

Celebrate Golden Wedding



Photographed while celebrating their golden wedding, Mr. and Mrs. James Stuart, West Royal, begin their second half century of happy married life. Mr. and Mrs. Stuart were married in Northern Scotland, and their thirty three years together were spent in that country. They came to Canada in 1910 leaving three of their children who still remain in Scotland. Among the guests at the reception were their daughter and her husband, Mr. and Mrs. Duncan MacGill, Sackville, several grandchildren and one great-grandchild.

ELLEN'S DIARY

By An Island Farmer's Wife

Interesting indeed to us are the visitors, these Summer days bring to our door. The young and these older, from near or far. "The Spud Island Special," blessed conveyance to many, bearing them as it has back to beloved scenes of former years, has yielded us more than one of its passengers. One young matron, mother of two small maids brought the wide distance from Pacific to Atlantic to visit with her people, to see for the first time, places which up to now have been only legend, to meet and enjoy their kin, "flesh of their flesh." And how did you fare? "We quered admirably, remembering that granddaughter would likely prove to be a restless and wearisome companion on a lengthy journey, sweet as she is, "But they were good", she returned, "Yes, very good and entertainment was provided for them. And you must remember," she chuckled, "we travelled in a truly fine company!"

One woman, an Island school-teacher of the long ago, who with her son made the long trek from Calgary to spend the interval of holiday with those of her line, and friends, related that she had been told before they set out: "This will be a lonely pilgrimage for you, because so many you once knew are only memories now." However, she smiled, "It's been quite the contrary - Of course there are those I miss. That is to be expected, but "this chic alert lady declared, "am I not meeting many of those I knew - much older than I, and still as smart as can be! And you'll never know what a delight it has been, and is, for me to meet again former pupils of mine. And how in most cases, 'the child' has been 'father of the man'! She was gowned in gray - a pretty shade of it, that reminded us of the first touch of twilight on the far Summer hills. To further enhance it she wore a bewitching necklace and earrings of jet. These adornments, we confess, awakened a train of longing, which at once required us earthly mortals that we are, to quell our disquiet with the reminder, "Ah, Ellen, thou shalt not covet! A modish white straw crowned fashionably - coliffed silvery tresses to present an exceedingly attractive picture. And her face? How shall we draw a lovely likeness with our poor words?"

Island company we enjoyed as well, young and attractive matrons, and older and very gracious, those to whom it was obvious the world always had been, and is most kindly and others sweet-faced, who have courageously battled the years - and won, deserve now the best the future can bring them in happiness, peace and content. "So you see, Ellen, I had to smile - there was nothing else for me to do!" one of this noble band chuckled, smiling, and stooping pick up the gauntlet of some trying years. If, as has been, and is sometimes suggested, the world is heading for wreck and ruin because of the frivolity and light-living of the women-kind of our day and age; it has been most encouraging for us to note that those in our number of visitors are apparently taken up as well with the affairs of home and family, maintaining as well, a healthy interest in Church and community life, and all the items that contribute to good living. And what of our stern callers? Those of the other sex, and equally interesting, who comment, "And so you're James... poor fellow!" And is this Ellen? What daughter of Eve would presume to even touch upon the mystery and bewitchment of these?

But a very dear and singularly handsome masculine friend of ours sat in the dampness on the telephone wires beyond a window... a dapper ruby-throated lad who flirts with the flowers, and us... when the truck bearing our offering of fat cattle for market went out along the hill this morning, "It is a funny thing, Ellen," James remarked at dinner, which was full of weightings and breeds as well as firstlings of peas - and cherry pie. "It was a damp morning when the cattle went last year. Not so wet as this, but as I recall it, there was no work that day at the haying. Now in the lamplight, he looks up from a brown study in the old arm chair to offer with a keen sigh: "Do you know what we've got to do now, Ellen? We have to buy a new binder - and they come mighty expensive nowadays, I'm telling you!"

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

A Country Garden

By Mrs. Gordon Macmillan

Nature never did betray: The heart that loved her; 'tis her privilege Through all the years of this our life, to lead From joy to joy; for she could so inform The mind that is within us, so impress With quietness and beauty, and so feed With lofty thoughts, that neither evil tongues, Rash judgements, nor the sneers of selfish men, Nor greetings where no kindness is, nor all The dreary intercourse of daily life, Shall e'er prevail against us, or disturb Our cheerful faith, that all which we behold Is full of blessings. -Wordsworth.

Fragrant Phlox and tall Hollyhocks in bright colors are making the garden a pleasant place to see just now. It is true that there are weeds to see as well as fragrant flowers, but we try to avoid them in our garden tour, and we are not always successful in this attempt. Perennial Phlox is one of the finest hardy plants for our garden, with long lasting bloom and increasing in size every year, so that divisions can be made and a large collection of plants for the garden is obtained in a short time. Phlox needs rich soil and an abundance of moisture in the growing season.

