

St. Joseph's Convent Graduates



The following received their Senior Diplomas at St. Joseph's Graduation:—
 Back Row: Edna Gallant, Shirley Doucette, Frances Peters, Jessie MacRae, Arlene Saunders.
 Front Row: Eileen Dolron, Electa Roberts, Miriam MacIsaac, Bernadette Rossiter, Joan Connolly, Betty Anne Gallant, Florence Arsenault.
 —Photo by Keir Doucette.

Timely Notes
On Nutrition

By Marjorie G. Hill

AS THE CHILD EATS,
SO WILL HE GROW

When school was in progress the family had a certain eating pattern created around the children's school hours. However, now that the holidays have started this meal routine may be broken, and in its stead, a very irregular pattern may easily develop. Don't let this happen in your family. Whether the child is at school or on holiday he is still growing—he is still forming habits. Keep his meals as regular and healthful during his vacation as you did when he was at school. The child on vacation probably uses up more energy during the day than the child sitting in school. Start him off well by serving him a healthful breakfast, with plenty of time to eat. Make your breakfast table attractive. Breakfast should be a pleasure for all of the family.

- A good breakfast will consist of:
1. Fruit—an orange; grapefruit; or their juices; or tomato juice.
 2. Milk—at least one cup.
 3. Choice of two or three of—Cereal—whole grain. Toast or Bread—whole grain with butter. Egg—Bacon.

Where the child is on vacation his between-meal snacks should have constant supervision. There should be at least an hour and a half between snack and meal-time. Otherwise, the snack will dull the appetite, and hence modify the intake of even the most carefully balanced meal. Not only the timing but the contents of the snack should be watched also. Do not allow your child to get into the habit of buying sweet foods such as pop, ice cream, and candy. These "pacifiers" are expensive; and because of their sugar content, they soon become habit forming. Cold milk, fruit juices, raw fruits or raw vegetables are equally satisfying, less expensive, and have a high health value.

Your children's capacity to have

That Body Of Yours

By James W. Barton, M.D.

RELIEVING UNBEARABLE PAIN

I find myself writing very often about the wonderful results obtained by the operation prefrontal lobotomy, which gives relief from unbearable pain and deep grief. It is indeed a great boon to patients and their families.

When this operation—cutting a nerve supplying certain parts of the brain—was first performed, all that was expected, and apparently obtained, was relief from pain and depression, the patient becoming almost childish as he or she felt no responsibility of any kind. Later some physicians reported that not only were the patients free of pain and grief after operation but were normal mentally and able to return to their usual occupations.

A recent report on the result of prefrontal lobotomy on 33 patients is reported in "Surgery, Gynecology and Obstetrics" by Dr. J. E. Scarff. All were suffering from "intractable" pain. In order to obtain exact information as to actual condition of these patients, they were closely followed for a number of months.

Results were good in 22 patients, fair in 6 and poor in 5. In 15 patients of this series who had been carefully examined and whose mental ability had been carefully measured before and after operation, no significant loss or impairment of intellect or personality could be observed. In 15 or 16 patients heavily addicted to narcotic or pain relieving drugs, these drugs were stopped before operation, as they were not needed immediately after the operation, and there were none of the distressing symptoms which usually follow the removal of a pain-relieving drug. One additional patient, with a drug addiction, was likewise cured and had no need of the drug after the operation.

The results show that unilateral prefrontal lobotomy is both an effective and an acceptable measure for the relief of intractable pain in many conditions in which other methods of treatment cannot be applied.

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 fun depends on the food they eat. So let's give our children the best vacation of their young lives.

Household Scrapbook

By Roberta Lee

Mildew

Lemon juice and salt will remove mildew from fabrics. Saturate the spot with juice, sprinkle on salt, and place in the sun, keeping the spot covered with the juice until it disappears.

Linoleum

When washing linoleum, add some starch, or a tablespoon of kerosene or turpentine to each gallon of water, to make it bright and new. This may also be used in cleaning oilcloth.

When Sewing

If the hands perspire too freely while sewing, resulting in soiled material, bathe them with strong alum water.

