

ELLEN'S DIARY

By an Island Farmer's Wife

While as a class farmers are willing to live and learn about any subject related to their occupation...

"When did you learn to do that?" we inquired of James the other morning when in harnessing the mare in the stall he caught her by the forelock and with ease clipped the bit between her teeth...

Somehow back in the young years—and likely by virtue of some kindly old "pet of the farm" we had mastered the trick. "No," James said "I tell you the truth Ellen, I don't remember... It was a long time ago. They used to say that at first I had to stand on a manger to manage it... but that I can't recall. Perhaps," he smiled "the boys of my day were born knowing such things...

We recall trying to impress on a pair of farm-lads the importance of regular attendance at school. In our school-teaching years it was and the two were at an age when there is a learning to and less tedious tasks than those which a school-room affords.

"You should make every effort to attend every day" we advised. "Don't stay home at the least excuse or you will never learn anything. Don't you want to get an education? Wouldn't you like to know as much as Mr.—?" we smiled mentioning the name of a villager noted for his scholarship.

"Aw!" one observed wearily "he doesn't know so much! Oh, I guess he knows about books and that!" he conceded "but there's lots he doesn't know. For one thing," he said with a touch of scorn, "he doesn't know how to hitch a horse!" "But he wasn't brought up on a farm" the other offered.

"Don't be a fool," snapped the other. "You'll never hit her at that distance."

Some Memory Scarcely had the expert taken his departure, after a successful first lesson, when a loud double knock was heard at the front door.

"Who was that, Mary?" the woman inquired of her maid.

"Oh, if you please, ma'am," said Mary, "it was the memory man; he forgot his umbrella."

VOLCANIC PEAK The Kartala volcano in the Comoro Islands off the African east coast is over 8,500 feet high, visible for more than 100 miles.

Onion Soup (Ottawa Journal) The countryman believes one cause of the contemporary maelstrom is that too many citizens have neglected the onion. This edible bulb, a member of the lily family and a relative of leeks, garlic and chives, has a certain unbridled authority and zest that is needed in the body politic.

Birth Of Son To Farouk Termed "Good Omen"



QUEEN NARRIMAN

KING FAROUK

Egyptians hailed the recent birth of a first son to King Farouk and beautiful 18-year-old Queen Narriman as a "good omen" in Egypt's struggle to expel British from Suez canal zone and Soudan. The crown prince, named Ahmed Faud, for the king's father, replaces Prince Mohammed Aly, 76-year-old cousin of Farouk, as heir to the throne. Queen Narriman became King Farouk's second wife last May 6.

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DOROTHY DIX SAYS—

How Not To Win Friends

Tactlessness, Talking Too Much Fatal To Popularity

By DOROTHY DIX

DEAR MISS DIX: I am 16 years old, a junior in high school, and though I try very hard to make friends I don't seem to get very far—especially with boys. How can I get boys interested in me? I realize that no one is perfect, and I am very much aware of my two major faults. They are (1) I am hot tactful, and (2) I talk too much. I'm trying to overcome these faults but it is a difficult thing to do. One of my troubles is that I won't come in contact with boys in school this year as I'm taking a commercial course.

ANSWER: Since you realize the importance of the faults you enumerate, and are trying to correct them, you've gone a long way on your road to popularity. The leaflets I have sent may give you some tips on acquiring more poise and grace.

You certainly are beset with the two qualities that rank tops in the list of undesirable, especially where impressing young men is concerned. Teen-age boys are apt to be more awkward than girls of the same age group. Consequently, one of the things they appreciate most in a girl is tact. Also, they like to do the talking, and deeply resent a girl who insists on hogging the whole conversation.

Be tactful, and learn how to keep your talk centered around the boy. There you have the shortest and surest—road to popularity I know. If you have a tendency to sarcasm, the transition to tact is very difficult indeed. To hold back the witty remark that is to you amusing, and to the other party cutting, takes will-power. But you will either be famous for your barbed wit, and carefully avoided, or you'll be noted for tactfully putting people at ease, and sought after.

Even though you are taking a commercial course, there must be clubs, activities or group work in school for both girls and boys. Get into every spot, every organization you can. Work for the school, not for your own glory, with a determination to put others first. By keeping yourself busy for the common good, you'll lose some of the egotism which is responsible for your tactfulness and garrulity. To be a charming woman, get rid of these two demons with all haste.

DEAR MISS DIX: I am 25 years old, and in love with a naval officer who has asked me to marry him. I, however, owe a number of debts which will take me about a year and a half to repay. I feel I should not set a date for the wedding until such time as I have paid the debts, but the young man is insistent on having a wedding date set. What shall I do?

ANSWER: You are to be commended for your honorable desire to pay off your debts. Apparently your fiance doesn't know of them, and the first thing you should do is acquaint him with all the details of your financial situation. If he is either (1) willing to assume your debts after marriage or (2) willing to have you continue working to pay them off, go ahead with the wedding.

