

ELLEN'S DIARY

By An Island Farmer's Wife

Fair skies, sharply blue, but again sunny, greeted the farmers at field-time this morning. And a stiff wind, somewhat hindering to the work at hand! Our philosopher who comes to help the family at odd times and whom the morning had brought, spoke whimsically of it this evening.

"We're fairly hard to please," he observed. "We want a drying wind for the stocks and still we complain if the Good Lord sends it too strong. You know," he offered as if the idea were amazingly new, "people can't get everything to their liking in this world. What a queer place it would be—what an unholy mess, if we did! What kind of day was it for the work we were at?" he repeated our query, "why, it was a good day, Ellen. We on farms will be lucky if we get enough like it between now and freeze-up."

"It will need quite a few of them," James offered, "before everything has been gathered in." "And the plowing done, James!" he said, not so sober now, "don't forget that. Or perhaps," he continued teasingly, "with so much work over the grain, you're pretty well done with farming? You've had enough! You'll get yourself a plot of land somewhere in the community... you wouldn't consider moving away from 12 big enough for a house and a barn..."

"A little house and a bigish barn," we laughed. "Oh well," he said "big enough to hold a horse and the cow and the hens... You'd keep a few if only to give 'em exercise taking care of them? And a sow... or two?" he chuckled, "might as well feed two as one. They'd take the weeds from the garden, for you'd garden?" he teased knowing James' preference for working in the open spaces of field rather than doing

Continued on page 9

That Body Of Yours

By James W. Barton, M.D.

NEUROCIRCULATORY ASTHENIA—ANXIETY NEUROSIS

During and after World War I, medical officers found a number of men with a group of symptoms—mental and physical tiredness, rapid heart beat, trembling, great anxiety. This group of symptoms has received various names during the passing of the years, among them being "soldier's heart," "anxiety neurosis," "effort syndrome," and lately, "neurocirculatory asthenia." The first group examined during and after World War I was sent back home as it was thought this was correct treatment to get them back to civil life. This was found to be a mistake as many did not recover their physical, mental and emotional strength.

During and after World War II, patients with these symptoms were sent to nearest hospital, given immediate psychiatric and physical treatment if necessary and then were sent back to their units within a few days or weeks. While in hospital they remained close to war and saw other patients returning to the front to help their buddies.

Physicians today are finding that civilians who have never been in the armed forces are also afflicted with these symptoms because there are physical, mental, and emotional upsets everywhere today.

Because the symptoms vary with individuals, this condition has received various names. In "Psychosomatic Medicine" (mind and body), Drs. Mandel E. Cohen and Paul D. White (Harvard Medical School) list the following signs of neurocirculatory asthenia: slight and inconstant tachycardia or rapid heart beat, sighing respiration, flushed face and neck, trembling of outstretched fingers, and brisk reflexes of knee and ankle. These

Continued on page 9

A Country Garden

By Mrs. Gordon MacMillan

OCTOBER

Now come the rosy dog woods,
The golden tulip-tree,
And the scarlet yellow maple,
To make a day for me.

The ash trees on the ridges,
The alders in the swamp,
Put on their red and purple,
To join the autumn pomp.

The woodbine hangs her crimson,
Along the pasture wall,
And all the bannered sunnias
Have heard the frosty call.

Who then so dead to valor,
As not to raise a cheer,
When all the woods are marching,
In triumph of the year.

—Bliss Carman

The forest scenes of North America in the fullness of their autumn splendor cannot be surpassed. The autumn tints of leaves are peculiarly our own. It is a weakness of human nature that we crave most those things beyond our immediate reach, but the wise among us are content to enjoy those that fall within the scope of everyday life. To revel in the splendid riot of autumn color no long journey has to be undertaken.

In Japan, where an intense love of nature is innate among all classes, there prevails a custom which might well be adopted in other lands. The beauty spots in that country are many and are justly celebrated in poetry and song; August Fullan with its perfect cone and snowy mantle; the pine-clad islets of Matsushima; the Inland Sea with its hundreds of islands clad with verdure to the water's edge; the Nikko region with its mountains and lakes, its waterfalls and woods, and hundreds of other places more or less famous. In October, when the woods assume their autumn splendor, children from primary and secondary schools, high schools and colleges with their teachers and professors, make excursions of three or four days duration to noted places and revel in the feast of color. The railways offer cheap fares and from all the large towns and cities children, youths and maidens journey to the mountain woods.

