

ELLEN'S DIARY

By An Island Farmer's Wife

"And you'll be there when we come 'Out Home' — and there'll be a smoke in the chimney again!"

Gatherings from an old, old tree in this bit of orchard we used. Astrachans sizable now and reduced somewhat though only to a resemblance of what will be. It is a tree with stout limbs whereon small boys may climb to hide themselves or play in the leafy branches...

We pared the fruit thinly, dusting the slices then with sugar to provide remembered fare for the brown-eyed lad at our elbow. No spices; fruited fruit only. We unrolled the cover on one secured it to the damp edge of the lower crust, fluted the rim with a grand-mother's touch and carried the pie to the oven. "You can make apple pie, can't you?" Gage nodded his approval. "It's a funny thing," he offered in a sober tone, "you never learned to make porridge! Oh, I know Granddaddy likes what you make but," he sighed, "it doesn't taste one bit like what mother makes!"

In an article of interest to housewives: "Stop Killing Your Husband!" by Louis J. Dublin, in the August issue of the Reader's Digest, he writes: "In forty years as the statistician of a large life-insurance company, I have come to the conclusion that many men who die before their time could have been saved if their wives had taken more seriously a wife's responsibility to watch over her man."

"Life insurance statistics are proof of the axiom: The shorter the waistline the longer the life-line. The effort to maintain a fashionable silhouette and diet while watching their weight and diet. The result has aided their health as well as their appearance. Unfortunately, fashion has failed to have a similar effect on men. And the little woman, taking pride in providing her husband with luscious pies, cakes and hot breads goes on contributing to his overweight."

He suggests that instead of these she serve lower-calorie, less vitamin-rich foods, continuing, "She can stop keeping snacks in the ice box and throw away the cookie jar. But James, husband of ours, is not overweight; neither it appears is he comfortable at the moment. "Ellen!" he calls from the kitchen, in no faint tones, he having apparently put by his reading. "It's bad enough to suffer with this arm—but to be starved along with it! . . . Have you any more of that pie like we had at supper?"

TEACHER SHORTAGE

GRANDE PRAIRIE, Alta.—(CP) With less than a month to go before school opens there were 30 Grande Prairie classrooms without teachers. School officials said the situation was "acute."

Anne Adams Patterns



R4744 8-14 by Anne Adams

Seven Days A Week

(By Anne Shannon)

Monday: Did you ever — Cut a piece of cardboard to fit each end of your husband's tie, and insert while pressing? This gives a smooth finish and prevents the back seam being pressed through. Do you stitch fasteners or snags on your dress and on the shoulder pads? This way you can avoid having to remove and re-stitch them every time you launder a dress. Do you pour boiling water over apples and leave for a few minutes so that the skins can easily be removed without waste? Did you ever use newspaper to apply floor polish — it does not absorb the polish like a cloth.

Tuesday: A new sort of pie is Bean Layer Pie — goes like this. Mix a small teaspoonful of prepared mustard with a medium sized tin of baked beans and put the beans into a greased pie dish, saving out some of the bean juice. Add a layer of bread crumbs — about a cupful. Season with salt and pepper and the bean liquid. Cover this mixture with a thin layer of grated cheese. Then add a layer of creamy mashed potatoes. Sprinkle with a layer of sliced red tomatoes and sprinkle lightly with more bread crumbs. Top with melted dripping or butter and bake in a moderately hot oven until nicely browned. Serve piping hot.

Wednesday: Not a word is spoken during the wedding ceremony of the Negroes of the South. The youth who has made up his mind "to get it over with", simply takes his beloved by the hand and leads her to the chief of the tribe. That worthy gentleman knocks their heads together and bingo: they're married! Rural America has no newspapers in which engagements may be announced. So when a match has been definitely arranged, the bride-to-be embroiders the name of her fiancé on her apron in bold letters. She then visits all her friends and neighbors' homes and the villages nearby until she is sure everyone has seen the apron.

Thursday: A Kansas farmer, whose homestead was in an isolated spot on the edge of a vast prairie, came in to dinner one day and discovered his wife in a state of delirium. Within a matter of a few hours the family physician made arrangements to have her admitted to the asylum. As the ambulance drove out of the yard with her, the old farmer shook his head in bewilderment. "What in the world could have gone wrong with her?" he mused. "She must have seen something to upset her and yet she couldn't have, I'm sure. Why, she ain't even been out of the house in ten or twelve years!"

