

ELLEN'S DIARY

By An Island Farmer's Wife

A small girl bonneted a d cloaked against the frost, a grey kitten under an arm — "for fear she might get lost" — and tagging after her grandfather while he dismantled a fence by the lane-side, ushered us into the brand-new week that came to us cool and pleasant this morning.

Breakfast — porridge tastes sweeter now that there is a chill in the air. And now it is that like James, we yearn for some of the oatmeal of former years, nutty-flavored from the kind of dicing of the grain and ground to a fineness between the old millstones.

We remember that yesterday brought us to worship far from the confines of the old Kirk at the corner. To a distant district from this it was, where a village marks the spot where many roads meet. And the Church? "You'll find it along that road that leads up over the hill" someone directed us.

The four lads, and not the shining new car, James would have kept — all of them, up to the fifteen-year plowman. "It's a great thing," he remarked to Mr. D. a guest from the cottage down the river road, where climbing roses and hollyhocks and a pet dog greets passers-by.

HOW TO RELIEVE SIMPLE SORE THROAT. Apply warm oil freely to neck. Rub in well, massaging muscles and glands. At drug-gists for 85 cents.

That Body Of Yours

By James W. Barton, M.D.

PURGATIVES TO REDUCE WEIGHT BELOW NORMAL A MISTAKE

There was a time when a woman who used rouge on her lips or cheeks was unusual; it was the one with a clear or white complexion who was considered fortunate. To attain this clear white complexion, many women took such purgatives as epsom salts.

Purgatives to reduce weight, and only the effect of driving water out for this purpose only, have not of the tissues, but also the loss of hemoglobin from the blood so weakens the individual that he is not able to withstand various diseases. I have in mind an attractive young woman whose white complexion was the envy of her girl friends and the admiration of boy friends.

In addition to removing iron from the blood, the purgatives hurry valuable food elements from the small intestine, before the blood can absorb them, thus causing the various tissues of the body to be nourished by blood low not only in iron but in other needed food elements, particularly minerals and vitamins.

Morning Smile

By Genevieve Kumble

Fragile

A young woman was mailing the old family Bible to her brother in a distant city. The postal clerk examined the heavy package carefully and inquired whether it contained anything breakable.

"Nothing but the Ten Commandments," was her quick reply. "I don't think you're being a mite wasteful of your hay there's likely to be quite a spell of feeding before the grass comes again."

That is what James would do with four boys inclined to the farming — to enjoy it much. . . . A James who, hands folded across his chest in a funny way he catches now forty winks, leading up to retiring.

Until tomorrow — Diary—Good-night . . .

Woodgate - Wright Wedding



Mr. and Mrs. Ronald Woodgate, photographed at their reception at "Villa Waters". Left to right are Messrs. Lorne Casford and Ralph Manning, who were the ushers, Mr. George Abbott, best man, Mr. and Mrs. Ronald Woodgate, who was the former Miss Hazel Wright, Miss Ruth MacMillan, maid of honour, and Mrs. George Abbott and Mrs. Alton Home who were the bridesmaids.

Modern Etiquette

By Roberta Lee

No Pity For Age

Husband Won't Let Wife Help Destitute Mother

DEAR MISS DIX: I am a woman of 37 with two children, 12 and 13 years of age. My marriage is fairly happy—or would be, except for the problem of my mother. She is 60 years old, a widow, and beginning to fail in health.

The Stars Say

By Genevieve Kumble

For Tomorrow

A DIFFICULT and dangerous day is forecast, on which a crisis may be avoided by rigid and shrewd use of logic and common sense. Any sort of "antrums," flying into devastating situations superinduced by feelings, emotions and tempers might be regrettable, far-reaching in consequence. The mind is under favorable stimuli for clear-thinking and sound judgment.

If It Is Your Birthday

Those whose birthday it is, are urged to formulate all plans, changes and associations on a basis of common sense and realism, not being influenced by runaway emotions, feelings or a reckless drive for change, new and climactic adventures. Such climax could spell keen loss, deception and unpredictable demerouement. In such congeries of stellar portent; the mentality seems fortified to cope with strange and baffling situations. Keep free of pitfalls and dubious entanglements.

Ball fringed set to crochet.

