

ELLEN'S DIARY

By An Island Farmer's Wife

These are days, the steady march of which we would stay—these lovely July days, freshly dew-kissed at morning, wrapped in a lazy wave of heat by afternoon and bathed in a pleasant coolness at night. . . . But this evening indoors the heat of day still lingers. "No covers!" Jamie said at retiring and Gage, a 11ish lad, sun-tanned now and dark against the white of his bed, re-echoed his words.

After a bedtime story or verse had been read to them and the book put aside he waits somewhat shyly for the caress which ends his day. It gives him a content to cuddle down then on his pillow to let weary lids droop and be off with the ghost of a smile to the pleasant Land of Nod. And sometimes when later we come to look in upon the two, it is to find Jamie in the attitude that has been his ever since the younger lad came to this farm, an arm clasped protectively about the slim fellow beside.

Within doors the heat of day still lingers; but without, a moonlight night sets a cool dewy bewitchment over the farmlands. Presently we shall come out to enjoy it—with James when he puts down his reading. Or maybe alone. . . . We recall now the surprise of a youthful farmhand of the long ago at Alderlea, as returning from an evening-outing he spied us seated on the old stone doorstep alone enjoying the spell of just such another night as this.

"Oh, it's you, Ellen!" he laughed, "I wasn't sure at first if I was seeing witch or woman!" A fairy bridge spanned the millpond below the front meadow, a graceful silver span made of pieces of moonlight beamed out on the oval of night; on the slope above, trees cast their shadows along fields as friendly now as by day.

So serene and still it was. And we remember that beneath its charm every care and weariness of past hours slipped away. . . . every misfortune and bitter memory, every distress. The cake that had fallen; the churning so long in "breaking"; the chickens we had lost to a sly prowling cat; the ten ducklings that had been at morning—and now only nine; and all the discouragements and irritations of our day. They were suddenly gone—washed away in the exquisite peace of the quiet summer night.

"What are you doing here, Ellen—at an hour when the likes of you should be in bed?" he asked in a bantering tone, half-tun and kindly. "Oh, just listening to the night," we replied. He laughed so loudly it brought James pattering on sock feet to the door. "Well, if that's not the craziest!" he offered. "Listening to the night! And all you can hear is. . . ." He listened intently. "Gosh darn if it isn't an owl! That will put off our having. And there's a dog. It's that confounded cur of. . . and he's not worth listening to. And there," he chuckled, as a low-field rose and fell on the quiet night, "that's the old mulley, thinking it's morning already. James," he looked beyond us to the figure outlined by the lamp-light in the doorway, "I believe. . . yes, as Deacon. . . says. I verily believe you've been duped; you've gone and got yourself a woman 'tetched' in the head!"

That was long ago. So long that the steps of all three follow now toward the west. But for us, a moonlit July night such as this, still has the power to cast a rare spell.

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

That Body Of Yours

By James W. Barton, M.D.

OBESITY IS PREVENTABLE

Now that overweight is considered a disease and requires regular treatment, as with any other disease, we are reading much about the various methods of getting rid of excess fat. Among these methods is the use of drugs such as Amphetamine (benzedrine sulfate), Dexedrine, Atropine, Digitalis. Also in considerable use are gland extracts — thyroid, pituitary, adrenal and sex. While the drug method of reducing weight gets results by depressing the appetite for food and the gland method by speeding up the body processes and creating more heat, it is only too true that reducing the food intake is the surest and safest method.

In Medical Journal of Australia, Dr. Chandler Brooks, Johns Hopkins Hospital, states, "However, the common form of human obesity results solely from eating and is probably due to psychologic (mental and emotional) causes. In most patients, obesity results solely from overeating. Eating is a form of self-indulgence and pleasure available to all and can be used as compensation when other common channels that normally bring satisfaction are blocked."

In support of the theory that obesity is most often the result of the eating of more food than is needed to meet energy output is the fact that obesity does not occur in areas in which there are severe shortages.

The cure, therefore, of obesity depends on cutting down on the food intake to just meet the energy requirements of the individual. Dr. Brooks states that to get satisfactory results in curing obesity, the overweight should indulge in or acquire other activities and interests, which activities and interests more than take the place of eating.

In younger overweights, in addition to cutting down on the food intake, more time should be spent in physical work or exercise which replaces useless fat tissue with valuable muscle tissue.

However, in older overweights whose blood pressure is usually high, exercise should consist only of short walks daily; the cutting down on the food intake is the safe method of reducing weight.

We Have Them All

Who said we have no mineral wealth?

For which our sons may toil? We are devoid of oil? That no big game is native to this million acre farm? Our industries are almost nil! And viewed with some alarm?

No mineral wealth? No game? No oil? No industries to hum? Of course we have them! Please allow

Me to enumerate some:

It is a fact, we have the Gold of Common Brotherhood; The gleaming silver of true worth throughout our neighbourhood.