SENTIMENTAL

For 33 years, Benjamin Disraeli's hair was cut by his wife, who preserved the clippings until her death.

DOROTHY DIX SAYS -

Cost Of Saving

Not Smart To Be Thrifty
If Scrimping Kills Love

DEAR MISS DIX: We are a young couple who love each other and have been married about a year. Our aim is to invest what money we both have in a home, but to maintain one on the income we now have would mean rigid economy for both of us. We are willing to make these sacrifices except that my husband will not agree to give up his cigarettes. This makes me feel that I will be foolish to deprive myself of good clothes, waves, etc., and pinch the pennies while my husband throws away the quarters on smoking—a habit which I regard as harmful and too expensive for him. I do not like to smoke, but I think I might as well acquire the habit, too, if he is going to waste money that way.

M. E.

ANSWER: And I think that you had better throw away your money on any foolishness than to let come between you and your husband and cause you to quarrel over one getting a nickel's worth more of pleasure than the other does. Believe me, children, there is no greater extravagance than throwing away love. That is what you are doing, and if you don't watch out, the first thing you know you will be taking the money you have hoarded penny by penny and buying a divorce with it.

ALLOW FOR SOME PLEASURES

Every young couple should begin their married life by budgeting their income and saving some of it, but that does not mean that they must deny themselves every pleasure and indulgence and reduce life to nothing but a scraping together of pennies.

It is fine for you and your husband to desire a home and be willing to sacrifice to get it, but you can sacrifice more for it than it is worth. If he goes without his cigarettes to which he is accustomed and out of which he gets a harmless pleasure, he will be irritable and peevish and filled with a sense of resentment against you, and will probably wish he was single again so he could spend his money as he pleased. If you go shabby and your hair gets stringy, for want of a wave in order that you may put a few more dollars in the savings account, you, too, will be fretful and hard to live with.

Remember that we pass this way but once. We have only one life, one youth, one chance to be happy, and if we miss that we can never get it back again. So I think it is very foolish to deny yourself any innocent pleasure you can possibly have, or to do without everything you want in order to have every possible cent for the future.

Be thrifty, but within reason. Save something, but not everything.

DEAR DOROTHY DIX: How can I teach my husband to be more kindly to people? How can I make him more friendly? He seems to delight in saying harsh and cutting things to every one with whom we come in contact and we are swiftly losing friends through his abrupt actions and conversation. I try to keep our home life running smoothly all the time by being sweet to him, to offset his harshness, but nothing is right with the world and with anybody but me. I have never heard a pleasant phrase about any person come from his lips. How can I change him?

SOFTIE

ANSWER: I don't think you can change him any more than you could turn vinegar into honey. There are just natures so sour that nothing can sweeten them. No people are more to be pitied than these bitter misanthropes who see no beauty in God's world, no good in anything, who believe no man honest, no woman virtuous, no child innocent; who suspect every one of being animated by the basest motives; who do not trust even their own wives and children. They miss all that is best in life because our real happiness comes through our affections, through the good will and love of those about us, and if we have none of that, we have nothing. They even handicap themselves in their careers, for to succeed we must have the help of others and they turn every man's hand against them.

We can only surmise that these surly and disagreeable people get a morbid pleasure out of hurting other people and taking the joy out of life for them. Their sport is in treading on the toes of innocent strangers; their most enjoyable amusement is in deflating the little pink balloons that make society pleasant. They never have such a good time at a party as when they wreck it.

DEAR MISS DIX: I am an ex-convict, desperately in love with a fine girl. I am afraid to tell her of my past life lest I lose her, yet I cannot bring myself to ask her to marry me without telling her. I have gone absolutely straight for the past seven years, but some people will never forget a kid's mistake.

DOUBTFUL LOVER

ANSWER: Tell her. Give her a chance to decide whether her love for you is great enough to share your past as well as your future. That is only giving her a fair break. If you married her without her knowing of the stain on your life, you would be perfectly miserable, for you would live in fear of her finding out about it, as she undoubtedly would sooner or later. But if you start with a clean slate, everything will have been wiped out and there will be happiness and confidence between you.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

How Can I!!!

