

The Micmacs In Early Times

Nicholas Denys, the first French Governor of Acadia, left an invaluable record of the early customs and habits of the Micmac Indians who inhabited what are now the Provinces of Prince Edward Island, Nova Scotia, New Brunswick and a portion of the State of Maine. His book, entitled "The Description and Natural History of the Coast of North America" (Acadia), was published in France in 1672. But it was not until 1908 that an English translation, by William F. Ganong, Ph.D., appeared in a magnificent limited edition under the auspices of the Champlain Society, Toronto. The quaint style of the original is skillfully retained in this work, from which it is proposed to publish excerpts, beginning below, in weekly installments in The Guardian.

It remains for me now to set forth the ways of the Indians, their characteristics, their mode of life, their marriages, their burials, their work, their hunting, and how they governed themselves in former times, as I have been able to learn from them, and the way in which they did things thirty-seven to thirty-eight years ago when I was first in that country. They had as yet changed their customs little, but they were already making use of kettles, axes, knives, and of iron for their arrow-heads. There were still but few of them who had firearms.

They still lived long lives. I have seen Indians of a hundred and twenty to a hundred and forty years of age who still went to hunt the moose; the oldest who neared a hundred and sixty years, according to their account, no longer went. They count by moons. Before speaking of the way they live at present, it is necessary to look into the past. Their subsistence was of fish and meat roasted and boiled. To roast the meat they cut it into filets, split a stick, placed it therein, then stuck up the stick in front of the fire, each person having his own. When it was cooked on one side, and in proportion as it cooked, they ate it. Biting into it, they cut off the piece with a bone, which they sharpened on rocks to make it cut. This served them in place of knives of iron and steel, the use of which we have since introduced among them.

Having eaten all of it that was cooked, they replaced the meat in front of the fire, took another stick and went through the same process. When they had eaten all the meat from the stick, they always replaced it with more, keeping this up all the day.

They had another method of roasting, with a cord or bark from trees, attached to a pole which extended across the top of their wigwam, or from one tree to another, or upon two forked sticks stuck in the earth. The meat was attached to the lower end of the cord, through which was thrust a stick with which it was twisted several turns. After it was let go, by this means the stick turned a long time first on one side then the other to the fire. When it turned no longer, the cord was again twisted by means of the stick through its middle, and again allowed to go. The surface of the meat being cooked, they would bite the outside, and cut off the piece close to the mouth, continuing thus until the whole was eaten. They also roasted it upon coals.

As for fish, they roasted it on split sticks which served as a grill, or frequently upon coals, but it had to be wholly cooked before it was eaten. All the children do their cooking like the others, with split sticks upon the coals. All these kind of roasts were only an entree to arouse the appetite; in another place was the kettle, which was boiling. This kettle was of wood, made like a huge feeding-trough or stone watering-trough. To make it they took the butt of a huge tree which had fallen; they did not cut it down, not having tools fitted for that, nor had they the means to transport it; they had them ready-made in nearly all the places to which they went. For making them, they em-

Cook's Corner

BANANA-ORANGE CAKE

One package orange-flavored gelatin, 1 1/2 cups hot water, 1/4 cup sugar, dash of salt, 1/2 teaspoon grated orange rind, 1/4 cup orange juice, 3/4 cup whipping cream, 1 1/2 cups finely diced ripe bananas (2 to 3 bananas), 10 to 12 lady fingers or thin strips of sponge cake. Dissolve gelatin in hot water. Add sugar, salt, orange rind and juice. Chill until cold and syrupy. Whip cream until thick and shiny but not stiff. Fold into gelatin mixture. Fold in bananas. Line a rectangular mold or bread pan (8 1/2 x 4 1/2 x 3 inches) with lengthwise and crosswise strips of waxed paper, cut to extend beyond edges of mold. Line bottom and sides of mold with lady fingers split lengthwise or sponge cake strips. Fill mold with gelatin mixture. Arrange lady fingers or sponge cake over top of gelatin. Chill until firm. Unmold on large serving plate. Slice. Six to eight servings.

played stone axes, well-sharpened, and set into the end of a forked stick, well tied. With these axes they cut a little into the top of the wood at the length they wished the kettle. This done, they placed fire on top and made the tree burn. When burnt about four inches in depth they removed the fire, and then with stones and huge pointed bones, as large as the thumb, they hollowed it out the best they could, removing all the burnt part. Then they replaced the fire, and when it again burnt they removed it all from the interior and commenced again to separate the burnt part, continuing this until their kettle was big enough for their fancy, and that was often too big than too little.

