

ELLEN'S DIARY

By an Island Farmers Wife

"But go on, James" we urged, "though you seem to have forgotten the thread of your discourse!" "Forgotten, is it, Woman!" he said raising his voice slightly, while we pushed the sugar and cream for his pie nearer his elbow.

"I'm not forgetting anything — I'm simply trying to show you that the farm-women of the long ago had little time after their own work was done to indulge in frivolities like getting up or acting in Plays and such-like. But" he sighed in a resigned way "I'm thinking you must like it or you wouldn't be bothered with the like. It's I reckon" and he looked towards the window, only in contemplation or perhaps seeing the bow of moon screened fetchingly by the dark lace of the branches of the lawn trees and the twilight soft against the panes, "a something that's born in folks — their likings are born with them."

He rose from the table then and picked up his cap . . . turnips must be fed the cattle and a wee red calf his supper. "Oh well" he offered, turning at the door, "if you must go to practice, perhaps I had better walk out with you! It would be a bad time of year for you to break a limb — the days so short now and we so busy as it is, and Christmas just around the corner!"

And so when last chores were laid we walked with James into the moonlight . . . down the front meadow . . . in the dimpled dark, and along the dam where the over-flow fell in a melody like summer to the bright pool below. And James was of the opinion that "It just may keep mild like this for a few days, Ellen. There's no sign, that I can see, of any immediate change in the weather." And quietly, loving the silence and peace of the night, with lights bright in the farm-house windows and hailing folks in friendly fashion from near and far, we came in time to the community hall down "the River Road," meeting not to practice the W. I. Play as we had been of late but in a Rehearsal, which, like it or not was to complete our term of preparation. . . .

That was last night. This, nor could we stay the hours, saw the presentation of our Play, the first one produced by that sizable and energetic body of women which make up our W. I. the cast taking in as we had hoped many of the members. Older and younger brought their talents to it very willingly to make it a creditable production.

Presented in old-time costumes, echoes of those yesteryears were to be found in the exquisite bonnets, gowns and assure chests of from venerable treasure chests of in this community and elsewhere and worn with every respect. While James looking in briefly at rehearsal, and doubtless more taken up with his thoughts of the field-work for the morrow, was of the opinion the women-kind were "quite listless" in their varied roles. Tonight, Jeanie, one of our fine audience, made light of his notion.

She said it seemed as though the subjects in a picture of great grandma's day had suddenly taken on flesh and blood and were now come to the affairs of our first living. In any event, our first night, or is it not our Premiere? is over, and spirits bolstered by the measure of success we enjoyed, we look ahead with more confidence to tomorrow evening — our next showing.

Until tomorrow — — Diary — — Good-night

The Stars Say . . .

By Genevieve Kemble

For Tomorrow

UNDER very solid and sound plans and initiative, this could be a day of lasting and far-reaching achievement. The planetary combination of forces incites, inspires and activates intensive and sustained attack upon excellent openings with offers for future reaping and long-distance maturity. Capital and encouragement from influential sources are ready for the asking. Seek such bravely.

For the Birthday

Those whose birthday it is may plan for an active, constructive and enduring campaign, especially with a view to future performance, recognition, rewards. Solid structures, in business, property, investments, objectives of long-range purpose and desires, should be now pushed with vigor, intelligence and stout heart, particularly since the wherewithal for promotion may be within reach, with capital and good will to boot. A child born on this day is generously blessed with the talents, energy and aspiration for a successful life, also being favored by fortune and good will.

Better English

By W. C. Williams

1. What is wrong with this sentence? "I ran across him in the hall and he spoke very friendly like."
2. What is the correct pronunciation of "bouquet"?
3. Which one of these words is

Illusions Dashed By 11 Years In Soviet Slave Camps



When Swiss-born Elinor Lipper went to work in Russia in 1937, illusions were rudely shattered when, two months later, she was arrested. Tagged a counter-revolutionary, the attractive girl spent 11 years in Russian slave labor camps before she was released. Sponsored by International Rescue Committee, Miss Lipper is touring Canada and the U. S. in an effort to unfold the truth about the hundreds of thousands of victims behind the Iron Curtain, and to help those who have escaped.

DOROTHY DIX SAYS—

Overcautious Mother

Too Much Worry Will Defeat Own Ends

DEAR DOROTHY DIX: Perhaps my problem is a minor one, but it worries me a lot. We are middle-aged parents with three lovely children—the oldest 13. I have a wonderful husband who is very patient in every way, but my trouble is that I worry too much over the children. It's always been my place to discipline them and I'm afraid I've made a poor job of it. I scold them too much, perhaps because I am the nervous type. If my husband would reason with them a little, I don't think I would have to talk so much.



