

The Stars Say --

By Genevieve Kramble

The auguries are for an extremely lively and aggressive day with the energies and initiative keyed to high purpose. This in a direct and determined way, with confidence in the abilities for putting over desired aims and ambitions in a wholly constructive manner. Energetic action applied to tried and practical skills should yield splendid results. Dynamic attack wins.

For the Birthday

Those whose birthday it is are assured a year of activity and accomplishment, especially in manipulating innate forces and powers into constructive and lucrative channels. Strenuous attacks on practical propositions, perhaps in new efforts or techniques, should reap satisfactory returns. Be dynamic and forthright in all undertakings and experiments. A child born on this day should be a "do-er" and a "go-getter," aggressively putting forth its energies and skills in constructive and creative channels.

served first, the children should be taught to be patient and to observe the rules of good manners. Q. If the marriage ceremony is to be performed in the clergyman's home or study, how are invitations issued?

A. Usually notes are sent to those whom the bride and groom wish to have present. Q. Is it good form to use ruled paper for social correspondence? A. No; use plain, white, unruled paper of good quality.

Timely Notes On Nutrition

By Marjorie G. Hill

Ice cream deserves more credit than it generally receives, according to F. C. Dahlberg of the New York State Experimental Station. Though ice cream has a world-wide reputation as a Canadian and American dessert, and is produced in enormous quantities commercially, especially at this time of year. Most people do not realize that it is a nutritious food rather than a sweet ending for a meal.

Ice cream offers excellent protein, calcium, and several essential vitamins, particularly Vitamin A. Recent studies show that riboflavin in ice cream is more fully used by the body than riboflavin in some other foods. This is important because people who do not take enough milk run short on this nutrient. Ice cream, then, is a good buy, judged on the cost of food nutrients, but milk is less expensive.

To show how nutritious ice cream is, Dr. Dahlberg suggests two dishes of plain ice cream as a satisfying "reducing" lunch for a physically active man. He estimates that this ice cream lunch would supply from 200 to 400 calories which would be a "reducing" meal for an active 154-pounder who needs about 3,000 calories to maintain body weight.

The protein of ice cream is in good relation to its calories and this lunch would also provide important minerals and vitamins its sugar relieves hunger promptly. Its milk sugar and milk fat are digested more slowly, thus furnishing energy gradually for a few hours.

That Body Of Yours

By James W. Barton, M.D.

"SILENT" GALLSTONES

Physicians are finding that some organic or real ailments do not seem to cause any symptoms in some individuals, while in others with the same ailment the symptoms will be severe. These cases in which no symptoms arise, are called "silent" cases; there is for example, silent cancer of the stomach which, because the symptoms are silent usually progresses to a point where it is too late to operate before it is discovered.

Then there is what is called silent hunger in which, although the individual is not hungry, he eats because he thinks he should. Actually, the stomach and digestive juices are "waiting" for food, though not causing any hunger pangs. In "Annals of Surgery," Drs. Mandred W. Comfort, Howard K. Gray (Mayo Clinic) and James M. Wilson (Mayo Foundation) report on 10 to 20-year follow-ups in 112 cases in which gallstones (silent or without symptoms) were found during abdominal operations for conditions other than gallstones.

Because gallstones, once they start moving out of the gall bladder through the small tubes, may cause agonizing pain, the question arises as to whether or not these gallstones should be removed if they are causing no pain. In the opinion of these Mayo surgeons, treatment of the silent gallstone, discovered by X-ray or otherwise, may be classified as optional or elective on part of the patient and patient's physician. However, operation should not

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ELLEN'S DIARY

By An Island Farmer's Wife

It is indeed clearly evident that "Home Sweet Home" is a phrase that has been often in mind in recent months as the influx of Summer folks to the Island now indicates. Back their come — relatives, old friends and new, as we would have them, with the light of a pleased realization in their eyes, to this land which gave them birth. To some it is another annual pilgrimage while others return after a long absence. And once more, eyes rest on the welcoming red cliffs, the green fields, the tiered woodlands, in this spot which we doubt not no matter how fair are other skies, will be ever Home to them. And sometimes new generations, born to sons and daughters of the land make a first visit "just to see if The Island is as lovely as it has been painted to us!"

Isn't it the funniest thing the impressions we can get from others? One of these said in our hearing not long ago, "I always had an idea that mother's school was... well... rather pretentious, she talked so much about it. Her class-mates were delightful and to us it was quite a wonderful seat of learning." "And," she added in a low tone "it was a surprise to find it only a one-roomed building on my grandfather's farm!" "And not a wonderful seat of learning!" "Oh yes," she smiled "it must have been since mother respects it so!"

