

Princess Opens Nursery School in Scotland



Princess Margaret, currently vacationing in Scotland, is shown chatting with little Sandra Black at attending opening ceremonies at the new nursery school at Aboulor Orphanage. At left is the warden, the Very Rev. C. A. E. Wolfe, and at right, Nurse Logan. Aboulor Orphanage is a long established institution which provides for children of all ages, many of whom remain at the school until they are old enough to be fitted into responsible jobs.

Wedding Of Local Interest At Shediac

Saturday afternoon, August fifteenth, the church of St. Martin-in-the-Woods, Shediac Cape, was the scene of the wedding of Miss Joan Mary Martin and John Harvey Stearns. The ceremony took place at 2:30.

Rev. J. J. Alexander officiated at the betrothal before an altar decorated with vases of white gladioli and of sweet peas. Dainty nosegays of white satin bows and panicles marked the pews.

The bride is the elder daughter of Mrs. Constance Franklyn Martin, 15 Cameron Street, Moncton, N. B., and of the late E. Byron Martin, who for many years occupied the position of City Engineer. The groom is the son of Mr. and Mrs. Harry W. Stearns, Highfield, Prince Edward Island.

Proceeding the exchange of vows, a half hour of music was played by Mr. Paul Cudmore, Charlottetown, at the organ, and during the ceremony Mr. Ted Cooke sang "O Perfect Love."

The bride, given in marriage by her brother, Mervyn Martin chose a gown designed by Elizabeth Godin, styled on princess lines featuring a full-skirted redingote of appliqued french lace over the starless dress of nylon net embroidered down the front with fine soutache trimming. For her headpiece the bride wore a small heart-shaped lace bandeau which held in place her full-length nylon tulle veil. She carried a cascade bouquet of white gladioli and sweetheart roses.

The bride was preceded down the aisle by two attendants, Miss Connie Martin, sister of the bride, served as maid of honor. Miss Maxine MacBeath, Charlottetown, served as bridesmaid. Miss Martin wore a dress of primrose yellow featuring a bouffant skirt of net with starless embroidered bodice and a matching short jacket. Miss MacBeath was dressed in orchid organza with bouffant skirt, lace bodice, and a matching jacket. The two attendants wore headbands of gladiolus florets and pompons and they carried cascade bouquets of mauve and yellow gladioli.

Albert B. C. Douglas, Charlottetown, was the groomsmen. Ushers were George Martin, cousin of the bride and Ben Williams, of Charlottetown.

For the daughter's wedding, Mrs. Martin chose a powder blue crepe dress trimmed with Chantilly lace and wore white accessories and a mink neck piece.

A reception was held at the summer home of the bride's mother at Shediac Cape. The serving table was appointed in pink and white, draped with orchid and sweet peas. A bonaded wedding cake centered the table. Mrs. Everett Cooke, Sussex, and Mrs. Gordon Warren, Charlottetown, presided over the tea table. The following friends of the young couple served: Misses Shirlee Stearns and Esther Johnson of Charlottetown, Anne Martin, Barbara Miller, Marie Connie Dean, Ann Raymond, and Helen Miller, Charlottetown, and Helen Miller, Little Miss Beth Cooke was in charge of the guest book.

Before leaving on a two-week wedding trip to Cape Cod, the bride changed to a pale blue moiré dress and a corsage of sweetheart roses. When they return, Mr. and Mrs. Stearns will make their home in Charlottetown where for the past two years the bride has been the Girls' secretary of the YMCA. The groom is employed at the Dominion Experimental Farm.

Women's realm

PAGE TWO THE GUARDIAN SEPTEMBER 9, 1953

ELLEN'S DIARY

By An Island Farmer's Wife

This was a day which was ours to spend for the most part alone—one which took children to their classes and the farmers to their harvesting at Aldsea. We laughed at James' parting words.

