

Happenings of The Week

Mr. and Mrs. Gordon B. Rayner leave this morning for a fortnight's holiday in New York. L. A. C. Gordon Rayner, who had been visiting his parents, has left for England.

Mrs. L. E. Prowse entertained at bridge on Monday evening in honour of Mrs. A. B. Cosh Jr.

Mr. and Mrs. David Matheson and son left on Thursday by car for Edmonton, Alta., where they plan to take up residence. Their many friends regret their departure, and wish them success and happiness in their new home.

Mr. and Mrs. Arthur Roper returned from a holiday in Maine on Sunday. They were accompanied by Mr. and Mrs. J. H. Cerry.

Mr. Earle Baker is attending a druggists' convention in Ottawa.

Mr. and Mrs. W. A. Brock of Elizabeth City, N.J., are guests at the Charlottetown Hotel.

Mrs. W. K. Sharpe of Truro, accompanied by Mr. and Mrs. Stewart Hickman of Brookfield, N.S., have been spending a holiday at Highfield Court. They were joined Thursday evening by Mr. Sharpe, and are enjoying the shooting here.

Dr. and Mrs. William McCarthy and Dr. and Mrs. Corbin Moister of Concord, N.H., are visiting the island during the hunting season.

Mr. and Mrs. G. Hatton and Mrs. Borden of Taunton, Mass., visited the island at the first of the week. They left on Wednesday, when they were accompanied by Mrs. Belle Bagley of New Bedford, Mass., who has been visiting Mr. and Mrs. R. E. Mutch.

Dr. T. A. Laidlaw left on Wednesday for a week in Toronto, accompanied by Mrs. Laidlaw.

Among the many well known visitors here who arrived this week for the opening of the shooting season are Mr. John McCurdy and his son, Mr. Howard McCurdy, of Sydney, C.B.

Mrs. Charles E. Keene and young son Douglas of London, Ont., are visiting Mrs. Keene's sister and brother-in-law, Dr. and Mrs. J. K. L. Irwin.

Mr. and Mrs. R. S. P. Jardine and Mr. and Mrs. Sinclair MacKay left Thursday on a motor trip to Boston.

F/O Donald Thompson is the guest of his mother, Mrs. C. C. Thompson, 56 Green St. He returns to Montreal next week.

Mr. and Mrs. Noel DeBlais left on Friday on a motor trip which will take them through the White Mountains and then to Montreal, where they will visit their daughter, Mrs. F. Clarke Fraser, Dr. Fraser and family.

Mr. and Mrs. A. L. MacPherson and young son Mark spent last weekend in Moncton, N.B.

Mrs. D. A. MacKinnon left on Wednesday for London, Ont., where she plans to spend the winter with her brother and his wife, Mr. Reagh Hooper and Mrs. Hooper.

Mr. R. Hazen Wigmore, formerly of Charlottetown, who is now on the staff of the Dominion Express in Ottawa, is visiting here for a few days, the guest of his sister, Mrs. White, Hunter River.

Mrs. Nora Irvine and her daughter, Miss Joyce Irvine, have returned from a trip to Calgary, where they visited Mr. Donald Irvine.

Mr. and Mrs. W. E. Cotton left by motor on a holiday trip to Boston on Wednesday.

Mr. and Mrs. Alistair MacLeod and family motored to Moncton last weekend.

The Women's Progressive Conservative Association is entertaining at tea at the Clover Club on Tuesday afternoon in honour of Miss Sybil Bennett, Q.C., president of the Women's Progressive Conservative Association of Canada who will be visiting the city that day.

Mrs. J. M. Bell, who with Mr. Bell and family, has moved to School St., was delightfully surprised on Tuesday evening when a number of friends visited her in her new home. The evening was pleasantly spent playing bridge, and Mrs. Bell was presented with a gift from her friends.

Hostesses at the Golf Club this afternoon will be Mrs. M. W. Weeks, Miss Edna McInnis, Miss Grace Paquet, Mrs. Fred Moore, and Mrs. V. L. Dingwell.

