

# Woman's Realm Social and Personal Fashions Literature

## Beer-Nicholson Nuptials



Mr. and Mrs. William Beer, photographed at their wedding reception with their attendants, Mrs. Percival Simmonds as matron of honor, Miss Shirley Stacey as bridesmaid, groomsmen, Mr. Douglas Hill, and the ushers were Mr. Percival Simmonds and Mr. Albert Douglas. —Photo by Garnum

### That Body Of Yours

By James W. Barton, M. D.

#### SUGAR AND SWEETS

Your dentist will tell you that the greatest single cause of tooth decay is too much sugar in the daily diet. It is only natural for children to eat candy and want "sweet" foods, and many adults are just as fond of sugar as are children.

The reason your dentist wants you to cut down on your sugar intake is because the sugar gets on and between the teeth, attacks the hard surface—the enamel—and causes tiny cracks in it. Through these tiny cracks organisms which cause decay find their way. This means that the teeth's "outer" protection is partly lost. If these tiny cavities are not filled, more and more harmful organisms will enter into the less hard tissues of the teeth.

As stated before, the tissues which maintain the health of the inner part of the teeth are kept healthy by the protective foods, dairy products (milk, cream, butter, cheese), egg yolks and green vegetables. Thus, if less sugar is eaten and more of the protective foods, healthy teeth should be maintained.

Another reason why sugar should be reduced is that if we eat a large amount of sugar, we have not the room or desire for other foods just as necessary or even more necessary than sugar or other starch foods.

However, there is nothing that will give "quick energy" as rapidly as sugar. It can be absorbed into the blood directly from the mouth within a minute or two, without having to go all the way through the stomach and intestine, a matter of hours.

Athletes know the value of sugar before and during a game, race, or hockey game. In a football game, research workers found that eating more sugar in training and during the Boston marathon race enables the runners to finish earlier in the race and in better condition when they finished, than during the race the previous year when these same runners did not take sugar.

At "half time" in a football game, Bartlett's handy booklet on this subject entitled "Eating Your Way to Health." Just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

### Hobbies Of Local Citizens

By Uncle Joe

Although Dr. J. P. Lantz, City, is a very busy man he still finds time to follow his hobby of breeding high-class, pure-bred Jersey cattle.

Over at his Keppoch farm may be seen sixty top-ranking pedigree animals which are among the best of this breed to be found in the Garden of the Gulf. I do not know just how long the Doctor has been in the cattle-breeding business; but understand the venture began a good many years ago. That it has been a successful venture goes without saying. Never satisfied with half-way measures, or inferior stock, Dr. Lantz has, by selective breeding, brought his present herd of fine Jerseys up to the high standard it enjoys today. What a joy it must bring to this hobbyist after a busy day, or on holidays, to be able to motor out to Keppoch and view these sleek mild-eyed creatures of the grassy plains! The tempo and throb of this doctor's busy life can be at least temporarily forgotten in the pictured beauty of Keppoch's scenery and especially at Keppoch farm with its outstanding herd of Jerseys.

At an auction sale of high-class Jerseys recently held at Springfield, Ohio, Dr. Lantz was able to purchase a yearling bull named, Basil Royal Jester, for \$1,900. This fine animal is a product of the famous Middlebank Jersey herd, and should prove a valuable addition to the herd over which he will be called upon to preside, later on. Basil Jester, while his dam was by Brampton Jester Standard 2nd.

Great results require great effort and hobbies are no exception. Give your hobby sincere effort and you will profit accordingly. The profit may not be measured in dollars and cents, but what does that matter as long as you derive pleasure working at the thing you love.

quicker than other foods.

#### EATING YOUR WAY TO HEALTH

Be sure you are getting the all-round diet for your type of build, occupation, etc. Send today for Dr. Barton's handy booklet on this subject entitled "Eating Your Way to Health." Just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

### The Stars Say--

By Genevieve Kowale

For Saturday, June 25

A PECULIAR trend of events, or strange contacts, makes this a "day to be remembered" as intriguing, weird and probably exciting in its mental and emotional reactions. While the mind may be resourceful and fertile, it is possible that, if wild or erratic feelings be held in leash some stroke of genius, or an intuitive insight may beget something strangely profitable.

#### For the Birthday

Those whose birthday it is, being endowed with a versatile mind, with insight, keen vision and intuitive leads even on practical matters, may enjoy a rather unique experience in far fields of operation, or possibly in strange leads, dreams or other unrealistic urge. Such exceptional talents or graces, while fanciful and glamorous or elusive, could be turned to excellent advantage by proper attention to realities, the subjective serving the objective by due control. A child born on this day is en-

### Modern Etiquette

By Roberta Lee

Q. What would you say is the best way to acquire taste in the choice of words and the phrasing of sentences for conversational purposes?

A. The reading of good books, of established literary standing, is the very best way to acquire a choice and pleasing vocabulary.

