

## ELLEN'S DIARY

by an Island Farmer's Wife

A white tale we write now on island farms, one of snowy fields and tracts of sparkling winter-rippled frosts. In the stillness of about—and also of the pearly-white of the wood-smoke from hearthfires such as these of ours tonight.

Pearly-white? Not always. Delicately rose-hued in the glow of the sunrise; more deeply colored in the flame and glory of the sunset shades. And fragrant.

"Just catch the scent of that maple-smoke, Ellen," a girl offered when we two stopped a moment outside the square of light from the window of the little farmhouse we were about to visit, one night of the now long ago. Up it ranged in a whitish spiral, making a great plume above the chimney in the frosty air.

"Isn't it exquisite! And how I love that fragrance!" she smiled.

"I don't know why not exactly, at any rate. Perhaps I always associate it in my mind with our winters. It seems as if it is the ribbon—the smoke from the warm hearthfires of the homes, that binds all this together to make an unforgettable picture."

"She indicated the rolling sweep of the countryside which beneath the light of a great moon lay in hushed beauty about. The evergreens along the far side of the road we had just left, cast their quiet blue shadows on the snow beside, as did the woodlands and grove about. Here and there up the slope, pin points of light pointed out the farmhouses there. And over and about all was spread the white witchery of a frosty winter-night.

We can see it yet after a number of winters—that humble cottage—home sheltered by the woodlands which came down to the

cleared fields at the back. Here in the yard not far from where we stood was the rude saw-horse, the study chopping-block, a dark ring of chips about; and there the sleigh bearing between its staked the hardwood sticks, tokens of continuing smoke-billows, evidently brought from the woodlands that day. There a path led down a decline to the spring and that, to the neat barn which just across the yard sheltered the livestock.

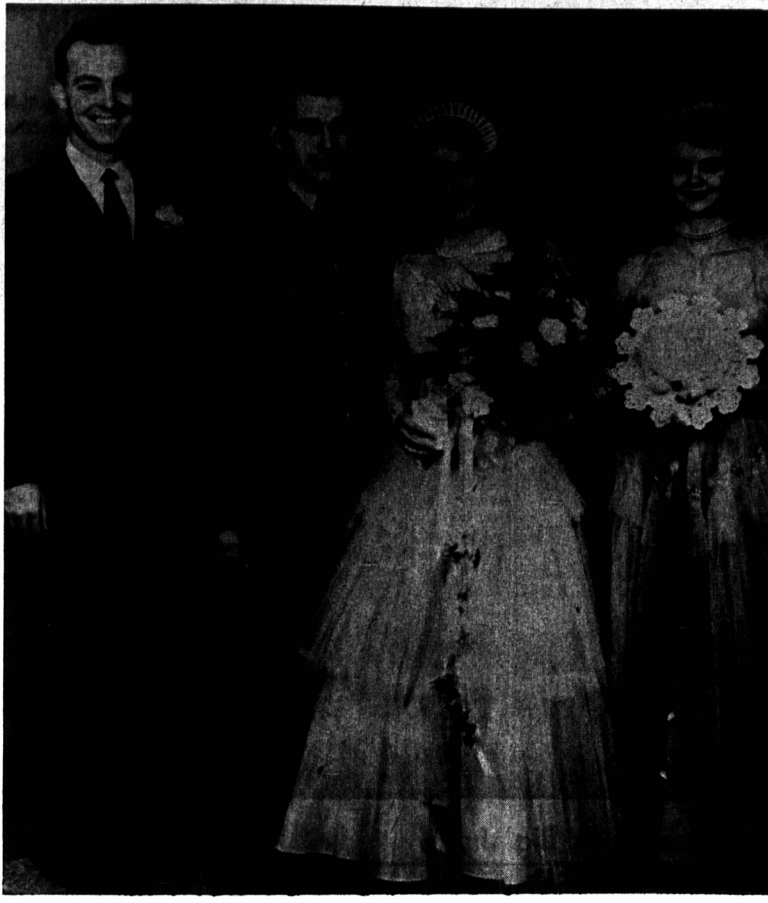
"Guess we'd better go in now," our companion said with a little chuckle. "Lovely as it is, this is no night to be loitering out of doors!"

