

Engagement Announced



Mr. and Mrs. R. J. Conrod, Halifax, announce the engagement of their daughter, Barbara Ruthford, to Frederick Charles, son of Mr. and Mrs. C. F. Hine of Charlottetown. The wedding is to take place on October 23 at Cathedral Church of All Saints, Halifax, N. S.

LET'S EAT

Avoid Food Poisoning With A Few Precautions

By IDA BAILEY ALLEN

IN spite of the general health progress reported this past year, cases of food poisoning have increased. These include only the sharply defined cases; there is no way to estimate the many additional cases of indigestion and stomach cramps often due to minor food poisoning from carelessly prepared food, whether eaten on picnics, traveling or at home.

Health Precautions

Play safe. Always wash your hands before handling foods. Wage war on flies, ants and roaches; they are carriers of germs. Refrigerate perishable foods at 40-45 degrees F. Cook all pork products thoroughly. Keep fish only 24 hours unless frozen in the food-freezer. Refrigerate all dairy products and eggs all the time. Keep cold all custard-type desserts and cakes and ready-to-eat packaged puddings, and use within 24 hours. Train modern refrigerator with common-sense care, and food poisoning can become a thing of the past.

TOMORROW'S DINNER

- Tomato-Cucumber Aspic Saladettes
 - Fish Fillets Skillet
 - Parboiled Potatoes
 - Buttered Beets
 - Apricot Refrigerator Pie
 - Coffee
 - Tea
 - Milk
- Fish Fillets Skillet: Cut 1 1/2 lbs. fresh or half-thawed frozen fillets into large dice. Heat 3 tsp. butter or margarine in a heavy skillet that can go into a large oven. Add the fish and 1 large onion, diced and peeled; slow-fry until golden brown. Add 1 tsp. salt, 1/2 tsp. monosodium glutamate, 1

Weeks-Moore Wedding



Pictured above are the principals in the Weeks-Moore wedding. Reading from left to right are: Mrs. Harold MacKay; Miss Faye Stewart; Mrs. Myron Weeks; Mr. Myron Weeks; Mr. Elois Dickleson; and in front, Miss Judy Chisholm.—(Barter's Film Lab.)

Fern and pastel-shaded gladioli formed an effective background for a pretty wedding at Central Christian Church, Charlottetown, on September 2nd at 3:30 p.m. when Hazel June, daughter of Mr. and Mrs. H. Penna Moore, Charlottetown, became the bride of Myron MacDonald Weeks, son of Mr. and Mrs. William Weeks, Fredericton, P.E.I. The wedding ceremony was performed by Mr. M. D. Dunbar. The wedding music was played by Miss Thelma Burns. Prior to the entrance of the bride, the soloist, Mr. Preston Beck, sang "Because" and later rendered "I'll Walk Beside You." The bride given in marriage by her father was attired in a floor-length gown of nylon tulle over taffeta. The gown was fashioned with a fitted bodice and Peter Pan collar, edged with nylon appliques. Long sleeves with lace and pointed at the fingers. The full skirt was dotted with nylon appliques. Her bonnet-shaped headdress was caught in the back by a shoulder length veil of bridal illusion. She carried a bouquet of apricot gladioli.

The bride was attended by Mrs. Harold MacKay, as matron of honor and Miss Faye Stewart as bridesmaid, both cousins of the bride. They were gowned similarly in dresses with fitted bodice and pointed collar of sparkled nylon sheer. The full skirts were of nylon tulle over taffeta. Mrs. MacKay's gown was Nile green and Miss Stewart's lilac. Their bonnet-shaped headdresses were of dotted moire and they carried nosegays of multi-colored snapdragon and roses. Judy Chisholm as her aunt's flower girl wore a gown of maize nylon sheer over taffeta with low cut neckline and full skirt. She wore a flower bandeau in her hair and carried a white crocheted basket of snapdragon and sweet peas. The groom was attended by his cousin, Mr. Elois Dickleson. The