College and career girls—take note! A new hat and bag set may be the lift your wardrobe needs as you approach the autumn season. And with the Spanish influence leading the field this fall, what could be more fashionable than this ball fringed beret and bag? Crocheted in vivid red, these trim accessories add a spot of color to a soft flannel suit. For your direction leaflet, send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Request Leaflet No. G-102, HAT AND BAG SET.

TAKING JOB IMPRACTICAL

Your plan of going out into the world to work in order to support your mother is a beautiful gesture of filial devotion. It does support your heart, but your head must tell you that it is impracticable. You are utterly untrained for any career and you could not in all probability get a job at all.

DEAR DOROTHY DIX:

My sweetheart told me two days before the ceremony that we would have to wait a little while; that she couldn't marry me just then. Now she tells me that I must wait a year and then perhaps she will give me "no" for an answer. She gave no reason for this delay, and I have tried in vain to get to the bottom of the whole thing. It isn't her parents' objection. It isn't money. So what on earth could it be?

ANSWER:

I should think you would feel that you had taken a headspin from the clouds and crashed, when your sweetheart let you get almost to the steps of the altar before she told you that she had put off the wedding day. It shows she has little regard for your feelings or self-respect.

DEAR DOROTHY DIX:

I am head over heels in love with a movie star whom I have never seen except on the screen. I know how silly this is and I am exasperated with myself as I have always been heretofore a sane, level-headed sort of person. What to do?

ANSWER:

You have plenty of company in your folly, my dear. There are millions of your sisters and your cousins and your aunts who have crushes on movie stars. And as long as women take out their romance in merely dreaming about their picture lovers no harm is done. It is when they begin pursuing them in the flesh and writing them silly letters that they get themselves into trouble.

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

The taste's the test for tea! Canadians buy more Salada than any other brand.

"SALADA" TEA

College and career girls—take note! A new hat and bag set may be the lift your wardrobe needs as you approach the autumn season. And with the Spanish influence leading the field this fall, what could be more fashionable than this ball fringed beret and bag? Crocheted in vivid red, these trim accessories add a spot of color to a soft flannel suit. For your direction leaflet, send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Request Leaflet No. G-102, HAT AND BAG SET.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

Strange But True

By F. H. MacArthur

Believe it or not, but each beat of the human heart requires the same effort as one would exert to lift 75 pounds a foot high. To arrive at the actual amount of work done by this amazing organ, we have only to multiply the amount of work done at each beat, by the number of beats in a given time. Taking the average rate — 72 beats per minute — adds up to 4,320 an hour, and 103,680 in a day of hours. Multiplying the last amount by 75, gives us 7,776,000 pounds as the entire work performed by the heart during a single day, which is equivalent to lifting 3,883 tons a foot high in a minute. This amount seems so enormous as to be almost incredible; but the estimate is correct.

Although the heart seems to be constantly active some part of it is always at rest, each acting part taking a brief rest after each contraction before acting again. In this way the organ gets nine or ten hours rest out of every twenty-four hours. . . . In cold-blooded animals it will continue its rhythmic contractions for hours after the animal is killed and the heart removed from the body. The heart of a turtle, for instance, has been made to contract more than twenty-four hours after being removed from the body of the animal.

The Nautilus was the brain child of Jules Verne. The modern submarine is patterned after Verne's Nautilus, an imaginary sub that travelled under the seas under the command of Captain Nemo. . . . Under the oceans are submarine coal-mines, high mountains, hot springs, volcanoes, extinct and active, cities of coral, submarine flora and perhaps the vanished continent of Atlantis, the ancient Meropis of Theopompus, the Atlantis of Plato. . . . More than one thousand years old is a church and the yew tree growing beside it at Bedford, England. . . . Spiritualism had its birthplace in the home of the Fox sisters, Hydesville, N.Y., where the mysterious knockings were first heard. . . . Every year in the U.S.A. more people lose their lives at the hands of criminals than were killed in the bloodiest battle of the Civil War, the Battle of Gettysburg. . . . Just as striking are the property losses suffered through burglary and robbery, \$302,800,000 being lost in this way every year in America. . . . The breeding of war is a permanent human industry.

The words pulse and patience have no plurals, though one sometimes finds them treated as pluralities. Some writers make a distinction between father and further—they are, in fact, the very same word. . . . Many farmers say "the hen is setting," when they mean "the hen is sitting." . . . Newspapers sometimes acquire odd names. Take, for instance, The Toledo Blade, New Yorkers are able to look into The Sunday Mirror, Boston has its Post, and the city of Calgary used to publish a red-hot paper called The Calgary Eye-Opener. At Williamsburg, Pa., one can pick up Grit, while in Vancouver, B.C., you can take home The Sun.

