Women's realm

A Country Garden

By
Mrs. Gordon MacMillan

The wine-glow crowns the peak—
the perfect flower
Swings valiant in the suns, the
golden throat
Of song is shaken with its golden
note
Then wing by migrant wing and
rose by rose
The mortal loveliness of summer
goes;
The glory leaves the summit
gleam by gleam
And dusk drinks up the splendor
and the dreams
Beauty is not immortal. In a day
Blossom and June and rapture
pass away.

—Arthur Stringer.

The June flowers have bloomed and passed away but there are many new flowers coming every day, and the Roses are the loveliest of all! The fragrant yellow rose, Agnes, is the first rose to **bloom** in the garden here and it is a very desirable rose for our climate, hardy and beautiful with long pointed buds opening into a

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Cook's Corner

Deluxe Lemon Pie

One tablespoon plain gelatine, 1-4 cup cold water, 4 egg yolks, slightly beaten, 5 tablespoons lemon juice, 1 tablespoon grated lemon rind, 1-2 cup sugar, 1-8 teaspoon salt, 4 egg whites, 1-4 cup sugar, 1 9-inch baked pie shell, 1 cup cream, whipped.

Soften gelatine in cold water. Beat egg yolks; and lemon juice, grated rind, 1-2 cup sugar, and salt. Cook until thick in double boiler, stirring constantly. Remove from heat, add gelatine, and stir until dissolved. Cool. Beat egg whites until stiff. Beat in 1-4 cup sugar. Fold egg white mixture into lemon filling and pile into pie shell. Chill for several hours before serving. Top with whipped cream, if desired. Serves six.

Strawberry Lime Whip

One package lime flavored gelatine, 2 cups hot water, 3 tablespoons lemon juice, 2 tablespoons sugar, 1-2 cup cream, whipped, 1 cup sweetened, sliced strawberries.

Dissolve lime gelatine in hot water. Add lemon juice and chill until slightly thickened. Then place in bowl of ice and water, and whip until fluffy and thick. Add sugar to whipped cream and fold into jelly mixture. Pile lightly in sherbet glasses. Chill until firm. Cover with strawberries, and serve. Makes six to eight servings.

ELLEN'S DIARY

By An Island Farmers Wife

His coming eagerly anticipated by the children there, who delight in catching rides in the little truck which fetches and returns him to his home on the highway, Mr. D. came to Alderlea this morning to take up his carpentry there. Looking back over our years with James it is to find that summer-building or repairing has been one of the pleasantries of our farming, for notwithstanding the extra labour it entails both indoors and out there is the satisfaction of having thereby some hope of the farm realized.

So all down the years summer scarcely ever turned to autumn without some roof of the place reshingled, a worn sill replaced, an underground cellar made, or a building erected in its entirety. "This" the younger farmer offered, stopping by briefly tonight to chat of the current interest of the farm, "should put an end to our carpenter-work for some years."

And James, in an armchair, yawned sleepily, weary doubtless from his free-lancing today, agreed. Then offered, "Unless we should get out a bit of lumber this winter to build some sort of a shed — it would be real handy . . . oh, say, to slip in a load of hay for shelter in the event of a sudden shower. And that piggery could do with a piece to it." He smiled now, all trace of weariness vanished. "The extra loft would be convenient in itself. Think of the bedding-straw it would hold!"

"I guess," Jamie ventured an opinion, "there'll always be some building to be done, because those buildings that were, aren't big enough now to house the machinery. Everything's wider and bigger than once — even the ploughs and harrows."

In this lovely mid-season between the cropping and weeding, our farmers are giving their time and energy to the project of remodelling at Alderlea. After several days of preparation for the event, the old barn moved away from its site of years today, toward a new one not far distant, and at an angle to the neighboring barn. Jamie, who only on extremely rare occasions is absent from his classes, asked to be excused this afternoon in order to be among those present at the titillating ceremony. To the envy of the

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SCALDS • BURNS
Dab on a paste of Baking Soda and water and cover with a damp cloth.
COW BRAND BAKING SODA

New! The only face make-up that actually beauty-treats your skin!

Revlon's "Touch-and-Glow"

the fabulous flattery of candlelight—captured in a liquid make-up!