The kettle being finished, it had to be used. To this end they filled it with water, and placed therein that which they wished to have cooked. To make it boil, they had big stones which they placed in the fire to become red hot. When they were red, they took hold of them with pieces of wood and placed them in the kettle, when they made the water boil. Whilst these were in the kettle, others were heating. Then they removed those which were in the kettle, replacing them there by others. This was continued until the meat was cooked. They had always a supply of soup, which was their greatest drink; they drank little raw water formerly, as indeed they do at present. Their greatest task was to feed well and to go a hunting. They did not lack animals, which they killed only in proportion as they had need of them. They often ate fish, especially seals, to obtain the oil, which they used as much for greasing themselves as for drinking; and the whale which frequently came ashore on the coast, and on the blubber of which they made good cheer. Their greatest liking is for grease; they eat it as one does bread, and drink it liquid. (To be continued)

Teacher: Johnny, give me a sentence using the word "diadem". Johnny: "People who drive recklessly diadem sight quicker than those who stop, look and listen."

A Country Garden

Mrs. Gordon MacMillan

A JULY EVENING

There is a shimmer of bird-song all around; And fragrant Eve in stillness unprofund Glides from these ample meads. Now mowing grass its rustic perfume braids With close Night-Stock that shines as daylight fades In some rich garden plot.

Mist folds the pastures, and his plaintive care A last bird chirrup as he skims the air On urgent flight.

Trees blend to shadows while the soft dusk steals Slow o'er the perfect silence, and reveals Lambert, the Evening Star.

—M. M. Johnson.

White Phlox is making the garden fragrant and lovely, especially in the evenings when the dark-colored flowers are hidden from our sight it is then that we enjoy the white flowers, Regale Lilies and the Madonna Lilies are beautiful in the evenings. It is possible to follow the fragrance through the garden gate and walk on and on almost to the wood where the lilies are blooming.

Hollyhocks are now blooming in many colors and they give height to the perennial borders; these plants are full of sentiment and association with the past. Extensively grown not only in this country but throughout the world they were originally derived from Althea Rosea, a Chinese species. New varieties of Perennial Phlox are lovely in bright clear colours and a beautiful Daylily that is much larger and finer than the older plants in the garden make the gardener happy these days.

The Tuberous Begonias are valuable for summer bloom in shady places. Beginning in July, they carry many huge flowers in a wide range of pastel and bright colors, from pure white to yellow, salmon, and deep rich crimson. The enormous flowers, running

Continued on page 9

Better English

By D. C. Williams

1. What is wrong with this sentence? "The teacher proceeded to tell us that our child's conduct was aggravating."
2. What is the correct pronunciation of "obese"?
3. Which one of these words is misspelled? Coerse, perverse, intersperse, disperse.
4. What does the word "fanciful" mean?
5. What is a word beginning with prop that means "that is of good omen"?

ANSWERS

1. Say, "Our child's conduct was provoking." Aggravate means to make worse. 2. Pronounce obese as in no, e as in be, accent second syllable. 3. Coerse. 4. Guided by fancy rather than by reason. A fanciful man forms visionary projects. 5. Propitious.

Household Scrapbook

By Roberta Lee

Moth Preventive
To keep moths out of the piano rub turpentine occasionally over the woodwork on the inside of the piano. Moths will not trouble it even if unused for a long time. A small bag of gum camphor put inside the piano at each end protects the felt.

The Gas Flame
A clear blue gas flame with a green cone is the cleanest fuel you can use. A yellowish flame means the burners are clogged, and need cleaning and possible adjustment.

Black Walnut Frames
Black walnut frames can be cleaned and given a rich luster if linseed oil is rubbed thoroughly into them.

