

Modern Etiquette

By Roberta Lee

Q. When a man is accompanying a woman on the street, should he take her arm when crossing the street?
 A. He may assist her across with a light touch at her elbow. He should avoid, however, any clutching at her arm or any forcible "steering."
 Q. Is it permissible for a guest to ask for a second helping of some dish?
 A. Not unless eating with relatives or intimate friends. It is one of the hostess' duties to see that her guests' wishes are fulfilled without the necessity of their asking.
 Q. Is it proper for a girl to wear her engagement ring in public immediately after receiving it?
 A. She should wait until after the engagement has been formally announced.

Household Scrapbook

By Roberta Lee

Paraffin
 Almost any kind of bright wood berries, if dipped in melted paraffin and then put away until needed, may be preserved for decoration. If treated in this manner, they will retain their shape and brightness for months.
Loose Handle
 If the handle of the umbrella persists in coming off each time the umbrella is raised, fill the cavity in the handle with some melted alum and then quickly press the stick into it, holding it firmly until it sets.
Bleaching Clothes
 Place a few slices of lemon in the wash boiler on laundry day. It will remove many of the stains and the clothes will be snowy white.

Cook's Corner

STUFFED VEGETABLE MARROW

- 1 small vegetable marrow
 - 2 cups soft stale bread crumbs
 - 1 tablespoon chopped onion
 - 2 tablespoons chopped parsley
 - 1 cup chopped pickled meat
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 2 tablespoons butter
- Cut marrow in half lengthwise and remove seeds. Place halves on a greased baking sheet. Mix bread crumbs, onion, parsley, meat, salt and pepper and fill marrow halves. Dot top with butter. Bake in a moderate oven, 350 degrees F., for 1 hour. Yield: six servings.

Morning Smile

STILL GOOD

An old lady was going down a coal mine for the first time. As the cage descended, she noticed how she and the rest of the party were dependent upon a single rope to which it was attached.
 "Do you think it's quite safe?" she asked a miner, as she glanced at the rope.
 "Safe as the bank," returned the miner. "There's nothing to be afraid of. These ropes are guaranteed to last 12 months and this one ain't due to be renewed until tomorrow."



True Success Story

By F. M. MacArthur

For today's true success story I have chosen the name of Jacob Gould Schurman who was born at FreeTown, Prince Edward Island in 1854.
 The son of a farmer, he ascended the pinnacle of success bringing honor and fame to his native Province as well as to his adopted country, the United States of America.
 The little old red schoolhouse furnished young Schurman with an elementary education. Then he entered Canadian Universities, and later completed his studies by attending London and Edinburgh Universities, as well as Heidelberg and Berlin, Germany.
 At the age of twenty-six, Schurman was appointed Professor of Philosophy and English literature in Acadia College, Nova Scotia, and six years later became Professor of Philosophy at Cornell University. From this position, he became dean of the Sage School of Philosophy at Cornell, and in 1892 he became the justly celebrated President of the University.
 Mr. Schurman was a member of the U. S. A. Philippine Commission of 1899 and devoted nearly a year to the study of conditions in the Islands.



The Stars Say --

By Genevieve Kumble

For Wednesday, August 2

ACCORDING to the existing planetary aspects the mentality is disposed to reflection, to serious and concentrated thought, with appeal to principle and high purpose. It might prove of prime importance to relax and "mull over" whatever might be the proposition or subject uppermost in the mind. The vitality might be low, the "physical" disposed to inertia of needing proper rest from arduous effort. Pending problems or objectives could be planned and kept for future reference.

For the Birthday

Those whose birthday it is, may be inclined to take a somber and serious slant on their most cherished ideas and ideals. There is a profound inclination to study and weigh matters for underlying principles and potentialities. Vitality may be low, or physical energies may be demanding proper rest and relaxation, perhaps entire surcease from activity or any dynamic effort. In the meantime there could be precious enlightenment on desired plans or goals with practical conclusions or decisions or long-range objectives. Give these time for normal maturity. Don't force issues just now. A child born on this day, has a studious and reflective mentality, with an inclination to get at the roots of things.

LONG TIME AGO

The earliest period in the history of man is known as the eolithic (dawn or stone age) and may have extended to 600,000 years B. C.

