

ELLEN'S DIARY

By An Island Farmer's Wife

"A snowstorm like this must be dreary in the country, Ellen," a city girl, room-mate of ours in a college year of the long ago commented. "Just to think of the farm-homes away off by themselves in the fields, makes me feel sorry for their families. How lonely they must be on an evening like this!"

We had given up our studying at the time, but still seated at the table before the window were idly watching the wind-blown snowfall. It had started quietly at noon but by this had developed into a blizzard which at times gave us dim outlines, if any, of the homes across the street. The afternoon had been gray and now the twilight was drifting in prematurely to darken the room-corners. The sidewalks were deserted; no traffic of horse-drawn sleigh moved along the street. And now the street-light at the near corner glowed its brightness blurred by the eddying snowfall.

"It's bad enough here," she continued. "It shuts us in for the time but it doesn't isolate us from the rest of the world."

Through the whirling snow, over the white roof-tops and along the stormy miles between, our thoughts winged to a loved farmhouse. This storm would be sweeping down upon it from the eastern hills in blinding drifts to heap the surroundings white. But the farmer would take care to have his churning done before dark on an evening like this. Perhaps even now, as we looked out upon a city street, he was making his way to the house.

Indoors the supper would be spread, the lamps lit to shut out the storm. Only the sound of the wind about the eaves and tossing snow against the windows would remind one of it. How we should like to be one of the family there this stormy winter night, to eat of that "homely fare," and then to be among the companionable group of parents and children gathered about that hearthfire.

"Oh it's not like that," we said. "A snowstorm in the country can be lovely—if there is no one ill and no one abroad. It does bring a certain sense of isolation, but it's a pleasant one which seems to knit the members of the family into a closer kinship—a self-sufficient unit, I would say."

Today in the first blizzard of the winter, we at this place suffered little in our isolation. True on account of it, the mailman was unable to bring us the mail. And as a precautionary measure the children remained home from their classes. But the farmers went about their customary rounds and were especially pleased with the shelter and conveniences afforded by the new barn.

Our one concern was that some high gust of wind might deprive us of our telephone service or that energy upon which we have come to depend for time, radio, light, . . . and of greater moment than these on a day like this, the water for a hundred needs.

But now the storm spends itself along the snowy yards and fields. The morning will bring a new, and we are promised, a fairer day.

Until tomorrow . . . Diary
. Good-night

Morning Smile

A cold is both positive and negative: sometimes the eyes have it, and sometimes the nose.

Duke Signals To 'Burp' Baby

MASTERTON, New Zealand. — (UP) — The Duke of Edinburgh showed a New Zealand woman how to burp her baby today while his wife, Queen Elizabeth II, was making a speech.

The baby began crying while the Queen was speaking at a civil reception. The Queen raised her voice to drown out the racket.

The Duke, father of two small children, was sitting behind the Queen. He began making motions to the mother, who was holding the baby in her arms. At first the mother did not understand. But finally she put the baby over her shoulder and patted its back.

The cries died down into quiet cooing, and the eyes of persons around the baby were turned back to the Queen.

That Body Of Yours

By James W. Barton, M.D.

LOW BLOOD PRESSURE (HYPERTENSION) A SIGN OF POOR HEALTH

When we read or speak about blood pressure, most of us have in mind high blood pressure because it is high blood pressure for a weakness of the coats of the blood vessels that causes heart strokes (coronary thrombosis) or brain strokes (apoplexy).

We do not read or speak about low blood pressure so much because it is not so dangerous to life. What we should remember is that low blood pressure is really a sign of ill health that we need more pressure behind our heart and arteries to carry the blood with its nutriment to all the tissues of the body.

In the Boston number of Medical Clinics of North America, Dr. Walter Judson states that maintaining a good or normal level of blood pressure depends on (a) the strength of the heart muscle to pump blood through the blood vessels and (b) a tightening or narrowing of the blood vessels to make resistance to the flow of blood which means that the heart muscle must be strong to force the blood through these narrow tightened vessels.

The various conditions which interfere with normal or sufficient blood pressure are a decrease in the strength of the heart muscle itself, and something interfering with the tightening of the blood vessels so that they do not put up enough resistance to make heart pump harder to send the blood through them. The heart does not need to be strong to pump blood through lax or relaxed blood vessels. This lack of tightness or resistance of the blood vessels which lower the blood pressure is caused by complex disturbances caused by the emotions in many cases and by true or organic disturbance of the nervous system, certain drugs, and acute infections.