Mr. and Mrs. G. R. Keefe and Miss Dorothy Keefe returned Wednesday from a short holiday spent in Maine.

The Rev. Canon E. M. Malone and Mrs. Malone left on Wednesday to take up residence in Halifax for the winter. Their departure is much regretted in Charlottetown, and they will be warmly welcomed back when they return in May.

Mrs. H. S. MacDonald celebrated her ninety-third birthday on September 27th at the home of her

daughter, Mrs. W. J. P. MacMillan, receiving many lovely gifts and messages of congratulation on this happy occasion from her daughters in Boston, Mass., and friends and relatives in Charlottetown. Tea was served during the afternoon and evening to the many callers.

Mrs. Cyril E. MacGregor left yesterday morning to visit friends in Montreal and Ottawa. In Montreal she will be the guest of Mrs. Elizabeth Wood, and in Ottawa of Mrs. C. Stewart Roy.

Lieutenant J. T. McIntyre is leaving today to return to Camp Borden after spending a month's leave with his parents, Dr. and Mrs. Heath McIntyre.

Miss Verna Darrach and Mrs. Neil Darrach, East Royalty, are leaving today for Sydney, Cape Breton, to attend the wedding of Mrs. Darrach's niece, Miss Mildred MacDonald, Miss MacDonald's marriage to Mr. James Fraser, son of the Rev. A. C. and Mrs. Fraser, Valleyfield, P.E.I., is taking place in the Mira United Church next Tuesday afternoon.

Mr. and Mrs. Fraser are leaving Monday morning to attend the wedding.

Mr. and Mrs. K. M. Martin left on Wednesday for Montreal, where they attended the wedding yesterday of their son, Mr. Donald Martin, to Miss Arlene Yeo of Montague, at the Church of St. Andrew and St. Paul.

Miss Phyllis Murray left on Tuesday for Newfoundland where she plans to take up residence.

Mrs. Roland Jewell was the guest of honor Wednesday night at a farewell party given by Mrs. Ross Down and Mrs. Ralph Dumont at the home of the latter.

Mrs. Jewell and her children leave today for Halifax where they will join Lieut. Jewell.

Mr. and Mrs. H. B. Wood of Victoria, P.E.I., returned on Tuesday from an enjoyable trip to Nova Scotia where they celebrated their twenty-fifth wedding anniversary as guests of Mr. P. M. Wass, "Brier Dene Hotel", Windsor, and Mr. and Mrs. Bill Allen, Wolfville. In Hopewell they visited Mrs. Wood's brother, the Rev. Dr. W. A. MacQuarrie, who had just returned from Whitehorse where he officiated at the marriage of his daughter Lieut. (N/S) Louise to Major John Whalley, C.D., R.C.A.

Mr. Launce Burdock of Belloram, Newfoundland, is vacationing in Victoria at "Dunrovin" as guest of Mr. G. Lyman Wood.

Col. and Mrs. F. I. Andrew returned Thursday from Halifax after a pleasant visit with their son-in-law and daughter, Dr. and Mrs. R. Forsythe.

Mr. and Mrs. W. R. LePage left last Sunday for a two weeks holiday to Toronto and Ottawa. On their way they planned to visit relatives and friends in New Hampshire and Lynn, Mass.

Mr. and Mrs. E. W. MacKinnon left on Wednesday for Montreal where they will visit with Mr. and Mrs. Charles MacKinnon before leaving for the South where they will spend the winter.

Mr. and Mrs. Oscar MacCallum left Friday morning on return to Victoria, B.C., after a three months visit with their daughter, Mrs. William T. Rogers and Mr. Rogers. They will be accompanied as far as Moncton by Mrs. MacCallum's sister, Mrs. Jack Hillion, who will visit her daughter, Mrs. Robert Ness, Moncton.