Friday: Everyone's glad that fish is delicious. And, may we add, it's also nutritious! Ever try Butter-broiled Salmon? Heat oven or broiler. Moderately hot. Drain can salmon (1 lb. size). Break into large, neat flakes. Arrange in heat proof glass pie plate or platter. Sprinkle with 2 teaspoons lemon juice, 1 tablespoon minced onion, salt and pepper to taste. Dot with 3 tablespoons butter, and bake. Bake until butter has browned—increasing oven heat to 400 degrees. Good baked with sour cream as a substitute for lemon juice.

Saturday: Instead of letting kiddies play aimlessly today in the sand or "mud pie mixture," direct their thoughts and actions into creative channels. Suggest making pies, cookies and cakes, to be set up on shelves in a shady corner. Then one child may act as bake shop manager while the rest do the buying and selling. What a variety of "cakes" may be made! One story, and another idea for interesting playtime hours is the making of a tiny pond, say about two feet square (don't go digging holes in the back yard).

BACK TO SCHOOL!

A cinch to sew — and just the dress she's dreaming of to wear on the first day of school! Put her fresh hankie in the pouch pocket! Quick ironing — dress opens flat! Make it with short or ¾ sleeves. Whip up two versions, one in solid; the other, plaid.

Pattern R4744: Girls' Sizes 6, 8, 10, 12, 14. Size 10 takes 2 ½ yards 35-inch; ¾ yard contrast.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35¢) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Morning Smile

Suspicious Two girl friends met in the street one day. "I hear you've broken off your engagement," said one of them. "Oh, my dear, yes," answered the other. "Jack simply became impossible. He criticized the way I dressed, objected to my friends and always expected me to be at his beck and call. Then, on top of all that, he suddenly went off and married another girl. So I simply made up my mind to have nothing more to do with him."

DOROTHY DIX'S COLUMN

Engagement Should Be Broken

Loveless Marriage Will Bring No One Happiness

DEAR MISS DIX: Two years ago I met a girl; now we are both deeply in love and want to marry. The hitch is that she is engaged to another chap, and I have been unable to convince her that it is only right to break the engagement. She believes that a promise once given should never be broken and, though she has told the other chap that she no longer loves him, he still wants to marry her. I have asked her to elope, but she refuses to consider the idea. She takes the attitude that this engagement is a cross she must bear. Eileen is losing all interest in life and says she is only happy with me. What shall I do? UNHAPPY G.

ANSWER: An engagement is a prelude to marriage and, actually, a trial period to test the affections of both parties. If either one discovers that the engagement is a mistake, as Eileen has, it is a bounden duty to break—rather than keep—the truth.

Eileen is apparently a girl of high principle, who is convinced that her word, once given, is unbreakable. Since this is a matter of conscience with her, the minister of her church should be consulted. He will quickly assure her that the only right course is to break the engagement, whether her fiancé wishes it so or not.

THREE WILL SUFFER Going through with marriage, under such circumstances as she would, is threatening the happiness of three people—you, Eileen and the man she would marry. He may feel now that he wants to go through with the marriage whether she loves him or not, but his convictions would quickly change when he realized what a mockery a loveless marriage can be. He would be continually haunted with jealousy of you, knowing that his wife's love was yours—not his. Breaking an engagement is not an easy task. It involves the unhappiness of someone dear—even though not beloved. Hurting those we like is no simple matter, but Eileen's fiancé will be much more seriously hurt if the marriage is allowed to take place. Prevent it by any means in your power.

Eileen's family certainly must have something to say in this matter; they should help convince her that her contention is woefully wrong. You will need to show great sympathy and kindness during these unhappy days for the girl you love; how you acquit yourself will be a marvelous test for the future. Don't fail Eileen now, and I'm sure with the assistance I have suggested, she will realize her mistake.

DEAR MISS DIX: I am 25 years old and have been going with a 30-year-old man for a year. He has two children by a former marriage. We have talked of marriage many times but, when I try to be specific, he evades the subject. He corresponds with his ex-wife, and occasionally sees her. I think he is putting his children too much ahead of me, and wonder if he wants to marry me at all. I love him, and he says he loves me, but his actions belie his words. VERY WORRIED

ANSWER: If the man does marry you, you must expect that his children probably always will come first—as they should. From the outline of the situation you present, I would say that he is still more than casually interested in his first wife and, as long as that attraction lasts, he most certainly would not be a satisfactory husband for you. Why not give him up and look for an unattached beau?

