

## ELLEN'S DIARY

By An Island Farmer's Wife

And now, at Alderlea, the cropping is completed. The sowing of last drills to turnips brought the season to an end. Garden-crops, such as carrots and parsnips, peas and cabbages, which farm-folk need in supply along winter and spring-days, were also sown in the field, but not without some protest on the part of our farmers since this is an annual concern with them. They are bound these contribute to an untidiness in the ensemble of roots and they reason, and not without sound logic "A few dollars would buy all the stuff you gather there in the fall. Give the space over to turnips and there's no telling what returns in livestock it would bring." While as always the housewives respect the points of view of their masculine halves, we that prepare meals know there is an unmatchable virtue in growing one's own. Pleasant it will be and most satisfying to draw out presently, even before we shall expect it, slim sweet carrots to marvel over and enjoy, and of a dewy scented morning to explore the outer leaves of a cabbage to find enchanting dinner-fare within.

At Rob's today, an endeavor which Carolyn was sure must have been akin to those scenes enacted at Alderlea in the by-gone years, the whole family cut seeds of potatoes. Jamie, a careful lad and oldish for his years, did very well at it, as did the younger boy too until somewhat disgusted by the repeated advice "be sure you put an eye in each one, dear — or they won't grow", he suddenly laughed merrily and threw knife and tuber "over the moon" and hands in pockets slipped off to the barn. There he hoped to catch sight of the kittens, expected so long, and stowed away now behind the board wall of a mow, where with true motherly instinct, fearful that her babies would be "loved to death" if left in the open, the cat has taken up residence. So far, the children, can only conjecture as to the number there, though they do concentrate on counting the mew. Rob, himself, interested in the event, caused granddaughter to break into a wistful smile when he declared recently "Of course I'm only making a guess, mind you — but I'd say there sounds to be a dozen white ones and eight that are black." It still remains a bewitching subject with the small fry, the circumstances of which time alone will one day reveal. We are inclined to agree with granddaughter, who "just hopes there'll be a whole ring of tiny noses and whiskers about the camp one of these days."

And so, kept from pursuing the affairs of the field-work because of continued showers and dampness, at Rob's they prepared for the planting, of a small acreage of potatoes. At Alderlea, the farmers busy with barn-building, and allowing also for an extent of hoeing, are growing no tubers this year. There will be no usual spell of set-cutting for the housewives in tune to bird-song, chick's chirpings and other delightful sounds which are a part of those quiet days on a farm. Strangely, we do not find the relief, we once thought would accompany this circumstance. On the contrary we have a notion that without it, the cropping is somewhat incom-

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## That Body Of Yours

By James W. Barton, M.D.

### YOUR BLOOD PRESSURE AND YOUR ARTERIES

There is no group that knows more about illness and health, life and death, than our insurance medical examiners. The longer they can keep policyholders alive and well, the longer will their policyholders continue to pay their annual premiums. This is the reason that insurance companies offer a free medical or physical examination at stated periods and why so many policy holders take advantage of these examinations, which help to keep them in good health and postpone serious illness and perhaps death.

The commonest health subject discussed today is blood pressure because there are so many cases of heart stroke (coronary thrombosis), due to high blood pressure and hardening of the weak-walled blood vessels.

The latest contribution to our health and happiness in recent years from these life insurance examiners is their finding and announcement that their own figures as to the normal blood pressure have been too low. The middle-aged man's normal blood pressure, they say, should be placed at 160 instead of the present 140. Thus, an individual with blood pressure of 160, who has been living almost the life of a heart invalid, can now relax.

The president of the American Heart Association, Dr. Howard B. Sprague, in a booklet published by the Public Affairs Committee entitled "Your Blood Pressure and Your Arteries," states, "The tensions of our times will take their toll of our leaders unless the people under pressure take certain precautions. The pressure is on again. Business, government, and industry are marshalling strength to build the country's defenses. The age bracket from 32 on roughly corresponds to the ages when high blood pressure develops."

These precautions do not include sitting down and doing nothing. Dr. Sprague points out that most people with high blood pressure can do more for themselves than can be accomplished by drugs or surgical cutting of nerves to reduce pressure. First, face your worries, as we all have them, and if you don't know the answer, talk to your doctor.

Some of the few short rules are: (1) Walk, never run; upstairs. (2) Quit anything before you get overtired. (3) Relax or nap twice a day. (4) Eat four or five light meals instead of three heavier meals. (5) Go easy on coffee and tobacco. (6) If possible, quit work early and exercise outdoors for an hour. (7) Go to bed well before midnight. (8) Keep your weight normal. (9) Argue and worry as little as possible.

## Modern Etiquette

By Roberta Lee

Q. When a girl is entertaining a young man in her home, and another man calls her on the telephone, what should she do?

A. It would not be proper or thoughtful to engage in a long conversation. The best thing for her to do is to explain that she is occupied at the moment and suggest that he call back the next evening.