The door opened with frosty creakings, shedding a momentary rim of white vapour about and spreading added lamp-light on the snow of the yard as we stepped quickly within.

"Would you not have liked to come with us to that humble but pleasant home in those days of the past? In that era before cars, trucks, tractors, or any of their impressive combinations had come to island roads or places? Before the radio plucked up its music and what-not from the air, and distributed it to kitchens? Before the time of mail boxes at lanes' ends or a dozen of the conveniences and comforts of now were even known of generally or considered in connection with island farming?"

Would you have taken off your wraps as did we: the heavy coats, and fur neck-pieces and woolen caps, as our hostess pointed out "To feel the good of them when you go out again" and joined that circle about the fire?

Until tomorrow ——— Diary  
Good-night . . . . .



F/O AND MRS. J. ADRIAN ARSENAULT

Pictured above are F/O and Mrs. J. Adrian Arsenault following their marriage in St. Paul's Church, Summerside on January 29. The bride is the former Jean Arsenault, daughter of Mrs. Arras Arsenault and the late Mr. Arsenault, Summerside, and the groom is a son of Mr. and Mrs. Stephen Arsenault of Matan, Que. Miss Clair Gaudet was bridesmaid and Mr. Wilfred Arsenault of the R.C.M.P. was best man. —(Photo by Edwin Heckbert Studio)

### MARY HAWORTH'S MAIL

#### Spouse Asks Advice On Wife's Marriage

DEAR MARY HAWORTH: Emmy and I have been married 15 years and she tells me that recently she has fallen in love with another man — I shall call him Eric.

Eric too is married, but he tells Emmy he loves her and wants to marry her if he can get a divorce, and if I will give her a divorce. She says she still loves me as much as ever, but also loves Eric.

We have three fine children, two girls and a boy, ages 14, 12 and 10; and I know if I give Emmy a divorce, the children will suffer most. I have talked to the pastor of our church about this, and he has talked to Emmy, but we haven't reached a final decision yet.

We are paying for our house, and Emmy has a new car that I bought for her last year. I have my own car. I give her all the freedom she wants, and I love her with all my heart. We have had many happy times together and I had hoped to have more. I am writing to get your opinion on whether I should give her a divorce. Please answer soon.

P. R.

#### Excitement Is Miscalled Love

DEAR P. R.: It is interesting that Emmy says she still loves you as much as ever — but she loves Eric also. This strikes me as a revelation that she doesn't really love Eric, the man himself, at all. Rather I take it to mean that she is simply captivated by an experience — the experience of feeling, as it were, newly loved.

Emmy's problem (as I see it) is essentially this: Having nothing to worry about in relation to crisis in marriage. She is bored — bored with the sameness of her days, and the sameness of her change with you. Being immature and still self-seeking — and not having tapped the deeper levels of psychological awareness that "the kingdom of heaven is within" — she is casting about for

### social deliverance from her mood of futility. Hence her notion that Eric is the answer.

On his side of the fence, Eric has approximately the same problem with himself, I suppose. He is looking for an "out" from his shallow (or obtuse) discontent with the special relationship he has acquired thus far. And since Emmy's similar restiveness, he is making common cause with her — for lack of more significant purpose in life. But whether he will marry her, circumstances permitting, is anybody's guess. As matters stand, even he doesn't know as yet.

#### Illusions End, Boredom Begins

Discussing the crisis of boredom in marriage, one specialist in human frailties says it begins about the partner end. Not that it needs to — because to reach the end of an illusion is to come to grips with reality; and at this point, real love may begin to germinate and flourish, if the partners have the stuff of character, the loyalty and stability, to make the best of their situation. That is, to philosophically accept the other person "as is".