"Well, so long, Ellen," he said. "Remember now: don't doze the hours away with cattle in the corn or grain; keep an eye to the sows in the pasture in case they break out and wander away; you might give those hogs in the piggery there," he nodded, "some water at noon—just fill the troughs from the tap, the hose will happen to you; if that fellow happens to come about the . . . you might tell him where to find us; and kind of keep listening for this phone-ring, I may be calling you!"

How quiet the place suddenly became though we knew it was, to us mostly a state of mind. Yet even the sounds of the hens and the birds about seemed hushed and lonely. The dog had barked himself in the wake of the harvesters, the cats napped listlessly in the shade of a shrub. The crows that idly flapped over in twos and threes were disinterested in our state, as were the birds that flocked in a meadow on the slope.

We made the beds and cleaned the floors . . . and at noon when the day was warm and golden a long variety we brewed us a quiet pot of tea. We poured it to a special cup and found we were harking back to the old days at Aldsea when the seasonal work taking the men to the other farms often gave us days such as this . . . to read when our round was done, to write at a fancy, or just sit idly, perhaps dreaming a dream.

We lunched on sandwiches of bread and ham, the former of a brown variety we had made yesterday after no particular recipe but of measures of white and graham flour, a "dash" of molasses for sweetening, an egg, salt and baking powder and milk, mixed together with that sixth sense which is often a talent of those older cooks who, in busy roles had little time to search for some elusive recipe or who, because of scanty supplies at the moment were obliged sometimes at short notice to produce something tasteful for the "inner man" of their household from such materials that were at hand.

But now, no longer alone, the twilight shades deepen in the valley though the rose of the afterglow still lies above the hills to the west. Like a dark scarf of velvet the woodlands drape the summits below, and beneath, loved harvest fields nurse their largess of stocks. Beyond the roadway-bridge, the widened stream is bright with the reflected last fires of day. Soon it too and the farm-houses and all about will be wrapped in the dim folds of the dusk. How quiet and lovely it is at the moment! Not a car moves—not a machine disturbs the serenity about. All is peaceful and still. This, we think happily, is one part of The Island undisturbed by the noise of the march of progress. Sweet it is to us, and in ways as unspoken as when we first came to it . . . content in its fields and woodlands, in glen and hill and the age-old round of its seasons.

And now the rose has changed to purple . . . to night-blue and silver and a first star is lit. Below, a door opens—close—the lads of this household are in!

Until tomorrow -- --Diary -- -- Goodnight

That Body Of Yours

By James W. Barton, M.D.

HOW WE CAN HELP THE MENTAL HEALTH SITUATION

"Starting figures have been compiled recently by the National Association for Mental Health. These figures show that there are in the United States (and Canada also) on any given day as many patients in mental hospitals as there are in all other hospitals combined. In addition, there are 120,000 mentally deficient and about 20,000 epileptic patients in special institutions.

"It is estimated that 30 per cent of all patients who go to general hospitals and 20 per cent of all patients who go to general practitioners are suffering from mental illness, personally disturbances, or physical illness associated with these conditions. From the standpoint of total amount of disability and suffering produced, mental illness is a major medical problem facing the medical profession today."

I am quoting from the leading editorial of the Journal of the American Medical Association.

Aside from mental illness itself, sociologically and financially, too, mental illness is a serious problem. Personality problems play a significant role in delinquency, crime, drug addiction and suicide. In addition, hundreds of thousands of children (7 to 17 years old), are brought to juvenile courts. Further, about 50,000 persons are addicted to drugs, 3,800,000 are problem drinkers, about one million of whom suffer from severe chronic alcoholism.

While the above picture of mental health is most depressing, it is because it is so bad that the battle against mental illness has developed fighting forces everywhere in the formation of local, state, national and international organizations.

Up to the present, organized effort on behalf of the mentally ill has been care in mental institutions. Today emphasis has shifted to "active" treatment, to the prevention of mental illness and to the cultivation of positive mental health.

"At the international level, the World Federation for Mental Health, with 37 member nations, is working to promote the highest possible level of mental health in all countries."