DEAR MISS DIX: I am 16, and terribly, terribly, hopelessly in love with a boy 18. He has a good job and we want to be married. This isn't puppy love! This is really serious! My parents want me to go to college, but I am so in love. I like housework and know I'd make a model wife. We plan to elope if necessary. J. T.

ANSWER: No matter how terribly, terribly in love you are at the moment, you are far too young to undertake the responsibilities and obligations of marriage. There is much more to matrimony than being head-over-heels in love. Go to college, as your parents wish, for a time at least. The education will always be an asset, and you will be just as much a model wife in a few years as you would be now. Give up the idea of eloping and decide to be patient until you reach a more suitable age for marriage. You aren't the first pair of lovers who have had to postpone matrimony—you won't be the last.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

kiddies, unless Dad says it's O.K.). The miniature pond may have drainage moat, castle in the centre and twig boats floating here and there. It is wonderful the many ideas children can carry out on their own!

Sunday: If you think the world has let you down, sit down right now and make a list of all the good things that has happened to you. I am sure the good will far outweigh the bad! And mothers, how about putting on your Sunday bonnet and slipping into your church. Whether it's morning or evening services your church ad- vocates, do please go, won't you? Remember a mother without religion is like a rose without scent, and when trivial matters upset you —

Pause a moment How often we regret when we have let the angry accents fall— One may retrieve the scattered coins. But words are gone beyond recall. Then pause a moment while you breathe An earnest prayer for self-control. Remembering that arrows wound The flesh, but words pierce through the soul.

The Stars Say

By Genevieve Kemble

For Tomorrow UNDER the splendid stimulus of the moon entering the orbit of virile and prolific Scorpio, there should be great drive to initiative, enterprise and high potency, heightened and energized, doubly by creative and constructive Martian impulses. All aims, projects and plans should reach new high, culminating in a practical and enduring program. Affairs of scope and magnitude cover wide areas of growth, are stimulated by several powerful factors in which influential persons assist.

For the Birthday Those whose birthday it is are encouraged to forge ahead with might and main on all cherished and ambitious plans and projects, finding stimulus from high places to "plunge," with splendid creative powers to cover wide areas of accomplishment. Energy and initiative are pitched to high potency, with constructive ideas, keen impulses and mentality, as well as emotional drive, to achieve spectacular goals. But such dynamic urges need cold reason and practical sense rather than over-aggressive tactics. Temper impulse toward impetuosity. A child born on this day may be ardent and enthusiastic, with splendid initiative and constructive talents to enjoy a notable career. It could gain by rational and tempered impulses.

SO GOOD WITH FOOD HAVE A Coke In 1951, Canadian refineries produced 90,220,000 pounds of molasses valued at \$1,970,000.

Princess "Settles Down"



Although court mourning for the late King George ended months ago, Princess Margaret has curtailed her social life considerably. The attractive princess who was 22 years old August 21, celebrated

her birthday at Balmoral Castle with her family and a few friends. Court sources said that the pert princess has told Britain's "three Queens" she is "settling down."

Cook's Corner

PEACH OR PEAR JAM 4 cups (2 lbs.) prepared fruit, 7 ½ cups (3 ½ lbs.) sugar, 1 bottle liquid pectin.

To prepare fruit. Peel and pit or core about ½ of a quart basket fully ripe fruit. Grind or chop very fine. Measure 4 cups into large saucpan. (For peach, add ¼ cup lemon juice.) To make jam. Add sugar to fruit in saucpan and mix well. Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in pectin. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once. Makes about 11 six-ounce glasses.

Better English

By W. C. Williams

1. What is wrong with this sentence? "This slander he has written is apt to cause trouble." 2. What is the correct pronunciation of "forte" (musical term)? 3. Which one of these words is misspelled? Marmelade, maraschino, mascara, mesmerize. 4. What does the word "copious" mean? 5. What is a word beginning with va that means "a farewell"?