The nickel of fine character to make our Island strong; The elements to forge the brass To face the sword of wrong. The solid iron and steel of Faith Far-reaching in its scope; The ores to give us copper for The boiling pot of Hope.

We've graceful deer (spelled d-e-a-r) And bears beyond the counting (We Bear each other's burdens, see); Our Elk herd's ever mounting. Our Lion-hearts are many, too—In fact we've countless others, Where, in this Kingdom in the Gulf They live as happy brothers.

I could boast for pages more Of all this Island holds; The vision of the humble folk, Their courage and their goals; The blessings we enjoy each day Exceed those e'en in Goshen— I would say more if I were not, A born Nova Scotian.

—S. Barlow Bird.

STUDY MUSKRATS

ST. JOHN'S, Nfld.—(CP)—Why the fur of Newfoundland muskrats is inferior to that of their mainland brothers is the subject of a study by the resources department and memorial university here. The study will continue during one season.

Aluminum Utensils

Aluminum cooking pans are often warped out of shape by the practice of putting cold water into them while they are still hot.

Hose Darner

A burnt-out electric light bulb will make an ideal hose darner.

Barbecue Mitt

Picnics are no fun if you blister your hands, so on an extra fire insurance take along a quilted barbecue mitt. This one is made simply with mattress ticking and red bias binding. If you would like to have a direction leaflet for making the BARBECUE MITT, just send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. S E-255C.

Summer Wedding At Hampshire



Shown above are, from left to right, the groom, Mr. Charles Frizzel of New Haven; Mr. and Mrs. Campbell; and the bridesmaid, Miss Verna Proud of Hampshire.

A quiet but pretty wedding took place on June 12th, when Vera Blanch, eldest daughter of Mr. and Mrs. Hedley MacPherson, Hampshire, was united in marriage to Wilfred Lorne Campbell, son of Mr. Harry Campbell and the late Mrs. Campbell of Elmwood. Rev. E. C. Evans officiated at the double ring ceremony.

The bridesmaid was Miss Verna Proud, Hampshire, and the groom was ably assisted by Charles Frizzel, New Haven.

The bride was very lovely in a powder-blue street-length dress of net over tulle with matching shoulder length veil and carried a bouquet of pastel flowers.

The bridesmaid was similarly attired in pink with matching veil and carried a bouquet of mixed flowers.

After the ceremony a quiet supper was held at Sandy's Banquet Room. The table was centred with a three tier wedding cake adorned with miniature bride and groom.

For travelling the bride chose a pale blue suit with white accessories. On their honeymoon Mr. and Mrs. Campbell toured the Maritimes and New England States, spending a few days in Quincy, Mass., guests of the groom's sister.

On their return there was a reception at the bride's home in honor of the young couple.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A BAFFLING and quizzical state of affairs is probable under the predominant position of the enigmatic planet Pluto, whose orbit is outside the realm of our plane of sidereal forces. Anything irregular and unconventional could happen under the hectic stimulus of this fiery orb, as experimental, as challenging, as atomic energy, so intriguing to mundane science. All testimonies point to stimulating, hectic and spectacular states of mind and emotions. It would be wise to keep a firm grip on all associations and commitments, the mentality being under high pressure.

For the Birthday

Those whose birthday it is may find themselves with highly stimulated thoughts, emotions and urges, with many exciting and extra-curricular matters coming up for quick decision. It would be unwise to go off at a tangent in making exacting judgments, as hurry and high pressure could complicate and involve. While the mentality is sharp and keen, the feelings and inclinations may "run amok" — into error. With some measure of restraint and reserve, there are real benefits to be wrested from strange turmoil. Keep calm and unemotional.

A child born on this day may be strange, emotional and excitable, by-passing benefits through impulse and hectic urges.

Household Scrapbook

By Roberta Lee

Cool Meals

The family appreciates cool meals during hot weather. A model menu consists of hot soup, like creamed asparagus, a jellied chicken salad, hot rolls, iced tea, and fresh orange or raspberry ice.

Grease

Greased spots on wooden floors are sometimes difficult to remove. Put a little chloride of lime in water, cover the stains with it, and let remain for an hour. Then scrub and rinse as usual.

Aluminum Utensils

Aluminum cooking pans are often warped out of shape by the practice of putting cold water into them while they are still hot.

Hose Darner

A burnt-out electric light bulb will make an ideal hose darner.

CERTO
MAKES BETTER
jam
IN 1/3 THE TIME
AND IT'S SO SURE!