What are the aims and activities of this international mental health organization? "Its activities include cooperation between agencies of the United Nations, national governments, and professional and lay groups concerned with mental health; the promotion of improved standards of care in mental institutions; and assistance to workers in the field of mental health."

On the national level there are a number of voluntary and governmental health agencies active in mental work, medical and church organizations, some organizations that deal with special aspects of mental health—epilepsy, alcoholism, family relations.

On the local level, mental hygiene programs are carried on by voluntary organizations.

What about those who would like to help in assisting the mentally ill?

It is suggested that interested persons and groups should (1) become familiar with existing mental hygiene activities within their communities; (2) working with other interested persons to improve any existing methods; and (3) starting concerted action on some practical goal toward better mental health.

Cook's Corner



DAFFODIL CAKE

White part:
6 egg whites
2 tablespoons cream of tartar
2/3 cup sugar
Pinch of salt
1/4 teaspoon vanilla
1/2 cup flour
1/2 teaspoon baking powder

Beat egg whites till stiff, add cream of tartar. Fold in sugar, vanilla and flour sifted three times with baking powder and salt.

Yellow part:
6 egg yolks
2 tablespoons hot water
Pinch salt
1/2 cup sugar
1/4 teaspoon vanilla
1/2 cup cake flour
1 teaspoon baking powder.

Beat egg yolks with hot water and salt until light and lemon colored. Add sugar, vanilla and flour sifted three times with baking powder.

Batter may be put in pan one spoon of each at a time, alternating colors.

Bake in oven 375 deg. F. for 35 minutes or more.

Mrs. Cyril Toombs, Anglo Ruslico W. I.

Something In Common



Joan, Joyce and Judy Beauvois, 11-year-old triplets from Fitchburg, Mass., thought it would be a good idea to visit the one-week old Allitto triplets at Oatis General Hospital, in Cambridge, Mass. The Allitto children are Marie, Bernice and Francis. Among the gifts they brought to the new triplets was their own bassinets.

DOROTHY DIX'S COLUMN

Bruised Hearts

Girls Suffer As Much As Men Through Broken Engagements

DEAR MISS DIX: Boys in service are always complaining of the rough treatment they get from what they thought was the only girl—but what about the girls? How do we go about finding a cure for bruised hearts? The boy I loved, and still do, had asked me to become engaged. In view of our youth (19 and 21), I put it off, though I promised not to go out with other boys while he was away. The last week end I saw him, he told me he still loved me. That was two months ago and I haven't seen or heard from him since, though I know he has been home several times. I wrote asking for an explanation, but no answer has come as yet. I still love him, but have too much pride to chase him. What should be my next move? DAISY M.

ANSWER: You're quite right in your contention that separation poses quite as much emotional stress on the girl as on the boy, though the feminine broken heart doesn't get as much recognition. Absence causes hearts to wander, just as much as it makes them fonder, whether the separation is caused by military

Continued on page 3

Bringing Up Baby



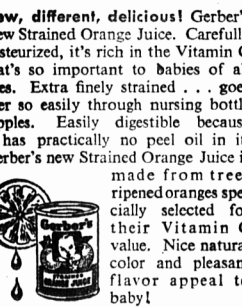
Hints Collected by Mrs. Ben Curles (Mother of 5)

New baby in your house? Many a young mother goes all tense the first weeks, fearful of doing the wrong thing. Just remember first of all to trust your doctor. And then remember that baby is an adaptable little human being—so that many a problem is solved by simply giving him plenty of plain, old-fashioned "mothering."

Frequent question: how long for an infant's mealtime? About 20 minutes average. Could be it will vary from time to time, since all babies aren't alike, nor are little ones always equally ravenous.

Surprisingly soon, baby's appetite may expand to the point where he welcomes the addition of solid food. That's when you'll be glad to know all about Gerber's Cereals. Made by experts who devote all their efforts to baby foods and nothing else, these cereals are nutritious . . . fortified with valuable vitamins and minerals. Gerber's offer five cereals for delightful flavor variety: Mixed, Rice, Barley, Oatmeal, and Wheat.