Miss Marjorie Stewart, Mrs. Kay Johnstone, Miss Iris MacLellan and Mrs. Arthur Welton are leaving by car today for New York, Washington and Atlantic City.

Mr. and Mrs. George Purvis, Euston St., are entertaining at a mixed bridge this evening in honour of Mr. C. A. Lloyd, Halifax.

The Misses Rae and Isabel Donald motored to Moncton last weekend, where they visited Mrs. Neil MacDonnell, a former resident of Charlottetown. They were accompanied by Mrs. A. R. Wise, who visited her daughter, Mrs. C. W. Dompierre, and family.

Mrs. Frank Tinney, Experimental Farm, is leaving tomorrow on a motor trip to Boston and New York.

Mr. and Mrs. Ralph Bustin and family of Yarmouth, N. S., were the guests during the week of Mr. Bustin's sister, Mrs. R. Parker and Mr. Parker.

Mr. and Mrs. C. W. MacArthur have returned to their home after spending some time in the United States. They visited Stoneham, Mass., where they were guests of Mrs. MacArthur's sister and her husband, Mr. and Mrs. J. T. Coles.

Miss Nina Bruskett of Bedford, N.S., is a guest at the Charlottetown Hotel.

Mr. and Mrs. J. E. R. MacEwen have returned from a holiday visit in New Brunswick and Nova Scotia.

Mrs. E. G. Saunders, Mrs. A. G. Macmillan, Mrs. H. J. Gordon and Mrs. W. A. Stewart returned yesterday from New Glasgow, where

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That Body Of Yours

By James W. Barton, M.D.

NECESSARY HIGH BLOOD PRESSURE - ESSENTIAL HYPERTENSION

As stated before, the subject of most interest to men and women is their health and the most discussed single subject about health and the body is blood pressure, particularly high blood pressure—hypertension; 'hyper' means above and 'hypo' means below.

This interest in high blood pressure is only natural in view of the fact that hypertension "occurs in approximately half the people over fifty years of age and contributes directly or indirectly to at least twenty-five per cent of their deaths."

The commonest forms in which disability and death occur from hypertension is heart strokes (coronary thrombosis) and brain strokes (apoplexy.)

In his book, "Essential Hypertension," Dr. Richard F. Herndon, of Springfield, Illinois, states that blood pressure may be defined as the lateral pressure exerted on the walls of the blood-vessels by the blood the vessels contain. Blood pressure is the product of the volume of the blood, its viscosity or consistency, the amount of blood pumped out by the heart, and the resistance of the tiny blood-vessels at the end of the arteries (capillaries) and the veins carrying blood back to the heart.

In the normal individual, blood volume and its viscosity are kept quite constant through fluid interchange between plasma (the fluid part of the blood which carries the little blood cells or corpuscles to all parts of the body) and tissue spaces, the secretion (manufacture) of urine, and the reabsorption of action of the spleen which is blood-making apparatus. Thus, under ordinary circumstances, the maintenance of blood pressure depends upon the adjustment of the heart output of blood and the end of the blood-vessel line which vary according to circumstances, to the volume of blood which is always the same in amount.

This relationship between the volume of blood and the walls of the blood-vessels is changed so that the volume of blood meets more than normal resistance in the blood-vessels or capillaries (tiny blood vessels between arteries and veins), more power behind the blood stream is necessary to pump past or through this resistance and thus we have high blood pressure, necessary or essential high blood pressure (hypertension).

"Despite countless investigations and the considerable number of facts that have been revealed, the riddle of essential hypertension remains unsolved." However, one fact that seems to be definitely established is that in the majority of cases, hypertension is an inherited constitutional predisposition. Knowing this, is a safeguard.

Dr. Herndon states that in hypertension (as in many other conditions) it is the patient rather than the malady that requires attention. "The relief of apprehension and fear is particularly important."

DOROTHY DIX'S COLUMN--

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Longing For Ex-Beau A Futile Occupation

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While my husband is a good provider, and kind to us, he says he doesn't love me any more. I feel that by now I have paid for my mistake and am entitled to what happiness I can have with Dan. I don't want to hurt anyone, but I can't go on like this much longer.