By Anne Ashley

Q. How can I clean brass lighting fixtures?
 A. Sponge the fixtures with hot soapuds, and then polishing with vinegar and salt, rinsing with a lightly oiled cloth. They can be made to look like new.

Q. How can I keep the yolks of eggs from breaking while frying, and sticking to the pan?
 A. Add one teaspoonful of flour to the grease before breaking the eggs into it.

Q. How can I soften shoes that have become stiff from being in the rain?
 A. First wash them in warm water; then rub either glycerine or castor oil thoroughly into the leather.

Better English

By B. C. Williams

1. What is wrong with this sentence? "I wish to pay up my bill before returning back home."
 2. What is the correct pronunciation of "reconnoiter"?
 3. Which one of these words is misspelled? Beautiful, sagacious, surreptitious, pteousae.

4. What does the word "ostentatious" mean?
 5. What is a word beginning with no that means "to feed"?

ANSWERS:
 1. Omit out and back. 2. Pronounce rek-o-noi-ter, first e as in wreck, not as in reek, principal accent on third syllable. 3. Beautiful & Characterized by, or fond of, unnecessary show. His manner of giving a party was ostentatious. 4. Showy.

ELLEN'S DIARY

By An Island Farmer's Wife

"You never know what you plant when you plant roses," granddaughter remarked with an elderly logic she had picked up from spending much of her time in the company of adults. "Did you ever think" she queried, "that one day there'd be red roses looking at you through this window?" At the one known to the family as "the sink window" in a corner of the kitchen, she was then, dawdling over the scrubbing of hands and face to be prepared in the event of any out-going of the truck—perhaps only along the fields of the farm or maybe better still, to Rob's or on one or another of the numberless trips near and farther it goes in the interests of our husbandry which makes it an exceedingly useful and respected machine. "There! she smiled, nodding towards the panes, "aren't they pretty?"

Crimson these roses are, and because of the unseasonal heat and drought of the June month many already are full-blown. They are of a common variety, a gift of Providence we always fancy, perfected by an inspiration of mankind, it is likely from some wandering brier, to grace drab door-yards and to lavish their color and fragrance in unsuspected and unlikely spots bringing happiness to many a one. One catches sight of these glories of the summer crimsoning fine lawns as well as spreading their largess amid the most humble surroundings. We recall that once upon a time the dewy petals were diligently gathered "to make a rose-jar to subtly perfume mid-lady's garments or perhaps pounded and treated they were fashioned into bewitching beads to make a necklace instead. And we remember that if the more improved and rarer varieties find their way into brides' bouquets or are preferred as other love tokens on anniversaries and occasions, they are not

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Morning Smile

Fair Enough

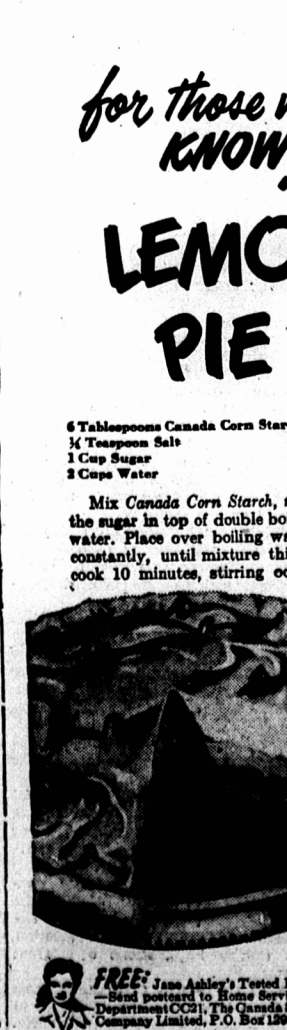
"I've got a rather distasteful job," remarked the genealogist. "A woman employed me to look up her family tree, and I've got to inform her that one of her relatives was electrocuted for murder in America."
 "I shouldn't worry about that," replied his friend. "Just write that the man occupied the chair of applied electricity at one of America's public institutions."