Cook's Corner

SPONGE CAKE

Three egg yolks. Put in a bowl with 2/3 cup water, beat until very light. Mix with 1 1/2 cups granulated sugar, then beat more; stir in 1 1/2 cups flour and 1 heaping teaspoon baking powder sifted in together. Lastly beat the whites and fold in 1 teaspoon vanilla. Bake half an hour in slow oven neat.

BANANA LOAF CAKE

One quarter cup butter, 3 bananas mashed, 1 cup sugar, 2 cups flour, 1 egg, 1 teaspoon banana flavor, 3 teaspoons baking powder, 1/2 cup milk. Cream butter, add sugar and mix well. Add well-beaten eggs and mashed bananas baking powder and milk. Bake in loaf tin 1 hour in moderate oven 350 degrees F.

President of G.G.I.T.

DEAR MISS DIX: I should think you would feel that you had taken a headspin from the clouds and crashed, when your sweetheart let you get almost to the steps of the altar before she told you that she had put off the wedding day. It shows she has little regard for your feelings or self-respect.

DEAR DOROTHY DIX:

I am head over heels in love with a movie star whom I have never seen except on the screen. I know how silly this is and I am exasperated with myself as I have always been heretofore a sane, level-headed sort of person. What to do?

ANSWER:

You have plenty of company in your folly, my dear. There are millions of your sisters and your cousins and your aunts who have crushes on movie stars. And as long as women take out their romance in merely dreaming about their picture lovers no harm is done. It is when they begin pursuing them in the flesh and writing them silly letters that they get themselves into trouble.

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

The taste's the test for tea! Canadians buy more Salada than any other brand.

"SALADA" TEA

College and career girls—take note! A new hat and bag set may be the lift your wardrobe needs as you approach the autumn season. And with the Spanish influence leading the field this fall, what could be more fashionable than this ball fringed beret and bag? Crocheted in vivid red, these trim accessories add a spot of color to a soft flannel suit. For your direction leaflet, send a stamped, self-addressed envelope to the Needlework Dept. of this paper. Request Leaflet No. G-102, HAT AND BAG SET.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

ecutive of Vancouver Liberal association, first North American Indian to get post.

SUNNY BROWN BUTTER-NUT BREAD. Eastern Bakeries. FOR VARIETY AND GOODNESS. Believe it or not, but each beat of the human heart requires the same effort as one would exert to lift 75 pounds a foot high.

Better English

By B. C. Williams

Household Scrapbook

By Roberta Lee

House Plants

When the house plants look some somewhat dejected, and water fails to revive them, try putting coffee grounds on the roots about three times a week. Then once a week give them a tablespoonful of olive oil. Do not allow the earth to become hard and dry.

Gold and Silver Lace

Brush over the gold or silver lace with alcohol or cleaning fluid. If it is removable, it may be cleaned by boiling in salt water. Use two tablespoonfuls of salt to one pint of water.

Pipe Leak

If a water pipe has a small leak wind adhesive tape around it, then give it a coat of shellac. The repair will last indefinitely, several hours. It can then be removed with any sharp instrument.

How Can I!!!

By Anne Ashley

Q. How can I remove old hardened putty?

A. Pass a hot soldering iron or red-hot poker over the putty. Don't let the iron touch the glass or it might crack it. Another method is to cover the putty with soft soap and allow it to stand for moved with any sharp instrument.

The Neighbors

By George Clark



"What does your mother do all day after she gets you off her hands?"

-Needlecraft- FOR THE HOME

COMFORTABLE CASUAL

For the neat look, there is nothing like the shirtwaist dress! This one is especially nice because of the easy bloused bodice . . . because of the deep collarline, a smart slenderizer.

No. 2973 is cut in sizes 14, 16, 18, 20, 36, 38, 40, 42, 44, 46, 48 and 50. Size 18, 4 3/4 yards 39-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. Includes postal unit, or zone number in your address.

Address: Pattern Department, The Charlottetown Guardian.

Pattern No. 2973

Name

Address

City

Province

BIG EXPORTER

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.

Venezuela's oil production in 1949 was worth nearly \$600,000,000.