ELLEN'S DIARY

By An Island Farmer's Wife

We found a pleasant surprise over the week-end, one in which the family down to small grandson ("Now wherever did ye be getting this wee lad at all, at all?") joined the gentle knock which we should have known but was for the moment strange, we opened the door to find . . . whom, on the verandah? Why, of course, Pat! A beaming Pat, dressed in his Sunday best, on his way home from his Church, and so handsome that one of the housewives admitted she "wished she were young again!" And James sighed and declared, "It's just as well for you Pat that she isn't!" and added, "look at all the care I've saved you!"

And all were happy, that again hale and hearty, after an interval spent in ill health and under the doctor's care, Pat is back to his former place on the farm. William and trusted helper he is on that which, commencing in the vicinity of the corner runs along this road of ours to end at length in the woodlands opposite lane's end, the same that at the West shelters some of our fields at Alderlea from bitter winds and cold. And 'Tis the truth, Ellen—but never in my life have I looked on the way the lads there have grown. An' is there not another we follow now that I never saw before? he twined. "An' can ye bide that five boys in a row? Just think av the help they are, an' will be to a farm!"

"And you're into the haying?" James commented. "Ay, an' praisin' the Good Lord above that I'm able to be at it!" Pat returned. "Ye know James when ye come to him av it, it's great to be able to wur-ric. What good is land or money, I'm askin', if ye've no health to enjoy them? But folks won't think av that 'till they lose it. . . an' then sometimes it's too late. Some wur-ric too hard—an' some," he smiled "not hard enough! But at any rate they don't care av the body an' mind, He gave them and it's all very well sometimes when it suits, not to 'put off 'till tomorrow, what ye can do today" but it wur-ric out good too, to have a little 'till then—in case ye run out av a job. We're only goin' this way the once. Yes, it's glad I am to be better . . . an' into the haying again."

Today we caught a sight of /the red of Pat's shirt on "the hay-wagon" which now trails the busy tractor on the slope beyond the mill-stream that is "up the creek." He built leads with an experienced hand and then snug atop was borne away to the road to the barns. Here too, the farmers worked industriously towards the saving while the sun shone and then warned by the threatening clouds, hurried to the field to snug-up into stout coils the remainder of the "made," which set a seal to their field-work this evening. "do you see that now, Ellen," James observed after giving the matter some thought, "if we had just made an extra effort in the morning . . . there is only a load out—we could have had that saved too. 'As it was the help did very well. The mows are filling surprisingly, so that now it is conceded that instead of first estimates, we felt more conservative, the outlook is for more sizable savings. The mowing, with it's familiar delaying incidentals of a broken blade or knife with hasty and most audible calls then for "that there punch to fix this with" or "those rivets and a hammer" continues each morning with two machines so that altogether splendid progress is being made in good weather."

Blue and gold are the days of the haying, or quietly gray as this afternoon, in the promise of showers. Mowers drone at morning but by afternoon the sound of the cutting has been replaced by the creak of the hay wgons, the tread of the teams, and the brisk ringing step of the mare in the lift. Again with small ones we sit idly by, watching the great forklifts swing up to a barn-peak and disappear within, unloading the fragrant largesse of our Summer fields providing good substance for the herds and flocks over Winter and on to "the grass." And now dispersing any lingering rain clouds, the moon climbs in mellow glory above the

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That Body Of Yours

By James W. Barton, M.D.

THE TREATMENT OF ALCOHOLISM

It is gratifying to all physicians to see the change that has come over the public in its attitude toward the alcohol. Heretofore that attitude has been that the alcoholic has committed perhaps not a crime in becoming intoxicated but a serious misdemeanor, and must be punished. The police van picked him up, he faced a judge or magistrate the next morning and was fined or perhaps sent to jail for a definite term.

Now, all over the United States and Canada many municipalities are treating the alcoholic as a sick man or woman and some cities are already erecting hospitals for the treatment of alcoholism. Thus, in a short time, we may expect to see an ambulance from these special hospitals, or even a general hospital, sent to pick up a alcoholic just as an ambulance is sent to pick up an accident case.

In Hygeia, Dr. Lewis Inman states that for practical purposes types of alcoholism may be classified in two main groups: 1. Symptomatic drinking. Alcohol addiction or character disorders. The symptomatic drinker is a person who has an underlying illness, of which one of the symptoms is an excessive dependence upon alcohol. If the underlying illness is treated successfully, the alcoholic soon stops drinking. In most cases, the underlying illness has been caused by the child-parent relationship during the first five years of life. Treatment consists in showing the alcoholic how his overprotective or perhaps strict parents started the condition which he now must try to correct.

