

ELLEN'S DIARY

By An Island Farmer's Wife

However, "the best laid schemes" of our farmers contributed nothing more than deferred hopes to the threshing today, when the morning came beclouded and without any promise of fair weather for the hours ahead.

And one day when it is lighted by jeweled glims and the countryside near and far basking in the new warmth we should leave our feminine pursuits to come to a field where James would be engaged at the seeding.

And then he would stop a bare minute after hoppers had been replenished to survey sky and pond and the wind moving lightly about.

Items like these we had been twirling on in mind, when James

WAKE UP MORNINGS LIKE A CAVE MAN

Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.



Bakes Prize-Winning Bread For St. Stephen Fair

Feeding husky appetites on the farm means plenty of baking for Mrs. Hazen Russell, of Moores Mills, N.B. and at the St. Stephen Fair, Mrs. Russell's bread and rolls are plentifully decorated with prize-winning tags.

That Body Of Yours

By James W. Barton, M.D.

SALT, OVERWEIGHT, BUZZING EARS

Notwithstanding all that physicians treating cases of overweight tell their patients against liquids, many of these patients continue to drink water, tea, coffee, soft and hard drinks because liquids have no fuel value (or very little).

A professional wrestler losing 10 to 15 pounds in a bout may have that same 10 to 15 pounds back in his body the next night, just 24 hours afterwards. Fat tissue does not come off the body that easily or rapidly.

Too much table salt in the diet also will increase water in the tissues, as each grain of salt holds 70 times its own weight of water in the tissues.

Fortunately, the tissues of those who are not overweight or do not have excess fat do not absorb and hold water, as the other tissues, muscles and nerves and take in the amount of water and salt needed by these tissues to do their regular work in the body.

Because physicians are advising against the overuse of salt as it increases weight and by holding too much water in the tissues is believed to raise blood pressure.

interrupted the musing. "Yes, I was expecting it would be like this Ellen" he said sinking back then to his pillow. "There was a haze about the moon last night, and a circle—we're in for rain."

"Not only once and long ago, There on Golgotha's side, Has Christ, the Lord been crucified

Because He loved a lost world so. But hourly, souls, sin-satisfied, Moeck His great love, flout His commands, And I drive nails into His hands, You thrust the spear within His side."

Until Saturday — — Diary — Good-night. . . .



Pure silk, hand-printed and hand-rolled is this Diamond Oblong in the new 18-by-45 card size. By Vera.



A bow to spring is the touch of pure white, never fresher than this short V-collar and daring wide bow of shirred marquisette with baby lace edging. (Krajines).

Cook's Corner

BREAD CRUMB MUFFINS

1/2 cup shortening, 1/4 cup sugar, 1 egg, 1 1/2 cups sour milk, 1 cup whole wheat flour, 1 teaspoon soda, 3 teaspoons baking powder, 1 teaspoon salt, 1 1/2 cups dried bread crumbs, cream sugar and shortening, egg and milk, whole wheat flour, sifted with salt, soda, baking powder. Stir in bread crumbs, beat well. Bake 375 deg. For large muffins 400 deg. For small tins.

BAKED (SHIRRED) EGGS

Break and slip 1 or 2 eggs into greased individual shallow baking dishes. Bake in slow oven (325 degrees F.) 12 to 15 minutes, depending upon firmness desired. Serve from baking dishes.

Variations: Circle a strip of partially cooked bacon around edge of dish. Line bottom of dishes with buttered crumbs. Place a slice of cheese atop crumbs, then break eggs into dish. Top with grated cheese or crumbs. Proceed as above.

Pour 1 to 2 tablespoons cream into each dish. Break eggs into dish and proceed as above.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE current trend of the novel, extravagant, speculative, thrilling and romantic may have a reaction on personal or private concerns, in connection with the lavish outlay of funds. Emotional impulses may have incited a reckless gesture of prodigality, generosity, indulgence, inflationary feelings and ideas, without concern as to "economy". It could be dangerous to overlook normal compensations and their disagreeable concomitants. New inventories are in order to restore confidence and trust.