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### LET'S EAT

#### If Properly Seasoned, Parsnips Are Delicious

By IDA BAILEY ALLEN

"There is an old proverb that says, 'Fair words butter no parsnips,' said the Chef. 'What does this mean, Madame?'"

"Probably that parsnips are more attractive and appetizing when seasoned with butter."

"Quite true. Without a good dressing of some kind, parsnips taste dry and fleshy. What is their nutritional value, Madame?"

"As to vitamins, Chef, they contain small amounts of B vitamins and a little vitamin C, of minerals a little calcium, phosphorus and iron."

"In your opinion, should the inner core be removed?"

"No, because it is part of the valuable natural roughage."

Parsnips are perhaps at their best after freezing, which develops their full flavor. A piece of parsnip gives excellent flavor to meat soups and stews. They also have a most appetizing taste when peeled and pan-roasted with any kind of meat, or when plain boiled or steamed, peeled, quartered and browned in meat fat.

#### TOMORROW'S DINNER

- Grapefruit
- Roast Fresh Pork But
- Pan-Roast Parsnips
- Green Beans
- Tossed Lettuce-Celery Salad
- Gingerbread Pudding
- Coffee
- Tea
- Milk

Roast Fresh Pork But: Buy a 4-5 lb. pork shoulder or fresh pork butt. Place on a rack in shallow pan. Rub all over with 2 tsp. salt, 1 tsp. monosodium glutamate, ¼ tsp. pepper and 2 tsp. powdered sage.

Roast in moderate oven 325 degrees F. for 45 min. per lb. Serve with brown gravy made from pan drippings.

Gingerbread Pudding: In a qt. baking dish, crumble enough left-over gingerbread to make 1½ c. Add 3 c. milk, 2 beaten eggs, ¼ tsp. each salt, ground ginger, powdered clove and cinnamon, 1/8 c. sugar, 2 lbs. molasses and 2 lbs. butter.

Set in a pan of hot water. Bake 1½ hrs. in a slow-oven, 325 degrees F. Serve warm with brown sugar syrup.

#### TRICK OF THE CHEF

Use equal parts tomato juice and water to make pork gravy.

### KEEP IN TRIM

#### When Smoking Is Stopped

By Ida Jean Kain

Numerous requests as to how a weight gain can be prevented after smoking is stopped constantly come to your dietitian. Today's letter from a reader in Florida poses an interesting problem:

"I have followed your nutrition advice with most pleasing results. I lost an excess 25 pounds and have maintained normal weight for the past year. On the advice of my doctor, I have attempted to cut out smoking, a habit I have indulged in for the past dozen years. This is a most difficult task to replace the routine of lighting a cigarette just about every 10 minutes of my waking hours, I have taken to substituting any kind of food that will occupy my mouth and hands whenever the desire for a cigarette becomes foremost thought."

There are two facets to the problem of weight gain when smoking is stopped. Food tastes better, so one tends to eat more. But of greater importance, authorities point out, smoking gives a certain satisfaction. Food in the form of snacks is used to provide this oral satisfaction when smoking is stopped. Here we are dealing with habit. A recognized way to break a habit is through substitution, but in this case, the substitution can become fattening habit!

Nutrition know-how can help you through this difficult adjustment period. Have a dish of crisp celery stalks, cauliflowerettes and carrots slivers. Crunch on these when you get that urgent desire to "light up." They will provide oral satisfaction with a minimum of calories. For an energy pick-up at your "zero hour" in the late morning or late afternoon, have protein — a hard cooked egg, a wedge of cheese, a glass of skim milk, buttermilk or cocoa made with skim milk.

