

ELLEN'S DIARY

By An Island Farmer's Wife

The Women's Institute of the district presented their first entertainment this evening: A Halloween social in the community hall down the river road. Attending, one felt at once that October's last night had cast its intriguing shadow before to allow us those elements of mystery—the goblins, ghosts and others of their kin, which in fancy lend a strange air of enchantment both for children and adults, to the Halloween night. . . . A moon just past its fullness beamed with benign expression for our going, pointing up the dark of the tapering "vans" and spruces and casting bewitching lacy shadows along roadways and paths. . . . "They're not real," granddaughter whispered, when she first beheld some of these "folks-of-the-night." "No," she nodded, with a smile of satisfaction. "I know—they're only make-believe!"

A patient grandfather not too susceptible now to the witchery of any night, kept company with our small fellow in the house across the lane, then into his rest. A fair, lovely Autumn night—a moon in keeping—a tantalizing touch of frost in the air. . . . a congenial gathering—an interesting and amusing entertainment—lunch—encouraging cash returns and "a good time was had by all" made it a worth-while incident in the life of the recently organized Community Women's Institute.

And what of this day on the farm, when a sun of October dappled the mill-pond and rested tenderly upon the hills? More drab now lie the fields upon which in the loneliness of the season herds and flocks pasture. "The Fall is always more lonesome-lak than any of the other seasons." Fat, a recent visitor offered, as he drew a companionable pipe with James to mind happenings from the past. . . . It is usual for James to endure a period of preparation before the two can settle down to it.

Continued on page 9

Paints Blossom Out in Fabulous New Array of Colors!

Something truly amazing has happened to interior household paints! No longer need your choice be limited to a mere dozen colors. Now you can pick from hundreds and hundreds of glorious decorator-styled colors—in FLO-GLAZE Colorizer paints and enamels.

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You just pick the shade you want from the 1,322 real-paint samples in the Colorizer Album. Then you buy FLO-GLAZE paint in that color—right over the counter. That's all! Get the same color again if you wish. Drop in at your nearest FLO-GLAZE Colorizer dealer's store and see the Colorizer Album. It will inspire you with countless ideas for distinctive color schemes in every room!

No-glaze Colorizer PAINTS & ENAMELS

Strange But True

By F. H. MacArthur

Strange as it may seem, the proper names of Nations, societies, groups of islands, the chains of mountains, are generally plural. Example: The French, the Azores, the Alps. . . . In the English language the gender of nouns follows the order of Nature; but in the Greek, Latin, and German tongues, the grammatical genders are often assigned without regard to sex which have no neuter gender, every object is, of necessity, regarded as either masculine or feminine. There are two ways of spelling the following words, connection, connexion; inquire, enquire; negotiate, negotiate; riband, ribbon; ribbon, ribbon, chemistry, chymistry.

Alec MacIntyre, Lorne Valley, P. E. I., possesses a wooden man which grew into the form of a human being. This unique object is about the right and height of an average man—150 lbs. The oddity was viewed by thousands of persons during Old Home Week—1939. . . . In Biblical days, slaves were born in the homes of their masters or were captives taken in war. If a slave were fortunate enough to be set free, he could take any route in society to which he had the genius to attain, and often reached very lofty positions, being friends of emperors and nobles. The famous philosopher Epictetus was a slave. . . . Strange as it may seem, many of our present surnames came from those who originally held certain positions or trades, as; Butler, Baker, Stewart (from house-steward), Spencer (i.e. housekeeper or dispenser of provisions, etc.)

Pork for pig-meat, veal for calf, beef for cow or ox-meat—all these names are Norman or French in origin, the spelling having been altered. . . . Our bookcase was once the little carved Roman rollchest; our wardrobe a peg on a beam; our chandelier a lump of fallow stuck on a stick; our sofa a money chest; our chair a "fold-stool"; our bed a shelf in the wall; our carpet a covering of snow; our drinking glass a polished cow's horn; our plate a rough wooden trench. . . . Poisoned arrows were not exclusively used by the North American Indians. Arab Pirates on the Red Sea used such weapons. Pliny mentions that the Scythians poisoned their arrows with human blood. A scratch of such an arrow proved fatal. The Jews never adopted the barbarous custom.

Thunder is a rare thing in the clear air of Palestine, in harvest time or summer. . . . Pole scales were the most ancient weights and measures used. Of all Jewish weights the shekel was the most accurate. . . . Noah was the first man to cultivate and dress the flood. He probably came by his knowledge from the antediluvian world. . . . Among the few words that spell backward the same as forward are Hannah and Anna. . . . In the U. S. A. so much surplus food is piling up that \$9,000 a day is being spent for storing it. And people still are hungry.