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ANSWER: You have been living in a dream world for a long time, and by now you should be ready to wake up and face reality! Adding mistake to mistake is not going to bring happiness. You've been making one mistake after another, have achieved nothing but misery, and certainly by now are old enough to realize that wishful thinking is the most unproductive pastime in the world.

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You were, first of all, too young to become seriously interested in Dan. If you had cared for him, surely you would have had the patience to wait for him. A love affair with a boy for whom you apparently didn't have much affection was, of course, the worst mistake and, despite Dan's protestations, you were fortunate to be married.

Continued on page 11

Household Scrapbook

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Leading Lady Of The Show



MISS JEAN M. TRENHOLME

Miss Jean Trenholme, (above) who will conduct a Cooking School at Holy Redeemer Community Centre on Monday and Tuesday, Oct. 6th and 7th at 8 p.m. under the auspices of Lady Maud Montgomery Chapter I.O.D.E. is herself a Maritimer. She was born in Wolfville in the Annapolis Valley and secured her B.Sc., degree in Household Economics at Acadia University. After graduation, Miss Trenholme worked with the Nova Scotia Department of Agriculture as an Assistant Supervisor, and later accepted a position as teacher of Home Economics in the Collegiate Institute at Peterborough, Ontario. Two years ago Miss Trenholme joined the staff of Canada Packers Food Clinic in Toronto, of which she is now Directress. Last spring Miss Trenholme conducted a series of Cooking Schools in the Maritime Provinces. Her frank and pleasant manner, the charm of her personality and the practical information she provided won the hearts of audience after audience. Those who attend the Cooking School on Monday and Tuesday evening will be assured of a pleasant as well as an instructive experience. Miss Trenholme will also conduct Cooking Schools at Montague Wednesday evening, Oct. 8th and at Summerside Thursday and Friday evenings, October 9th and 10th.

ELLEN'S DIARY

By an Island Farmer's Wife

"It was a nice day," Gage, younger son of this place, remembered of his hours this evening. A day is nice, I think, if you've finished something. That makes it better. "When something's all done," he laughed, and gestured expressively with his hands, "wrapped in a parcel and tied. Like our threshing is now." He sighed happily. "It's all done! Granddaddy said, he thought we'd never see the last of it! But" he nodded brightly, "we did!"

"All except what's in the grain-building out home," Jamie commented. "We'll be threshing that next spring." "Yes," Gage agreed, "and we will!" Then, doubtless recalling scenes from past springs when a last round of sheaves lifted there was a signal for children, dogs, and cats to take up a chase, to dispatch or capture rodents, small and larger, "I wonder where our dog can be!" he mused, soberly. "He must have gone far away because if not, he would have found his way home by this." "He was a nice fellow," Jamie offered, "but he wasn't much good at helping with the cattle, was he?" "Not much good!" Gage echoed, "he was the best dog in the whole wide world!"

So with today's threshing up at the other farm, we at length came to the close of our harvesting, and the gear of it was tucked away for the season. Hearts were happy to have this chore laid but we could see indications of regret as well. "It was nice work, wasn't it?" Gage commented at supper. "Sliced, cold meat was our most substantial offering to the workers, and a bowl of hot potatoes. "Are these cooked in milk?" a young lad not partial to nature's so-called "perfect food" queried. And we were saved making reply when one of the farmers said, "I can't say if they're cooked in milk or not. All I know is they call it a scallop, and it tastes pretty good! Here, have some!" Sliced tomatoes for the tomato-sauce—and in the minority at this house—and mushrooms sautéed in butter for those whose appetites could be intrigued by this tasteful—and rather rare dainty. Baking-powder biscuit to strengthen the waning supply of home-made bread for "over Sunday," a tea-cake which did very well for us despite its hurried mixing, and a bit of colorful preserve to round out the meal.