The new varieties are superior to the old, except for an early white by the name of Miss Lingard, this Phlox has the most beautiful foliage of any that I know. Lovely lavender colors can be obtained in the hardy Phlox as well as all shades of pink, rose, and red. Early and late varieties make the garden fragrant for weeks in mid-summer and bright with color. Hollyhocks are suitable for a large garden and their height in the perennial borders contributes a great deal to the garden picture. Clematis Jackmanni is now blooming in two places on the house wall. When dividing the vine last Autumn I was a bit fearful of the result, but the effort was worth while, as the old vine had become too heavy for beauty and it now looks very well with the lively purple-blue flowers; these are beautiful for decoration and are long-lasting. More seeds have been sown of Sweet William, Foxglove, Iceland Poppy and other biennials.

Violas and other things will be sown as soon as the seed is gathered from the garden and it is an easy way to obtain many plants for the garden borders. This is the time to take slips of Geraniums for winter blooming, and I find it easy to break branches of the plants that I need and plant them in a shady place or in a window box, then in the Fall they can be potted up and will give color for the Winter season. Annuals have been brought from the field and planted in the border to extend the blooming period, it is important to have some plants to take the place of those that have finished blooming and Cosmos and Zinnias are very good for this purpose. A dear old lady of ninety-four summers visited the garden last week, and I was so very sorry to miss seeing her; being absent from the garden for a couple of hours. At this season of the year, it is a delight to stay at home and meet the nice folk who come to the garden, and the very old are especially welcomed. I hope she will come again. The early morning is the loveliest time to see a garden.

Give me at sunrise a garden of beautiful flowers Where I can walk undisturbed, Give me solitude - give me nature - give me again, O nature, your primal sanctities. -Walt Whitman.

How Can I!!!

By Anne Ashley

Q. How can I prevent ingrowing toenails? A. Shoes and stockings that are too short are very often the cause of ingrowing toenails. It is far better to have both the shoe and the stocking a half inch too long. Q. How can I extinguish an oil blaze in the home? A. When oil is burning, never throw on water, as this spreads the flames and increases the danger. Throw on meal, flour, sand, earth, or gravel.

DOROTHY DIX SAYS -

Ideal Mate

Seek Marriage Partner With Traits Which Fill Your Particular Needs

DEAR MISS DIX: Do you believe that there is a certain mate created by Nature for every person, or do you believe that it is up to us to select our own mates? T. A. S. ANSWER: I am sentimental enough to believe that there is a mate for each of us somewhere in the wide, wide world, someone who is our counterpart, who would satisfy our every need of soul and mind and body. But I am also very certain that our chances of ever finding our affinity are so remote as to be negligible. The happy marriages are those of the lucky people who have found their mates. The unhappy marriages are those in which the husband and wife are mismatched. The whole problem of the success or failure of a marriage is bound up in getting the husband or wife who is the right one for the individual.

INTRINSIC WORTH UNIMPORTANT The intrinsic worth of the person has very little, if anything, to do with it. Every day we see fretful, discontented women married to men who are model husbands, who are tender, kind, considerate and provide them with every comfort. And we see men who are unfaithful to wives who are beautiful, intelligent, amiable, domestic-paragons of wives. And we see women happy and content with husbands who fail off the water wagon now and then, who are high-tempered and irritable, who are shiftless and lazy and poor providers. And we see husbands crazy about wives who are homely or dumb or extravagant or sloppy and slovenly housekeepers. The explanation is that the happy married people are those who have found their mates, the ones who had the qualities that satisfied them, and that outweighed all their virtues intolerable because they answered no corresponding need in themselves. For proof of this theory you have only to notice how often second marriages are happier than first. Inasmuch, however, as our chances of winning out in the matrimonial lottery by finding the mate which Nature intended for us are about a million-to-one shot, it is not safe to sit down and fold our hands and trust to Lady Luck to bring our prize to us. Nor is it feasible to wander about with a dark lantern in our hands searching for the Right One, as Diogenes searched for an honest man. The best we can do is to look 'em over as carefully as we can, and to try to deduce from this and that whether he or she fills the bill or not. It is, of course, a procedure in which one is liable to make mistakes, but it leaves us an opportunity to at least exercise our own taste and discrimination.

