

ELLEN'S DIARY

By An Island Farmer's Wife

What a beautiful morning this one was, dew-washed and sparkling! Much too pleasant to have a small fellow set out for school with a heavy heart, as did Jamie, eldest grandson of ours, now into the second week of the new term. An "elderly" child for his years and not inclined to grieve much or openly, James was alarmed at the sight. He recounted to us later he "didn't know what on earth had come over the boy to make him feel so badly — and he on his way to his classes." We have a notion that those parents at the house "in the road" were duly catechized over the happening. Rob to shrug it off with a characteristic least-said-is-earliest-mended manner while Carolyn, as every mother since time began would be much concerned and wholly sympathetic to the lad. And it is likely that as she went about her work her thoughts would ride with her son down the lane and up the road, knowing that what had been done must be suffered—knowing as well that presently in that blessed release granted to children, every last trouble would fade away in the happy companionship of others.

And she would smile a bit as she went to the next task of her hands to recall the grandfather's concern for the boy—this fellow who has been ours so much longer than any of the others. And James would look accusingly at Rob and mutter, "Couldn't you have been more subtle about it?" And hearing Carolyn would say, "That's what I told him!" And Rob extremely busy always in the affairs of his farming, so insistent at times as to be somewhat appalling to a lone man would shrug as we have said and hurry off to some duty awaiting. And James a licenced person there because of his kindness of heart would declare as he did to us, "I never saw so much mourning in all my life from a child—certainly not when we were rearing ours!" Time has melted those years we believe, and providentially wiped out the remembrance of any childish tears leaving only the pleasant lovely incidents to linger in memory—as should be.

So that it is not unusual when one of the grandchildren walls over a disappointment or over some fancy denied, James obviously assuming all credit for any past child-rearing at Alderlea will comment: "Ours were never like that, Ellen! No indeed, I never heard them cry like that! Not brought up the same nowadays—children aren't!" And we silently thank the fates that those small fry of ours did passably well without much training, for looking back to those, our busiest years we realize that like Topsy the likable pickaninny in "Uncle Tom's Cabin, ours too, "jes grewed!" And what tragedy had Jamie suffered? What untoward happening had appeared to momentarily darken his morning? It seems that a favorite cat had persisted in dipping a paw into a pail until Rob's patience, marvellous as it is, had reached the saturation point. And we suppose the end was quick and sudden. And that perhaps he neglected to bury the evidence or possibly carried out the deed and dead in the open. "And it wouldn't have been... so bad... if the kittens... had been older. They've just barely... learned to drink!" Jamie said. Dear, dear, what is this mist which now blurs the page before us—over the affairs of Jamie's heart!

However a pleasant day this one has been for us at Alderlea, taking us back to the quieter years of the past. And yet extended to any length of time could become very lonely. Jeanie and the children were

That Body Of Yours

By James W. Barton, M.D.

FUNCTIONAL, NOT ORGANIC, HEART DISEASE

It is only common sense on the part of any individual who finds himself getting out of breath easily and with frequent pain under the breastbone (which may extend over to left shoulder) to consult his physician about his heart. If his physician, or a heart specialist, tells him no real or organic heart disease is present, he should stop worrying ever if chest pain and shortness of breath continue. When there are symptoms of heart disease and no heart disease is present, the condition is called functional heart disease. It is caused by the emotions of some disturbance elsewhere in the body. What should be of real help to everybody is a little booklet "The Human Heart," published by Public Health Service, National Institute of Health, Bethesda 14, Maryland. This booklet describes functional heart disease in simple language. "The affliction is characterized by breathlessness, giddiness, sense of fatigue, pain in the chest and palpitation of the heart. In fact, symptoms may be exactly like those of almost every organic heart disease. The patient is aware of these symptoms but the heart physician can find no change in the heart." Statistics on these functional heart cases show that despite all these heart symptoms they live as long—if not longer—than healthy persons with no heart complaints. And because it is known that functional (not organic) symptoms are so much the same as those of organic or true heart disease, heart specialists are afraid some individuals with true heart disease pay little or no attention to these symptoms until the organic disease has advanced too far for safety. While it is reassuring to learn that conditions such as acidosis and a blocked nose can cause breathlessness, and emotional disturbances can cause breathlessness and rapid or irregular and palpating heart beats, nevertheless, by just one visit to the family physician who for safety's sake may refer you to a heart specialist, the truth may be learned. The small investment of time and money spent in consulting your physician pays a large dividend in getting rid of the fear of heart disease or, if heart disease is present, showing you how to live safely for many years.

WHY WORRY ABOUT YOUR HEART?