Here's another tip — breathing exercises practiced for five minutes eight to 10 times a day help 15 heavy smokers stop smoking, according to a report by Dr. William Kaufman in the Journal of the American Medical Association. The exercises — taking deep breaths in and out 16 times a minute. Dr. Kaufman explains that heavy smokers take short breaths when not smoking, causing an uncomfortable sense of breathlessness and pressure on the chest. This, he says, may make

## Fresh, Crisp Curtains, A Home Spring Tonic

By ELEANOR ROSS

When the seemingly endless days of late winter roll around, that's the time for you to "run the season" and bring a bit of springtime into your home.

Don't be tempted to let your house droop, waiting for a sunny day before you spruce it up. With a little extra cleaning and without any expense, you can give it a new lift, and also lift the morale of the whole family.

### Brighten the View

For example, start brightening your view by brightening your curtains.

If you say, "But they don't look soiled!" try this test: Gather together several folds of one curtain in your hand; if there is the slightest trace of dinginess, it will immediately show up. That dinginess, however slight, dulls the luster of any room.

If you have curtains of one of the "miracle fibers," fold them in quarters and just dip up and down in soapsuds and rinses. Then hang to drip-dry—no ironing required.

### Machine Washing

If using a machine, enclose curtains in a protective mesh bag before sudsing, and use short machine cycles. Remove from the bag if they go into the dryer, and, again, use short cycles.

And don't overlook those bedroom organdies!

To keep them fresh and pert, they should be laundered often. You can suds them by hand, or toss them directly into the machine. By just starching the ruffles, you'll save time and effort, and still get the overall effect of impeccable crispness after they're ironed.

### Glass and Silverware

Then add another bright note by giving a good sudsing to your glasses, figurines and such pieces of glass and silverware as you may use as part of a room's decor.

Wash glassware in warm-to-hot suds and rinse with water just a bit hotter; drain, then dry with a clean, soft cloth. After drying, rub with soft tissue to bring up the luster.

Wash your silver with a soft sponge or cloth in thick, hot soapsuds. Rinse with clear hot water and dry with a clean cloth. If silver requires polishing to remove tarnish, be sure to finish up by giving it a good sudsing and rinsing before putting it back on display.

### Shine the Mirrors

Shine up mirrors and glass surfaces with a sudsy cloth followed by a thorough rinse-off with a clean cloth. Use a smooth-finish cloth to wipe dry, so that no lint will linger.

Check all light bulbs—if they're dusty, you are being deprived of a lot of light. Remove from socket and wipe off with a sudsy sponge, then wipe clean. Be sure bulbs are thoroughly dry before replacing in sockets.

Finally, try rearranging a few pieces of furniture. Do some regrouping, or the changing about you've been promising but putting off for too long.

### Miss Downe and Mr. James Wed

The wedding took place at the United Church Manse, St. Peters Bay, on December 15, 1954. The bride is the daughter of Mr. and Mrs. Alfred Downe, to Wallace W., son of Mr. and Mrs. Charles James, Church Road. The Rev. Russel McLeod performed the ceremony.

The bride was charming in a suit of blue gabardine, with blue accessories. She wore a corsage of Betterment roses. The bride was attended by her aunt, Mrs. Florence Garrett, who wore a suit of blue gabardine, with red accessories, and wore a corsage of carnations.

The groom was supported by his brother, Ward.

Following the ceremony a delicious supper was served at the home of the bride. The dining room was decorated with pink and white streamers, and wedding bells. A wedding cake topped with a miniature bride and groom was cut in the traditional manner, by the newly weds.

The bride and groom are residing in Forest Hill where the groom is a prosperous farmer.

### HOUSEHOLD HINT

A friend in need is a new travel ironing board that folds to 20 inches and weighs only 20 ounces. If you need to iron something in a hurry, the board is attached to any chair or drawer, without marring the furniture. It can be used at home, in a hotel, motel, or when visiting friends.