groom was ushered to the pews, which were marked with nosegays of sweet peas, by Mr. Vernon Weeks, brother of the groom and Mr. Frederick Weeks, cousin of the groom. For her daughter's wedding, the bride's mother chose a dress of dusky rose silk crepe with navy accessories and wore a corsage of blush gladioli. Mrs. Weeks, mother of the groom chose a dress of beige silk crepe and lace and wore a corsage of amber gladioli. A reception for sixty guests was held in the church hall. The bride's table was adorned with flowers in pastel shades, tapers in silver candelabra, and centered with a three-tiered wedding cake topped with a miniature bride and groom. The girl friends of the bride served Grace was offered by Mr. P. L. Richardson a friend of the families. The toast to the bride was proposed by Mr. M. D. Dunbar and was responded to by the groom. Later the happy young couple left amid showers of confetti on a honeymoon trip through New Brunswick and Maine. For traveling the bride chose a smoke grey suit of soft tailored lines with matching hat and brown accessories. She wore a corsage of gladioli, in blending tones.

Previous to her marriage the bride was tendered showers by Mrs. Harold MacKay of Charlottetown and Mrs. L. H. Drake of Meadowbank. She was also entertained by the staff of the Department of Health and Welfare of which she is an employee and was presented with a gift.

Herman N. Bundezen, M. D.

Pre-Marriage Check-Up

THE prospective bride and groom should consult the doctor as well as the preacher to insure a healthy stable marriage. It is important that every couple prior to marriage have complete physical examination. This is to determine any defects or disease that might hinder a successful marriage. A careful study of any hereditary disease that may be transmitted to future offspring should also be conducted. Blood tests, including Rh test, and blood test for syphilis should be done. Sexual adjustment is just one small part of the larger adjustment a couple must make when going into the serious business of marriage. But it is important that a couple contemplating this step discuss it with their physician. He will go into its various aspects and they can freely discuss their problems. Much of a person's outlook on marriage is derived from childhood experiences and the way his parents conducted their marriage. Many times questions on sex have been evaded by parents.

False Modesty

Many people don't believe in talking about it. In this way guilt feelings may arise which can prevent an adequate marital adjustment. By simply talking over such problems with a physician, many couples may receive the proper mental conditioning for their new status. Young couples should take proper time for healthful marital orientation.

QUESTION AND ANSWER

L. D.: Is the new antibiotic, erythromycin, "at all dangerous?" Answer: There is no evidence that this drug is harmful to the human body when properly used under a doctor's direction.

Cream Puffs

1 cup hot water
1/2 cup butter
1 cup sifted flour
3 eggs
Vanilla.
Boil water and butter, while boiling stir in the flour, remove from fire, stir to smooth paste. When cool add eggs (unbeaten). Stir for five minutes. Drop in spoonfuls onto well buttered pans. Bake at 350 degrees for 40 to 45 minutes.

Oatmeal Crispies

Cream together
1 cup shortening
1 cup brown sugar and
1 cup white sugar
Add
2 unbeaten eggs and
1 teaspoon vanilla. Then add
1 1/2 cup flour sifted with
1 teaspoon salt
1 teaspoon soda
Add
2 cups quick-cooking oatmeal
2 1/2 cup chopped nuts
Mix well, form into balls and press with fork. These may be chilled before baking.

Morning Smile

Hubby — "I miss the old cupid-dor since it's gone."
Wifey: "You missed it before — that's why it's gone."

Household Hint

If you've decided to be one of those smart girls who make their own clothes, but are only a beginning seamstress, don't make your first dress of a printed material which will require matching, such as a plaid. Choose a plain, inexpensive fabric that is firmly woven and does not have special pressing problems, and you'll find the project easier.

Wife Preservers

If you have a throw rug that is always rolling up under your feet, attach a piece of cellophane tape, end and to the floor and it will stay in place.

