

ELLEN'S DIARY

By An Island Farmers Wife

With some disappointment in his eyes, Gage, younger son of this place, looked up from making the acquaintance of the family of kits...

"Yes" Gage sighed "there was room for more". And it came to mind, remembering that presently we should be celebrating our Country's Anniversary of birth that we Canadians are a privileged people.

And as the class-mates continued the recitation one after another we forgot for a moment the surroundings—the rudely inscribed desks, the worn floor, the Master's throne and pointer, the board, facts and figures stark white and glaring against the black of it.

We tried to picture, untraveled child of the farm that we were, the wonder and majesty, the vastness of this Canada of which they read.

"Sing me the song then; sing it bravely: Put your soul in the words you sing; Sing me the praise of this glorious Country; Clear on the ear let the deep notes ring.

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That Body Of Yours

By James W. Barton, M.D.

TESTS OF HEART'S WORKING ABILITY

I have written before of being present when a close relative was being examined by a heart specialist. After making a thorough examination of the heart, including the use of the x-ray and the electro cardiograph, the specialist chatted quietly with the patient as to his everyday habits in eating, sleeping, physical work and exercise.

In the Journal of the American Medical Association, Drs. Leon Fordy, Arthur M. Master and Kenneth Chesky point out the value of function or work tests of the heart in industry.

Since the diagnosis of heart disease and determination of the heart's ability to work cannot always be achieved by the usual methods, dependable tests of the working value of the heart are necessary.

These physicians describe four tests of the functional or working ability of the heart in which the amount of work within a definite time before causing shortness of breath is estimated.

These tests are of great value to employer and employee as they show how much work can be done safely, when heart disease is present, and also when it is not.

Household Scrapbook

By Roberta Lee

Remove Ink from Paper To remove ink from paper or engravings, put 1-2 pound of chloride of lime to 1 quart of soft water. Shake and let stand 24 hours, then strain through a cotton cloth.

Cake Hint Do not put the bread or cake away into its container until it is thoroughly cooled, or it will become heavy and soggy.

Leather Clean leather by using ammonia water. Rub until clean and dry it with a fresh cloth.

Seven Days A Week

(By Anne Shannon)

1. Monday: Last day of June — no more June brides this year! Here were a few tips given to June brides about fifty five years ago: "Six pairs of either lisle or cotton stockings with one silk pair to wear with your wedding gown, will be sufficient for the nicest dressed brides."

2. Tuesday: Here's the low-down on really good poached eggs: Bring water, salted a very slightly vinegared to a furious boil. Stir it around and around to a whirlpool. Drop one egg at a time in said whirlpool. Stir around the edge of the pan. Cook three to five minutes or until the white coagulates.

3. Wednesday: They say when a child begins to get the upper hand, it's time for a parent to lower his. I know how one small boy was cured of keeping his shirttail out — His mother sewed several small pieces of pink lace on all his shirt-tails. This effected a cure immediately!

4. Thursday: Margaret, aged five, had been very rude to a little guest and after the child had gone home Margaret's mother told her very feelingly how grieved she was at her rudeness. "I've tried hard to make you a good child, to teach you to be polite and kind to others, and yet in spite of all my efforts you are so rude and naughty."

5. Friday: A different sort of cake topping is this—"On a plain sponge cake (bought or made at home) spread honey and then sprinkle it with the following mixture: 1/2 cup crushed corn flakes, 1 tsp. melted butter, 2 tbsps. brown sugar, dash of salt and 1/4 cup of nut meats, finely chopped. Press this mixture into the honey with a fork — quicker than you can say "scat!"

6. Saturday: Ever buy plain trays at the dime store and then apply the ancient art of decoupage (applying cutouts on a surface). It's fun to do and extremely practical too. Use trays approximately 12 x 17 — designs seem to work out better on these. With paint, magazine cutouts, lace doilies, stars and so on, you can let your imagination run wild. For durability brush tray with shellac so that your design will not wear off or wash off.

7. Sunday: And now it's an revolt for another week. By night now the cool wind comes down from the woods, smelling of damp mosses, flowing springs and wild roses. The world is suddenly so beautiful these days that it makes your throat ache.

Many a man has lived on dreams alone. Nourished his heart on what he never had. Many a woman makes her bread from stone. And dreams are all the wealth of many a lad. Mariners steer tall ships against the moon. With never a port in sight, they hope for one. And oftentimes a passionate bud of June Withers untimely in two hot a sun. This we know well, and yet we raise our eyes On summer evenings when all wings are still, And look again for the familiar skies Slivered with stars that spend their light at will. We see the stars, and easily may mark Against their glow, how little seems the dark.