Cook's Corner

CHEESE SANDWICH SPREAD
 1 lb. cheese, grated (4 cups)
 4 tablespoons minced onion
 1/2 teaspoon salt
 Dash of cayenne pepper
 2 hard-cooked eggs, chopped
 2 tablespoons butter
 2 tablespoons sugar
 2 tablespoons flour
 1/2 cup vinegar
 1 cup milk
 Add the grated cheese, onion, salt and cayenne pepper to the chopped eggs. Melt the butter in a double boiler; add sugar and flour, blending well. Add the vinegar and milk, while stirring, and cook over hot water until thickened. Combine with the cheese mixture and store in a cool place. Yield: 3 cups.

LEMON MERINGUE PIE

6 Tablespoons Canada Corn Starch
 1/2 Teaspoon Salt
 1 Cup Sugar
 3 Cups Water
 3 Egg Yolks
 2 Tablespoons Butter
 5 Tablespoons Lemon Juice
 1/4 Teaspoon Grated Lemon Rind
 3 Egg Whites
 6 Tablespoons Sugar
 1 9-inch Baked Pie Shell
 Mix Canada Corn Starch, salt and 1/4 cup of the sugar in top of double boiler. Gradually add water. Place over boiling water; cook, stirring constantly, until mixture thickens. Cover and cook 10 minutes, stirring occasionally. Do not remove from heat. Stir a small amount of hot mixture into egg yolks which have been mixed with the remaining 1/4 cup sugar. Immediately pour back into remaining hot mixture over boiling water; blend thoroughly. Cook 2 minutes longer, stirring constantly. Remove from heat; add butter, lemon juice and rind. Cool to room temperature without stirring.
 Pour into baked pie shell. Beat egg whites until stiff but not dry; gradually beat in sugar. Spread meringue lightly on filling. Bake in moderate oven (325°F.) 15 to 20 minutes or until delicately browned.



-Needlecraft-

FOR THE HOME

SMART SHIRTTWAIST
 The shirtwaist is a Summer "must" for so many occasions! This one—featuring new kimono sleeve and pocket detail—takes well to many fabrics, from crisp cotton to cool sheer.
 No. 2547 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44 and 46. Size 18, 4 3/4 yards 35-inch.
 Send 25 cents for each PATTERN and Style Number plainly. Be sure guide. Print your Name, Address which includes complete sewing to state size you want. Include postal unit, or zone number in your address.
 Address: Pattern Department, The Harlottetown Guardian.
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Name _____
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Modern Etiquette

By Roberta Lee

Q. If a person accidentally jars against another person, is it correct for him to say, "Pardon me?"
 A. "Pardon me" is considered a little too abrupt under these circumstances. It is much better to say, "I beg your pardon," or, "I am sorry."
 Q. Should a photograph of one's self be framed when giving it as a gift?
 A. No; you do not know whether the recipient wishes to place it on a desk or hang it on a wall—or even keep it in a drawer.
 Q. Is it all right to serve corn on the cob at a formal dinner?
 A. No; it should be served only at informal affairs.

The Stars Say - -

By Genevieve Kemble

For Thursday, June 29

WHILE there is a period of unusual activity, with much to quicken and accelerate progressive plans and projects, at the same time it is possible that some obstacle or delay may call for some rather astute manipulation. Imagination may stimulate clever ways and means for breaking up such stagnation or delay. Shrewdly developed programs may annihilate opposition and obstruction, and assist the happy culmination of cherished objectives, in the home and in business relations. Try persuasion.

For the Birthday

Those whose birthday it is, are likely to confront a rather lively or hectic state of affairs, and a lagging or crystallized condition or obstruction might be readily alleviated by a clever use of charm, imagination or strategy, should more prosaic measures fail. Willpower as well as personality judiciously used may have force to break open a difficult impasse. Home, business, employment, could yield to the magic touch of personality and grace, allure and subtle energy have challenging possibility in a puzzling situation.
 Those whose birthday it is, may have a store of subtlety, unquenchable and clever appeal should difficulties menace. This is true in business, domestic and romantic affiliations.