The alcohol addict is the product of various conditions or circumstances. A common pattern of the growth of alcohol addiction is the person who is doing all right until he starts having an occasional cocktail before dinner at night. This may gradually increase until he begins to take a few before lunch, then a few in the afternoon. Then, if a domestic or financial stress occurs, he goes on an alcoholic spree. The successful treatment of the alcohol addict is to help him to abstain from alcohol by showing him he is sick and alcohol aggravates his sickness. Make him feel that he is a sick human being, not a moral weakling.

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Believing you have a physical ailment when none exists is a neurosis and is becoming increasingly common. Send today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it send ten cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc. in care of this newspaper, Post Office Box 99, Station G. New York, 19, N. Y., and ask for your copy.

Until tomorrow -- Diary -- Good-night. . . .

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DOROTHY DIX SAYS -

Choosing A Mate

Character, Health, Intelligence Congeniality Points To Consider

DEAR MISS DIX: We are a young couple planning to be married and would like to know just what should be taken into consideration before marriage. How long should the engagement period be?
 MISS

ANSWER: I think six months is the ideal length for an engagement because that gives a man and woman enough time in which to become acquainted and get each other's number, so to speak, without being long enough for them to get tired of each other and to wear off all the gilt of romance of their gingerbread.

The things that should be taken into consideration before marriage are: First, the character of the individual you are marrying. Is he or she moral, upright, honest, trustworthy? Has he or she a strong sense of duty? What sort of disposition has he or she? Is he or she lazy, high-tempered, slovenly, selfish, hard to get along with?

PHYSICAL REQUIREMENTS

Next, consider the health of the one you marry. If sickness comes to a husband or wife after marriage, their mates should do all in their power to comfort and cherish them, but it is folly to deny that an invalid wife or husband is a handicap in marriage.

Choose a husband or wife with the same social status as yourself and with about the same amount of education and intelligence. Husbands and wives look best to each other when they are on a level. Not when one looks up and the other looks down on their mates. But the most important thing of all to consider before marriage is the subject of congeniality. Find out whether you like the same things. Have you the same religion? Do you belong to the same political party? Do you order the same dishes when you go to a restaurant? Do you enjoy the same plays, the same music, the same books, the same people? Do you like the same games?

If you do, your marriage will be successful. If you differ on everything from politics to pie, you will fight from the altar to the grave. The whole of the law and of the prophets of how to be happy though married consists in congeniality.

DEAR DOROTHY DIX: Our club has been discussing the case of an attractive young woman who has just married a middle-aged man when she might have had the choice of so many handsome young men. Do you not think this girl will tire of the husband who is so much older than she is as soon as the glamour of capturing a sophisticated man of the world has worn off, and will she not then yearn for a husband of her own age?

GANG OF CONSTANT READERS

ANSWER: The matter of age is, of course, a very important consideration in marriage, yet it does not depend upon calendar age, but spiritual age, mental age. If a girl is frivolous in disposition; if she wants to live in a wild whirl of gaiety, forever going places and doing things, then she should marry not only a boy of her own age but one who is as fond of fun and dancing as she is.

A girl of this type is miserable married to a middle-aged man and she is equally miserable if she is married to a man of her own age who is of a sober, serious disposition and who wants to sit by his fireside of an evening instead of stepping out to a night club.

But there are plenty of girls who even in their teens are mature in tastes and thoughts. There are plenty of girls who are interested in the worth-while things of life and who would rather spend an evening in listening to an intelligent man talk than in dancing. Plenty of girls who are domestic in their tastes and who would be content to stay put in their own homes and never go to another ball. These girls are perfectly safe in marrying men who are much older than themselves.

DEAR DOROTHY DIX: We find life almost too monotonous to bear. Young men are boring. Movies all alike. Bridge games stupid. Can you give us some advice on what to do?

FOUR BORED GIRLS

ANSWER: We get out of life nothing but what we put into it, and if you do not put any interest, any enthusiasm, any sportsman-ship into anything you do, you are bound to get boredom out of it. If you find trying to amuse yourself so wearisome and dull, why don't you try work for a change?