Why is "Touch-and-Glow" changing the make-up habits of millions? Because it's *more* than a make-up . . . it's a beauty prescription that softens, smooths, *protects* your skin. Never masky, greasy, drying . . . gives your skin a *naturally* flawless finish!

8 divine shades, 1.50 and 1.60 Revlon Face Powder in shades to harmonize 85c.

MOORE & McLEOD Limited

Marriage Of Wide Interest Solemnized At Basilica

—Craswell Photo.

Mr. and Mrs. Frederick Hoskinson are shown above with their wedding attendants following their marriage which took place at St. Dunstan's Basilica recently. From left to right are the groomsman, Mr. James H. Morris, brother of the bride; the groom, son of Mr. and Mrs. Frederick Hoskinson of Outremont, P. Q.; the bride, the former Miss Marie Catherine Morris, daughter of Mr. and Mrs. J. J. Morris of Charlottetown; Mrs. Robert Morris, sister-in-law of the bride, who was matron of honour; Miss Marjorie Doyle, bridesm aid; and Mr. Robert Morris, the bride's brother, who was an usher. Mr. Linus Rossiter, who also ushered, was absent when the photo was taken.

That Body Of Yours

By James W. Barton, M.D.

WHY THE OVERWEIGHT REMAINS OVERWEIGHT

A recent advertisement for an obesity cure showed a very stout man and stout woman sitting back to back and both reaching into a box of candy at the same time.

While those of average weight or underweight are usually not hungry for meals when they are upset emotionally, this same lack of appetite is not present in many overweights who, when upset, actually nibble away continuously at food and candy to take their minds off their problem or, as they think, help them solve their problems.

In Pharmacal Advance, Dr. Joseph states that "it is not sufficiently recognized that overeating, like alcoholism, presents a convenient form of escape in various mental conditions. Eating is often done because of soothing effect upon emotional states and nervousness. Sorrow, grief, anxiety, loneliness, frustration, will often increase the desire for food."

Even when there is no emotional disturbance, the overweight individual has a larger appetite than one of normal weight, and added to this is the fact that the overweight has an economical digestive system. That is, he gets more nourishment from his food because his small intestine is a number of feet longer than normal. All the excess nourishment that is not used up by the body by physical work, or work of the body processes in creating heat and energy, is stored away as fat in the fat depots of the body.

In addition to a larger appetite and a longer small intestine with more absorbing surface, the overweight has a wider space for his stomach and can therefore eat more food without feeling the great amount of food his stomach is holding.

Also, the overweight carries many pounds of excess fat tissue and, as every pound of fat holds three pounds of water within it, 20 pounds of excess fat means 60 pounds of weight due to the water alone. The removal of one pound of excess fat means the loss of four pounds of weight.

Eating less food (fats and starches) and cutting down on all liquids and table salt in and on food is sure to cause loss of weight.

Household Scrapbook

By Roberta Lee

Smooth Iron

If the surface of the iron is rough you will not have good results when ironing. Rub it over some coarse salt sprinkled on a piece of paper, and the iron will acquire a gloss that will make it glide very easily over the material.

Molasses

If molasses has turned to sugar, set the pitcher in a bowl of hot water for a few minutes, and the molasses will soon be returned to its former consistency.

Washing Chamois

Chamois leather should be washed in warm soapy water in which a pinch of baking soda has been dissolved.

Better English

By W. C. Williams

1. What is wrong with this sentence? "Mr. Smith never referred back to this in his speech."
2. What is the correct pronunciation of "autumnal"?
3. Which one of these words is misspelled? Triangle, triplicity, triarchy, triumverate.
4. What does the word "ostracism" mean?
5. What is a word beginning with "diss" that mean hypocrisy"?

Answers

1. Say, "Mr. Smith did not refer, (omit back), to his speech." 2. Accent second syllable, not the first. 3. Triumverate. 4. Exclusion by general consent from common privileges, favor, etc. "She was deeply affected by this social ostracism." 5. Dissimulation.

DOROTHY DIX'S COLUMN—

Damaged Reputation

Can Girl With Past Make A Good Wife?

DEAR DOROTHY DIX: For six months I have been going with Edith, and have grown to love her dearly. She is 18, I am 20. At 15 she left school to go to work, and that's when the trouble began. Some of this story is hearsay (although from reliable sources), and some of it she admits.