Do you get out of breath on slight exertion? Does your heart seem to skip beats or beat irregularly? Write today for Dr. Barton's interesting booklet on this subject entitled, "Why Worry About Your Heart?" To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Morning Smile

In A Dilemma
A little boy came home from school and announced to his mother: "I'm in a fine fix at school. The teacher says I have to write more legibly and if I do, she'll find out that I can't spell!"

away today, and as she said moments ago when she came through the moonlight that lingers so bewitchingly over the countryside to-night "I guess I missed much by being away—though we had a nice outing." Jeanie was "home" today. Until tomorrow—Diary—Good-night, . . .

Plaid set for school days.



Can you sew a seam? Then you can make this fetching hat and bag set for fall and winter school days. The cap is "little boy" style with round crown and peak but much prettier in bright wool plaid and ribbon trim than anything a boy wears. The deep "hood bag" is carried along over the shoulder in a vagabond fashion. For directions on how to make this PLAID CAP AND SHOULDER BAG just send a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for Leaflet No. E 2672.

Allen-Stetson Wedding

Red, white and blue flowers and evergreens decorated the home of Mr. and Mrs. Willard Stetson on Thursday, Aug. 3, 1950, at 6 o'clock for the occasion of the marriage of their only daughter, Marion Leone to Waldon Everett, only son of Mr. and Mrs. Keir Allen, Middleton. Rev. Mr. Crowe of Bedesque officiated.

The bride entered the room on the arm of her father who gave her in marriage to the strains of the wedding march played by Mrs. Crowe. The bride chose for her wedding gown, bridal satin made on princess lines with sweetheart neckline and pointed sleeves, with long veil of embroidered net falling from a tiara of orange blossoms, and carried a bouquet of regal lilies and baby breath.

Miss Edythe Stetson, cousin of the bride made a charming bridesmaid and wore net over blue nylon, white headpiece, and carried a bouquet of pink roses and baby breath. Little Janet Stetson, niece of the bride, wearing pink organza, dyed over taffeta, made a charming little flower girl. Mr. Harold McQuarrie, cousin of the groom, ably acted as groomsman. The bridal party stood under an arch of cut flowers and evergreen.

During the signing of the register, Miss Hazel Heffel sang "Perfect Love." Immediately after the ceremony a reception was held at Mr. and Mrs. Alvin Stetson's, where a dainty wedding supper was served. The bride's table was centered by a three-tier wedding cake lighted by white tapers. Those assisting in serving were Misses Margaret Stetson, Phyllis Drummond, Mrs. Orville Reeves, and Mrs. Olive Wright.

A large number of friends gathered to serenade the young couple on their life voyage. The happy couple left on a honeymoon trip through the Maritime Provinces. The bride chose for travelling, a pink figured taffeta, grey coat with grey accessories. One of the special features was the grandmothers of both the bride and groom were present. Mr. and Mrs. Allen will reside in Middleton.

Previous to Mrs. Everett Allen's marriage she was the guest of honour at a miscellaneous shower held at the home of Mr. and Mrs. Alvin Stetson. To the strains of the Bridal March played by Mr. Robert Reeves, the bride-to-be was escorted to the room by Hazel Heffel and presented with a beautiful bouquet of flowers by her little cousins, Dove and Elaine Wright. Mrs. Harold Drummond read the verses attached to the gifts. Four well laden baskets were carried in by Misses Earith Davison, Ruby Drummond, Phyllis Drummond and Rose Reeves, while Misses Freda Stetson, Shirley Lewis and Mrs. Keith Affleck opened the gifts. Miss Aletha Graham and Mrs. Orville Reeves arranged the gifts on the table. Miss Margaret Stetson attended the envelopes.

Marion graciously thanked one and all for their lovely gifts and invited them to her new home. After a delicious lunch was served the remainder of the evening was spent in social intercourse and dancing. All departed to their homes wishing Marion the best.

Sumptuous Velvet Leader in London Fashions for Fall

LONDON, Aug. 30 (CP)—Velvet, with its sumptuous femininity, is in the forefront among London's fall fashions.

The big ten of Britain's Fashion world make use of it for everything from crinolene evening gowns to day suits, accessories and gloves.

Velvet jackets with plaid skirts are the choice for day wear. These are proving more popular than the all-velvet suit, as the old problem of "Rubbed" skirts is avoided.

Norman Hartnell, the Queen's designer, shows two flare-skirted fitted coats, in black velvet with melon-shaped elbow cuffs of white ermine and mutation mink respectively. These are matched to detachable neck ties.

Hartnell uses velvet in cocktail dresses, evening gowns, negligees, hats and gloves.

A beautiful, full-skirted evening dress with matching jacket is decorated in open-work flowers outlined by rose-colored beading.