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

-Needlecraft-

FOR THE HOME

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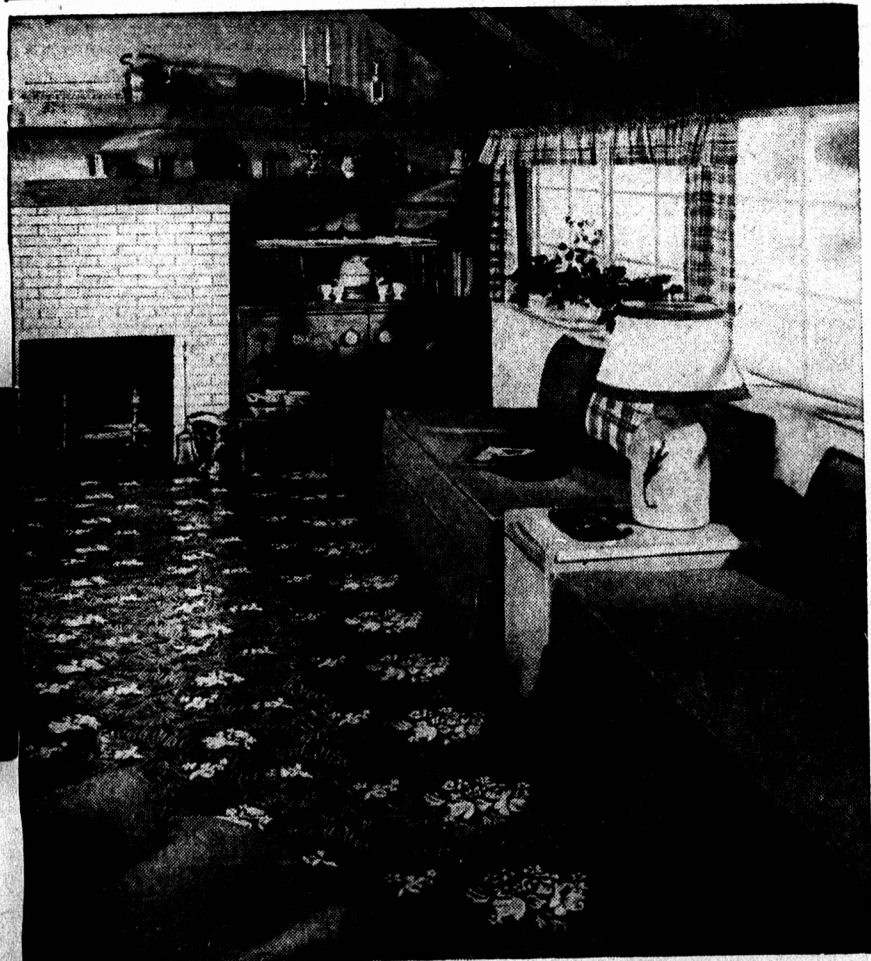
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Better English

By B. C. Williams

1. What is wrong with this sentence? "The boy had fell and broke his arm."
2. What is the correct pronunciation of "telescopic"?
3. Which one of these words is misspelled? Enterprize, patronise, surmise, extemporize.
4. What does the word "formidable" mean?
5. What is a word beginning with ha that means "risky"?

ANSWERS

1. Say, "The boy had fallen and broken his arm." 2. Pronounce the o as in on, not as in nose, and accent third syllable. 3. Patronize. 4. Exciting fear; dangerous to encounter. (Accent first syllable). "No enemy could have been more formidable than this." 5. Hazardous.

How Can I!!!

By Anne Ashley

- Q. How can I remedy a tight shoe that binds at the tie?
 A. Wring a cloth out of hot water, fold it and lay it across the toe, while the shoe is on the foot. This will cause the leather to expand and conform to the shape of the foot.
- Q. How can I freshen stale pretzels?
 A. Pretzels often lose their crispness even when they are kept in a tin container. To bring back their original crispness, put them in a moderate oven until they are heated thoroughly.
- Q. How can I prevent tearing a dress pattern?
 A. Cut the dress patterns out of old cloth instead of paper. This kind of pattern will not tear, and it will cling to the goods without pinning.

BATS IN BELFRY

LETHBRIDGE, Alta. — (CP) — The old saying about "bats in the belfry" came to life here recently. Roofing contractor Reg. Jones found 24 young bats in a chimney he was repairing. He returned next day and found 18 more.

STUTTGART, Germany, July 30 — (AP) — Robert Bratschi, Swiss leader, was re-elected president of the International Transport Workers Federation Saturday.

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