When infection is present, the blood pressure goes up at first but after a time the heart muscle becomes weakened and the nerves and muscles of the blood vessels also become weakened and so the blood pressure becomes low. Often a middle-aged individual, when told that his blood pressure is like that of an aged 20, thinks that is a sign of health and that he is not really as old as his years. The truth of the matter is that low blood pressure may mean that infection has been present for a long time.

The individual with low blood pressure is easily fatigued, does not resist ordinary illnesses and a simple infection of nose, throat, or bronchial tubes may "hang on" for a long time.

Naturally, while there are drugs that decrease the blood pressure temporarily, so there are drugs

Vegetables

*Vegetables are important items of a well-balanced diet since they supply vitamins and starches. Canada's Food Rules suggest using at least 1 serving of potatoes and at least 2 serving of other vegetables, preferably leafy, green or yellow every day. Serving raw vegetables frequently is also recommended.

*Home or commercially canned or frozen vegetables retain much of their original food value. Use them frequently to supplement fresh vegetables.

*Vegetables should not be prepared until just before cooking. If they must be pared, peel them as thinly as possible. Do not allow vegetables to soak in water before cooking.

*Potatoes, with possibly the exception of bread, are our most commonly used Canadian food. The average Canadian eats more than 1-2 pound every day.

*Potatoes are a good source of valuable minerals and, because of the quantity eaten by most Canadians, are considered a valuable source of vitamin C.

*Potatoes may be bought according to grade. Canada No. 1 and Canada No. 2 Another grade of large, top-quality baking potatoes, Canada Fancy, is sometimes available. Potatoes are graded according to size and freedom from blemishes or disease, not according to cooking quality.

*Potatoes and other root vegetables should be stored in a cool dry place.

*Nowadays most turnips available on the market are waxed. This prevents loss of moisture and aids in their keeping quality.

which increase the pressure and bring it up to nearly to normal temporarily but the rational treatment of low blood pressure (hypertension) is based on an understanding of the underlying causes—infection, certain drugs, prolonged illness—so that measures to correct or prevent these causes and methods of support to build up the body—good, nourishing food, plenty of rest and regular exercise—should be used.

A Country Garden

By Mrs. Gordon MacMillan

White Woods

The winter's woods are bowed with snow; The emerald boughs of hemlocks blow Showers of whiteness through the deep

Silence, while young rabbits sleep Under the silver rust and under The crushed dark leaves whose fragile thunder

Of falling burned the autumn air. Blackberry brambles huddle where The woods climb upward to the sky.

The slow wings of a crow beat by And shake a torn, black, ragged note Out of a harsh and lonely throat. The thickets are frozen blue with cold;

Here the white-hill-pockets hold Wood-mice, curled beneath the breast

Each; and here the fox has pressed His dusky head against the dim Burrow that leans to cover him. The winter's woods are heaped with snow.

Go gently, wind, dark hemlocks, blow Softly, softly, not to wake Small wildness sheltered in the brake.

January brings the flower catalogues and last week the list from our own Robert L. Cotton Nursery for Rural Beautification arrived.

If you have not received a copy, write to the Forest Nursery R. R. No. 5 Charlottetown, and a copy will be mailed to you. This month is a wonderful time to select everything you need for next year's garden and every purchaser will receive a booklet, entitled "Correct Planting Method" which will be helpful in showing how to care for any nursery stock.

Early orders are welcomed as shrubs are in short supply and early ordering will be a help to the busy people in the spring rush at the nursery.

Enter your home in one of the Rural Beautification Society's contest for 1954, also enter your flowers in one or more of the Island's Flower Shows, even if you do not win a prize, you will have the satisfaction of knowing that you have done your bit towards making our Island more attractive.

The Nursery has everything you will need for these undertakings at small cost, thanks to the Cotto's Memorial Nursery.

If you wish some colorful Gloxinia bulbs that can be planted now for spring bloom, they can also be procured at the Nursery and in seven lovely colors. Mine were planted today in sand, mistletoe and kept warm near the kitchen stove until small leaves are seen, then they will be planted in good rich porous soil that was carried to the cellar last fall for this purpose.

The new hybrids are very lovely and often have dozens of velvety blooms if given the right amount of moisture and are potted in rich soil. These bulbs are inexpensive and anyone can experiment with them if they have not had much experience.

A beautiful salmon-pink Camellia has been added to the garden room and now it is bulging at the seams with all the geraniums and bulbs.

