

ELLEN'S DIARY

By An Island Farmer's Wife

That Body Of Yours

By James W. Barton, M.D.

Strange items are being written of these early April days. Unusual too are some of those that have been recorded of the first months of this year which leads now the century along a westerly trail.

However, it will also be history that if The Island enjoyed pleasant weather, the Provinces in the west received more than their share of cold and snow. There, trying and unusual conditions prevailed...

NEW INSTRUMENT TO PREPARE CAVITIES AND SAVE USEFUL TEETH

I believe that the majority of us would sooner have a tooth pulled out than undergo the pain and heat of the drill as the dentist tries to save a tooth by putting in a filling.

It will be good news for everybody to learn that a new instrument designed to get rid of nearly all vibration, pressure and heat caused by the present drill has been reported by Dr. Robert B. Clack, Corpus Christi, Texas, inventor of the instrument, in The Journal of the American Dental Association.

"Abrasive" depends for its action on a fine stream of suitable gas carrying a controlled quantity of small abrasive particles. The abrasive, traveling at super-sonic speeds of more than 1000 feet per second, blasts out the cavity instead of grinding it out and doesn't come in contact with the tooth as does a dental drill.

Dr. Black states that the abrasive is not capable of doing all the work of the rotary drill. Its chief use is that of preparing a tooth for filling or jacket crown by cutting through tooth enamel, the hardest substance of the human body, and of removing stubborn stains and heavy deposits of tartar (the forerunner of pyorrhea) from the tooth surface.

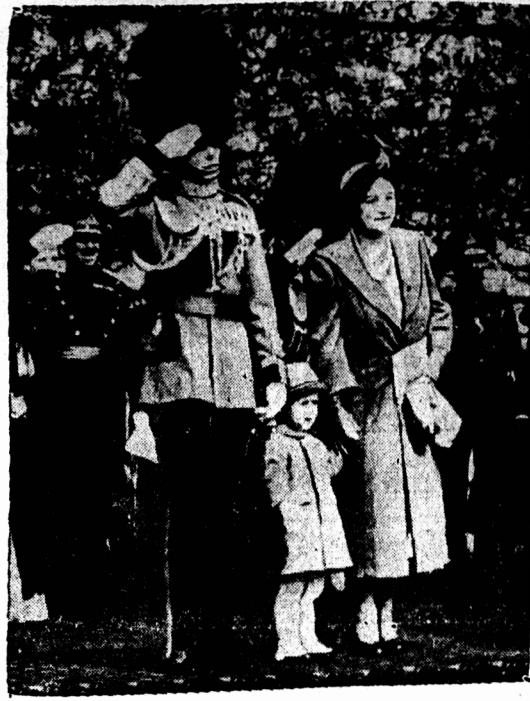
Most persons Dr. Black's statement that "this method of preparing teeth for restoration does not stimulate fear and apprehension" will be good news indeed. Patients will willingly undergo abrasive treatment who otherwise would neglect and eventually lose their teeth.

cropping earlier? But what! she will say "the babe is stirring!"

James himself caught the glint of green on a near field today to comment to the younger farmer: "It just mightn't be too long before we can let those ewes with a warm rain and a few sunny days would work a miracle in the meadows."

Until tomorrow -- Diary -- Good-night, . . . .

Preparing For Duties That May One Day Be His!



Knowing full well how a young fellow's enthusiasm for a parade can carry him away, Queen Elizabeth is seen holding on to her grandson, Prince Charles, while his grandfather, King George VI, takes the salute during parade by Coldstream Guards.

CRESCENT CARNIVAL

FRANCES PARKISON KEYES

(Continued)

XXVII

Drew had been driving aimlessly out on the Airline Highway. Of course, he could always go to the Fontaines, and there were many duller places to spend a Sunday afternoon.

It had taken a second World War to bring her back. She had reached New Orleans in the early fall of 1939 with no tale of terror or hardship to tell, but with trunkloads of beautiful clothes which she had somehow managed to bring with her.

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Better English

By D. C. Williams

- 1. What is wrong with this sentence? "She ran the whole way without hardly stopping." 2. What is the correct pronunciation of "delusive"? 3. Which one of these words is misspelled? Affrontery, affluence, affiliate, affright.

1. Say, "She ran the whole way almost without stopping," or, "with hardly a stop." 2. Pronounce the e as in so (not as s).

How Can I!!!

By Anne Ashley

Q. How can I reduce weight safely?

A. The best method is to avoid starchy foods and fats. Take plenty of exercise. Take a hot bath, followed by a cold bath, at least twice weekly. Do not drink water with the meals.

Q. How can I prevent the colors from running when washing cottons?

A. Stir into the first sud in which cottons are washed a tablespoonful of black pepper, or three tablespoonfuls of turpentine.