DEAR MISS DIX: I have an opportunity to marry a very fine young man. However, my first marriage was broken up due to a nervous breakdown. Should I tell him I was in a sanitarium for two years and am still taking psychiatric treatment? I told him I had been ill, but didn't describe the nature or extent of the illness.

ANSWER: In your efforts to conceal this vital information from your fiance, you will involve yourself in an additional emotional disturbance that will probably send you back to the sanitarium. By all means tell him frankly, withholding no detail, the full nature of your illness. In addition, he should see the psychiatrist who is treating you. He will then have all the facts and information necessary to help you recover your health. If, in view of what he learns, he doesn't wish to continue the engagement, you have no alternative but to let him go gracefully.

FAST SWIMMER One Pacific salmon, caught 22 days after it had been tagged and released, was found to have covered 680 miles in the interval.

Triplet Calves Make Livestock History



Although the odds were overwhelmingly against them, these triplet calves made history when they put in an appearance at farm of Thomas Gonnell and Son, near Schomberg, Ont. The odds are one set of triplets in 30,000,000 births.

That Body Of Yours

By James W. Barton, M.D.

POSITION OF ARM IMPORTANT WHEN BLOOD PRESSURE IS MEASURED

Recently, at a meeting of medical examiners for life insurance companies, it was agreed that the estimates of blood pressure for healthy men applying for life insurance were placed too low and that an allowance of 140 systolic and 80 diastolic should be changed to about 160/90. It was pointed out that the time of day and nearness to last meal eaten before the examination were also important factors.

Because there are so many cases of coronary thrombosis (heart stroke) and apoplexy (brain stroke) occurring in middle-aged men, research workers on high blood pressure (the underlying cause in most cases) are investigating the blood pressure readings of many healthy middle-aged men. They recommend that the requirements at present demand a pressure that is really lower than necessary, causing many healthy men to live a nervous or invalid life to keep their blood pressure low.

Another finding that will be of interest to all physicians and to those whose blood pressure is at or above the present limits for applicants for life insurance is reported in the Canadian Medical Association Journal by Drs. J. B. Osbaldeston and C. K. Stuart, Hamilton, Ontario. "It has been noted by various observers that the position of the arm will affect the blood pressure reading. Instead of having the arm rest on a table or desk, or hang down at the side, the arm was held in the horizontal position in line with the shoulder. Such a position is one that anyone taking the pressures can readily estimate and so create a standard. Also, this position is always in the same relation to the base of the heart whether the subject is lying down or standing up.

"When the patient was sitting or standing, the arm was supported by the operator in the horizontal position." The patients used in this study as normal controls included random admissions to the surgical wards, internes and nurses. The remainder was made up of patients in the out-patient clinics and the hospital wards.

The first group of 25 normal individuals showed that when the pressure was taken in a sitting position with arm hanging down at side, average pressure was 117 systolic and 78 diastolic, whereas in the horizontal position it was 105 systolic and 66 diastolic. Patient standing, arm hanging down, was 116 systolic and 77 diastolic.

In hospital patients the pressures were likewise higher in the hanging or dependent position than in the horizontal position, 134/86 and 125/76.

Modern Etiquette

By Roberta Lee

Q. What type of writing paper should a woman use for her social correspondence?

A. White, cream, all blues, grays, and mauves are in best taste. Pink is on the fringe of admittance; green is still a taboo. The paper should be of small or medium size, single or double sheets, plain or with any colored border—even green or red if narrow—and stamped with either a monogram, initials, address, or both in color to match the border. Ink may be violet as well as any blue.

Q. Is it necessary, when taking leave of a group to which one has just been introduced, to bid each one "good-bye" separately?

A. No. A cordial "good-bye" with a smile that includes everyone is all that is necessary.

Q. Who selects the church and the clergyman for a wedding?

A. This is the privilege of the bride, and she usually selects the church which she and her family attend.

Anne Adams Patterns

WHAT SHE WANTS! BIG FASHION for the Small Set! Sweet scalloped jumper is just what a little girl loves. That darling tulip pocket is the First Sign of Spring. Make a plain jumper and two or three blouses in Spring prints and colors! Pattern 4835 in Children's sizes 2, 4, 6, 8, 10. Size 6 jumper takes 1 1/2 yards 35-inch fabric; blouse takes 1 yard 35-inch. 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. Plain plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS c/o The Guardian, 60 Front St. West, Toronto, Ontario.



4835 2-10 by Anne Adams

The Stars Say - -

By Genevieve Kemble

For Tomorrow CONTRADICTION forces may make of this day a perplexing and uncertain one, although stimulating, perhaps exciting. While there may be vital decisions to be made and important commitments to come to a climax, at the same time unforeseen factors or sudden developments could upset all previous calculations. Hidden or subtle problems call for keen analysis, making for astute decisions against peculiar odds. Sit tight, but calmly.