### BUTTERMILK ROLLS

- 2 cups buttermilk
- 2½ tsp. salt
- ½ tsp. baking soda
- 4½ cups sifted flour
- ¼ cup sugar
- ¼ cup melted shortening
- 1 cake compressed yeast

Scauld buttermilk. Add sugar, salt, shortening and baking soda. When cooled to lukewarm crumble in the yeast and stir well. Add enough flour to make a soft dough and knead until smooth. Shape into rolls and place in greased pans.

Brush tops with melted butter. Cover lightly and leave in a warm place until double in bulk. Bake in hot oven from 425 to 450 degrees for 16 to 20 minutes.

### PROPERTY RIGHTS

Married women in Colombia, South America, since 1932 have had a legal share of property jointly acquired after marriage.

the person restless, tired and anxious.

Here's a promise . . . when kept under control, the sharpened appetite levels off in a few weeks.



### THREE HOUR ROLLS

- 2 cups milk
  - 1 lbs. sugar
  - 2 yeast cakes
  - 4 cups sifted flour or more
  - Melted butter
  - 1 tsp. salt
  - ¼ cup lukewarm water
  - 1 egg beaten
- Scauld milk, add butter, sugar and salt. Dissolve and allow to cool. Dissolve yeast in lukewarm water and add to warm milk mixture. Add two cups flour. Beat until smooth. Set in warm place to rise for one hour. Add two cups flour and beaten egg.
- Beat until smooth and set to rise for one hour. Add remaining flour. Knead into shape and place in pans to rise for one hour or less. Bake.

### MORNING SMILE

"It's the fifth engagement she's broken."

"Oh! Who's the lucky man this time?"



# DON'T SKIMP ON COFFEE DRINK MORSE'S New Instant COFFEE



### Noted Beauty Authority Advises

## "Don't Fool With Pimples"

by MARCELLA HOLMES

Former Beauty Editor of "Glamour" Magazine

"As a beauty editor many people have asked me, 'What should I do for pimples?' I always say, don't try anything on them! Acne-type pimples are a serious condition that if neglected can permanently mar your looks. So use a medical preparation developed for pimples, and not multi-purpose skin creams or ointments that are claimed to be 'also good for pimples.'"

"You see, general purpose creams and ointments do not provide in a fast-drying, greaseless base the special medical ingredients so necessary in the treatment of pimples. But fortunately, today, there's a scientific medicated formulation developed especially to clear pimples, that has proven its effectiveness in actual use by thousands in Canada and the U.S. It is called CLEARASIL."

"This new CLEARASIL medication is skin-colored to hide pimples while it works, and to end the embarrassment of pimples instantly. So again I advise, don't fool with pimples. General purpose creams and ointments have these proper uses, but don't depend on them for treatment of pimples. Treat this specific condition with a special pimple medication."

Reader's Digest reported on clinical tests using CLEARASIL type medication. CLEARASIL has helped so many boys, girls and adults that it is now the largest-selling special pimple medication in America. It must work for you or money back. Only 69¢. Large economy size \$1.19. At all drug stores. Get CLEARASIL today.

oil from skin that authorities agree is a major factor in some. In fact, CLEARASIL has such remarkable drying action that it cleans and dries pimples surprisingly fast.

"CLEARASIL is antiseptic, stopping growth of bacteria that may cause and spread pimples. And since it is non-greasy, stainless, it may be left on day and night for uninterrupted medication."

Skinn-Colored—Hides Pimples

"The special medications in the CLEARASIL formula are contained in a new-type oil-free 'base'. This new 'base' material is not only greaseless but is also oil-absorbing, actually helps remove excess

## POUNGING HEADACHE



HERE'S QUICK COMFORT and the RELIEF is LASTING

TO STOP a headache you want the fastest most effective relief you can get . . . so take INSTANTINE! INSTANTINE is a carefully compounded formula that acts so fast, so thoroughly that your pain is relieved almost instantly! And this relief is prolonged . . . it lasts! Best of all, INSTANTINE tablets give you just the mild lift you need . . . actually make you feel better. Get INSTANTINE today!