Leans Heavily On Her Parents

Very probably you went abroad looking to find a magic antidote to the problem with Tom—whom your parents reject. And likely they fanned this hope—thinking to themselves "Maybe she will meet somebody..." Possibly Tom sensed that drift, and wasn't taken wholly by surprise, when you disclosed the heart-interest. As I get the picture; you are too immature, too dependent, to cope constructively with powerful emotional cross-currents. You'd like to get out of your parents' control (or clutches) and become a woman—and Tom's love tended to invite your growth in this respect. Also you felt safe with him, as a sort of substitute-parent, owing to his completely devoted devotion attitude. But so long as your parents disapproved of him, you felt the alliance was makeshift and temporary.

Now, apropos the overseas romance, you are taking the course of least resistance. In that field of potentials, your parents aren't interfering, as yet, so you are going ahead—on the tide of a new situation. Very likely life will offer no duplicates of the wonderfully comforting springtime love you've had with Tom. But if your parents

Mulcahy-Kane Wedding



The marriage of Mary Ida Kane, daughter of Leonard J. Kane of Charlottetown, P. E. I., and Gerald Mulcahy, son of James Mulcahy and the late Mrs. Mulcahy, Halifax, was solemnized with Nuptial Mass by Reverend Father Donnelly on August 28, in St. Thomas Aquinas Church, Halifax, N. S.

Multicolored gladioli and cut flowers decorated the altar of the church. Guest pews were marked with white satin ribbon trimmed with tiny bouquets. Miss Connie Inglis presided at the organ and Miss Norma Marriott was soloist. The bride, given in marriage by her father, wore a floor-length strapless gown of white and blue nylon tulle. Over it, she wore a long sleeved redingote of white chintilly lace over blue nylon tulle, fashioned with a picture neckline, closed to the waist with tiny satin buttons. Her fingertip veil fell from a Juliet cap of chintilly lace and orange blossoms. Her flowers were a cascade bouquet of white and pink gladioli.

Miss Teresa Kane, sister of the bride as maid of honor, wore a strapless floor-length gown of shrimp colored nylon tulle and lace with matching bolero. The full skirt was centered with lace appliques surrounded with pearls and silver sequins. Her headdress was of matching tulle. She carried a colonial bouquet of cream and blue chrysanthemums.

Mr. Bernard Mulcahy, brother of the groom was best man and the ushers were Messrs. G. P. MacKenna and Austin Floyd.

Mrs. Kane, mother of the bride, wore a street-length dress of rose crepe. Her hat was of navy velvet with matching accessories. She wore white carnations in corsage.

Miss Bernadette Lanigan wore a two-piece dress of ice blue with black accessories. Her corsage was of pink carnations.

Following the ceremony, a reception was held at the Lord Nelson Hotel. The toast to the bride was proposed by Mr. Austin Floyd.

After the reception, the couple left for a motor trip around the province. For travelling, the bride wore a suit of navy blue shantung with navy and white accessories and a corsage of pink roses. On their return, Mr. and Mrs. Mulcahy will reside at 46 Preston St., Halifax.

Are You Happily Married?

Marriage is a partnership — but too often each partner has a sneaking suspicion that the other is getting the better of the deal. The wife, tied down to house and children envies her husband's nine-to-five hours. The husband believes that her job is a cinch — she's her own boss and doesn't have to take orders from anybody. What do you think? Get The Standard this week and read the penetrating article on this controversial subject. Get The Standard — on sale now, complete with Picture Magazine, 12-page novel and 20 pages of comics — only ten cents.

The Standard

—Mrs. Glenford Millar, Ellerslie W. I.

Mustard Beans

1 quart cooked beans
SAUCE
2 cups white sugar
1 pt. white vinegar
2/3 lbs. tumeric
2/3 lbs. celery seed
1/2 cup flour
1/2 cup mustard
Cook and put sauce over beans and bring to a boil, then seal.