Newly Weds To Move To Calgary



MR. AND MRS. ROWLEDGE

At the conventional hour of 6 p. m. on Monday, June 16th, Eleanor Laura, daughter of Mr. and Mrs. Wes Frank Nicholson, of Hunter River exchanged marriage vows with Alvin H. Rowledge, son of Mr. and Mrs. J. G. Rowledge of Nanaimo, B. C. The ceremony was performed by the Rev. M. Watterworth of New Glasgow Church of Christ. The wedding music was in charge of Merrill Nicholson, brother of the bride, and soloist was Miss Mary Muttart who sang very effectively before the ceremony. "The Voice That Breathed O'er Eden" and during the signing of the register "Because."

The bride entered the living room on the arm of her father by whom she was given in marriage. She looked winsome in her gown of slipper satin, with fitted bodice and beaded neck, and full skirt with short train. Her veil, which fell gracefully to the floor in folds and ended in a long trail was held in place by a jeweled crown. Her bouquet was of pink carnations with maiden hair fern and long, pink satin streamers.

The bride was attended by her two sisters, Thelma, as maid of honour, and Grace, as bridesmaid.

Thelma's gown was of Nile green, with satin bodice, cape shoulders, and net skirt. Her shoulder length veil was of Nile green and was held in place by a bandeau of flowers. Her bouquet was white and red roses with mixed satin streamers. Grace's gown was yellow, and was similar in design to that worn by the maid of honour, with cape shoulder effect and net skirt. Her veil was also similar and she carried a bouquet of yellow and red roses with satin streamers. The groom was supported by Wesley Green.

The bride's mother wore a dress of navy sheer with accessories to match and a corsage of red gardenia and mixed sweet peas.

The reception was held at Mary Stewart's, Cavendish, where there was a sumptuous repast. The toast to the bride was proposed by Mr. W. O. Weale, minister of Summer-side Church of Christ, and responded to by the groom. Remarks were also made by Mr. Watterworth and Mr. Dunbar.

The bride and groom will be leaving in the near future for Calgary, Alta., where the groom is a student at the Alberth Bible College.

Cook's Corner

COOKED SALAD DRESSING WITH OIL

This is a very pleasant dressing, which can be used in any of the ways in which you are accustomed to using a thick dressing of any type.

1 egg
1 tablespoon granulated sugar
1 teaspoon salt
Few grains cayenne
1/4 teaspoon paprika
1 1/2 teaspoons dry mustard
2 tablespoons vinegar
2 tablespoons lemon juice
1 cup salad oil
3 tablespoons corn starch
1 cup cold water

Beat egg slightly, measure and add sugar, salt, cayenne, paprika and mustard; blend to a smooth paste.

Stir in the vinegar, lemon juice and salad oil.

Measure the corn starch into a saucpan and slowly blend in the cold water. Cook, stirring constantly, over low direct heat, until smoothly thickened; continue to

How Can I!!!

By Anne Ashley

Q. How can I make use of leftover mashed potatoes?

A. Roll the potatoes into patties immediately upon taking from the dinner table. Place the patties in the refrigerator and use at the next meal by rolling in flour and cooking slowly in the frying pan with either butter or drippings.

Q. How can I clean varnished or stained woodwork?

A. Tea-water is an ideal cleanser for this. It can be made by pouring boiling water on spent tea leaves and then straining the liquid through a cloth or muslin.

Q. How can I treat enlarged pores around the chin and nose?

A. One remedy is bathing with a little lukewarm waer and borax.

cook, stirring occasionally, until no raw flavor of starch remains.

Slowly beat hot mixture into cold mixture, beating vigorously with a rotary beater until smooth and thick.

Turn into clean jar, cool, cover and store in a cool place.

Better English

By G. C. Williams

1. What is wrong with this sentence: "I hope we will be on time for the lecture."
2. What is the correct pronunciation of "mélange" (a mixture, medley)?
3. Which one of these words is misspelled? Modiste, mnemonics, monetary, monastary.
4. What does the word "psychical" mean?
5. What is a word beginning with tru that means "savage; cruel"?

ANSWERS

1. Say, "I hope we shall be in time for the lecture." 2. Pronounce ma-lanzh, first a as in may, second a as in ab, accent second syllable. 3. Monastary. 4. Pertaining to the spirit, soul, or mind. "He devoted his life to psychical research." 5. Truculent.

Morning Smile

Figure-Wise

Master (during maths. lesson): "Jones, gives me three prime figures."

Jones: "That's easy, sir. Betty Grable, Jane Russell, and the girl next door."

That Was That

The court was silent except for the clear-cut tones of defending counsel. Everyone hung on his words, and many thought that he would easily win his case.

"And now, gentlemen of the jury," he said, "I ask you—where could the prisoner have hidden the watch? Not in his pocket. The constable has already told you that the man was searched. Not in his shoes—the watch was too large. Then where was it hidden?"

He paused dramatically for effect, and during the pause the prisoner ventured:

"Please, sir, I put it under my 'at."

That'll Be Startling

"Mabel is going round telling lies about me."

"Don't worry now dear. Wait till she starts telling the truth."