DEAR DOROTHY DIX: I am much interested in these young men who have been writing you who are fearful lest they should not have authority over their wives. If a man lives a life of unselfish consideration for his wife, provides for her ungrudgingly, constantly develops the qualities which challenge her admiration, there will be no question as to his authority. If, on the other hand, he is tyrannical and stingy and arbitrary and demands slavish service and obedience, his wife may give him outward deference, but in her heart she will despise him. A WOMAN OF SIXTY-FIVE YEARS' EXPERIENCE

ANSWER: You are right, sister. If a man wants his wife to look up to him, he has to live on a pedestal. If he wants her to admire him, he has to be worthy of admiration. If he wants her to defer to his opinions, they must be the views of a wise man and not the prejudices of a fool. I know a wife who comes as near to obeying her husband as any intelligent emancipated woman does in these days. That is, she never does anything important without consulting him and she abides by his decisions. In explaining this, she says: "Of course I defer to my husband's wishes because he always considers mine, and I ask his advice because he has the best judgment of anybody I know. Also, he is always fair and just. But if I were married to a silly, prejudiced man or one who was always making mistakes, I shouldn't think of such a thing as being guided by him." And that about sums up the situation.

DEAR DOROTHY DIX: Please tell me what I can do about my social life. I feel that my whole life is ruined because I am handicapped by being a cripple. When the other girls talk about their beaux, parties and dates I feel as if I don't belong anywhere and my heart is heavy. How can I get over this? GERTRUDE ANSWER: To lose heart is worse than losing your leg, Gertrude. You must fight against this hopelessness and achieve what Stevenson called "the brave attitude toward life." That means making the best Continued on Page 5

True Success Story

By F. H. MacArthur

Ralph Waldo Emerson once said, "men are made each with some triumphant superiority." True, and to some thousands the superior art is writing, law, medicine or farming. Those who have toiled while their fellows slept have found the talisman, and speak the sesame. Others still pursue the elusive things. But whoever intends eventually to possess the Holy Grail must be prepared to pay the fiddler, and, once the price has been paid, the cask of gold at the rainbow's end invariably starts to fill up according to his vision. The triumphant superiority of Art McIsaac who now operates the Eastern Investigation Bureau at 9 Prince St., Halifax, is handwriting. Art has the distinction of being Canada's finest penman. He was born on the Souris-Line Road a little over half a century ago, the son of a P. E. Island farmer.

Art McIsaac served overseas with the 105th Battalion. Upon his return to Canada, he joined the Halifax Police Department, from which service he retired after twenty-five years. In 1943 he enlisted with the Auxiliary Service Canadian Legion in the capacity of Personal Service Officer, with the rank of Major. Mr. McIsaac's work during this period was so outstanding that men and women in the various services still remember him for his efficient labor. Having traveled the hard road himself, Art is always willing to help any deserving fellow, but his chief fame rests in his handwriting per excellence. He is a penman, handwriting psychologist and international authority on forged and disputed documents, are but a few of his attainments. All across Canada and the United States you may find, if you happen to be a happy wanderer, poems, college diplomas, etc.; done by this clever fellow who leaves a lasting trail in ink. Among this scribe's personal treasures are a group of poems written and signed by A. F. M. I am proud to add the name of Art McIsaac to my list of True Success stories.

That Body Of Yours

By James W. Barton, M.D.

MANAGING A NEUROTIC IN A GENERAL HOSPITAL

You are hearing and reading about psychosomatic medicine. "Psycho" means mind and "soma" body; thus "psychosomatic" refers to symptoms due entirely or almost entirely to the effect of the mind on the body. Those who have no organic disease but who suffer with symptoms caused by the emotions are called functional cases because while there is nothing wrong with the structure of an organ, there is something wrong with the function or use of the organ. Thus, a heart that is normal in structure may be beating too rapidly. This would be a functional condition, whereas if the fast beating were due to some structural abnormality it would be an organic or true heart disease. In Postgraduate Medicine, Dr. Baldwin L. Keyes, Professor of Psychiatry, Jefferson Medical College, Philadelphia, states, "For a long time now we have given up the idea that a patient is either an organic or functional case, that he must be one or the other. We know well enough that all organic cases are also functional cases. There is no separation between psychiatry and medicine. It is the total patient in whom we are interested."

The medical or surgical departments and the psychiatrist should, therefore, have frequent enough conferences and consultations sitting together and discussing the problems of the particular patient so that all persons handling that patient have the same viewpoint that is, helping the patient as a whole. A good social worker can help greatly by getting a more complete history - home, domestic affairs, financial problems. "There is no line that you can cut and say, 'This belongs to you and this belongs to me.' It is the total patient. Our mistake in modern medicine in the handling of these patients is that we cut them up into specialties." Dr. Keyes points out that with a group of physicians prescribing a line of treatment, the patient learns to do a great deal for himself if the doctor in charge has patience in listening ear, and some explanations as time goes on. Interpret to him the emotional problems that are the underlying cause of his symptoms.

NEUROSIS Believing you have a physical ailment when none exists is a neurosis and is becoming increasingly common. Write today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it, send 10 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.