TEA TOWELS



DESIGN NO. E-660

Chick, kittens, puppies and so on up to the big elephant join in making gay days-of-the-week towels. Hot iron transfer pattern No. E-660 contains 7 motifs from 4 by 6 to 5 by 8 inches with complete instructions.

To order, send 20 cents in coin to Needlework Bureau, Charlotte-town Guardian.

Design No. E-660

Name _____
 Address _____
 City _____ Province _____

\$1.40 Value for only 75¢

TWO Stunning Silverplated Serving Spoons
 for 75c and panels from two cartons of Jewel Shortening

IMAGINE! Not one but two silverplated serving spoons at this amazingly low price! They're A-1 Plus Quality Overlay, in lovely Rose Pattern, made and guaranteed by Wallace Brothers. And think! Both spoons are yours for only 75c and panels (which have the net weight of the carton printed on them) from two cartons of Jewel Shortening! You'll want these long-lasting, beautiful and useful spoons for yourself—others for gifts and prizes! Use coupon below and send for your first set today!

Swift's are making this wonderful offer to introduce you to Jewel—the quick-creaming, better-blending shortening that gives you fluffier cakes and flakier pies. Take advantage of this money-saving opportunity. Write for your two serving spoons now! Swift Canadian Co. Limited.

Get a whole set of beautiful silver at huge savings!

Here is lovely, lovely silverware you'll be proud to display. A-1 Plus Quality in exquisite Rose Pattern, made and guaranteed by Wallace Brothers. Save cartons from Swift's Jewel, Swift's Allsweet, and start collecting now! Look at this list:

3 teaspoons	3 panels and .80
3 dessert spoons	3 panels and \$1.00
3 dessert knives	3 panels and \$1.00
3 dessert forks	3 panels and \$1.00
3 salad forks	3 panels and \$1.00
3 butter spreaders	3 panels and \$1.00
2 serving spoons	2 panels and .75
Butter knife and sugar spoon	2 panels and .75
3 piece place setting, (knife, fork, teaspoon)	3 panels and .90

IMPORTANT: You may use a combination of panels from cartons of Swift's Jewel, Swift's Allsweet, but send only the panels which have the net weight of the carton printed on them. Please send cash always.

CLIP THIS

Swift Canadian Co. Limited,
 Dept. L-3 P.O. Box 808,
 Toronto, Ontario.

Please send me quickly . . . set(s) consisting of two Rose Pattern silverplated serving spoons A-1 Plus Quality Overlay made and guaranteed by Wallace Brothers. For each set I want, I enclose 75c in coin and panels (which have the net weight of the carton printed on them) from two cartons of Jewel.

PRINT NAME _____
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This offer may be discontinued without notice.

SWIFT'S
Jewel
 SHORTENING

for those who KNOW!

LEMON PIE

Made with CANADA CORN STARCH

LEMON MERINGUE PIE

6 Tablespoons Canada Corn Starch
 1/2 Teaspoon Salt
 1 Cup Sugar
 3 Cups Water
 3 Egg Yolks
 2 Tablespoons Butter
 5 Tablespoons Lemon Juice
 1/4 Teaspoon Grated Lemon Rind
 3 Egg Whites
 6 Tablespoons Sugar
 1 9-inch Baked Pie Shell

Mix Canada Corn Starch, salt and 1/4 cup of the sugar in top of double boiler. Gradually add water. Place over boiling water; cook, stirring constantly, until mixture thickens. Cover and cook 10 minutes, stirring occasionally. Do not remove from heat. Stir a small amount of hot mixture into egg yolks which have been mixed with the remaining 1/4 cup sugar. Immediately pour back into remaining hot mixture over boiling water; blend thoroughly. Cook 2 minutes longer, stirring constantly. Remove from heat; add butter, lemon juice and rind. Cool to room temperature without stirring.

Pour into baked pie shell. Beat egg whites until stiff but not dry; gradually beat in sugar. Spread meringue lightly on filling. Bake in moderate oven (325°F.) 15 to 20 minutes or until delicately browned.

CANADA CORN STARCH

FREE! Jane Ashley's Tested Recipes
 Send postcard to Home Service Department CCB, The Canada Starch Company Limited, P.O. Box 126, Montreal.