Muriel Nissen

She began to run around with men quite a bit older than herself, went away over week ends with some of them, and before long had acquired a very nasty reputation. After two years of this sort of life, she returned to school. I really admire her for that step as it must have been hard to go back, especially knowing that she was being talked about. She comes from a large family and has not had an easy life. She is a sweet looking girl, and certainly doesn't look or act like an immoral person.

After I found out I was falling in love with her, we discussed this situation many times. I know she is sorry for the past. She has been true to me, and I am convinced always would be. I am afraid, however, that I might lose my trust in her, that I would be jealous or suspicious of her every move. We could marry and leave town; I have another year at college, but could transfer elsewhere, but would that be a solution? Perhaps I'm overly sensitive. I guess I have my own shortcomings, too, but do you think we could make a happy marriage under the circumstances?

JERRY

ANSWER: You have a problem that, to my way of thinking, needs more maturity than you, at this age, can bring to it. To make a go of marriage under the circumstances you outline requires understanding, compassion and patience far beyond the scope of a young man of 20.

Consider the possibilities! You love a girl who at a very early age lost her virtue—to be as euphemistic as possible. Her extreme youth, plus a lack of proper guidance at home, are extenuating circumstances. She probably was not entirely to blame for the first, and perhaps subsequent, mistakes; however, somewhere along the line she surely must have acquired enough sense of moral responsibility to know that she was doing wrong. Perhaps it took two years for this realization to come to her; perhaps it didn't.

ARE YOU CONVINCED?

At any rate, when she met you her conscience awoke; she changher way of living. Are you convinced that her reformation is now permanent and complete? That is the question upon which hinges the success or failure of marriage. Can you be sure that she'll make a loyal and faithful wife? If that is the case, she deserves every chance you—and everyone else—can give her to live down the past and build a fine future.

What can you contribute to her future? Can you give her compassionate understanding and forgiveness? Can you accept her promises of fidelity and bring to marriage the perfect trust without which no family can live happily?

To err is human; to forgive, divine, and you certainly will need a touch of divine compassion to evade the pitfalls of jealousy and suspicion that are almost certain to creep into your future. You have a moral obligation to insure Edith's future on a scale that will preclude any possibility of her ever wanting to return to the past, or to feel that you have let her down. She is entitled to a chance of redemption and, if you are the one to give it to her, bravo for you!

You will do well to discuss this situation thoroughly with someone who knows both of you—a minister or marriage counselor would be best.

DEAR MISS DIX: Recently my girl friend and I went on a double date. It was all very innocent, but the next day at school we heard all sorts of rumors that weren't very nice. The boys are

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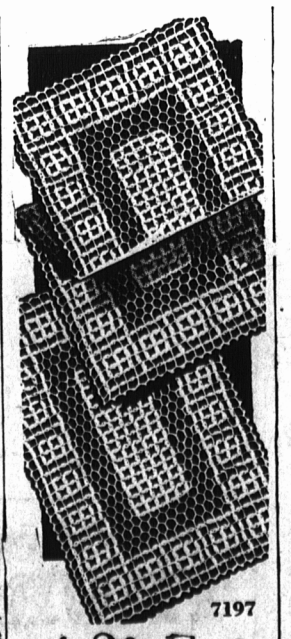
Alice Brooks Designs

MODERN DESIGN

EASY! BEAUTIFUL! Luncheon mat set or dresser scarfs to crochet in combination of petal stitch and open mesh. Work in heavy cotton, any length.

Easy-to crochet scarf and mat set in white or colors. Pattern 7197 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.



How Can I ! ! !

By Anne Ashley

Q. How can I relieve perspiring hands?

A. Try applying two or three times a day, or at least nightly, an astringent lotion consisting of one part boracic acid to twenty parts of water, and then dust with talcum powder.

Q. How can I remove automobile grease stains from a garment?

A. Rub lard on the spots, then wash in cold water, followed by a washing in warm water. This will remove all stain.

Q. How can I mend a loose umbrella handle?

A. Pour some melted resin or sulphur into the hole. Quickly force in the umbrella rod and hold for a few minutes until the substance hardens.