The Stars Say --

By Genevieve Kemble

For Tomorrow
A DAY of conflicting auguries, difficult to predict, since a pleasant, promising and agreeable state of affairs may suddenly switch into strange, abrupt and challenging situations, calling for much common sense and wise manipulation of funds and other possessions. In domestic, social or business contacts pertaining to these, there may be a curious turn demanding astute management, lest there be loss. Keep on firm foundations, not beguiled by strange lures.

For the Birthday
Those whose birthday it is may find this period stimulating as well as intriguing, with many unaccustomed situations novel and unfamiliar, to tax the ingenuity and versatility and, as well, the original approach toward singular developments. This may involve the home primarily, or the social, cultural, even business activities concerning the purely personal life. A sudden event may disrupt the "even tenor of life," leading to abrupt change, all in solving the solidarity of possessions, or other tangible possessions. A child born on this day may have excellent social or domestic qualities, but some erratic or queer urges may disturb its happiness and dissipate its possessions if it isn't watched.

Canada's Hope In English Channel Swim



MRS. LEUSZLER AND DAUGHTER SUSAN

Equipped with bathing suit and a good supply of vitamin pills, canned meats and corn syrup, Canada's only hope this year in the battle to swim the English Channel, Winnie Roach Leuszler, has left for England to attempt the biggest swim of her long career. The 25-year-old Toronto girl, winner of several Canadian National Exhibition long-distance swims, is noted for her courage to withstand chilly waters and long hours. Mrs. Leuszler, mother of three small girls, has been training since last April in Lake Ontario for her channel attempt. Averaging a mile in 29 minutes in Lake Ontario's cold waters, the channel aspirant is confident she can best the gruelling English course. With only a one-way ticket, Mrs. Leuszler, who has had difficulty financing her trip, expects to pay her return passage from £1,000 prize money she will receive if her lifelong ambition of besting the tricky English channel is realized.

Continued on page 9

That Body Of Yours

By James W. Barton, M.D.

A THIRTY-SECOND HEALTH MESSAGE

The Central Council of Health Education, London, has issued a message called Rest and Re-act. The Council states that there is something wrong with restless people. They are wasting energy. Restlessness may be caused by (1) overanxiety or (2) overwork and lack of sleep.

All over the world today, there is restlessness; the new weapons of destruction of armies and civilians keep many of us in a state of anxiety.

The Central Council of Health Education makes the following suggestions, reprinted in Industrial Medicine, published by the Health League of Canada.

- (a) Economize in effort. Try to learn how to do your job efficiently with the least possible effort.
 - (b) Relax your body (1) making full use of breaks during working hours—that is by resting; (2) avoiding strain while you work.
 - (c) Relax your mind by (1) doing your job as thoroughly as you can; (2) doing what you enjoy most in your spare time; (3) sharing your worries with a friend—don't bottle up your nerves.
- If you have lost sleep, try to

Continued on page 9

How Can!!!!

By Anne Ashley

Q. How can I treat colored fabric on which acid, such as lemon vinegar, has been spilled and as changed the color?
A. Sponge with a solution of one part ammonia to four parts cold water. Apply carefully, slightly touching the stain, and the color will be restored.

Q. How can I prevent the leaves of a book from crinkling if water has been spilled on them?
A. Place blotter or each side of the wet page, and then press with a medium hot iron until dry.

Q. How can I restore the color of a red-print garment?
A. Add a small amount of vinegar to the rinse water.

Morning Smile

Perfect Disguise

A young lady went into a drug store and asked if it were possible to hide the taste of castor oil. "It's horrid stuff, you know. Ugh!" she shuddered at the thought of it.

"Why, certainly," said the druggist. "Just then another young lady came down and ordered a chocolate ice cream soda. The druggist asked the patient if she wouldn't like one too. With a smile, she accepted, and drank the soda with much enjoyment.