Just Smile, and the Discount Is Forgotten



A gracious smile makes the U.S. tourist forget the discount on his money in Canada according to bureaux and hotel owners. They report a record year in the tourist business and though they get complaints from the U. C. citizens when their money is discounted, a diplomatic smile and a tactful explanation usually keeps international relations reasonably good.

Anne Adams Patterns

TAILORED STEP-IN

Always ready, always right when you want a dress that's cool, comfortable, flattering. You need at least one of these smart, simple step-in dresses! Crisp collar, square patch-pockets, contrast binding give a smart tailored look.

Pattern R4519: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/4 yards 35-inch; 1/2 yard contrast.

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

Send Thirty-five cents (35c) in coin (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, Ontario.

Modern Etiquette

By Roberta Lee

Q. Is it really necessary to leave a little food on one's plate. I have been told this is a rule of good manners?

A. This is not only silly, but it is sheer wastefulness. Don't hesitate to eat every bit of food on your plate. This, of course, does not mean you should "polish" the plate.

Q. For years, I have been sending wedding anniversary cards to a friend. Since last anniversary, however, her husband has passed away. What should I do this year?

DOROTHY DIX'S COLUMN

Restless Fiancee

Boy Is In Service; She Misses Social Activity

DEAR MISS DIX: What are my obligations to a fiance who is stationed overseas? I am 18, a senior in high school, engaged to a boy 23. I have been engaged five months, and Neil won't be home until November. In the meantime, there are many local activities in which I would like to partake, but naturally I don't feel free to attend. I have always been popular in school, and have been missing the parties, dances and outings that go with Senior year. I'm always alone while the boys are having fun. Of course Neil would want me to stay home—if I went out at all he wouldn't like it.

Would you advise me to break the engagement now, or wait until Neil comes home to see what the outcome will be? We have no immediate plans for marriage—in fact, the engagement was rather hasty as I didn't even know I was getting the ring.

A. P. G.

Muriel Nissen ANSWER: Your problem is being shared by countless girls all over the country who yielded, too hastily, to the importunities of a lad leaving the country and contracted too-sudden engagements.

NOT REALLY IN LOVE

Some girls who are engaged to boys overseas are mature enough to know, even at 18, that they are truly in love, and that their peculiar situation will necessarily entail much loneliness and sacrifice. Others, like yourself, are already resenting the state of being tied down—and this is by no means a reflection on the girls. Eighteen is the age for fun—the last of life's carefree periods. It should be enjoyed, and, if you are convinced that an engagement hampers your social life to the point where you are becoming bitter and resentful, the only fair thing is to give back the ring.

Of course the whole basis of your unrest lies in the fact that you are not, and undoubtedly never have been, in love with Neil. You were hastily persuaded into the engagement without having the emotional equipment to carry it through.

While it is perfectly true that news of the type you must convey to your fiance is upsetting—to say the least—its consequences will not be as tragic as you fear. He must realize that you didn't have time to consider the engagement in as serious a light as you should have, he certainly must know that you are not too much in love with him, and he is young enough to recover quite rapidly. Perhaps he may even feel the same as you do. When he comes back, you will have had a taste of freedom, and will be in a better position to evaluate your mutual relationship and give really serious thought to the future.

It's an unwise move for any girl or boy in high school to become engaged. Each is a major experience in itself, and each should have its own place in life.

DEAR MISS DIX: I'm a woman of 36, and have fallen madly in love with a married man in our office. I do everything I can to be near him, to get him to notice me, and occasionally have managed to make him kiss me. I am trying to get his wife jealous, because I feel I should be in her place. Am I lowering myself by acting this way? My heart tells me to go after him, but my friends tell me I'm foolish. I feel that I'm entitled to what I can get out of life.

JANIE

ANSWER: You are lowering yourself exactly to the level of a snake. How much lower can you get? You surely would be indignant if someone in the office stole your purse, or a piece of jewelry, yet you are no better than the commonest, meanest thief when you go to such extremes to steal a man away from his wife and family. Your nasty disposition has undoubtedly driven away any eligible young man you could have had during the last twenty years, and your frustration could have had during the last twenty years, and your frustration

(Continued on Page 3)

Alice Brooks Designs

EASIEST TO MAKE

He's so cuddly, children love to go to sleep with Cheerio the Clown Doll beside them! Thrifty gift, he's easy to sew in the shortest amount of time!

Use scraps and a Size-12 man's sock for Clown Doll. Pattern 7170; doll directions; clothes patterns.

Send Twenty-five Cents in coin 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.

OFFICIAL WEIGHT

A gallon of distilled water weighs 10 pounds.

for BITES

Insect, snake, or animal — the best treatment is plenty of MINARD'S. It soothes, heals and cleanses. Draws out the poison!

MINARD'S "KING OF PAIN" LINIMENT

by Alice Brooks