Invisible

"I want some invisible hair rets for my wife," said a customer. "Here you are, sir. That will be 25 cents." "Are you sure they are invisible?" "Invisible!" exclaimed the salesman. "Why, I've been selling them all morning and we've been out of stock for two weeks!"

Warm Robe for Evenings at Home



Anyone who can sew a straight seam can make this simply-cut hostess gown. Styled in wool jersey because of its lovely draping qualities and warmth, this graceful and flattering robe is inexpensive as well as easy to make. The nipped-in waist is fashioned of wide grosgrain ribbon in matching color. If you would like instructions for making this HOSTESS GOWN in sizes 12, 14 and 16 send a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for Leaflet No. SS-8.

Modern Etiquette

By Roberta Lee

Q. Is it all right for the bridegroom's mother to invite her friends to her son's wedding? A. She must not do this herself. It is all right, if she wishes, to suggest these names to her son, and he may then pass the list on to his fiancée who does the mailing of the invitations.

Q. Is it customary for a house guest to bring his hostess some kind of gift? A. This is often done, and it is all right—but not absolutely necessary. The bread-and-butter letter is really all that is expected and required.

Cook's Corner

CRISP EGGPLANT SLICES
1 medium eggplant, 1 egg, 1 cup fine dry bread crumbs, 2 tablespoons water. Pare eggplant (or use without paring) and cut in 1/2 inch slices. Dip in crumbs, egg beaten with water and again in crumbs. Pan-fry slice in 3 or 4 tablespoons fat until tender, about five minutes on each side. Season.

MOCK SALMON LOAF
1 1/2 cups grated raw carrots, 1 cup cooked rice, 1/2 cup peanut butter, 1 cup milk, 1 egg, 2 tablespoons fat, 1 chopped onion, 1 teaspoon sage and salt. Mix milk with peanut butter. Combine all. Pour into greased loaf pan. Bake about 45 minutes in moderate oven. Serve with gravy or tomato sauce.

MEAT LOAF
One and one-half lb. ground hamburger, 1 cup chopped onions, 1 cup milk, 1 cup oatmeal, 2 eggs, 1 teaspoon prepared mustard, 2 level teaspoons salt, 1/4 teaspoon pepper and bake in greased pan in moderate oven (375 F.) one hour.

DOROTHY DIX SAYS—

Bored Wife

Woman Misses Excitement Of The Business World

DEAR DOROTHY DIX: From my high school days until I married I always worked as a secretary to men, doing interesting and exciting work. I kept my job after I married until my baby came, and then my husband insisted that I give up my work and stay at home and take care of the child, instead of hiring someone else to do it. I agree that it is for the best interest of the child and for four years I have done so, but I have such periods of rebellion and boredom at the confinement and monotony of housework that I think sometimes I can't stand it. And how I miss the contacts of the business world and my own money, the ability to buy things when I want them and lack of good clothes! I am getting a definite inferior feeling with it all. A child is sweet and I love mine, but it does seem as though a woman has to make such a tremendous sacrifice and adjustment when she gives up business just to be a wife and mother. CHANGED PERSONALITY.

ANSWER: The trouble with us women is that we can't have our cake and eat it, too, while men can. If that is one of the great injustices of sex, it is one that Nature imposes upon us, and there is nothing we can do about it.

MEN CAN DO BOTH

When a man marries he simply adds the comforts of a home, the society of a wife, the happiness of having children to the joy and independence and interest and excitement he gets out of his career. But wives and careers do not mix. No woman can turn out a really first-class job in either if she is trying to do both. Especially can no woman be a good mother unless she gives her personal attention to her children. No professional tenderness is like that of a mother. No expert can pinch-hit for even an untrained mother.

For everything we get we have to pay, and there is no doubt that the price of women's success in the outside world has been to dissatisfy most of them with domesticity and unfit them for it. But there is nothing that can be done about it. It is just one of the immutable laws of life that the woman who has children must pay for them by going through the agony of bearing them and the long years of sacrifice in rearing them. Happy is she who gets joy in doing it. And happier still she whose children reward her with love and appreciation and by being an honor to her.

DEAR DOROTHY DIX: I am a man of 40, very shy and sensitive, never married. I have had the hard-or good-luck of falling in love with a lovely 20-year-old girl. Am I too old for her? Is there any way for me to court this girl without everyone knowing it and probably turning her against me with what passes for small-town wit at my expense?

T. A. H.

ANSWER: A man of 40 is a mere lad in these days and, anyway, age isn't a matter of how many candles there are on your birthday cake, but of what is in your heart and head. A lot of us middle-aged people, who still have illusions and faith in God and humanity, find ourselves mere infants in the presence of the hard-boiled youth of today.