Recent Wedding Of Interest In Georgetown



A very lovely wedding was solemnized at St. David's Church, Georgetown, on Saturday evening, June 21st, when Margaret Shirley Williston, daughter of Mrs. Clay Williston and the late Mrs. Williston of Chatham, N. B., exchanged marriage vows in a double ring ceremony with Douglas Alexander Paterson, son of the Rev. W. A. Paterson and Mrs. Paterson of Montague. Mr. and Mrs. Paterson are the shown above with their wedding attendants following the ceremony, which was performed by the groom's father, assisted by Dr. A. D. MacKenzie of Montague. From left to right above are, Mr. James Boyd, R.C.A.F., Moncton, who was groomsman, the groom and bride and Miss Joann Williston of Moncton, bridesmaid.

Cook's Corner

Sour Cream Cookies Two and one-quarter cups sifted cake flour, 1-4 teaspoon each salt, nutmeg, 1-2 teaspoon soda, 1-2 cup butter or margarine or other good quality shortening, 2-3 cup brown sugar, firmly packed, 1 unbleached egg, 1-2 cup each broken walnuts, raisins (the large seeded kind cut up are best), and heavy sour cream. Sift flour, measure it, add all dry ingredients except sugar and salt three times. Cream the butter or shortening well and gradually cream the sugar into it. Beat in the egg and nuts and raisins. Add the flour mixture alternately with the sour cream. Drop from a teaspoon onto un-buttered baking sheet. Bake in hot oven of 425 degrees F. for 8 or 10 minutes.

Cool Summer Blouse



A dainty camisole blouse in the popular shell stitch pattern can be crocheted in pure white or from a choice of many summer colors... It's so nice and cool for those hot days ahead you'll want more than one of them. Directions are available for making the CAMISOLE BLOUSE if you send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. C PC-6055.

Morning Smile

Bank Counts "What's the matter with you?" asked an officer of a private who reported sick. "I've got a pain in my abdomen," said the private. "Your abdomen!" exclaimed the officer. "You mean your stomach. Don't you know that only second lieutenants have abdomens?"

Better English

1. What is wrong with this sentence? "I confide all my innermost thoughts in you." 2. What is the correct pronunciation of "forecastle"? 3. Which one of these words is misspelled? Career, portier, engineer, pioneer. 4. What does the word "omnipresent" mean? 5. What is a word beginning with m that means "a beggar"?

Modern Etiquette

Q. When a secretary is taking dictation from her employer and he receives a personal telephone call, should she leave his office until he finishes his conversation? A. If his conversation sounds very personal, she can leave the office quietly—unless her employer motions for her to remain.

The Stars Say

For Tomorrow Judging by the current astral configurations, there may be some sort of "head-on collision" in the prevailing course of events. Some sudden crisis infringing on existing plans and aspirations may develop angles, situations, contacts, quite out of the normal or customary. While there are complications, obstacles and seeming bafflement, yet the mind is alert, keen, the energies quick to see a possibility of turning blocks into stepping-stones to lift to advantage and worthy achievement. But adhere to strict integrity and sidestep sentimental contacts or issues. Patient efforts would win out.

For The Birthday

Those whose birthday it is may have a year to demonstrate their intelligent insight, their acumen, integrity and emotional stability. Dubious tactics may be a challenge to such virtues, since obstacles, failure and divers complications come up for wise management. A real crisis could be the means of a step upward if cleverly handled. But in this, overlook sentimental issues and make decisions on a practical and matter-of-fact basis. The mind is clear to meet such crises and the energies are on tap for action. A child born on this day is well endowed with energies and mental equipment to meet reverses and some harrowing situations in a challenging life.

How Can I!!!

Q. What is the most efficient method of drying a sweater after washing, so that it will not get out of shape? A. Make a hammock of a piece of mosquito netting or other thin material. Hang this hammock in the sun and lay the sweater on it. Be sure that the hammock is drawn out flat so the sweater is not doubled up.

DOROTHY DIX'S COLUMN—

Difficult Choice

Should Woman Leave Mother, 72, For Better Job Far From Home?

DEAR MISS DIX: A very good position has been offered me, several hundred miles from home. Although I have a good job here, conditions are changing and the outlook isn't too promising. I have until the fall to make up my mind about this other job, which would give me time to work things out at home.

I would have no hesitancy in making up my mind to leave here, if it were not for my mother. Although she is 72, she is apparently in good health and doesn't need any care. She is very self-sufficient and active mentally. She is independent, clever, a fine conversationalist.

Her only fault is that she wants to direct my every move. She makes my plans, waits on me hand and foot, in short, lives her own life through me. She seems completely unaware of the fact that she leaves me practically no privacy, and little opportunity to think for myself. I know she would be very lonely with no one to fuss over, yet I feel I would be much freer away.