The garden room is a splendid place for Camellias as they need a cool house and will not tolerate the dryness and heat of the modern home. They have wintered out of doors as far north as Cape Cod but



"STRANGER FROM BEYOND THE HORIZON"—The Rare White Heron of a Single Flight, was the title bestowed on Queen Elizabeth II at a gathering of all the Maori tribes in Rotorua, New Zealand, when she was made a chieftainess of the Arawa tribe. She is meeting a 58-year-old Maori guide, Ranji. The Queen and the Duke (right) were given kiwi-feathered cloaks which took tribeswomen six months to make.

DOROTHY DIX'S COLUMN—

Unwed Trouble

Woman Thinks She'd Be Better Off Away From Man, In Another City

DEAR MISS DIX: Four years ago I began going with Lew. Shortly after, we set up housekeeping as man and wife. Previously, Lew had his own apartment and I had mine. Since we've been living together he's never offered to pay any part of the living expenses—that all comes out of my salary. He has never mentioned marrying me, though he had been married twice before. The unsettled situation has finally gotten me so discouraged that I plan to start all over in another city. I have no family, neither has he. We are both in our early thirties, so should be able to know our own minds, but every time I try to solve the problem, it seems to get more involved. Betty

ANSWER: That's the difficulty with problems; at close range they always appear insoluble, or in maze-like confusion. From any possible angle with which your difficulty is faced, the answer is the same: break up with the man and get out on your own again, preferably in another city. Morally, the setup is wrong—a fact you apparently recognize quite well. Practically, it's futile; you are having all the financial responsibility of your menage, with none of the security of a wife.

LIVING ON PROMISES

You're living on day-to-day vague promises, or commitments, not one of which will materialize. When you tell Lew that you're leaving, he'll probably make a fuss, promise anything—even marriage—to keep you. Why? Because he likes being supported, naturally. In your quest for a home, love, companionship, to take the place of the family life you never had, you hit upon the worst possible solution—in fact, upon a situation that is no solution at all. Make the break; salvage your self-respect; salvage your money, too, since supporting only yourself will be much cheaper than maintaining a home with a man. The new environment of another town will help immeasurably in bolstering your morale, and I'm sure you'll meet new people who will be an improvement over your present company. Don't continue your present living conditions any longer.

DEAR MISS DIX: I'm 25, and very much in love with Raymond, whom I have known for a year. I thought he was sincere in his avowal of love, but recently he has been accusing me of going out with other men, when most emphatically I have not. To keep peace, I have admitted doing exactly what he blamed me for, so he would forgive me and at least we could begin all over. This works for a while, then he starts again with his accusations. I can't go on forever admitting things I have not done. M. G.

ANSWER: Raymond's behavior certainly isn't that of an ordinary young man in love; in fact, it smacks a bit of emotional, if not mental, unbalance. He's a dangerous character, and if you value your reputation, your happiness, or hope for any security in life, don't marry him.

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

the safer method is to winter them inside and sink the potted plants in the ground in the summer out of the hot sun and keep moist. Camellias have great beauty of flower, form and foliage. The glossy leaves as well as the coloring of the freely-borne blossoms make them outstanding. Camellias are native to eastern Asia and in the adjacent islands of Japan. More wild forms have been found in province of Yunnan, China, than in any other section of the area.

The plant was given the Latin name, Camellia, by Linnaeus in 1753, in honor of George Joseph Kamel, a Moravian Jesuit who

Continued on page 3

Better English

By D. G. Williams

1. What is wrong with this sentence? "He was excused on account of his youth."
2. What is the correct pronunciation of "placable"?
3. Which one of these words is misspelled? Hierarchy, hilarious, hinderance, hickory.
4. What does the word "inadmissible" mean?
5. What is a word beginning with "in" that means "beginning; commencement"?

ANSWERS

1. Say, "because of his youth."

Best for Baby's Coughs

BABY'S OWN COUGH SYRUP

Specialty formulated for babies! Breaks up phlegm—cures wheezing.

Modern Etiquette

By Roberts Lee

Q. Is it proper, when setting the dinner table, to put the butter on one plate and pass it around, or to put the butter on individual bread-and-butter plates?

A. This is more a question of convenience than propriety, and certainly it is more convenient to serve the butter on individual plates than to have your guests pass it around.

Q. Is it all right for a girl who is not engaged to wear a diamond ring on the third finger of her left hand?

A. While there is nothing wrong with this, she certainly will give the impression to many people that she is engaged.

Q. Is one ever justified in mentioning to friends and acquaintances the prices one has paid for certain possessions?

A. Never! This is extremely ill-bred.

The Stars Say --

By Genevieve Kemble

For Tomorrow

Do not count too much on the cooperation of others this day. Your personal efforts if determined ones, can be instrumental in overcoming barriers to your progress, however. Let events proceed at their own pace, and refrain from making hasty decisions. Avoid all tempting anything beyond your capabilities.