So back they come, the native, born sons and daughters of The Island to search once more for familiar scenes, to walk again the old paths, to look out again upon well remembered horizons. To sit in Church on Sunday morning, and even with a worshipping heart to keep trust there with the shadows from the old years. "There have been changes — yes many of them, since our last visit" one said today "but it's so good to get back again to see the folks. "We're enjoying every minute of our stay!" We think as well of those visitors who may not call this Province their own, who come to it, perhaps for the first time, or who have been drawn again to it, because of a certain charm or peace that it owns. May their stay be pleasant, and may they take away with them kindly impressions of our Province and our people!

At Alderlea, in the turn of the days we have now arrived at the haying. Not that the housewives are altogether aware of it yet since we have scarcely entered the season, other than to read again the seasonal signs of it. James goes to the choring with a pre-occupied air and shows little interest now in our chatter or queries. He listens instead to any chance wandering breeze, and scans sky and pond for assurance of continued fair weather. And if there have been odd times when it's help has been discounted on the farm, there is now proof of a certain dependability in the repeated reminder to "Listen in to the weather, Ellen!" And our steps are light when we hasten across the yard to report: "It's going to be fine, James!" And how they lag, in respect to the work at hand when the forecast predicts a shower or showers in the offing! Beautiful this day has been and ideal for any phrase of the haying, as it was for ours at the mowing in the far fields at the other farm.

And a starlit sky keeps watch now above the quiet countryside with a new moon of July in a bow that is pale gold, away towards the West. Clean swept it has been by the brisk fresh wind of day, the same one that scattered spent petals about the lawn and fashioned lovely shadows on the satin of the waiting hay-lands, before it went up the creek at sundown to its rest. "And how was it, Ellen?" James enters now in the lamplight, every chore completed. "that you women didn't get the milking done? And we so busy at the mowing?" "But with those nursing calves, James, how could we? If we as much as untied them they would run away with us!" "No fear of that, Ellen!" he says, matter-of-factly, "Not if the two of you gripped the leading ropes and dug in your heels!" It may be that an extra and strenuous chore is about to be thrust upon the women-kind during the haying!

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

Cook's Corner

Wash currants well, do not stem, and place them in a kettle. Add water to barely come to top of the fruit and cook until fruit is soft and mushy, taking care that fruit does not stick.

Pour into jelly bag and allow to drain without squeezing until pulp is almost dry (overnight if possible). If bag is squeezed, jelly will be cloudy.

Measure juice and to every cup set aside 1/4 or 1/2 cup of sugar. Boil juice without sugar 15 to 20 minutes, depending upon richness of juice.

Remove kettle from fire, add sugar slowly to juice and stir until dissolved. Put kettle back on fire and boil hard for approximately 8 to 10 minutes or until jelly sheets from spoon. Pour into hot sterilized jars.

DOROTHY DIX SAYS -

Self-Sacrifice

More A Weakness Than A Virtue, Says Miss Dix

DEAR MISS DIX: In a recent check-up of myself I find I am what is known as a "giver" personality. I remember birthdays of friends and relatives, yet my own passes unheeded. I write letters of cheer and sympathy that people love to receive, yet my sorrows and joys are borne in gruesome loneliness. I speak kindly and loyally of all I know, yet unkind and hurting criticisms are my lot. I am so disgusted with living because I seem utterly unable to cultivate selfishness as a virtue. My only consolation is the fact that I am only 22 and still can change, but how does one strike a happy medium?

M. R. K.

ANSWER: I suppose the only workable suggestion would be for you to reverse the Golden Rule and do unto others as they do unto you. The only trouble in pursuing this line of conduct is that it will hurt you a hundred times more than it will those to whom you apply it. For a generous nature loves to give and finds far more happiness in giving than in receiving. A loving heart overflows with tenderness that it must expend on those about it, and an unselfish nature gets an exquisite joy in sacrificing its own pleasures to those near and dear to it and making life easier for them.

SHOWS LAZINESS

Unselfishness is exploited as a virtue, but it is, in reality, generally just a manifestation of weakness, laziness and lack of backbone. A wife thinks she is unselfish to her husband when she gives in to all of his whims and lets him inflict petty tyrannies upon her and ride roughshod over her, but it is because she lacks the nerve to stand up and fight and force him to treat her properly. The woman who makes of herself a doormat for her children thinks she is an unselfish mother when she spoils them to death and makes them little hellions, but it is because it is easier to give in to them than it is to make them behave themselves.

Because this is a selfish woman to have scant respect for those who lack courage to stand up for their own rights and who let us impose upon them. It is never the enslaved wife or husband who is the adored one. It is never the mother who looks like a human rag-bag while her daughters are dainty hints from Paris, whose children look up to her. Visiting relatives think more of being asked to Cousin Sophronia's to tea than they do of grafting a three weeks' hotel bill off Aunt Emma. Nobody loves the family goat or makes a pet of it.