Q. Is it all right for one to leave the table if there is a very urgent cause for doing so?

A. Yes; but one thing should be observed, and that is never to leave the table while still chewing.

Q. What should a bridegroom's best man wear?

A. Exactly the same kind of costume the bridegroom wears. Equipped with rare qualities of mentality, emotions and feelings. While such gifts may be turned into profitable channels, they call for proper understanding and insight lest imagination run away with common sense.

### DOROTHY DIX SAYS--

#### Unhappy Parents Mar Home Separation Is Advisable If Reconciliation Fails

DEAR MISS DIX: I am a man of 32. My wife is 31. We have been married more than ten years and have four beautiful children. After about three years of married life my wife and I began to have spats, then little fights, then big ones. For the last three years we have meant nothing to each other except we both realize that we have a separate and distinct duty to our children. We have our private individual rooms and seldom meet except at supper. If I stay with the children she goes out. She never asks me where I go, with whom or what I do. I never ask her. In short, we have nothing to do with each other and both are wasting the best part of our lives. Should we separate and live together for the sake of the children? Let them see us loathing each other or should we part and let them see at least one of their parents in a contented frame of mind?

ANSWER: Why is it that a man as intelligent as you are has been unable to find the root of your troubles? Have you tried looking for that and honestly seeking the reason why you and your wife cannot get along together in peace and harmony?

Apparently neither one of you has committed any crime against the other. Nor are you in love with some other woman or man. It seems to be just a case of incompatibility of temper. Everything you say or do gets on each other's nerves. Every word is a fighting word. It has always seemed to me that any husband and wife can keep from quarreling if they want to. It is just a matter of self-control and determination. Of biting back a bitter retort. Of giving the soft answer that turns away wrath. Of using a little diplomacy and sidestepping the topics on which they know the disagree. Of paying a few judicious compliments.

If you have never known a man or woman who could not be managed if approached in the right way. Especially are women easily controlled by the man who will take the trouble to handle them with gloves. A little flattery, a few attentions, a little jollifying are a sure recipe for working a wife. You can shut any virago's lips tight with a kiss. You use finesse in dealing with those with whom you come in contact in business. Why not try the same tactics on your wife? You don't tell your boss nor your customers nor your clients just what you think of them. You don't deride their opinions, no matter how silly they are. You don't call them down when they make mistakes nor throw up their previous blunders to them. And you don't make disparaging remarks about their relatives.

SEPARATE IF NECESSARY But if you have tried out all of these things and none of them worked and if you and your wife are so fundamentally antagonistic that you can never agree on anything, I certainly think that at your age you will be wise to part. You have many years of life before you and it is not right that they should be embittered by an enforced companionship that brings out all that is worst in you and that will warp your very soul.

Of course, you have your duty to your children and when you half-orphan them you do them a wrong that can never be repaired. But you have to choose between two evils and you will do them a worse wrong if you bring them up in an atmosphere of hate that will poison their young lives. It is better for them to have one parent or no parent at all, than two parents who are in enmity with each other and who live in a perpetual state of strife.

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### Better English

D. C. Williams

1. What is wrong with this sentence? "He was born and raised in Canada."
2. What is the correct pronunciation of "intermezzo"?
3. Which one of these words is misspelled? Invasion, invulnerability, inveigle.
4. What does the word "sedulous" mean?
5. What is a word beginning with ind that means "poverty"?

#### ANSWERS

1. Say, "He was born and reared in Canada." 2. Pronounce in-ter-mez-zo, third syllable as in medial. 3. Invasion. 4. Diligently, perseveringly. "These things should be sedulously followed." 5. Indigence.

### Morning Smile

"Who decides where you'll spend your holidays—you or your wife?" "I do, of course—then my wife thinks of somewhere better."

Mrs. Bride: "I'm getting ice from the new man, dear."  
Husband: "What's the matter with the old one?"  
Mrs. Bride: "The new man says he'll give us colder ice for the same money."

### Cook's Corner

MELTING MOMENTS

- 1 1/2 cups butter
- 1 1/2 cups brown sugar
- 2 eggs unbeaten
- 3/4 cups flour
- 1 teaspoon soda
- 1 teaspoon cream of tartar
- Cream butter and sugar, add eggs unbeaten. Sift and add other ingredients. Mix as for shortbread. Form into small balls or pack dough into metal cookie press; press out into fancy shapes onto greased baking sheet. Decorate with pieces of candied cherries. Bake in moderate oven, 350 deg. F., 12 to 15 minutes or until lightly browned.

### How Can I!!!

By Anne Ashley

Q. How can I keep the light color of freshly-cut peaches?  
A. The peaches will not lose their color if wrapped in waxed paper and placed in the refrigerator until ready to be served. This allows the housewife to prepare them further in advance if she wishes.

### BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and apply gently with wet, hot cloth over blackheads. They dissolve and disappear by this safe simple method.