Q. What is a good phrase for a woman to use when she is introducing her husband to another woman?

A. "Mrs. Martin, may I introduce my husband to you?"

## DOROTHY DIX SAYS—

### No Marriage In Sight

Girl Anticipating Spinsterhood Should Concentrate On Career

DEAR DOROTHY DIX: I have a daughter 25 years of age about whom I am much concerned. She is intelligent, good-natured and well-mannered. But she is not pretty and seems to have no attraction for men and will probably never marry, yet if ever a girl was cut out for a home and all that goes with it she is. She has never had a boy friend or a date and I am afraid she never will. She has a very nice position now and in all probability will keep that for an indefinite period, but after that what?



MRS. B.

ANSWER: There are thousands upon thousands of girls like your daughter, Mrs. B., who must face the fact that in all human probability they will never marry. They have every quality that fits them to be splendid wives and mothers and homemakers, but for some reason they lack that intangible something that attracts men to women and their predestined fate is to go through life alone.

### HAS SAME CHANCE AS BOY

In the past such a lot was almost worse than death. But that is all changed now, thank heaven. Every girl now has just the same chance of achieving a happy, free, independent life as a boy has, and her well-being no more depends upon her getting married than his does upon his marrying. In both cases marriage is a highly desirable state, provided they get the right mates, but it is purgatory if they don't. So there you are, and there is no reason to feel that your daughter will have missed everything if she doesn't get a husband. There are a lot of good things in the world besides wedding rings.

The thing for the girl who is unattractive to men to do is first to realize that she will never marry and put all thought of a Prince Charming coming her way out of her mind. She must face the certainty that she must stand on her own feet and provide for herself and safeguard her future.

She must decide what she wants to do and put her back and her heart into it and learn how to do the sort of work that commands a high price. She must learn how to save her money and how to invest it so that when the day comes when she wants to retire she can do so.

There is no sex in work. It is the work that counts. Any intelligent, able-bodied young woman has just as good a chance to succeed as a boy has, and there is no reason why her mother should be worried about her than she is about her son.

DEAR DOROTHY DIX: My husband works for his Dad for a very small salary each week. We can barely pay our bills on what he gets, and never have a chance to save at all. Now we are going to have a baby. His mother and father insist we can manage on what we get and we know we can't. My husband can get a better paying job, but he hates to hurt his mother and father by leaving them. What do you suggest?

M. R.

ANSWER: Parents can be funny, sometimes. They expect their children to work for them at a salary no stranger would even look at. If there is any future in the business, it would be worth sticking it out, but if your husband's present salary is stationary and you have no future prospects, another job with better pay is your only solution.

DEAR MISS DIX: I am 16 years old and am going with a boy who is in love with me. I'm not in love with him but I feel sorry for him and don't want to hurt him. Should I marry him or not?

IVY

ANSWER: I hope you're in your right mind, but it doesn't sound like it to me. In the first place, marrying at your age is ridiculous, and in the second place marrying someone you don't love at any age is the shortest cut to unhappiness I know of. Your reluctance to hurt someone's feelings is admirable, but you'd hurt this boy much more if you married him without loving him. Just tell him frankly how you feel about him, and that you intend to wait a few years before getting married, anyway. Bide your time, Ivy, until love really comes along; then you'll be awfully glad you waited.

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

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

GENERALLY adverse conditions, with many sinister and curious undercurrents, prevail. These may be precipitated into the open by some sudden, inexplicable and challenging course of events in which funds, security and friendly relations are in jeopardy. Strong attention to finances, investments, and the general well-being should be judiciously managed, particularly from treachery and underhand tactics.

### For the Birthday

Those whose birthday it is are warned of a dangerous, tricky and hazardous state of affairs in which loss of funds, prestige, good will and happy relations is probable. Speculation, dishonesty, bad judgment and over-confidence could imperil funds, possessions and prospects, creating a situation of slander, connivance, with reactions on health. Keep prudent and conservative in all vital contacts. Postpone major activities concerning funds, investments and personal well-being. Keep alert to treachery.

A child born on this day may be subject to its own overconfidence and generosity inviting fraud, loss of prestige, possessions and friends. Through its own lack of vision and vigilance, it may be easily victimized.

## Household Scrapbook

By Roberta Lee

### The Bathroom Walls

Before washing down the walls of the bathroom, fill the bathtub with steaming hot water, close the door and leave for a half hour. The steam from the hot water will loosen the dirt and it will be much easier to do the job.