If It Is Your Birthday

Those whose birthday it is, may find themselves confronted by the need to "reap the whirlwind" after a gay splurge into pleasant pastures of indulgence, excess, extravagance with diverse forms of prodigality, gambles, plunges, and other glamorous lures for "the glad hand" and loose purse-strings. The day of reckoning may call for revamping the financial, or perhaps, social or professional status. Meet this with honesty, integrity, sound principle, shunning temptations to the "easy" way of expediency.

A child born on this day may be large-hearted, gay, extravagant and indulgent, ready with levity and open eyes. Early training in economic tenets would assist.

Modern Etiquette

By Roberta Lee

Q. If a man's fiancée is a comparative newcomer in his town and has absolutely no one to give her a shower, would it be all right for a member of his family to do so?

A. No, this would not do at all. Friends of the man's family—strangers to the girl—could not possibly be expected to present her with gifts. The best possible thing to do under these circumstances is for the man's family to give a party to meet their friends.

Q. When one is eating in a crowded restaurant and a stranger wants to sit in a vacant chair at one's table, asking, "Do you mind," what should one reply?

A. The best answer is this case is, of course, "Not at all." Q. Would it be all right for me to have my mother act as my matron-of-honor at my wedding?

A. Yes, this would be quite all right. And the bridegroom is privileged to choose his father as his best man, too.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "After we had departed, we found that Bob had remained behind at home." 2. What is the correct pronunciation of "inferable"? 3. Which one of these words is misspelled? Ennoble, ennul, enactment, enigmatic. 4. What does the word "salutary" mean? 5. What is a word beginning with cl that means "to make clear"?

ANSWERS

- 1. Omit behind. 2. Pronounce the e as in her, and accent second syllable, not the first. 3. Enactment. 4. Promoting health, curative. "Exercise, when not too strenuous, is salutary." 5. Clarify.

Household Scrapbook

By Roberta Lee

Secure Cork To make a cork secure in the bottle, when packing for a trip, tie a strong string around the neck of the bottle, leaving ends long enough to go over the top of cork. The another string around bottle with ends up over the cork and tie securely.

Picture Hanging Insert rubber headed tacks along the bottom of the backs of picture frames and this will prevent dust from marking the wall where the picture rests.

A Little Starch Slip covers will have a better gloss and stay clean much longer if a little starch is added when they are laundered.

How Can I!!!

By Anne Ashley

Q. What is a good headache remedy?

A. One that is often effective is to lay thin slices of a raw potato across the forehead. Or, place a pinch of salt on the tongue and allow it to dissolve then in about ten minutes take a drink of cold water.

Q. How can I prepare a solution for chapped hands?

A. A good lotion for chapped hands is one part of aqua ammonia to two parts of glycerine. Add enough rosewater to obtain a slight perfume.

Q. How can I bleach a faded dress entirely white?

A. Dissolve a half cup of cream of tartar in two gallons of water and boil the dress in this solution.

Slim With Variations

Patterns are the foundation of fashion in home sewing and the new spring patterns have enough variety and beauty to please everyone. Although most styles are based on the slim silhouette, there are some full and slightly flared skirts. Fullness is added to many pencil-slim skirts by apron effects, pleghms, pleated panels and overskirts. A few patterns feature the trumpet skirt, smooth and slim to just above the knee it then flares out to the hemline. Choose this only if you are very slim, otherwise it is likely to make your hip-line appear rather wide.

Patterns, today, are much easier to work with than the patterns of several years ago. The directions and construction drawings are clearer, the printed pattern markings facilitate your work and the longer lists of fabric suggestions make it easier for you to choose your material.