"Now tell me," she said. "How would you disguise the taste of


ELLEN'S DIARY

By An Island Farmer's Wife

Were our alibums deep and sweet and all too brief in this busy season on the farm, interrupted by any spell of wakefulness of our young guest, never before an overnight visitor to the home of his people? As good fortune would have it, the entire household slept well. "Now" we said brightly when this morning he followed Jamie downstairs, clothed and refreshed by his rest but too grave for our comfort "how about some breakfast?" "I'm not hungry" he replied, rolling over on the couch and turning his face to the wall. James' smile of greeting changed to one of concern. "Don't you feel well, dear?" he inquired anxiously. "Ellen, see if the child has a fever!" The lad shook his head "No, I'm just not hungry at all!" It took Jamie, devoted brother that he is to change this notion, and presently return the dimpling smile, and happy, again.

And how startling the hours since morning have sped! There has been no snoring them. Granddaughter came early to the door and assuring herself that our visitors were about, hurried off to fetch part of her breakfast along the path from the house across the lane—a round of porridge in a rose-bedecked bowl, to join us at table and start away another children's day. No ordinary one it has been for us at Alderlea. By dint of Mr. D. and his helpers' in-

Continued on page 9

Modern Etiquette

By Roberta Lee

Q. Is a diamond the only really "correct" stone for an engagement ring?

A. The diamond is the conventional symbol of "the singleness and durability of love," but it is quite all right to use other stones. Sometimes the girl's birthstone is used in the ring, and this is entirely correct.

Q. Should a girl place her purse and gloves on the restaurant table while she is eating?

A. Never. She should keep them in her lap. Or, she may place them on a vacant chair if she feels sure they are safe.

Q. Are the members of a bereaved family supposed to return all visits of condolence?

A. This type of visit is never returned.

castor oil?"
The druggist beamed all over. "Aha, my dear young lady, I just gave you some in that soda."
"But, good heavens," screamed the young lady, "I wanted it for my sister."

DOROTHY DIX SAYS—

Demanding Mother

Woman's Bitterness Makes Her Daughter's Life Miserable

DEAR MISS DIX: I am 25, my husband is 29, and we have been married less than a year. We have done everything possible for my widowed mother, yet nothing seems to satisfy her. I have two sisters and a brother at home with her, and we have done without things to give her assistance. We have just paid a large hospital bill, and I have bought the younger children shoes and clothing to spare her expense.

She has a nice home, garden, chickens, cow and an income, and she works hard around the house. But she whines and quarrels all the time and doesn't appreciate anything. My husband works in the coal mines and his work is very irregular. I can't leave him and go back to my mother. Though I love my mother and family very much I feel my place is with my husband.

ANSWER: Trying to please a mother like yours is like pouring water into a leaky pail; the more you put in, the more is required. Apparently you were the first of her children to marry, and she is so resentful of the fact that no sacrifice you could make—short of leaving your husband—would be pleasing.

TIME WILL HELP

In time, she will get over her bitterness and realize you are still a loving daughter despite your marriage. Since she is not alone at home, is not in want, is receiving so much care and attention from you, her attitude is entirely unwarranted. You have no alternative but to let things take their course and ignore her complaints as much as possible.

Don't neglect your obligations, but on the other hand don't take over more than you can handle. If you can harden your heart to it, you might even announce a curtailment of your visits unless a warmer welcome is extended—with no whines or quarrels.

DEAR MISS DIX: I am a young man and I go with a widow five years older than I. I am very much in love with her but hesitate to tell her so. I'd like to ask her to marry me but am afraid she will get mad and tell me to leave.

ANSWER: While you're going over all these arguments in your mind, the widow is probably biting her nails wondering how long it will take you to come to the point and propose.

Seriously, no woman gets mad at a proposal from a man she admires. I take it this lady does admire you or she wouldn't be going with you. If she doesn't want to marry, she'll tell you so, and you can continue being friends. Take a chance, anyway, Peter. Don't be faint hearted.

DEAR MISS DIX: I am almost 16 and my problem comes with the season of bathing suits and shorts. I am very thin and feel terribly conscious of it. Can you give me any advice?

ANSWER: A consultation with your doctor will probably show you how to add a few pounds. In the meantime, concentrate on the more frilly type of bathing suit rather than the strictly form fitting feel conspicuous in shorts, why not shun them entirely and wear sun-dress or jeans? Most girls your age are on the thin side, so don't feel too badly about it.

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

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