Whether you are in the same age class with the girl or not also depends upon her. If her only idea of spending a pleasant evening is going to a night club, then she is too young for you. You would be miserable with her. But if she is a quiet, home-loving girl, with the same tastes and ideas you have, the twenty years between you makes no difference.

As for courting her without everybody in the village knowing it and getting funny about it, that is an impossibility. The only thing to do is to disregard it. Give your girl a whirlwind courtship and get it over with. Remember that fair heart ne'er won fair lady.

DEAR DOROTHY DIX: You say not to nag, but what do you suggest doing to a husband who has not learned the simplest laws of hygiene, who bolts his food, eats too much and drinks to excess? I love my husband and want to keep him in good health, so I have to be forever after him.

A WORRIED HENPECKER

ANSWER: Nagging would be justified if it ever did any good. But it doesn't. It is one of the things that loses force with repetition. If you correct your husband's table manners once in a while, you will make some impression upon him. If you hammer at the way he uses his fork at every meal he makes up his mind he won't be badgered into changing his method of handling it.

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

How Can I!!!

By Anne Ashley

Q. How can I make my blankets softer?
A. After they have been washed and dried, hang the blankets on a line in the open air and beat them lightly for a while with a carpet beater. This will raise the fluff and make them soft and fluffy.

Q. How can I clear water that has a milky appearance?
A. It can be quickly cleared by dissolving a small piece of rock alum in a pint of boiling water and using this much to a tub of water.

Q. How can I keep doughnuts from absorbing too much fat?
A. Add one-fourth teaspoonful of ground ginger. This will also give the doughnuts a delicious flavor.

EASILY IDENTIFIED

The "Union of Welshmen in Dispersion" in Britain is producing a badge to identify "exiled" Welshmen.



SERVED WITH Aylmer PURE Catsup

Your Family Deserves AYLMEY Quality

Household Scrapbook

By Roberta Lee

Dated Jars
It is wise to write on the labels of jellies, preserves, pickles, etc., the year in which they were put up. This insures that you will use preserves first, and nothing will be spoiled and wasted from being kept too long.

Kitchen Table
Always use a bread board when cutting bread, especially if the table top is enamelled or linoleum covered. Otherwise the knife will cut the linoleum or scratch the enamel.

Glossy Hair
If the beaten white of an egg is added to the regular shampoo water, it will increase the gloss of the hair.

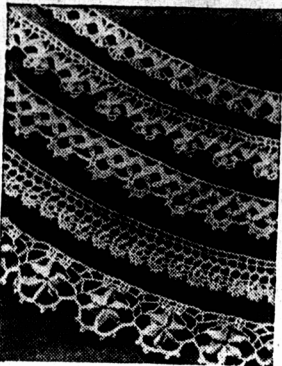
The Stars Say --

By Genevieve Kemble

For Tomorrow
A SUDDEN, abrupt and quite unpredictable turn of the tide of current affairs may be considered dynamic as well as dramatic and thrilling. It may be as well not to be carried beyond the depth of such vivid occurrence since the judgment may be faulty and incite to some regrettable contact, commitment or other involvement. It would be well to view the new factors, circumstances and opportunities with definite objectivity, then, with keen appraisal forgo ahead with practical and vigorous manipulation. Creative skills and talents call for aggressive enterprise.

For the Birthday
Those whose birthday it is, may anticipate a swift and breath-taking turn of events, in which the final denouement may be dramatic heart-warming, romantic and of radical or long-range consequence. While all this may be exciting and keen, with incentive to take some sort of drastic action, this is not recommended, as the judgment is faulty and could inspire commitments neither desirable nor profitable. Pause for balanced appraisal of new openings then forge ahead with objective purpose and practical plans. A child born on this day may look forward to an adventurous and romantic life, with much activity, unusual accomplishments and enjoyment.

Rick-Rack And Lace Edgings



A combination of crochet and rick-rack braid in all white or pastels to match your linens makes a variety of hand-made edgings. In the top four designs the braid is used in a single straight piece with rows of crochet on both sides. The deeper border at the bottom has rick-rack stars around which the lace is worked. For directions, send a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for Leaflet No. E-124, RICK-RACK EDGINGS.

That Body Of Yours

By James W. Barton, M.D.

TREATMENT OF TUBERCULOSIS WITH DIET

In the early days of treatment for tuberculosis, the biggest part of the treatment, aside from bed rest, was plenty of food and fresh air. Many patients, because they rested all the time and ate fats and starches and fat-forming foods, gained and felt well, and were allowed to return to their homes. Unfortunately, their weight increase was mostly fat and many soon had to return to the sanatorium.

A few years later, in addition to rest and good food, a little exercise was allowed, about 15 minutes daily, and before they were discharged they were up on their feet doing light work for four to five hours daily. Very few of those who could do the four or five hours light work had to return to the sanatorium.