QUICK RELIEF FOR

POUNGING HEADACHE • SINUS HEADACHE • COLIC • GRIPE • LUMBAGO • RHEUMATISM • NEURITIC • ARTHRITIC PAIN

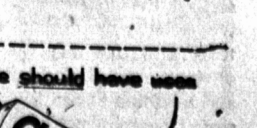
## Instantine

TRADE MARK REG.

FOR ALMOST INSTANT PAIN RELIEF



He should have used



for a clean, fresh mouthful

## MRS. GORDON MACMILLAN

### A COUNTRY GARDEN

ROSE HAWS  
Lovelier than the memory of the velvet bud. More beautiful than full-blown flower.

Are the scarlet berries on the leafless branch. That warm this chill gray hour. Stark form of thorn, dry tendril, cannot hide. These seed-pods, fiery glow; All the numbing breath of winter cannot dim. Vermilion lacquer on white snow. Ebright.

The scarlet berries on the barberry shrubs and the rose-berries on the shrub roses bring a beauty to the garden on these snowy days. When ordering your shrubs this year be sure to include some of the berries listed in the catalogue of our own Memorial Nursery. Information on these shrubs will be given when inquiry is made at the nursery. A garden can be made with shrubs alone and every year several dozen are added to the garden here.

Berried shrubs for winter blooming as well as summer blooming are the finest for our gardens; and many of the hardy shrub roses have lovely haws or berries.

With live, scarlet fire, Enfoling seed of Junce yet to be. Rose-berries melt the snow, and burn above

The thorny briar,

Like beauty with its deathless seed of love

"Rose-Berries" by Mary Webb.

ROSES and other plants should be ordered now when there is so much time to ponder over the number you can order for, and also pay for in the coming year. Anticipation is such a joy and we surely need some anticipating in this wintry month.

Seed orders should be written out and sent as soon as possible to relieve the seedsman's mind in the very busy spring months. Look over the seeds you have saved from your own garden, and those given you by other gardeners, so that you will not order some of the same varieties.

Last November and December, seeds of Snapdragon, Larkspur and other hardy plants were sown just before freezeup as an experiment and it will be interesting to find out how many will be growing in early spring.

Many new gardens will be made this spring where the new highways make it necessary for many changes. For the gardener this will be good fun, but for the home owner who is just beginning to garden it is a good plan to read about gardening in these winter months. Our Public Library is filled with garden books on designing and planting of gardens and you may have these wonderful garden books for the asking.

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## ANNE ADAMS PATTERNS

### WEEK'S SEW THRIFTY

TWO dresses or a dress and coat! Either way she wears them—these are the prettiest fashions your little girl could own! Have the dress in colorful cotton—the coat-dress in rich contrasting pique or faille. Quick to cut out, put together. Joy to sew!

Pattern 4594: Girls' Sizes 6, 8, 10, 12, 14. Size 10 dress, 2½ yards 35-inch; coat 3¼ yards.

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

Send THIRTY-FIVE CENTS (35c) 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.

### Best for Baby's Coughs

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



MUCH TRAVELED STEWARDESS  
Australion-born Jean Pollard arrived in Saint John Friday aboard the Empress of Australia en route to Charlottetown where she plans to carry on with her career as an air hostess with Maritime Central Airways. The 24-year-old girl has just completed an eight-month stint training hostesses for the Pakistan International Airlines at Karachi, and was a senior hostess with Australian airlines prior to starting on this round-the-world flying career. —(Canadian Pacific Photo)

## ALICE BROOKS DESIGNS

### CROCHET-AND-RIBBON

BEGINNER-SIMPLE to make this lovely new dolly! Combine the easiest of crochet with ribbon for pretty color contrast!

Pattern 7154: Crochet-and-ribbon dolly: 20 inches in No. 30 cotton; smaller in No. 50; larger in mercerized bedspread cotton.

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, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

### Wife Preservers

To clean the oil soap satisfactorily use warm hot water, ammonia and a little