So you are a wise young woman to realize at 22 that you have the self-sacrifice complex, because you have time to modify it. And this I advise you to do both for your sake and the sakes of those about you. There is neither dignity nor virtue in being an easy mark.

DEAR DOROTHY DIX: I am a man and am losing all my love for my wife because she is so untidy. She believes there is some other woman, but there is not. It is her own slovenliness, her own aversion to soap and water. When I married her she was a cute little blonde with beautifully curled hair, but now her face needs washing, her hair needs a shampoo and combing, her clothes need to go to the cleaners, her shoes need their heels straightened, and if I dare suggest that she looks as if she needed to be run through the laundry she says that there are other things she would rather spend money on. She says she cannot darn stockings or fix a ripped hem. She is a sweet little girl and could be very attractive if only she was neat. In the meantime we are getting nothing out of life just for the lack of cheap cleanliness, for I am ashamed to be seen out with her. She has all the time in the world and nothing to do, as we live in a hotel. What must I do?

DESPAIRING HUSBAND

ANSWER: I don't know unless you turn the hose on her. For untidy people seem to be wedded to their dirt and no persuasion makes them part with it.

I don't blame you for being disgusted with your wife, for nothing in the world is more repulsive than a slovenly woman. She shows that she lacks self-respect, for that would make her try to present as good an appearance as possible before the world, and it would make her take care of her person and her clothes. The only explanation is laziness. She is too lazy even to take a bath or get somebody else to clean her clothes, and against that sort of slothfulness a man beats himself in vain. Nothing can change or alter it, not even the knowledge that she is losing her husband for the most shameful of all reasons—because she is dirty. What a pity!

DEAR DOROTHY DIX: Does a man whom a child or a dog takes to make a kinder husband than one whom children and dogs dislike?

F. P. B.

ANSWER: If there is any scientific data on this subject, I have never seen it. But there is a lot of truth in most old saws, and the general belief that children and dogs are intuitive judges of the kindly or harsh natures of people must be founded on the observation of generations who have noticed the reactions of babies and dumb animals to certain types of individuals. However, I certainly would not advise a woman to marry a man who did not like children because he would be likely to make a hard father and one who always regarded his children as encumbrances and brats.

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

Better English

By B. C. Williams

1. What is wrong with this sentence? "Mr. Brown is the party who I referred to you."

2. What is the correct pronunciation of "pecan"?

3. Which one of these words is misspelled? Withall, install, overall, incidental.

4. What does the word "mendacious" mean?

5. What is a word beginning with the letter "fabulous"?

Answers

1. Say, "Mr. Brown is the person whom I referred to you."

2. Pronounce the a as in can, not as in ah preferred; accent second syllable.

3. Withal.

4. Given to falsehood; lying. The speaker made some mendacious statements."

5. Legendary.

BLACKHEADS

Get two ounces of proxone powder from your druggist. Sprinkle on wet, wet cloth and apply to the face gently. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.

-Needlecraft-

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2057  
SIZES  
11-19

Morning Smile

A Joke

A parishioner called on the clergyman and wife. Presently the minister's little son went up to the visiting lady and blurted, "My, but you're homely." Horrified his mother remonstrated: "Whatever could you mean by saying such a thing, Son?" "Only meant, . . . meant it for a . . . joke," the boy stammered. "Well," his mother purred unwittingly, "how much better the joke would have been if you had said to Mrs. Jones, 'How pretty you are!'"

How Can I!!!

By Anne Ashley

Q. What is a good liver corrective?

A. The juice of a lemon taken in hot water the first thing in the morning, is an excellent liver corrective, and is often an effective anti-fat remedy for stout people.

Q. How can I brighten the colors in rugs?

A. By using a mop wrung out of warm water, to which a little ammonia has been added. Turpentine also brightens dark colors.

Q. How can I remove peach stains from linen?

A. First soak the linen in glycerine, and then wash in hot soapsuds.

Household Scrapbook

By Roberta Lee

Photograph Records

Fingerprints, grease, and dirt may be removed from phonograph records by use of a weak solution of soap in water. Moisten a wisp of absorbent cotton with this solution and wipe the record. Then wipe the surface with plain water.

Jars Kept Sweet

A little powdered borax sprinkled in empty fruit jars with the cover screwed on tightly will keep them sweet until needed another year.

Cleaning the Iron

If the iron has become coated with a film of starch, run it over a sheet of fine sandpaper and the iron will become perfectly smooth.

Modern Etiquette

By Roberta Lee

Q. Would it be correct to serve children first at the dinner table, in order that they may finish and go out to play?

A. No; this would make the children selfish and rude. The grown people should always be



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