Then came along a method of shortening the time needed in sanatorium by compelling the diseased lung to rest by means of pneumothorax (in which air or gas is pumped into the bag in which the lung is enclosed.) This supply of air lasted a certain length of time and kept the lung from being too active, which would prevent healing.

Finally surgical methods—cutting out ribs, and cutting nerves supplying the affected lung—were used to rest the lung completely.

It will come as a surprise to many of us to learn that the old treatment of diet is coming into use again. In Diseases of the Chest, Chicago, Dr. B. P. Sandler reports his results with a low carbohydrate (starch) and high protein diet given to 58 patients with pulmonary tuberculosis, 20 of whom had far advanced disease and 16 moderately advanced disease. Thirty-five of 58 patients showed significant improvement as measured by cough, amount of sputum, weight, bodily strength, breathing capacity, fatigue, appetite, stomach and intestinal symptoms, mental alertness, morale, nervousness, headache, and chest pain. Seventeen showed improvement by x-ray examination.

The beneficial effects of the diet—less potatoes, sugar, bread, and more meat, eggs, milk, fish—kept the sugar in the blood at or near the normal level. It has been found that a large percentage of tuberculosis patients do not handle starch foods in a normal manner. It is interesting to see diet treatment being used again in the treatment of tuberculosis.

Morning Smile

No Doubt

There was a placid look on Charlie's face as he walked in the front door and Maggie was encouraged. He had been late for work that morning, and his wife had helped him concoct what she considered an air-light excuse for his tardiness. "Well," she now remarked, "I said it was a sure-fire excuse didn't I?" Charlie grinned, albeit a little deakly. "It was," he agreed. "He sure fired me!"

STOP PAYING FANCY PRICES for floor wax!



Needlecraft—

FOR THE HOME

MIX-MATCH "MUSTS"

Fall's color and fabric fancies give new inspiration to mix-match separates. Here, a versatile skirt—plus two weskit versions for changeabout purposes.

No. 2022 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42 and 44. Size skirt 1 1/2 yards 54-inch; weskit, 1 yard 54-inch; sleeveless weskit, 1 yard 54-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. Include postal unit, or zone number in your address.

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Better English

By D. C. Williams

1. What is wrong with this sentence? "Whereabouts does the man live?"
2. What is the correct pronunciation of "confidant" (noun)?
3. Which one of these words is misspelled? Acetylene, accumulative, achievement, acoustic.
4. What does the word "prodigal" (noun) mean?
5. What is a word beginning with he that means "extremely wicked"?

ANSWERS

1. Say, "Where does the man live?" 2. Pronounce the i as in it unstressed, not as in ice, and accent last syllable. 3. Achievement. 4. A spendthrift. "Those who waste time are the greatest of all prodigals." 5. Heinous.

The Neighbors

By George Clark



"Why, we have visitors! How long have you folks been here?"



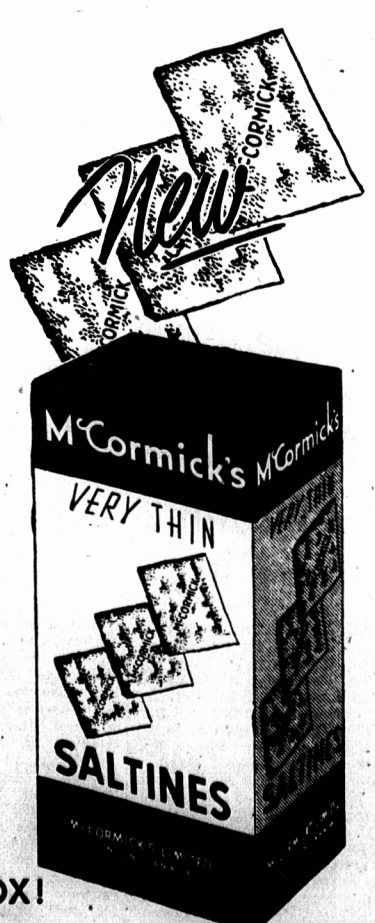
Middle Musquodoboit Cook Wins County Fair Awards

In the Musquodoboits the art of fine home baking flourishes. You'd go a long way to see a more inviting display of good things than the ladies show each year at Halifax County Fair, Middle Musquodoboit. And each year a lot of those prize-winning tags bear the name of Mrs. Isaac Holman. Ask her how her baking is so successful year after year, and Mrs. Holman will tell you that it takes more than tradition or experience. "When you bake at home," she says, "you have to use a good fast-acting yeast to get good results. I, myself, use Fleischmann's Yeast. My experience with Fleischmann's has always been satisfactory—always active and dependable. How right she is! It's dependable fast rising that has made Fleischmann's Yeast the favourite in the Maritimes for 83 years, and the choice of prize-winning cooks everywhere.

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