### Ellen's Diary

By an Island Farmer's Wife

James, husband of mine remarked that he "never before saw contented heat like this in June" and looked hopefully for a cloud in the sky, which might eventually bring a refreshing shower to red-land meadow today. And keeping to the coolness of the rooms, we four one thought turn often towards those farm-folk who with their planting not yet complete, must be abroad in the heat of the day. In the fields no breath of a wandering breeze would come to encourage them and there the sun would beat down relentlessly on the planters to add an extra burden to today's trying task. And as folks will, we said to ourselves: "Isn't it good to have the cropping done?"

At Alderlea, the horses, faithful through the long days of it were let to an interlude of holiday this morning in the shady and now-lush field across the creek, and watching them being led there to pasture, we thought it a fitting reward to the labor, which had brought them many a tiring day. Although their hours did not last from "sun to sun," they began early and rarely ceased before dusk—sometimes until the moonlight was abroad over the land.

There was, we recollect that day when our dreams were shattered by the news, and of which we were reminded this evening, "When will those first-set duck eggs hatch?" we queried of Jeanie, as on the old stone doorstep we idly watched the shadows of twilight settle more methodical in her duties than I. "Well, I can soon tell you" she replied, stopping then to chuckle "if you can remember the date of the morning that granddad got up so early to finish his harrowing!" Because he preferred the field-work to the choring which continued to be long-drawn and exacting during the cropping, and exacting as off with the team, accepting briskly each new day in turn, and taking respites only at meal-times, a white figure of a dog, led him through edges of dark or those which shone from the windows of home.

A new undertaking our farmers began today, one as old almost as stems many intriguing possibilities: The sheep shearing.

Only recently when we chanced to complain a bit about the extent of the duties of a farmwife's duties these years to one who could recall those of a bygone era, he laughed with some scorn and said: "How would you like to shear the sheep, Ellen? You like to shear and go on to card and spin and weave it, and from a length of it, make a suit for James? That's what my mother had to do for her man and she knit nothing of her man and she knit nothing of undergarments and the webs of blankets and carpets and all she wove. She too had to take care of her house and family and another relaxation she took a trip to the brook or spring for water. Busy nowadays, woman" he commented "why in comparison with those days, to use an old expression, you don't know your own misery." And consider that day and generation, we were humble, and in mind gave tribute to the initiative and versatility—and faith of those pioneer mothers and grand-mothers of ours.

In an open fold in a corner of the stump-field, crossed this afternoon by long shadows, the shearers worked busily until this evening only the few mothers of the

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### Household

Scrapbook

By Roberta Lee

Grass Eggs The old grass rugs that have become shabby and worn can be restored wonderfully by giving them one or two coats of clear shellac. This will bring back the colors and luster.

Basement Floors When the basement floor is being painted extend the paint about ten inches above the floor on the surrounding walls. This will protect the lighter-colored walls when mopping the floor.

The Whisk Broom If the whisk broom is worn clip off the ends evenly, tie a string around the broom to hold it straight, and then soak in hot suds for an hour.

### Watch These 4 Teething-Time Troubles Of Baby

- 1. Digestive upset
  - 2. Fever
  - 3. Irritability
  - 4. Constipation
- Don't let your baby fret needlessly during teething time. Get a box of Baby's Own Tablets used so successfully for over 60 years by mothers. They help soothe your little stomachs, and clear out harmful wastes that make your baby fretful and restless. Then see how quickly baby's fever usually subsides and your tiny one becomes restful and contented. No "sleepy" stuff—no dulling effect. They can be used with full confidence. Easily crushed, to a powder if desired. Be on the safe side—ask your druggist today for Baby's Own Tablets, 25 cents.

#### DAINTY APRON



DESIGN NO. 772

An old fashioned girl and colorful flowers are embroidered on a gay little apron. Hot iron transfer pattern No. 772 contains motif 9 1/2" by 11 1/2" inches with complete instructions. To order: Send 20 cents in coin to Needlework Bureau, Charlot-town Guardian, Design No. 772

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## Needlecraft FOR THE HOME

### MORN 'TIL NIGHT

Here's the all-important change-about costume—a top dress for tanning, a flare-back bolero for quick cover-up. For girl's sizes in same style order pattern No. 3023, which comes in sizes 8 to 14. No. 3024 is cut in sizes 12, 14, 16, 18, 20, 22, 24 and 40. Size 16 dress, 3 1/2 yards 36-inch.

Send 25c 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 some number in your address. Address: Pattern Department The Charlottetown Guardian, Pattern No. 3024

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apart stains from cloth?  
A. Rub thoroughly with lard and let this lie for a while. Then launder in the usual manner using plenty of hot soap suds.  
Q. How can I insure the keeping of tomatoes when canning?  
A. Put a teaspoon of salt in each can as it is sealed.

### 3024 SIZES 12-40



# NEW 1950 RINSO SOLIUM WITH GETS OUT MORE DIRT FASTER...EASIER

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That's right! New 1950 Rinso with Solium gets out more dirt faster—makes washing easier than ever before! Gives more suds—richer suds—with lots more cleaning power! For the whitest, brightest wash you ever had—get New 1950 Rinso with Solium today!

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