Q. How can I make a substitute for whipped cream?

A. One of the best substitutes is to beat the white of an egg thoroughly, then add a well graded apple, and sweeten to taste.

ing a diamond bracelet, beautiful in itself but incongruous with the simple dress she wore. "Why, Mr. Breckenridge," she exclaimed, "How nice of you to call Mother'll be awfully pleased to see you, with some friends. You'll go in to see her, won't you?"

"Why of course," Patty said cordially. "Only the pantry is rather messy and there are ants in it." "There is nothing on earth so barren looking as a neat pantry," Drew remarked encouragingly.

"And a Southern house wouldn't be complete without ants, would it? Any more than it would be complete without a gallery around it? Of course we talk more about the galleries and magnolias than we do about the ants--to outsiders anyway, and strangers. But you and I belong here, so we don't need to pretend. What's more, we're more or less related. I never dreamed of calling your mother

(Continued on Page 3)

DOROTHY DIX SAYS--

Head Or Heart?

Reader Advocates Choosing Mates By Evaluation Of Character

DEAR MISS DIX: Don't you think that there would be a great deal less divorce if, before they married, young people would ask themselves: "Why am I in love with this girl or boy? What qualities does he or she possess that makes me think that I want to spend the balance of my life with him or her?"

ANSWER: Undoubtedly. But it would virtually silence the wedding bells if lovers stopped to psycho-analyze each other and ascertain what it was that made them feel that way about that particular girl or boy. For we are all in the Doctor Fell class when it comes to our emotions.

LOVE DOESN'T REASON

As a matter of fact, we don't love people for their virtues. No man falls in love with a girl because she is a good cook, or because she is industrious, or because she teaches Sunday School, or because she is kind to her old parents, or because she is the sort of a girl who would make a good wife.

Of course, if we picked out our husbands and wives by their good qualities, we would make much more sensible matches than we do. We would marry the homely, sensible Jones girl who has a tidy little fortune and is the best cake-maker in town, instead of the glamorous, maiden who hasn't a penny to her name and doesn't know how to do a thing on earth, but whose very touch fills us to the marrow of our bones.

Or we would marry the fat rich widower who is a pillar in the church, instead of the wild youth whose very presence makes life gay and exciting. But would we be happier if we did, and if we married for our heads instead of our hearts?

DEAR DOROTHY DIX: I am a girl of 21. I am well educated, of the studious type, hard working, conscientious and very sensitive. My father earns just enough to keep existing and all my life my greatest ambition has been to get a good position so that I could earn enough to make things easy for my people. So far I have not been lucky enough to obtain a very good job, but am working hard and hoping for better things.

ANSWER: Nobody can answer that question for you. It is a matter that you must decide according to the dictates of your own heart and conscience. And it is a hard one to settle when affection and pity for your parents pulls one way and young love pulls another.

In making your decision you must take into consideration the fact that you are going to have to support your parents as long as they live, for your father will make less and less as the years go by, and the whole burden of the family support will eventually fall on your shoulders or the shoulders of the man you marry.

DEAR MISS DIX: My girl won't marry me because she says we are both too young. I am desperately in love with her. She is the finest girl in the world, attractive, interesting, a wonderful house-keeper and above all, upright and honorable. She won't marry me for at least a year and in the meantime I feel that I will go mad.

ANSWER: Evidently your girl has a lot more sense than you have in addition to possessing all the good qualities which you enumerate. So I urge you to possess your soul in patience and wait for her for a year. She is worth it. And you need her for a balance wheel.

Morning Smile

Pleasing To The Eye

"Is your wife artistic?" "Artistic! Why, she's so artistic that she doesn't care how the soup tastes so long as it's a pretty color."

Last Word

"This car is absolutely the last word, sir." "Well, that should suit my wife. If there's anything she loves, it's the last word."

Just Too Sweet

Two "smart" young things in a bus were talking loudly in an affected jargon. At last the conductor could stand it no longer. As the bus neared a stopping-place he called out in a high-pitched voice: "Darlings, here's too, too sweet Smith street!" After that silence reigned.

Modern Etiquette

By Roberta Lee

Q. If a girl becomes engaged, and she has no family, would it be all right for her fiance's family to announce the engagement?

A. No; the bride-elect always has the privilege of announcing her engagement, and if she has not the means of giving an announcement party, then she can always extend the "good news" through the local newspaper.

Q. When a girl enters a public dining room with an escort, should she remove her wraps before she arrives at their table?