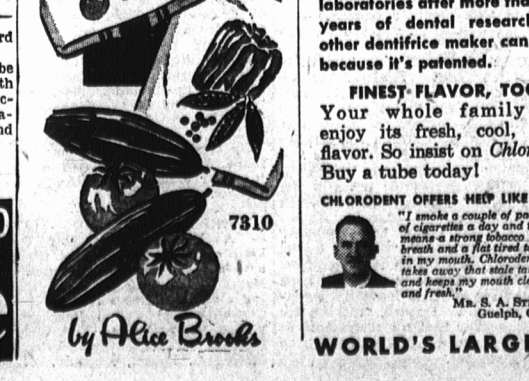
ANSWERS

1. Say, "This libel he has written is likely (or liable) to cause trouble." 2. Pronounce for-ta, o as in for, a as intake, accent first syllable. 3. Marmalade. 4. Abundant; multiple; ample, plentiful. "Copious catches of fish were reported by local anglers." 5. Valadiction. —swears it was never delivered. He really thinks it wasn't; but Inspector Kenway thinks the servant lied to hide his own guilt and is likely to arrest him."

"What did you go to Borden's flat for, Barbara?" "I can't tell you that, unless—" "Unless—" "Unless you give me your sacred promise never to mention it again to a living soul. It isn't my secret." "You spoke of that before. I promise; but don't tell me if you feel you ought not to. It wasn't distrust of you that made me ask why you went there." "Oh, Roy, you're nice! I feel I must tell you. You'll never understand if I don't, and it can't do Nancy any harm." She nodded and straightway plunged into the story of the let-

Alice Brooks Designs

Decorator's delight! Plant a vegetable garden right in your kitchen in sparkling tomato-red and cool fern green! Motifs — luscious as life, can be quickly ironed right on kitchen towels, tablecloths, curtains, also aprons and potholders! No embroidery needed! Quick! Easy! Washable! Two-color transfers! Pattern 7310 has 16 motifs, about 3 ½ x 4 ½ inches. Send Twenty-five Cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, and Pattern Number.



7310 by Alice Brooks

That Body Of Yours

By James W. Barton, M.D.

BIOPSY OF THYROID GLAND

Two of my schoolmates, members of the same family, had large lumps in the neck which, when I grew older, I learned were called goiter. This brother and sister grew to adult age and appeared to be normal mentally and physically, despite the disfiguring neck deformity.

Goiter, which is a large or slightly enlarged thyroid gland, requires operation or lengthy treatment (6 months to a year) with x-rays, because the gland is manufacturing too much thyroid secretion or juice. This juice causes all the body processes to work too fast — there is very rapid beating of the heart, protruding eyes and extreme nervousness and trembling. This is often a serious matter, as the overrapid heart may become tired and heart failure occur.

While these overactive thyroid glands can usually be detected by what is known as the metabolism rate or test, there may be a question in the physician's and surgeon's mind as to what is present in the lump or enlarged gland. It is interesting, therefore, to learn that, just as physicians today are using a special type of needle to punch out a small piece of liver to examine the cells, so they are now using a needle to punch out a portion of the thyroid gland to see the condition of the cells forming the goiter. This method is called biopsy. In Endocrinology (study of gland and their treatment), Drs. George Crile, Jr., and John B. Hazard of the Cleveland Clinic find that bio-

Household ScrapBook

By Roberta Lee

Scorched Silk

Light scorch stains on white silk can be removed by dampening with peroxide of hydrogen, laying over the scorched spot, and then putting a dry cloth over the dampened one and pressing with a warm iron. Do not allow the iron to touch the cloth wet with peroxide of hydrogen.

Jewelry Cleaner

A good cleaner of jewelry is made by mixing one ounce of aqua ammonia with one-eighth ounce of prepared chalk. Bottle this solution and keep corked when not in use.

Testing Eggs

To test eggs for freshness place them, one at a time, in a quart of water to which one-third of a cup of salt has been added. If the egg sinks, it is fresh.

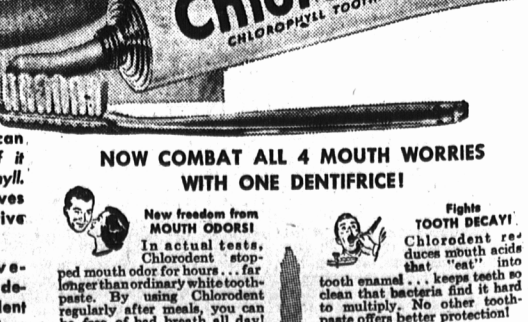
psys does not cause bleeding or other complications and should be employed if an operable cancer is suspected. Biopsy can be performed in the physician's office under a local anesthetic. The specimen from the thyroid gland is then examined under the microscope and the three forms of thyroiditis can be differentiated one from another. By finding out the exact formation of the goiter or lump, the proper treatment, medical or surgical, can then be followed. This means that surgery can be done if found necessary and unnecessary surgery can be avoided.

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