For the Birthday Those whose birthday it is may find themselves in a strange or peculiar situation. While sensible handling of urgent matters may come up for keen insight of underlying factors, there are also hidden currents that might upset calculated plans or bring about grave mistakes. A cool and calm analysis, built on sound logic, could avert disaster, while matters develop gracefully and systematically. Forced issues might be postponed. A child born on this day may have a spectacular and involved life, with strange experiences coming up for wise decisions against peculiar odds. A judicious and gracious attitude might avert mishap.

DAILY CROSSWORD

- ACROSS 1. Fellow 5. Millponds 9. Rained with exertion 10. Kingdom in Asia 11. Gentleman's servant 12. Spider's nest 14. Old measure of length 15. Mary 16. Sloth 17. Intermittent hot springs 20. Skill 21. Close to 22. Hall! 23. Potato buds 24. Take for granted 26. Portico (Gr.) 28. Attempt 29. Note of the scale 31. Coin (Swed.) 32. Slippers 34. Exit 35. Owing 36. Wire measure 37. Drawing room 39. Gem carved in relief 41. Gull-like bird 42. Inspires reverential fear 43. Remain 44. Cotton batting (var.)

SCAR ROMP STORE AWAY! TALK TIGERS UNL. ATTEST JEMOANS IN BEAN BOON SKULL STEEL POLE BOON AS GOUNTYR SEASON ICE HANAR AILSE SNORE ANTAR SPAS MIST

Saturday's Answer 33. Ash 35. Girl's name 38. Ferry 39. Public vehicle 40. Milkfish

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44

DAILY CRYPTOQUOTE—Here's how to work it!

A X Y D L B A A X R L O N G F E L L O W C is letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different. A Cryptogram Quotation T L I - I A V G N C T I U A C P J H T L A I N V T H O I U M C N G E L - G N I G V - P H T O C S G S T C Q O N I M C S H A P U I - V A E I T C Yesterday's Cryptoquote: YEARS FOLLOWING YEARS; STEAL SOMETHING EVERY DAY; AT LAST THEY STEAL US FROM OURSELVES AWAY—POPE.

Alice Brooks Designs

GUEST-BEST LINENS Give your guests a real welcome! Say it with lovely linens! Just perfection for sprucing up guest-room towel racks. Crochet and embroidery are easy. Unusual Interesting handwork! Pattern 7100; transfer 5 motifs 5 x 11 inches; crochet directions. 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.



ASPIRIN RELIEVES PAIN AND SORE THROAT DUE TO COLDS FEEL BETTER FAST! 7100 Alice Brooks

Household Scrapbook

By Roberta Lee

Furniture Scratches

Light scratches on furniture may be removed by rubbing over them with boiled linseed oil, turpentine, and white vinegar, mixed in equal proportions. For the deeper scratches, use a paste made of thick mucilage mixed with coloring matter to blend with the furniture. For oak, use burnt umber and raw sienna; for mahogany, Venetian red; for walnut, burnt umber and Vandyke brown.

Shoe Repair

If the insole from the bedroom slipper has been lost, it may be replaced by cutting one from a discarded felt hat. This kind of insole is also very comfortable when put inside the house shoes one wears when working.

Sachet Powder

Good and cheap sachet powder for dresser drawers can be made by mixing one-half ounce of lavender flowers with one-half teaspoonful of powdered cloves.

How Can I!!!

By Anne Ashley

Q. How can I whiten yellowed clothes?

A. Try soaking the clothes over night in water containing borax—about 1/2-cup to a 1 gallon of water. If this doesn't work out satisfactorily, try letting them freeze in cold weather.

Q. How can I open a clogged downspout?

A. Clogged downspouts may often be opened by dropping a few generous handfuls of ordinary rock salt into them where they connect with the eaves.

Q. How can I remove white stains from a mahogany table, caused by placing hot dishes on it?

A. Rub the spots with a cloth moistened with camphorated oil.

WHEN COUGHING KEEPS KIDDIES AWAKE



TRY JACK and JILL Buckley's New Pleasant Tasting COUGH AND COLD SYRUP For FAST, SAFE Relief

Mothers, no need now to let coughs and colds disturb your kiddies' rest, with such a fast acting cough medicine as JACK & JILL COUGH SYRUP in every drugstore. JACK & JILL is NEW—DIFFERENT and so pleasant tasting the kiddies look forward to the next dose instead of trying to dodge it! Get a bottle of JACK & JILL today and have it ready to fight an oncoming cold at the first sneeze or sniffle. It is made by the makers of Buckley's Mixture and is as good for kiddies' coughs and colds as Buckley's Mixture is for your own. Price 30c. CONTAINS VITAMIN "C"

The Neighbors

By George Clark



"If she doesn't get home early her husband starts making a stew of anything she's ordered."