Velour is equally popular with velvet and wears better in travel clothes. A full-length velour cape by Ronald Paterson, in ginger, reversing to black, is equally suitable for day or evening wear.

A startling innovation is the full, loose coat in black and white checkerboard velvet.

For Cocktails

Velvet evening suits with beaded revers and cuffs, fitted coats and full skirts make a rich cocktail ensemble.

A midnight blue velvet dinner suit with narrow, three-quarter-sleeved sleeves, has a dramatically-scooped neckline. The back neckline stands up like the stiffened collar of an 18th-century shoulder cape, the front scoops in a high sweeping curve ending in a narrow v.

This reveals a high-necked gold lame blouse which, when the jacket is removed, is found to be backless.

Popular skirlines are the peacock—up at the front and down at the back—and the petal skirt. The latter is especially effective with alternate velvet and satin, or velvet and taffeta, petals.

The Stars Say --

By Genevieve Remble
For Friday, September 1

SHOULD A curious set of circumstances, developments or contacts come up for action on this day it is urged that the feelings, sentiments and emotions be held in check in order to give proper perspective to puzzling or subtle guises. Such may be intriguing, and give challenge to higher ideas or ideals, but since there is an element of the crafty and strange there may be danger lurking in the coils of mystery—keep mentally alert and emotionally restrained.

For the Birthday

Those whose birthday it is are likely to find themselves curiously involved in hidden and intriguing contacts, with much of subtlety and craft, in which sinister and perilous factors should be met with practical common sense. The emotions, feelings, or even deals seem to find indomitable drive. Obscurity, sentimentality, allure or mystic urge could prove fatal.

A child born on this day is imbued with a strong sense of the mystical, hidden, subtle and sentimental and should be wisely directed in its way of expressing exotic or occult proclivities.

DOROTHY DIX SAYS -

Upbringing Counts Most No More Risk In Adopting Child Than In Having Own

DEAR MISS DIX: I have applied to a child-caring agency for adoption of a baby girl to raise and care for as my own, but I am bewildered by advice to the contrary. My friends insist that I am making a mistake in taking a child I know nothing about on the old theory that what is born in the bone cannot be whipped out of the hide. Naturally, I can't agree. My husband and I believe that a child raised in a good home and educated in the right way will be a blessing to us in the years to come. Please advise me. MRS. J. D. L.



ANSWER: My earnest advice to you is to disregard the croakings of your friends and go along and adopt your baby. I do not think that any one can do a finer thing than to take a poor little homeless, loveless, nameless baby and give it a chance in life.

Of course, as your friends warn you, there is an element of danger. So there is in having a child of your own. You don't know how an adopted child will turn out. Neither do you know what your own will grow up into being. All that parents can do is to give their children love and understanding and do their best to instill good principles in them and trust to God for the outcome.

WRONG ASSUMPTION

People who harp on the danger of adopting children because you do not know their family histories go on the assumption that they are all the offspring of criminals. This is very far from being the case. Most of even the doorstep babies are the children of weak and unmoral, rather than immoral, men and women.

Such children need only the background of a good home with its restrictions and conventions against which to grow up, with wise and strong parents to teach them to control their passions and to strengthen their weaknesses, in order to develop into fine men and women.

Which is the stronger influence upon a child—heredity or environment—no one really knows, but certainly there are mighty few children who are not what their homes and their parents make them.

So don't be afraid to adopt your little girl. With the kind of rearing that you will give her there are ninety-nine chances out of a hundred that she will turn out an honor and a blessing to you.

DEAR MISS DIX: I am engaged to a young man who is working hard and denying himself everything so that he can buy things for our home, but there are times when he is so cross with me it makes me very blue and unhappy. After he has said cruel things to me he will come back the next day and say he is sorry, that he is tired from overwork or his nerves are shot to pieces or that I drove him to say what he did by being unhappy. This has happened so many times

Continued on page 11

"IS MY FACE RED!"
Don't risk spoiling your pickles—use the finest Vinegar! Make sure of the best pickling results with your tomatoes, beets, onions, cucumbers, and other vegetables, by using only our de luxe Vinegar—it's economical, too, because it is a Maritime product. Guaranteed for flavor, strength, purity and aged-in-wood maturity.

Send for YOUR FREE COPY of our new Book of delicious RECIPES—

KENT VINEGARS

Canning, N.S.

Cook's Corner

DATE SQUARES AND NUTS (Delicious)

Cook together 1 cup cut up dates, ½ cup water. Cream 6 tablespoons butter. Gradually mix ¼ cup of white sugar. Mix 2 egg yolks well beaten, 1 tablespoon vanilla. Mix 1½ cups flour, 1 teaspoon baking powder. Method: Sift and mix gradually the dry ingredients—mix butter, eggs and sugar to make a firm paste. To make it perfect it should be mixed with the hands. Press in buttered casserole. On top of this place the date mixture. On top beat till firm two egg whites, gradually add 1 cup brown sugar cover with chopped nuts. Bake about 50 minutes, oven heat 350.