In this Province we have this beauty all around in the country and indeed in our towns many of the streets are lined with beautiful trees in autumn color. Let us then in autumn time lay aside for a brief moment the cares of life; let us break away from the engrossing tasks of every kind and linger for a while among the trees and shrubs of the roadside and woodland, and revel in the galaxy of color beneficent Nature so lavishly displays on every side.

The Sweetbrier shrub is covered with scarlet rose hips and visitors to the garden tell me that good jelly can be made from them and that during the war in England they were used in this way. The bushes in the garden here are a pretty sight now and the branches are very graceful looking well by the white lattice fence. The Barberries are also covered with scarlet fruit which clings to the branches until the birds devour them on a snowy winter day. These beautiful bits of the garden cheer us as we hurry around gathering in the tender bulbs and planting the hardy bulbs for spring blooming.

Several Chrysanthemums in a sheltered corner near the house are lovely now and a garden filled with these wonderful hardy plants would be a great joy. Anyone can have a few plants to continue the color and beauty for several more weeks, and I have found that the early blooming varieties are the most satisfactory. This perennial lends itself to transplanting into

Continued on page 9

Modern Etiquette

By Roberta Lee

Q. Is it all right for the mother of the bride to give her away?

A. Yes, this is done in some cases. Under such circumstances, the bride walks down the aisle alone, and at the proper moment in the ceremony the mother steps forward and gives her away.

Q. Is it permissible for a dinner guest to ask for a second helping of some dish?

A. Not unless eating with a relative or intimate friend. The hostess should see that her guests' wishes are fulfilled without the necessity of their asking.

Q. When is the proper time to hold a wedding rehearsal?

A. The day or the evening preceding the wedding day.



Cook's Corner

SWEET BEET PICKLE

Make a syrup of:
1/2 cup sugar
1 cup vinegar
1 tablespoon mixed spices.
Let come to a boil. Fill sterilized jars with small cooked beets and pour syrup over them and seal. This syrup is enough for 2 pints of beets.

—Mrs. Janette MacDonald, Whit Road W. I.

The Story Of Mme. Pandit



Madame Vijaya Lakshmi Pandit, (right), president of the United Nations General Assembly, accompanied by Secretary of State John Foster Dulles (center), calls on President Eisenhower at the White House.

By Cynthia Lowry

NEW YORK, (AP) — Madame Pandit is the only woman who ever told Andrei Vishinsky publicly to shut up—and made it stick.

Mrs. Pandit by now must be getting accustomed to this "only woman" stuff. In a comparatively few years she has been the only woman to serve a country as ambassador in both Moscow and Washington; the only woman to head a United Nations delegation; the only woman to be elected president of the General Assembly of the United Nations.

Altogether, 53-year-old Vijaya Lakshmi Pandit, the handsome sister of India's Prime Minister Nehru and mother of three married daughters, is one of the world's most distinguished—and controversial—personalities.

"I would like to be considered quite impartial," she says of her U. N. presidency. "What my country stands for can mean nothing to me during these coming months."

Vishinsky Twice Downed

In two difficult encounters within a month of her presidency, Mrs. Pandit came off winner. She firmly extinguished Soviet-sponsored efforts to exclude Chinese Nationalists from the General Assembly. Later the intractable Vishinsky pulled out of parliamentary line and was warming up to an oration when Mrs. Pandit threw the rule book at him. When he paid no heed, she calmly flipped an electric switch on the presidium desk which cut him off from everybody except his Russian-speaking colleagues.

Of her high position, she says: "I'd rather my election be considered as an honor to my country than an honor to women. Of course I am very proud that I am a woman. But in this country there is so much emphasis on women as women. It is important that a woman detach herself from the feminine aspect if she wants to be effective."

Sees Two Extremes

"I was terribly impressed when I came to America to see that women could be glamorous as well as hold fine jobs. I think our concept—that an unwashed face and uncombed hair didn't matter—came when we were fighting and going to prison."

"In other words, I think that here you are overdoing it. And that we in India are underplaying it. It should be somewhere in the middle."

Madame Pandit is a high caste Hindu born to riches and luxury who as a fiery rebel chose prison and physical hardship. Her father, Motilal Nehru, was a Brahman lawyer, so rich and so westernized his fine lawn shirts were sent to Paris to be laundered. Mrs. Pandit—born Swarup Kumari—was his second child. Her brother Jawaharlal, Gandhi's prime disciple, is 10 years her senior. When Swarup was five, the family went to England where a governess was employed and taken back to the Nehrus' beautiful home in the United Provinces.