Bad Colds Are Hard To Avoid

Now — more than ever — you need this medication that does more than work on chest.

With miserable colds all around, this is no time for untried treatments. Use the home-proved medication that does so much more than just work on the chest—Vicks VapoRub.

When a chest cold strikes, you need relief deep in the cold-irritated large breathing passages. And one reliable way to get this relief is to use Vicks VapoRub... because VapoRub acts two ways at once:

1. VapoRub relieves nasal soreness and tightness, stimulates chest surfaces.
2. At the same time, VapoRub's special medicated vapors also bring relief with every breath. You can't see these vapors, but you can feel them... feel them as they travel deep into the nose, throat and large bronchial tubes. The congestion starts breaking up. Coughing eases. Soon you enjoy warming relief that lasts for hours.

So when a bad cold strikes, insist on this medication that does more than just work on the chest to bring relief. Rub on relief... breathe in relief with Vicks VapoRub!

Made By World-Leading Colds Specialists VICKS VAPORUB

ELLEN'S DIARY

by an Island Farmer's Wife

Yesterday, we took a Sabbath Day's journey with James, one which carried us farther, it comes to mind, than the words once implied. Along paved ways broad and impersonal we went, and on earthy byways where at times the little gray truck, over conveyance, moved between quiet, tree-lined aisles. Pretty avenues of travel these are, now, the dark green of spruce and fir, brightened by the gay and more sober touches of Autumn's color-

Anne Adams Patterns

FOR HALF-SIZES
Half-sizes! Be well-dressed every day with a separates wardrobe! Proportioned for the shorter-waisted, fuller figure — no alteration problems! Whip this up with ease—have waist and skirt match, blouse in contrast.
Pattern 4877: Half Sizes—14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 waist and skirt, 2 1/2 yards 54-inch, blouse 1 1/2 yards 35-inch.
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 The Guardian, 60 Front Street, West, Toronto.

BIG COUNTRY
Venezuela, on the north coast of South America, has an area of 352,000 square miles.

ASPIRIN

RELIEVES PAIN AND SORE THROAT DUE TO COLDS

FEEL BETTER FAST!

4877
14 1/2-24 1/2

By Anne Adams

MARY HAWORTH'S MAIL

Leaves Longtime Beau

DEAR MARY HAWORTH: Recently I went abroad on vacation, and while I was away, I was still in love with my regular boy friend Tom and missed him a lot. Then when I met a nice young man and fell madly in love with him, I have known him nearly two weeks—only during my vacation—and he has been extremely nice to me.

We got engaged before I came home, and I shall go back within a few months to be married to him. However, I've had a hard time to break the news of my engagement to Tom, as I knew he would be heartbroken. I finally told him, and he was rather upset, sad and unhappy.

To give you the background—Tom has been madly in love with me for the last two years, and I have been very much in love with him also, and have told him so many times. We have been going steady in this period; Tom hasn't dated another girl since he met me; and we were seeing each other almost every day. But my parents are against him because of his religion, and I don't want to disobey them.

Tom is one of the nicest persons I have come across—kind, considerate, understanding, good-natured, well-mannered. Above all he is a perfect gentleman. He has done a lot for me, for which I shall never forget him. I know he would do anything to make me happy.

At present I feel very sorry for him, and I still like him very much. Please tell me if I have done the right thing; I am all mixed-up about the whole situation.

Seems The Man Foresaw Break
DEAR E. B.: One gets the impression that Tom isn't fighting the news of your engagement. His reaction to the blow seems to be more passive and accepting than outraged and resistant. Which suggests that a heartbreak finale was inevitable, sooner or later.

Your promise to wed a stranger

Wed 50 Years Tomorrow

Mr. and Mrs. Blanchard Reagh Meek celebrate their Golden Wedding Anniversary at their old home in French River tomorrow. Mr. and Mrs. Meek were married at Mrs. Meek's home in Long River on October 5th, 1904.—(Barter's Film Lab.)

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