Household Scrapbook

By Roberta Lee

Oily Hair

For hair that is too oily, beat the white of an egg as stiff as possible and rub into the hair until it is wet all over. Allow this to dry, after which the egg will brush out like fine white powder and leave the hair fluffy and bright.

Greasy Soup

Skin the grease from the top of soup by taking square sheets of clean white tissue paper, laying one sheet at a time on the surface of the soup. All the grease will adhere to the paper.

Salad Dressing Better with French's

PREPARED MUSTARD

WHY NESCAFÉ

IS TODAY'S BEST COFFEE BUY

- UP TO 25c A LB. SAVING
4 oz. jar of Nescafé* makes about as many cups as 1 lb. of ordinary coffee :: saves up to 25¢. The 12 oz. size saves up to 80¢.
Judged by thrift — NESCAFÉ WINS!
- ROASTER-FRESH FLAVOR IN EVERY CUPFUL
No danger of Nescafé going stale! From the first spoonful in the jar to the very last, Nescafé makes every cup of coffee a FRESH cup.
Judged by fresh flavor — NESCAFÉ WINS!
- QUICKEST, EASIEST COFFEE EVER
Just put a spoonful of Nescafé right in the cup, add boiling hot water and stir. No messy grounds. No waiting. Coffee's right every time!
Judged by convenience — NESCAFÉ WINS!

Drink NESCAFÉ and enjoy the finest cup of coffee you ever tasted!

*Nescafé (pronounced NES-CAFAY) is the exclusive registered Trade Mark of Nestlé's Milk Products (Canada) Limited to designate its Soluble Coffee Product. It is composed of equal parts of pure soluble coffee and added pure carbohydrates (dextrin, maltose and dextrose) added solely to protect the flavor.

-Needlecraft-

SEASON AFTER SEASON

Versatility is the important theme of this jacket-dress version! You'll wear it everywhere... in bottom now, later in sheer wool or tulle.

No. 2086 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 16, for dress and bolero, 5¼ yards 33-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.

Address Pattern Department, The Charlottetown Guardian.

Pattern No. 2086

Name _____

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TORONTO, Aug. 28—(CP)—An eleven-year record of a million miles of safe, accident-free driving was broken today for truck driver Peter Klymyn, 30, of Leamington, Ont. He was fined \$20.75 on a driving charge.

Heinz OVEN BAKED Beans

4 Kinds Each a thrifty meal

NEWS! DEEP-CLEANING OXYDOL WASHES OUT DIRT LEFT IN CLOTHES BY LEADING WASHDAY SUDS!

"I PROVED IT TO MYSELF" says Mrs. Don Phillips, typical housewife

1. I TOOK CLOTHES I THOUGHT WERE CLEAN... CLOTHES I MYSELF HAD WASHED WITH A LEADING SHORT-CUT SUDS—THEN...

2. I WASHED THOSE CLOTHES OVER AGAIN... THIS TIME WITH DEEP-CLEANING OXYDOL!

3. WHEN I LOOKED AT THE WASH WATER, I WAS AMAZED TO SEE THE GRAYING DIRT THAT OXYDOL GETS OUT—DIRT THAT THOSE SHORT-CUT SUDS LEFT IN!

4. NOW MY CLOTHES ARE DEEP CLEAN—THEY LOOK SO WHITE, FEEL SO SOFT, SMELL SO SWEET—THANKS TO DEEP-CLEANING OXYDOL!

Prove it yourself! Clothes LOOK CLEAN—FEEL CLEAN SMELL CLEAN—because they ARE CLEAN—with OXYDOL!

*In actual washing demonstrations, women are seeing for themselves how much graying dirt deep-cleaning Oxydol can get out of clothes already washed with leading no-rinse suds! When you use Oxydol as directed, you can see clothes wash deep clean... whites sparkling white, colors brilliantly bright! You can feel clothes are clean... so soft, so easy to iron! You can even smell clothes are clean.

That's because Oxydol reaches deep down—cleans clothes all the way through! Yet Oxydol is safe! Deep-clean clothes stay brighter, new-looking longer! Try deep-cleaning Oxydol yourself!—next washday!

TO GET CLOTHES SPARKLING CLEAN—GET DEEP-CLEANING OXYDOL

AT YOUR DEALER'S IN THE SAME FAMILIAR OXYDOL PACKAGE

Made in Canada