Gandhi Altered Life

The pattern of the Nehrus' aristocratic, luxurious life changed as

first her father and brother and then the whole family fell under the spell of Gandhi. She first met him in her home but doesn't remember the circumstances. The second time, when she was 17, she remembers.

"Bapu—Little Father, as all India called him—came to my home town to start his non-violent movement," she recalls. "He spoke at a big mass meeting and I went, although my mother was averse to it."

Gandhi appealed for contributions. "I suddenly found myself struggling with my bracelets," she said. "I couldn't get them off my right arm, but I ripped them from my left. And then I tried to hide my left arm so my mother wouldn't know."

She smiled. "And soon my mother was going to give her bangles and dedicate her whole life to that same little naked man."

Husband Died in 1944

Gandhi was a guest at the wedding party celebrating her marriage in 1921 to Ranjit Pandit, a young lawyer who spent years in prison for his Nationalist activities. Ranjit died in 1944.

Prison became almost a second

Continued on page 9

The Stars Say --

By Genevieve Kemble

For Tomorrow

No cause for worry, this happy and harmonious day, so banish thoughts of the past and concentrate optimistically on the present and the future. If you will stop to think, you will realize that you have been making splendid progress in most of your plans, and you should be pleased at the results thus far.

Continue in the practices which have thus far proven sound and resolve that, in the future, you will never become discouraged by temporary delays or minor obstacles. Viewed in the proper light, they should be regarded as a challenge to your abilities.

For the Birthday

If tomorrow is your birthday, the year ahead promises much in the way of business activity along with stimulating aspects where social and domestic affairs are concerned. Astrological influences forecast unexpected honors, promotion and other signs of preferment from business associates and superiors.

During the spring of next year, you may have to make important decisions regarding a change of living environment or travel, but do not make them without careful study and analysis. The time this takes may seem to slow up progress, but it will be worthwhile in the end. Hobbies, cultural interests and new friendships are under beneficent aspect so that, in general, you should have a most pleasant, if not spectacular, year.

A child born on this day will be gentle, sensitive, intuitive and loyal.

How Can I!!!

By Anne Ashley

Q. How can I eliminate squeaks in woman's shoes?

A. Rubbing neat-foot oil or linseed oil into the sole usually helps. Another remedy is to punch two or three small holes into the sole just behind the ball of the foot where the sole begins to curve up into the instep.

Q. How can I clean velour and other soft finishes of upholstery?

A. Apply dry-cleaning fluid with a piece of cheesecloth, and brush up the nap afterward with a soft brush.

Q. What can I do when my rubber plant starts to turn brown and lose its leaves?

A. This may be due to the presence of bugs in the soil, and those bugs are often caused by too much water. To get rid of both, remove half the soil from the pot, replace with fresh soil, and refrain from watering the plant for a week. After that, water it very sparingly.

Morning Smile

The story is told that when Charles Dawes was ambassador to Great Britain he bought a newspaper from a London newsboy, the boy charging the usual price of one penny for the paper.

Dawes—I'd have to pay double that price for a paper in America. Newsboy—Weel, guv'nor, you can pay me double if it'll make you feel more at 'ome.

DOROTHY DIX'S COLUMN

Averse To Wasting Time

Damsel, After Eleven Dates With Man, Would Ask Him For His Intentions

DEAR MISS DIX: I'm a girl of 23, and fairly attractive. Three months ago I met a nice young man of 30. I've seen him eleven times since our first meeting, though we have been alone on dates only four times. Usually we double date. I'm pretty sure he likes me, but I don't know if I'm wasting my time on him or not. He's never spoken of marriage. Should I ask him what his intentions are, give him up, or wait for him to make up his mind? BE LESS IMPETUOUS.



Muriel Nisso

ANSWER: Three months and eleven dates scarcely a demand bid for matrimony. Can't you give the young man a fighting chance to become acquainted before he ties himself up for life? I might be able to understand your impetuosity on the ground of first and intense love, but your letter doesn't even carry that assurance. You seem quite calculating in your attitude toward the opposite sex, with but one objective in view—a wedding ring. Twenty-three is no longer considered the end of youth, and I do urge a bit more patience.

DEAR MISS DIX: Would it be all right for me to invite to a party a girl I don't know too well? I like her very much.