"The weather," James continued, "well, we couldn't have had a better weather. Nor," he smiled to the helpers who dabble and interested in the work, Jamie too, "better help! So capable and interested in the work, Jamie too," he reached out to pat his shoulder, "when he could be with us, he took a man's place." "It's good to have it finished," Mr. A. offered, then added with a smile, "let's hope we'll all be able to work at the harvest when comes 'round another year!"

Grateful then, we are tonight for replenished granaries and seed-sheaves saved... thankful for countless, often unreckoned, blessings besides.

"The song of lark, the blush of dawn. The heart of a rose, the day new-born. The scent of the briar and clover sweet. Leaves crisp dustling under feet. The bluebells underneath the trees. And new-mown hay upon the breeze. Lupins in a rainbow mist And marigolds the sun have kissed. The cool sweet breath of summer rain. The quiet sleep that follows pain. The glory of the sea and sky. And hours of loving memory. The smile of a child, the hand of a friend. And life anew when this shall end. The joy of conquest after stress. And days of quiet happiness. The good in others that one sees. We thank Thee Lord for all of these. Until Monday --- Diary --- Good-night .....

Fantastic "They say he's no good as a Comet pilot. He blinked and missed Rome completely."

Anne Adams Patterns

SEW A NEW CASUAL

Young, flattering and casually right for almost everywhere you go this fall! Look at the neat, new bow tie on the crisp collar—it's an exciting contrast to the plaid check, or solid color fabric you choose. Hurry, sew it now! Pattern 4735: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 5 yards 39-inch; 1/2 yard contrast. 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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Those whose birthday it is may take heed of the astrological axiom "Expect the unexpected" as things are not what they seem under a strong dynamic drive of Plutonian-Uranian forces, stirring up drastic change, upheaval, with spectacular and unpredictable culmination of plans and objectives. While alert action and disturbed programs proceed definitely in order, all such reversal does not spell disaster or calamity. Perhaps change, travel, opportunity for high adventure, for contacts and experiences with novel situations or personalities may be enjoyed with discretion. A child born on this day may have a "skyrocket career" with unusual ventures—spectacular, sensational. Day After Tomorrow The horoscope continues a strange and quite unorthodox chain of events already on the tapis, with much more of the same thrilling and dramatic action and unplanned programs possibly stepped up by the major influence of Martian-Plutonian urges. Upheaving, radical, far-reaching, hectic, these planetary incitements may bear on the domestic, social, and particularly on the romantic life. It may be advisable to be guided by older heads in strange crises.

If It is Your Birthday Those whose birthday it is are likely not to complain of inertia, static situations, or any type of boredom or ennui during the year ahead. In fact, all things may move at such high tempo as to prove breath-taking, thrilling, unforgettable in a sequence of events which could affect the entire future life. Fiery, explosive, sensational Uranian astral forces rule, meaning sudden and unforeseen change, radical and novel, but with definite token of the romantic, dramatic intriguing, perhaps new and original. A child born on this day, while temperamental, dynamic and erratic, may be gracious, charming, given to vivid romance—possibly unconventional in its actions.

Morning Smile Hollywoodish The fathers' waiting room at the Hollywood Methodist Hospital is called the Helport. He Who Hesitates Inquirer—"Mr. Agony, six months ago I sent my husband out for a

loaf of bread, and I haven't seen him since. What should I do?" Mr. Agony—"Don't wait a minute longer. Send out for another loaf of bread."

APPETITE GONE? If you're not eating as you should because of an upset tummy, chances are that Morissey's Stomach Tonic will put things right. One user, a man who was listless and lost weight through not eating, gained 15 lbs. after taking three bottles of this grand tonic. Buy yours at any Drug Store or Drug Counter. \$2.00 bottle gives 21-day treatment.

MORISSEY'S TONIC

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FOR THE BEST IN DRUGSTORE NEEDS

Glugges DRUGS

PHONE - 3060

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