## Cook's Corner

### Meat Toasties

Yield: 4 to 5 servings

1 can Pork-Beef Loaf, 1 egg, 1 tablespoon milk, prepared mustard, 1/2 cup breadcrumbs or cornmeal, butter or margarine. Beat egg and add milk. Slice meat into 1/4 inch thick slices. Spread each slice on both sides with prepared mustard. Dip into fine crumbs then into egg, then back into crumbs. Pan-fry in butter or margarine until slices are golden brown and heated through.

## Better English

By D. C. Williams

1. What is wrong with this sentence? "We wish we had of been to that show, too." 2. What is the correct pronunciation of "attitude"? 3. Which one of these words is misspelled? Satellite, satyety, saturnine, sagacious. 4. What does the word "equivocate" mean? 5. What is a word beginning with sup that means "haughtily contemptuous"?

### ANSWERS

1. Say, "We wish we had been at that show, too." 2. Pronounce the u as in use, not as in rude. 3. Satellite. 4. To use words of doubtful significance; particularly with the idea of misleading or prevaricate. "The manner of the witness suggested that he was equivocating." 5. Supercilious.

## Morning Smile

Some Society

The nervous curate had arranged to preach on Jonah and the whale. "And for three days and three nights," he began, "Jonah was in the—"

He blushed, stammered, stopped, then started again. "For three days and three nights Jonah was in the—"

Once more he was covered with confusion and once more he stopped and mopped his face from which perspiration was pouring.

Then he gathered his courage in both hands, and with a mighty effort he finished triumphantly: "And for three days and three nights Jonah was in the society of the whale."

## Murder Is Forgetful

By WILLIAM BOGAR?

(Continued)

Moe shook his head. "I don't see who could have done it. Nick Walker and the doc hadn't even arrived yet. Neither had that young guy — Ralph Dunkirk. They drove up while you and I were still up here in the room. And Karen was with Irene Smith—"

"Was she?" said Johnny. "She left Irene for a while in order to go to her room and put on a bathing suit. How long do you think it takes to walk down to the pool, see someone standing there, and shove them in? Only a few minutes."

"All right, then," Moe agreed. "There was the nurse and Irene around. And Kay."

"You're forgetting Nancy England."

Moe said, "She was in her room with the door locked. She still is, as a matter of fact. Nick Walker can't figure why she won't see him."

"Where is he? Where's everyone?"

"Around," said Moe. "Kay's all upset about the old man. Young Dunkirk's worried about her. Nick Walker's worried about Nancy, and the doc's hanging around to see that Karen's all right. But the place is a morgue." Moe's gaze went to the window and he listened to the steady beat of the

GUESTS WELCOME  
**Coca-Cola**

rain for an instant. "It does get under your skin, doesn't it?" An hour later the storm was even worse. There was lightning accompanying the rain. Thunder that had been a distant rumble

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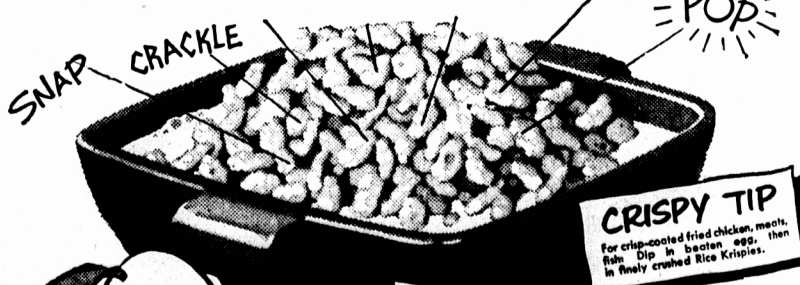
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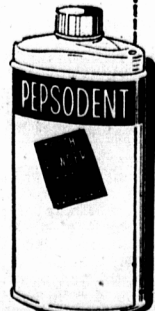


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### MOTHERS:

the truth about tooth decay

SCIENCE has proved that much of the decay that makes cavities is caused by acid-producing bacteria, formed by food particles left on the teeth after eating. The surest way to fight tooth decay is to keep children's teeth clean through brushing with Pepsodent right after eating.

# PEPSODENT GIVES THE WHITEST TEETH



Mrs. Guy Russell, Moore's Mills, N.B., 1960 winner at St. Stephen Fair, uses Fleischmann's Yeast exclusively.

## Her Baking Wins Prizes For 26 Years

As you can see, winning prizes for home baking is an old story with Mrs. Guy Russell, of Moore's Mills, N.B. Her collection of prize-winning tags from the St. Stephen Fair goes back to 1924! She can give good reasons for her success, too. "I have baked bread as many as four times in a week," says Mrs. Russell. "But it isn't just

experience or baking skill that makes you a prize winner. First you have to have the finest ingredients. For rolls and bread my choice is Fleischmann's Yeast. With Fleischmann's I'm sure of quick rising and fine results." That's just what they all say! Prize-winning cooks throughout the Maritimes depend on Fleischmann's Yeast.