A. No. She should wait until seated, and then her escort or the waiter should assist her.

Q. When pouring wine from the bottle, should the bottle be grasped by the neck, the label, or where?

A. Hold the bottle by the labeled part.

Sioux To Rejoin U.N. Fleet In Korea



It was hail and farewell for H.M.C.S. Sioux, who slipped her moorings over the week-end at Victoria, B.C., for another stretch in Korean waters, to replace H.M.C.S. Cayuga, who, having received her Korean baptism of fire, is now home on a well-deserved leave. It is just a little more than two months ago that the 270 officers and men of the Sioux returned from seven months and 90,000 miles of U.N. duty in the Korean theatre of operations to the greatest welcome ever given a returning ship at Victoria. Sailing with Sioux will be executive officer Lieut. Cmdr. Pat Benson, shown with wife, who will be aboard his ship after spending nine weeks' leave in Victoria pending assignment.

The Stars Say --

By Genevieve Kumble

For Tomorrow

IT is probable that by a shrewd and strategic move, the current unprofitable and disastrous situation may be remedied, or compensated for, by clever justification or plausible excuses, whereby there may be some measure of restoration to the good graces of those whose faith and intervention are vital to the carrying on of important operations.

If It Is Your Birthday

Those whose birthday it is, are urged to be tasteful, gracious and perhaps penitent, in attempting to mend broken fences and find reprieve and restoration and confidence of those whose unstinted collaboration have built up important plans and pledge of commitments. A timely "hunch", an intuition of some sort, or inspired revelation may be the implement most effectively furnished by "inner guidance."

Household Scrapbook

By Roberta Lee

The Oil Can

It is well to make a tour of the house occasionally with an oil can. Oil the castors on the furniture, apply a few drops of oil in the oil hole of the vacuum cleaner, and if the hinges on the doors squeak, oil them.

Packing Lampshades

Pack the unused lampshades in good-sized hat boxes. If the sizes of the shades graduate, several of them can be packed in one container. Wrap tissue around each one.

Sewing Hint

If a particular shade of thread is desired, draw a raveling from the goods on which you are working and use it as the thread.

Cook's Corner

LAYERED CARROT AND PEA RING

- 4 tablespoons butter or margarine
4 tablespoons flour
1 cup milk
4 eggs
1 cup pureed cooked or canned carrots
1 cup pureed cooked or canned peas
1 teaspoon sugar
1/2 teaspoon pure monosodium glutamate

Dash each of nutmeg and salt and pepper. Beat butter and stir in flour; add milk and cook, stirring constantly, until mixture is thickened and smooth. Place 2 of the eggs in one mixing bowl, and remaining 2 eggs in another bowl; beat eggs slightly. To one bowl add carrots, to the other add peas. To each bowl add one-half of the white sauce (1/2 cup), 1/2 teaspoon sugar, 1/2 teaspoon pure monosodium glutamate, a dash of nutmeg and salt and pepper to taste.

Blend each mixture thoroughly. Butter a 1-quart ring mold generously and spoon in pea mixture, smoothing top surface of mixture with spoon. Then, carefully spoon in carrot mixture and again smooth top surface. Set mold in shallow pan of hot water and bake in moderate oven (350 deg. F.) about 45 minutes, or until a knife inserted comes out clean.

Remove from oven and let stand 5 minutes or so before unmolding on a heated platter. Fill center as desired. Serves 6 or 8.

Clean's BABY'S BATH Safely. Baking Soda on a damp cloth removes grime. It's the safest, whitest cleanser for the nursery. Contains no grit. Dissolves completely. Costs only a few cents. COW BRAND BAKING SODA PURE BICARBONATE OF SODA

Needlecraft

FOR THE HOME

THE CONVERTIBLE COSTUME No. 2161, a tailored sun-dress with a button-on cape for cover-up comes in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44, 46. Size 18, 3 3/4 yards 35-inch.

Send 35c 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.

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KING-COLE TEA. Glitteringly new! Gold and silver Schiffli embroidered pique elasticated bathing suit by Frances Sider. Matching beach coat has mandarin collar.

Spring Into Summer Wardrobe



Stefan of Linker and Herbert designs a suit of John Walther grey worsted with the immaculate touch of tiny white Peter Pan collar and cuffs. The Egyptian influence inter-pretated in a print for this slender side-draped dress sparked with jet buttons (International Origin).

TIRED NERVOUS CONSTIPATED? Get relief from constipation--indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.



Mrs. Arthur Taylor, Antigonish, N.S., gets top results with Fleischmann's Yeast.

WINS BAKING AWARD AT ANTIGONISH FAIR

To match your skill with the prize-winners at Antigonish County Fair you have to know a thing or two about baking! And according to Mrs. Arthur Taylor, a winner in the yeast-raised baking section, you have to know a thing or two about yeast. "For well-raised bread, buns and rolls, you need a good, lively yeast," says Mrs. Taylor. "I have always preferred Fleischmann's because it's one yeast you can be absolutely sure of. It gives a light dough, and my baking is always so lovely and tender when it's made with Fleischmann's." She is so right! Dependable fast rising action has made Fleischmann's Yeast the favorite in the Maritimes for 84 years... and the choice of prize-winning cooks everywhere!