You'll find marked on the pattern envelope also, a list of notions you'll need. By the way, while we're on the subject of notions, here's a word to the wise. It will save you time and trouble if you shop for your threads, zipper, buttons, shoulder pads, etc., at the same time as you buy your material. One trip to the store is better than two.

When buying a pattern go by your bust measurement. Even if your waist and hip measurements differ slightly from your own

you'll find it easier to adjust the pattern at these two points rather than through the bodice. Some ladies who are not very tall will not require quite as much material as the pattern calls for. However, don't try and guess how much less to buy. Often the pattern envelope will tell you that if the pattern is to be made two inches shorter you will require one-eighth of a yard less material. So if this information is given, it is quite safe to buy less than the pattern calls for. Otherwise don't play any guessing games! You'll hate yourself if you arrive home with your pattern and your material only to find that you've skimped too much and you haven't enough material to allow for the collar, cuffs and facing or to have buttons covered.

Two-Piece Dress For Vacation Wardrobe



This type of summer suit, one of the patterns being shown during National Sew and Save Week, March 3rd to 10th, is always useful because it looks trim and tailored yet is as cool as any crisp cotton one-piece dress. Though it is shown here made of printed cotton with a plain yoke, you might try it in plain cotton with the yoke and collar of striped, checked or printed material. A useful little dress to take away on your vacation, we might add. Vacation wardrobes need careful planning and, if you would like some tips, just write to this paper requesting Leaflet CN-14, TRAVEL LIGHT BUT TRAVEL RIGHT. The leaflet includes the pattern number for the above dress and several other advance styles. Please enclose a stamped, self-addressed envelope.

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Loveless Marriage

Girl Who Seeks Security Better Off With Job

DEAR DIX: Should a girl accept marriage for security even though she isn't in love? I am a girl of 24. A man is urging me to marry him. He has a good job and could support me comfortably. I like him, but I do not love him. I actually another when I think about marrying him. I wonder if I could stand living with a man the remainder of my life of whom I would be tired even now? I may never have another so good a chance to marry? I may never even fall in love. My decision now will mean my future, but how can I do the sensible thing when I don't know what the sensible thing is? And if it is the sensible thing to marry this man, how can I force myself to do something my heart isn't in? LOU.

ANSWER: It is not the sensible thing to marry a man you don't love. It is the most idiotic thing you can possibly do, because it is taking a step that is absolutely certain to bring you nothing but misery. It is taking a gamble at happiness in which the dice are loaded against you and in which you haven't a single chance of winning out.

SOME EXCUSE IN PAST In the past, when there were no gainful occupations open to women, there was some excuse for a woman marrying to get a home and a bill-payer. Marriage was not only her meal ticket, but it was her card of admission to society and the only way she could attain a life of dignity and interest.

But that is all changed now. Any girl of 24 who is as intelligent as you evidently are can make her own living and she can live a full, free, interesting existence. She can come and go as she pleases. She can have her own home, if she likes. She can be popular in society and meet people among whom she may find the man who can give her both a home and the love she craves. I think that any girl who sells her youth and her chance at love for the sake of a little present security makes a foolish bargain.

Make no mistake about marriage. It is a hard job at best, and nothing but love can gild it and make it worth while. And don't forget that if you marry a man you don't love, the man you could love is likely to come along when it is forever too late.

DEAR MISS DIX: I am very much in love with a young man whose wife died less than a year after their marriage. Upon her deathbed she made him promise that he would not marry again. He feels bound to keep this promise, although he loves me very much. We have now come to the place where we must marry or break, and he intends to go away and try to forget me. What should I do?

ANSWER: It does not seem possible in this practical and sophisticated age that any young man would let a promise wrung out of him by the stress of a deathbed scene wreck the happiness of his whole future life. So I am inclined to think that your boy friend doesn't want to marry you and is using that as a camouflage behind which he is making his getaway.