Modern Etiquette

By Roberta Lee

Q. Does a divorcee continue to use her husband's name?

A. This depends. Sometimes she has her maiden name restored. However, it is customary now for a divorced woman to use her malden and her married name. If her name was Elizabeth Preston and her married name is Carlson, she becomes Mrs. Elizabeth Preston Carlson.

Q. Is it good manners to use a toothpick at the table. Lately I have seen this done by people of apparent refinement?

A. The rules remain unchanged. Toothpicks should never be seen in use, at the table or anywhere else.

Q. When a young unmarried woman introduces herself to someone, does she speak of herself as Miss Jones or as Mary Jones?

A. Socially, she says, "I'm Mary Jones." In business, she says, "I'm Miss Jones."

Morning Smile

Particular

Two circus lions were tired of doing the same act night after night. One said to the other: "You know that part of the act where the trainer puts his head in my open mouth; well I'm going to bite it off at this evening's performance."

At night the crucial moment arrived, and instead of biting, the lion went through the show as usual. Afterwards his companion said: "I thought you were going to bite his head off?"

The other answered: "I couldn't. He'd been eating onions—and you know how I hate the smell of onions."

Nautical

Mother: "I told you if a sailor asked you for a kiss to say 'no'."

Daughter: But Mother, they don't ask."

Versatile Sheath Dress

The sheath dress is a simple, smart and adaptable style of particular interest to the home sewer. It requires only one length of jersey and little expert sewing. A simply cut overskirt of taffeta turns the plain jumper-like dress into the smartest party dress. The same separate piece may be used as a clever little cape for a dinner date. If you would like directions for making this SHEATH DRESS, size 14, send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. E-2515.

Anne Adams Patterns

SUNDRESS 'N' BOLERO

PRINCESS STYLE! It's the smart style for summer! You'll be thrilled—it's the most becoming, the easiest to sew. This sundress with its own smart bolero is country-cool and city-slick. You'll wear it simply everywhere!

Pattern R4665: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40 and 42. Size 16 dress and bolero 4 3-4 yards 35-inch; 7-8 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.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

SOME rather sudden and even startling events of strange situations, seeming to strike at the very roots of life, demand sound balance and a stable foothold in order to evaluate wisely the exciting situation. To rationalize peculiar angles calls for clear thinking, sound logic and long-range decisions, as radical issues are involved. Mental, emotional and business phases, exceptional, even chaotic, demand matter-of-fact and sagacious handling. Perfect poise and an impersonal perspective could yield wise results.

For the Birthday

Those whose birthday it is may anticipate an exciting and challenging year with many peculiar experiences, contacts, and dubious adventures out of the ordinary or orthodox. Drastic, radical and perhaps unique situations and developments, while startling and breath-taking at first glance, on clear reflection, shrewd insight and analysis could actually bring forth surprising denouement and worthwhile accomplishments. Singular or spectacular talents, genius or inventions, wisely and calmly viewed with balance and rational vision, would be lucrative. All depends on good sense, integrity and logical approach.

A child born on this day may have exceptional talents, abilities and ambitions for a spectacular career, romantic life adventures.

SUNBURN!

NOXZEMA gives instant relief

Greaseless...Doesn't Stain!

Raw, red, painfully sunburned skin can be sheer torture. Don't suffer needlessly — get soothing, cooling *instant* relief with medicated Noxzema. It's beach-tested — actually over 25,000,000 cases of sunburn relieved! Noxzema is greaseless...doesn't stain clothes. Apply it and dress right away. At all drug and cosmetic counters. 26¢, 65¢, 89¢ and $1.69. Get your jar of Noxzema *today*.

FOR A RICH HEALTHY TAN — WITHOUT BURNING
Use NOXZEMA Suntan Oil
Suntan Greaseless

Easier for summer baking

...keeps without refrigeration!

No more dashing down to the store at the last minute! Now—with Fleischmann's Fast Rising Dry Yeast you can bake any time—in *quick* time. This new granule form needs no refrigeration—keeps fresh in the cupboard for weeks, always right there when you need it. You can depend on it for quick baking—delicious baking results. IF YOU BAKE AT HOME—order a supply of Fleischmann's Fast Rising Dry Yeast today.