New, different, delicious! Gerber's New Strained Orange Juice. Carefully pasteurized, it's rich in the Vitamin C that's so important to babies of all ages. Extra finely strained . . . goes over so easily through nursing bottle nipples. Easily digestible because it has practically no peel oil in it. Gerber's new Strained Orange Juice is made from tree-ripened oranges specially selected for their Vitamin C value. Nice natural color and pleasant flavor appeal to baby!



How Can I!!!

By Anne Ashley

Q. What can I do when grease is spilled on the kitchen linoleum?
A. Pour ice water over the area immediately, and this will make it harder before it has a chance to soak into the linoleum. You can scrape it off with a dull, flat-bladed table knife.

Q. How can I renovate an old, soiled powder puff?
A. Wash it in warm soapsuds, scrubbing the bad spots with a fingernail brush. Don't lay it out flat to dry, or it may turn sour. Pin it to the sunny side of a window curtain so that air can get at it.

Q. How can I easily clean a velvet dress?
A. Brush off as much dust as you can with a soft brush. Then turn the dress inside out and hang it in the bathroom while you take a hot shower. After it has been steamed in this way, let it dry completely before you handle it again.

Modern Etiquette

By Roberta Lee

Q. When writing to an acquaintance who calls you "Mrs. Watson," how should you sign the letter?
A. As "Mary Watson."

Q. How many wedding invitations should be sent to a family where there are several grown sons and daughters?
A. Send one invitation addressed to the father and mother, and a separate one to each of the sons and daughters.

Q. When one drops in on a friend and finds that she already has a guest, what should one do?
A. Remain only for a few minutes, then take your leave.

Morning Smile

Adam and Eve were naming the animals of the earth when along came a rhinoceros. "What shall we call this one?" asked Adam. "Let's call it a rhinoceros." "But why a rhinoceros?" "Well, because it looks more like a rhinoceros than anything we've named yet."

Venezuela exported 625,000 barrels of oil in 1952, largest national oil export in the world.

Household Scrapbook

By Roberta Lee

Loose Ring
If a chair loses one rung or some other part works loose, mend it yourself by inserting furniture glue and letting it stand a couple of days before using.

Damp Piano
If the interior of your piano has become damp, which is likely to cause damage, an electric light bulb may be hung inside and if allowed to burn for several hours, the dampness will be removed. If this is done occasionally, the trouble will be prevented.

Better Pies
If the bottom layer of pie crust is covered with cracker crumbs, the juice from the berry or apple pie will not ooze out.

Better English

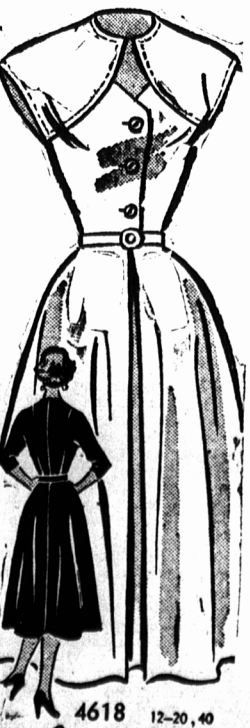
By D. C. Williams

1. What is wrong with this sentence? "He took his secondhanded car to the garage to be fixed."
2. What is the correct pronunciation of "impious"?
3. Which one of these words is misspelled? Accomplish, promise, treatise, premise.
4. What does the word "grotesque" mean?
5. What is a word beginning with ch that means "confused, or without order"?

ANSWERS
1. Say, "He took his secondhand car to the garage to be repaired."
2. Pronounce im-pi-us, both 'i's as



Anne Adams Patterns



NECKLINE NEWS!
Want something new? Smart? Wearable? Here's the dress you'll love to live in all fall! It has the new hi-lo neckline, smart all-in-one sleeve and yoke detail, slimming skirt. It's with cap or three-quarter sleeves—make it in fall, cotton or wool!

Pattern 4618: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 1/2 yards 39-inch fabric.

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. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

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