There are five other members of the family, but I don't know if mother would enjoy visiting from one to another. Of course, she would always keep her own home; I can see to that. It is even possible, with her deep sense of independence, that she would enjoy being by herself for a while. I am so puzzled that any help you can give on solving my problem for the future will be greatly appreciated.

ANSWER: Instead of mulling all these possibilities over in your own mind, why not just take them to mother and give her a fair chance of setting you straight? Of course, this is again putting you in the position of letting mother make, or help you make, a decision, but since she is a woman of such fine intelligence, her help is not to be disregarded. Besides, I really think you don't mind her fussing as much as you think. Almost everyone likes attention, especially from those we love. Your present dissatisfaction seems to stem more from difficulties in your job than from trouble at home.

EXPLAIN IT TO HER

Explain to your mother that business problems make your job precarious at the moment, that you have this splendid opportunity away from home, and would like to try it for six months or a year. Your practical mother will undoubtedly realize the problem and agree that the change is worth trying. Since she has friends, and her own interests, she will probably be able to fill her time quite adequately while you are trying out the new work. If you like the new surroundings, she might be interested in moving with you—after you have had your trial period alone. You'll be very happy to have her, mark my words.

You are fortunate, indeed, to have a mother in good health, and with the ability to create a pleasant life for herself outside your own activities. If she seems to invade your privacy more than is to your liking, perhaps a hint to the effect that you'd like to be a little more to yourself would correct this particular situation.

You are both very dependent on each other—and, while in general this creates a bad situation, your particular case seems to lack the emotional disturbances that make many mother-daughter relationships actually unhealthy. You are in the rare group that manages a fairly sensible compromise. A year's separation is all either one of you would enjoy; after that you'll be glad to set up housekeeping together again.

DEAR MISS DIX: When a boy calls to take me out on a date, is it proper for me to invite him in to meet my parents, or should I wait until he has taken me out five or six times? Also, if I ask a boy to a dance at school, do I pay for the tickets? STELLA

ANSWER: By all means invite your date in to meet the folks. They are anxious to see what sort of boy you are going out with, and he is curious to see what your parents are like. When he gets home, his own mother and father will make inquiries regarding both you and your family. Which is as it should be. When you ask a boy to a dance at your school, you are supposed to buy the tickets. All other expenses of the evening are his.

The Neighbors

By George Clark



"No wonder your old man didn't wake up the night we eloped. We were saving him plenty!"

Alice Brooks Designs

Color-bright square dance designs add fun and fashion to your whirlwind cotton skirts, blouses! Iron on linens, too! In cherry pie red, blueberry and maize. New! Washable! Iron-on transfers. No embroidery! Pattern 7250 has 8 motifs in 3 colors, about 5 1/2" x 8" inches each. 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 and Pattern Number.

Every child has a gift

If you judge your child on school marks alone, you may overlook the really great gifts he has, says "unorthodox" teacher Hughes Means in July Reader's Digest. He tells how, for example, a budding inventor may be so absorbed in daydreaming that he neglects studies; how a born leader, retiring nearly to the point of "dumbness" in class, may show his initiative on the baseball diamond. Learn how to discover your child's hidden talents. Get your July Reader's Digest today: 39 articles of lasting interest, condensed from leading magazines, current books.

POPULAR HOSTESSES SERVE Coca-Cola

End of June Clearance SWIM SUITS—All sizes and shades Clearing 1/2 Price COATS — Shorties and Long Clearing 33 1/3 off HOSIERY—51 Gauge (ultra sheer) Summer shades. Reg. \$1.95 Special \$1.29 GET READY FOR THE HOT DAYS AHEAD See our wide range of Slacks, Jeans, Shorts, T-Shirts, Peasant and Sport Blouses, Halters and Corduroy Jackets and Blazers. The FASHION SHOPPE 141 GT. GEORGE ST. PHONE 55

Anne Adams Patterns

IT'S MAGIC! Four-way wardrobe! Keep her well-dressed all summer, mother! Midriff-top, shorts, skirt—and a shirt that doubles as a jacket! All easy sewing for you! Choose sturdy cotton for hard playing, quick washing, easy ironing! Pattern R4767: Children's sizes 2, 4, 6, 8, 10. Size 6 bra, skirt, 1 1/4 yards; shirt, 1 1/4 yards; shorts, 3/4 yard. 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. for BITES Minard's "KING OF PAIN" LINIMENT

"AUTO ATTIC" IS A BEDROOM — You can turn your car into a travelling hotel, if you have one of these "auto attics." On display at the Rome Auto Show, the "bedroom" is made of a waterproof fabric mounted on a collapsible steel frame, and is equipped with two rubber mattresses. It costs approximately \$112, and measures seven by three and one-half feet.

TRANSFER DESIGNS IN 3 COLORS

7250 by Alice Brooks