The configurations for the evening hours are more beneficent and hobbies or social activities shared with loved ones should be most enjoyable. Avoid functions where you may have to deal with strangers, however.

For the Birthday

If tomorrow is your birthday, intuitive foresight should enable you to mold conditions to suit yourself during the coming months, but be sure to use every possible resource and do not permit minor obstacles to sway you from your goals. Personal relationships should be at their finest during the next few months and social activities extraordinarily stimulating. There may be some domestic stress during May, but it will be of short duration. For those in the professions, the



Cook's Corner

MAPLE CREAM CAKE

For bottom:
3 cups of flour
1/2 teaspoon salt
2 small teaspoons baking powder
1 cup brown sugar
2 egg yolks
Add large piece of butter

For top:
2 egg whites, beaten stiff
2 cups brown sugar
Add flavoring
Bake in a slow oven 26 minutes.

—Mabel Newsome, Rose Valley W. I.

How Can!!!!

By Anne Ashley

Q. How can I remove a corn very easily?

A. It is claimed that a corn can be loosened by binding a piece of lemon around it, changing the application daily for about three or four days. Then soak the corn in warm water and it can be removed very easily.

Q. How can I remove ink stains from white material?

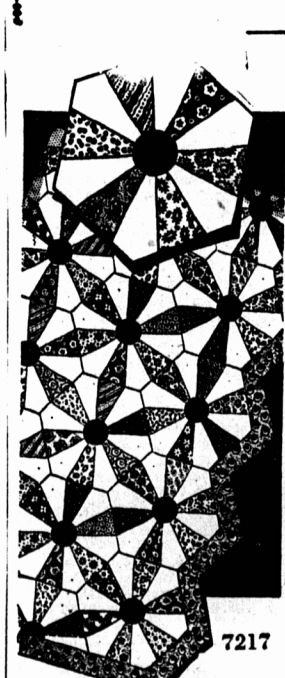
A. They can be removed by covering them with sour milk and allowing to stand until the stains begin to disappear. Then rinse in clear water.

Q. How can I make the meats of nuts come out whole?

A. Soak nuts, which are to be cracked in salt water over night, and this will cause the meats to come out whole.

present cycle is one which favors dealings with publishers, editors, producers and agents. Astrologically, it is also an excellent one for working in collaboration with another. Business as well as professional partnerships should prosper. A child born on this day will be imaginative and talented, but inclined toward moodiness.

Alice Brooks Designs



PENNY-SAVER QUILT

Make this hit-or-miss Endless Chain quilt by the "Penny-Saver" method! Buy a little fabric at a time, make a few blocks a month! Use scraps, too!

Such a thrill to work this quilt into your budget! Easy piecing. Pattern 7217; pattern pieces.

Send Twenty-five Cents in coins 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.

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*Just right for children's first tooth

Anne Adams Patterns



FRESH AND PRETTY!

TWO APRONS to keep you fresh and pretty at work! Make the bib apron of a sturdy fabric for daytime hours and the half-apron of something dainty and gay for tea-time! Both have stand-away pockets and a pert flit to the skirt!

Pattern 4565: Misses' sizes: Small 14, 16; Medium 18, 20; and Large 40. Small size bib apron takes 1 1/2 yards 35-inch fabric.

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

Send Thirty-five cents (35¢ in coins (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, Canada.

Household Scrapbook

By Roberts Lee

The Coffee Pot

If the coffee pot is defective in any way, rub a little butter around the lip of the spout and the liquid will pour properly, without running down the side of the pot.

Sticking Doors

If all the hinge screws are tightened, it will frequently take the sag out of doors that develop the annoying habit of sticking.

No shopping list is complete without...

AYLMER PURE JAMS



AYLMER PURE SEVILLE ORANGE MARMALADE



AYLMER PICKLES



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CONTEST RULES

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2. Send as many entries as you wish but each entry must include TEN BEST YEAST wrappers, either FRESH or DRY.
3. PRINT your name and address clearly on each entry. Mail to BEST YEAST CONTEST Box 1433, Halifax, N. S.
4. There will be THREE monthly contests ending respectively February 27th, March 31st, April 30th. Entries received after each closing date will be entered in next Contest except the final.
5. All entries become the property of BEST YEAST LIMITED. None will be returned and no correspondence will be entered into. Entries will be judged for originality and clarity of thought. Judges' decision will be final.
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*1 CONTEST CLOSSES FEB. 27th.