ANSWER: Extending the invitation would be an excellent way to further the acquaintance. Do ask her.

DEAR MISS DIX: Ten years ago my husband deserted me and our two children, who are now grown up. He has been living with another woman ever since, and they have four children. Now he suddenly has the nerve to ask for a divorce, so he can marry the woman and legally give the children his name. I feel they should suffer as I have done all these years.

ANSWER: Refusal to acquiesce to a divorce isn't going to hurt your husband, who seems to have done all right without it. Your consent will be of value only to the children. There's no sense in venting your re-

Continued on page 9

Better English

By D. O. Williams

1. What is wrong with this sentence? "I have no desire at all to go in the house."

2. What is the correct pronunciation of "abyss"?

3. Which one of these words is misspelled? Peninsula, pinnacle, parachute, paraphernalia.

4. What does the word "buoyant" mean?

5. What is a word beginning with "ex" that means "abnormal growth or increase"?

ANSWERS

1. Omit "at all," and say, "I have no desire to go in the house." 2. Pronounce a-bis, a, unstressed, i as in it, accent second syllable. 3. Paraphernalia. 4. Light-hearted. "His cheeks are rosy, his steps buoyant." 5. Excessiveness.

Household Scrapbook

By Roberta Lee

Hardwood Floor

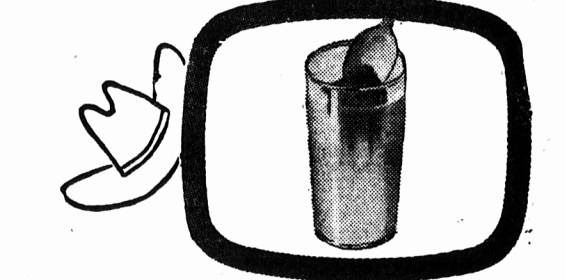
To wash a hardwood floor, use a tablespoon of vinegar and one of furniture polish to the water used for washing. Soap makes varnished surfaces cloudy.

Wall Paper Paste

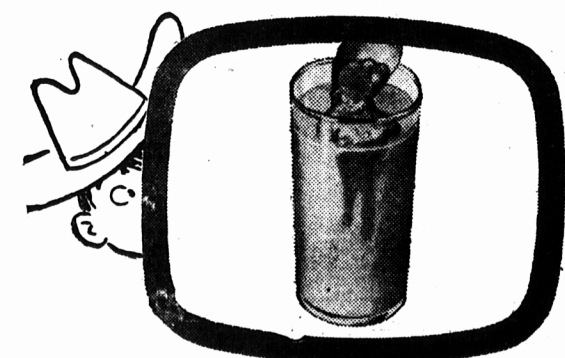
A very good paste for wall paper can easily be made by mixing flour and water to a thin paste. When the mixture boils, add a little powdered alum. Boil until proper thickness for paste.

Perfume Stains

Perfume spots on furniture should be smeared with linseed oil and water to a thin paste. When the mixture boils, add a little powdered alum. Boil until proper thickness for paste.



YIP! IT MIXES INSTANTLY IN COLD MILK



YIPPEE! IT'S EXTRA CHOCOLATY

NESTLÉ'S Quik!

Everybody goes for extra quick, extra delicious Nestlé's Quik. Just 2 heaping teaspoons of Quik powder change plain cold milk into a chocolate-rich drink. A stir mixes it, keeps it mixed all the way down. Your kids will drink more milk when it's QUIK-mixed.



Grown-Ups too love a chocolaty "Quik-Me-Up" You never know milk could taste so good!

CHOOSE YOUR
Winter Coat
at
The Gloria This Week
and pick a Handbag FREE of charge to go with it.
At the GLORIA you'll find Coats in the latest materials and colours.
Prices are LOW and Values HIGH at
The GLORIA
"Where Smarter Women Shop"
179 Grafton Street

Exquisite Form BRASSIERES

Style 505—White and black satin with stitched undercup, sizes: A cup, 30 to 36, B cup, 32 to 40, C cup, 32 to 40.

Style 395—With floating action, circle stitched cup and action straps. White satin. Sizes: A cup, 30 to 36, B cup, 32 to 40, C cup, 32 to 42.

Style 515—White and Black Satin with stitched undercup, long line. Sizes: B cup, 32-42, C cup, 34-44.

Style 195—White or black satin with circular stitched cups, sizes: A cup, 30 to 36, B cup, 32 to 38.

MOORE & McLEOD limited