The children are often very persistent when they want something, and since we have a debt on the home I think they, too, should be willing to make the best of things. Should I try to get the things they want, or make them do the best they can with what they have? Should I ignore some of their misbehavior, as my husband suggests, or continue the job of being sole disciplinarian? W. M.

ANSWER: You seem to be so mixed up about your children that you have created several problems out of the situation. The fact that you are of nervous temperament naturally makes you a worrier, and most of your worry apparently stems from your own inability to cope with everyday happenings. You present a rather vague picture of your family, and of your problems with them.

DON'T BE A NAGGER
Your husband's reluctance to take disciplinary measures with the children, which seems to be your chief source of complaint, may be an attempt on his part to overbalance your own incessant worrying. This type of worry, you know, is usually manifested in constant nagging, and there can be no greater enemy to peace and harmony in the home. Don't let your anxiety over the youngsters' welfare take the form of continual scolding or harrying. Discipline, of course, must be maintained, but fretting is not the means to this end. Whether you should ignore their misdeeds or not depends entirely upon the type of misbehavior they commit. It would be better, for instance, to let them get away with occasional carelessness about the house than to nag them into keeping the place in spic and span order. Don't worry over minor infractions.

Young as the children are, they are old enough to appreciate the family's financial status, and to realize that material things are available only to the extent of the budget. When they ask for something, consider carefully whether you can afford it or not. If not, (Continued on Page 13)

Anne Adams Patterns

CLASSIC! TERRIFIC!

THIS IS A TWO-PIECER! You can wear these handsome separates together as the smartest casual you ever had, or with other separates to give them the brand new-season look! The blouse has the two sleeve versions shown, or a tiny cap sleeve!

Pattern 4630 in sizes 12, 14, 16, 18, 20; 40. Size 16 blouse 1 1/2 yards 35-inch, skirt 2 yards 54-inch.

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misspelled? Vehemently, incidentally, subsequently, accidentally.
4. What does the word "phillatelist" mean?
5. What is a word beginning with cons that means "amazement; dismay"?

ANSWERS
1. Say, "I met him in the hall and he spoke in a very friendly manner." 2. Pronounce boo-ka, oo as in boot, a as in day, accent second syllable. 3. Incidentally. 4. A collector of postage stamps. (Pronounce the a as in at, and accent second syllable). 5. Consternation.



4630 12-20; 40 by Anne Adams

That Body Of Yours

By James W. Barton, M.D.

PATIENT MAY HELP CONTROL HIS EPILEPTIC ATTACKS

There was a time when the only treatment given anybody "throwing a fit," having an epileptic attack or seizure as it is more properly called, was to protect the patient from injuring himself by placing an object between his teeth or protecting him from striking his head against any hard object. The only drug given at that time was bromine, which quieted the patient to a considerable extent.

However, physicians today have learned that epileptics do not need to have attacks, that these attacks or seizures can be very often kept under control or prevented altogether by (a) cutting down on all liquids, (b) cutting down on table salt in and on foods, (c) cutting down on starch foods, (d) increasing fat foods, (e) using drugs to drive water out of the body, and (f) the use of phenobarbital or other of the barbituric drugs.

In a special article, "Control of Seizures with Drugs," written for Modern Medicine of Canada, Dr. William G. Lennox, Department of Neurology, Harvard Medical School and the Children's Medical Center, Boston, states that the patient himself can learn to prevent seizures to a considerable extent.

"Clinical studies have demonstrated that acidosis tends to inhibit or prevent the mild (petit mal) epileptic attack. When the person's will requires his body to work and his mind to think, muscle and brain cells increase their output of carbon dioxide and lactic acid." This increase toward acidity of blood or, rather, shift away from the normal alkaline condition of the blood, tends to decrease the brain's electrical activity and to prevent seizures. "In other words, an active brain can combat its own illness."

"What do we learn from the above information from this outstanding authority on epilepsy?"

"The therapeutic moral of this observation is that children should be kept climbing the educational ladder and that adults should keep the muscles and the mind at work. Activity is indeed nature's own remedy, a cheap treatment that helps control seizures and yields the by-product of successful living."

Dr. Lennox has further comforting words. "Another by-product of the workings of body and brain that is a slow and otherwise unwelcome process, is that of growing older. Epilepsy is primarily a disorder of childhood. As a person passes out of this blissful period, the brain waves become faster and more stabilized and electrical pulsations and seizures tend to become fewer. The fact that time is on the side of the epileptic is important to maintain his hope and morale."