Household Scrapbook By Roberta Lee Canvas Auto Top Ordinary weather stains on the canvas auto top, caused by soot, rain or dust, can perhaps be best removed by brushing with a hot soap solution and rinsing. Some weather stains on canvas can be lightened by using bleaching powder, or Javelle water.

Mosquitoes Ideal breeding places for mosquitoes are wet areaways, gutters, drains, tanks, bottles, barrels, cans, pails, kegs, tubs, buckets, and empty boxes - any receptacles that can collect water. Paraffin Keep the paraffin in a lipped utensil, or cheap tin teapot, for quick melting and convenient pouring.

Cook's Corner

SCALLOPED SQUASH WITH PEPPERS

3 cups sliced summer squash 1 cup sliced green pepper 1/4 cup sliced onion Salt Pepper 1/2 cup fine dry bread crumbs 2 tablespoons butter Arrange vegetables in layers in a greased casserole, sprinkling each layer with salt, pepper and bread crumbs. Dot top with butter. Cover and bake in moderate oven 350 degrees F., about 35 minutes. Remove cover and bake 10 minutes longer or until crumbs are brown and squash tender. Yield: six servings.

Morning Smile

Deficient Nature

Among the wonders of Mexico are hot and cold springs situated close together. There one may watch native women scolding in a hot spring, rubbing them in a spring of cold, clear water. Watching this interesting spectacle one day, a tourist remarked to his guide, I suppose those women think old Mother Nature is pretty generous, eh? The guide smiled crookedly and said, "No, sir," he replied, "they grumble because she supplies no soap!"

Better English

By B. C. Williams

1. What is wrong with this sentence? "The coach claims that four miles are too far to run." 2. What is the correct pronunciation of "robust"? 3. Which one of these words is misspelled? Effluence, efficacy, effervescence, effluent. 4. What does the word "indiscreet" mean? 5. What is a word beginning with bo that means "high-sounding"?

The Stars Say - -

By Genevieve Kumbie

For Wednesday, August 9 THE auguries are for difficult, trying, testing, and frustrating conditions, possibly with impediments and postponement all along the way. While the inner urges may be vital, perhaps hectic, rash, the mentality may not be up to the mark, may be confused, misleading, reckless, and it may be difficult to put over cherished plans. There may be blocking and delays in all efforts and desires. At that—in a crisis, depression or disappointment, there is sign of

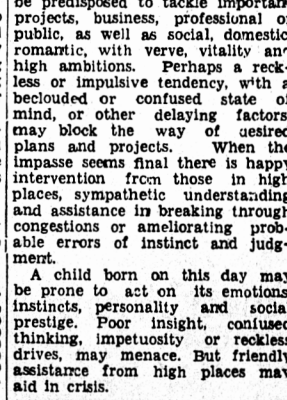
Modern Etiquette

By Roberta Lee

Q. In a restaurant, if a woman stops at a table to talk for a minute with some acquaintances should the men at that table rise whether they are acquainted with her or not? A. Yes, and they should remain standing until she takes her leave. Q. Even if the wedding is to be very small and informal, would it be all right for a bride to wear a white bridal veil? A. Yes, provided it is not her second marriage. Q. Is it considered bad manners for one to sip coffee or tea while chewing on food that is already in the mouth? A. Yes, this is very ill-bred.

substantial aid, understanding, a willing hand in influential places, to further such aims. If It Is Your Birthday Those whose birthday it is, may be predisposed to tackle important projects, business, professional or public, as well as social, domestic, romantic, with verve, vitality and high ambitions. Perhaps a reckless or impulsive tendency, with beclouded or confused state of mind, or other delaying factors, may block the way of desired plans and projects. When the impasse seems final there is happy intervention from those in high places, sympathetic understanding and assistance in breaking through congestions or ameliorating probable errors of instinct and judgment. A child born on this day may be prone to act on its emotions, instincts, personality and social prestige. Poor insight, confused thinking, impetuosity or reckless drives, may menace. But friendly assistance from high places may aid in crisis.

First Ontario Man Wounded in Korea



Cpl. Joseph G. Kenny, 21, of St. Catharines, Ont., shown above with wife, was listed as wounded in the Korean war. He is believed to be the first Ontario casualty. Wife and baby of Cpl. Kenny, are shown at right at the home of her mother in Fort Erie. She last saw her husband on New Year's day when he left St. Catharines for re-enlistment in U.S. forces.



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Needlecraft -

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flames and increases the danger. Throw on meal, flour, sand, earth, or gravel. Q. How can I avoid having to squeeze the juice of lemons every time a recipe calls for it? A. Why not extract the juice of a dozen lemons at a time and keep in a tightly covered glass jar in the refrigerator? It will prove a great convenience.



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