runners at the finish of the race. Without exception those who had finished in poor physical condition or did not finish at all were found to have low blood sugar, while the ones who finished in good condition and will up on the race had normal or above average amount of sugar in the blood.

The following year, these same Harvard research workers had a number of these runners trace on an increased amount of sugar in their daily diet and take sugar tablets during the race. Without exception, those who had trained on sugar or used sugar during the race finished in much better condition and farther up in the race than they had the previous year.

Now, while our dentists look askance at the great amount of sugar eaten by all of us, and particularly by children, in whom tooth decay is due to sugar left on the teeth, nevertheless during effort of any kind, the use of sugar delays fatigue.

In their book, "Body, Mind and Sugar", Drs. E. M. Abrahamson and A. W. Pezet deal with hyperinsulin—too much insulin being manufactured in pancreas and thus lowering the amount of sugar in the blood.

"Chronic fatigue, alcoholism, drug addiction, neuroses (thinking you have an ailment where none is present), insanity, suicide and murder have all been traced in some patients to this low sugar content of the blood," the doctors tell us.

This condition of not enough sugar in the blood appears to accompany allergies in the susceptible individual.

Drs. Abrahamson and Pezet believe that hyperinsulin, is an underlying condition in asthma, hay fever, rheumatic fever and peptic ulcer.

Eating a small amount of lump sugar or a piece of candy, by increasing the blood sugar almost immediately, enables us to work or play longer.

Household Scrapbook

By Roberts Lee

Carpets

Brighten carpets by wiping over them with a solution of ammonia and water. Wring out the cloth frequently and get a fresh supply of the solution.

Delicious Gravy

A tablespoon of cream added to the roast beef or lamb gravy makes it a delicious brown.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

IT IS possible that this could be a memorable day—thrilling, dramatic, sentimental—with upheavals of radical and far-reaching consequence. While change, new contacts and experiences seem inevitable, these may be engineered with such eagerness and good judgment as to change the course of life and inaugurate ventures of surprising circumstance. Accept these openings for betterment, although there may be spectacular factors—unpredictable, unplanned.

For The Birthday

Those whose birthday it is may find themselves in the throes of a sudden and breath-taking upheaval, with an unpredictable, unplanned change of far-reaching and radical significance. The home, social and cultural life may need sentimental reorganization—difficult and problematical. Separations and stress or change may be drastic, uprooting. While benefit is possible in the long run, there could be hurts and dismay in taxing initial action. Strange influences, a spiritual urge or unique culmination of peculiar aspects could be insistent. A child born on this day may have a nature and talents of an intriguing and novel nature, with strange incitements and urges framing a spectacular career.

Clean Refrigerators for 1/2¢ a week! Use Baking Soda on a damp cloth.



Robin Hood

FRESH EGG

CAKE MIXES



Canada's fastest-selling Cake Mixes

YOU ADD A FRESH EGG AND GET A BETTER CAKE

- ★ Keep several packages on hand
- ★ Stays fresh always
- ★ Contains no egg powder
- ★ Watch the packages for changing recipes

Tune in "Musical Kitchen"—

C.B.A. 1.45 p.m.

Mondays, Wednesdays, Fridays

—Trans-Canada Network.

C32-5*

MADE AND GUARANTEED BY THE MILLERS OF ROBIN HOOD FLOUR