How Can I!!!

By Anne Ashley

Q. How can I make a dustless dust cloth?

A. Dip the clean cloth into a mixture of 2 tablespoons of linseed or vegetable oil and 1 pint of benzine. Then hang the cloth in the shade to dry before using.

Q. How can I treat rough hands?

A. Rub plenty of almond cream into the skin just before retiring, and then slip on a pair of old loose gloves. If this is not effective, try using camphor ice instead of the cream.

Q. How can I clean silver?

A. Mix equal parts of whitening ammonia, and alcohol; apply with a flannel cloth. Allow to dry and

Modern Etiquette

By Roberta Lee

Q. Are correspondence cards in good taste?

A. Yes; they are very popular and in good taste for the short, informal notes. It is becoming more and more customary for men and women to use these cards. However, they should not be used on occasions of great formality.

Q. Is it considered in good taste for a widow to invite the family of her first husband to her second wedding?

A. There is nothing at all improper about this. And if they accept, they must be shown special courtesy and attention.

then polish with tissue paper.



Mrs. Guy Russell, Moore's Mills, N.B., 1951 winner at St. Stephen Fair, uses Fleischmann's Yeast exclusively.

Her Baking Wins Prizes For 27 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.

Morning Smile

Finding Fido

It was one of those quiet hotels, filled with sedate and elderly souls who appreciate peace and quiet. So the desk manager was profoundly shocked when a page trotted through the hall whistling. "Look here, my boy," he admonished in a vibrant undertone, "you know perfectly well that whistling on duty can lose you your job."

"But I wasn't whistling, sir," the boy whispered back. "I was just waging Mrs. Smithson's dog."

Cook's Corner

UNCOOKED HONEY FRUIT CAKE

1 cup seeded raisins; 1 cup seedless raisins; 1 cup golden raisins; 1 cup dried apricots; 1 quart fruit juice; 2 cups cooked prunes; 1 cup cut candied cherries; 1 cup cut candied pineapple; 1 cup finely cut citron; 1 cup cut candied orange peel; 1 cup butter or margarine; 1 cup honey; 1 cup confectioners' sugar; 1 tablespoon grated orange rind; 1 tablespoon grated lemon rind; 1 teaspoon salt; 1/2 teaspoon mace; 1 teaspoon allspice; 1/2 half teaspoon cloves; 2 teaspoons cinnamon; 2 teaspoons vanilla extract; 4 cups zwieback crumbs; 6 cups graham cracker crumbs; 1 cup roasted unblanched almonds.

Rinse and drain raisins and apricots. Place half of them in large bowl. Heat fruit juice to boiling, pour over fruits, cover and let stand until cool. Drain. Reheat fruit juice, pour over remaining half of fruits as before. Drain. (Most of juice will be absorbed by dried fruits.) Slice apricots. Cut prunes from pits and chop. Combine all dried fruits, candied fruits, citron and peel. Cream butter; blend in honey, sugar, rinds, salt, spice and flavoring. Mix with fruits and let stand 2 hours or more. To prepare crumbs, put through food chopper twice using fine knife, or roll fine. Blend into fruit mixture, together with finely chopped almonds. Pack into waxed paper-lined casseroles (two 6-inch and one 8-inch or four 6-inch casseroles.) Chill 48 hours or more before cutting. Makes 8 pounds cake.

Of Age

It was long after midnight. The author looked haggard and worn. He had been working on his novel. "Darling," called his wife, "are you coming to bed?" "I've got the pretty girl in the clutches of the villain and I want to get her."

"How old is the girl?" asked the wife.

"Twenty-two," informed the writer.

"Then come to bed," snapped the wife, "She's old enough to take care of herself."

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Alice Brooks Designs

NEEDLEWORK NEWS

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Household Scrapbook

By Roberta Lee

Soiled Collars

When the back of a man's collar begins to acquire that greasy, soiled appearance, dissolve a little salt in some alcohol and rub the collar with this solution on a clean cloth. The discoloration will be entirely removed.

Window Boxes

Instead of allowing the window boxes to remain empty all winter, they can be made to look attractive with cedar or pine branches, adding a few sprigs of bitter-sweet to brighten them.

Woodenware

When drying any wooden utensils, place them where they are not near a fire. The heat will crack them.

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Cleans GLASS COOKING WARE

COW BRAND BAKING SODA

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