If, however, he is sincere in his protestations of affection and is giving you up because he promised his wife that he would not marry again, he is showing more sentiment than sense. He must know that such a promise is far better broken than kept, and that the sacrifice of the happiness of two lives should not be made on the altar of a superstition that there is something peculiarly sacred and binding in a promise to the dead.

In fact, of all promises, they are the ones that there is the fullest reason to keep because, as a general thing, the dying are not in full possession of their faculties and do not realize what they are asking. Their requests are just the last flare-up of earthly selfishness and vanity, and it is tragic to think that these may impose a martyrdom upon others.

DEAR MISS DIX: What is to be done about the husband who hangs around the house all day pestering and fault-finding and bossing his wife until he nearly drives her crazy? MRS. E.

ANSWER: I don't know unless you can get him to join a club, or to play golf, or else shoo him out of the house into some other pestering place. For I take it he has no notion of getting a job that will furnish him with something to do or think about and fill up his time.

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

Fanesca

(Classic Ecuadorian Dish for Good Friday)

One cup kernels of sweet corn, 2 cups tender young horse beans, 1 cup fresh sherkins, 1 1/2 lbs. potatoes, 1 cup peas, 3 large leaves cabbage, shredded, 1 handful prepared salt lupins, 4 quarts of water, 1 quart of milk, 1 cup of cream, 1 cup string beans, 2 cups winter squash, cubed, 6 oz. lentils, 4 oz. roasted peanuts, ground fine, 2 cups fresh Lima beans, 2 cups summer squash, cubed, 2 lbs. salt of codfish, in small pieces. (These are the classic ingredients. If you can't get them omit the lupins and horsebeans, substituting chick-peas, and substitute the sherkins with okra or Jerusalem artichokes). Have all the ingredients ready to salt before, leaving the codfish, lentils and—if used—the chick-peas to soak overnight, each separately. The cooking must start early in the morning, as this is strictly a mid-day dish too heavy for safe evening consumption. Early in the morning, fry in a deep and large pan three finely chopped washed Bermuda onions, 1 clove garlic, 1 pinch of oregano and 1 pinch of pepper in 1-3 lb. of butter. Add the 4 quarts of water and the bones and head of the codfish. Bring to a boil, remove the bones and head, and add the peas, corn and lupins. When these have softened, add the summer squash and cabbage and, when these are partly cooked, the string beans. When all have cooked well, add lima and horse beans, allowing to come to a boil. Add one heaping tablespoon of butter, the potatoes, rice and sherkins and allow to come to a boil again. Add winter squash. Allow the mixture to cook and thicken, approximately 1/2 hour. Add codfish. Cook another half hour or until quite thick, but in no sense dry or pasty. Before serving, stir in the ground, roasted peanuts, moistened in a little milk. The lentils should be cooked apart and added about the same time as the milk. Serve garnished with sliced hard-boiled egg. Two helpings are the most even the heartiest eater can usually take, and nothing else should be served at the same meal except, at most, fruit and strong coffee. (The cooking times given here are for an altitude of 10,000 feet—that of Quito. At sea level, all cooking time is much less.)

Needlecraft - FOR THE HOME -

DRESS - AND ACCESSORIES

All important to any dress is a beautiful neckline—see the new collar cut in this charmer! Also important—accessories such as the sew-easy calot and bag set (a separate pattern).

No. 2113 is cut in sizes 10, 12, 14, 16, 18, 20. Size 16, 3 1/2 yards 39-inch.

No. 2007 is cut in one size Calot (adaptable to any head size) and bag, 3/4 yard 36-inch.

Send 35c for each PATTERN which includes complete sewing guide. Print Your Name, Address and State Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

Address: Pattern Department, The Charlottetown Guardian, Pattern No. 2113 and No. 2007

Name \_\_\_\_\_ Address \_\_\_\_\_

LUANSHYA, Northern Rhodesia (CP)—An African who had left his wife for another woman told the court it was "perfectly legal" because he had "transferred" his marriage by the simple expedient of crossing out one name and writing in the other.

