

Mid-Morning Coffee

Not a day passes now, but clerks of every china store in town answer the anxious questions of June brides-to-be. "Yes, that's an open stock pattern", or, "no that gold line around the edge of the cup won't wear off, if you treat your china well and take some care of it."

The china clay and china stone are brought up from Cornwall on the south coast of England, and Staffordshire where practically all English pottery is made.

Our Film Board has a wonderful color movie showing this next process. After the paste clay is pressed into forms, it is then moved into a drying room, when sufficiently dry, it goes into the oven for its first firing.

How to look after it once you've got it. Positively do not wash china in aluminum dishpan or sink. Aluminum marks china.

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Thank you V. H. for this Sandwich Filling. 2-3 chopped ripe olives. 1 cup finely chopped Bologna. 2 tablespoons tomato catsup. 3 tablespoons mayonnaise.

Also for this savoury. A teaspoon of grated orange rind added to a cup of sugar makes a good glaze for a ham.

The June meeting of the Women's Institute of Breadalbane Village will be as scented as Chanel No. 5, for I've read that each member must answer roll call by presenting a rose.

For F. M. G. of Summerside who has asked for a shower suggestion to be given for a bride who will be leaving the Island to live in another part of Canada.



The city of Barrie, Ont., now boasts a fine new public school, the first new one to be opened since 1905.

A Country Garden

Mrs. Gordon MacMillan

In Early May

O my dear, the world today Is more lovely than a dream, Magic hints from far away Haunt the woodland, and the stream.

Murmurs in his rocky bed Things that never can be said.

Starry dogwood is in flower, Gleaming through the mystic woods.

It is beauty's perfect hour In the wild spring solitude.

Now the orchards in full bloom Shed their petals white as snow.

All the air is honey-sweet With the lilacs white and red, Where the blossoming branches meet

In an arbor overhead, And the laden cherry trees Murmur with the hum of bees.

All the earth is fairly green, And the sunlight filmy gold, Full of ecstasies unseen.

Full of mysteries untold, Who would not be out-of-door, Now the spring is here once more.

—Bliss Carman.

Fragrant apple-blossoms, bright tulips, the blue of for-get-me-not and the foliage of all the shrubs and trees make the garden a lovely place to visit at this season of the year.

Visitors are invited to the garden to see the tulips and for-get-me-not and the tulip season is about two weeks if the weather is kind.

Princess Margaret Rose tulips are planted in the centre of the garden in the birdbath. These are beautiful sports from Inglescombe yellow and they are yellow with an ending of orange; they look especially well with blue, blue, for-get-me-not.

It is interesting to read about the first tulips...for countless generations the Saracens enjoyed the tulips in their gardens at Constantinople, on these flowered terraces spilling down to the blue waters of the Bosphorus.

In 1554 the Sacacens brought the seeds of the tulip to Western Europe with them. Many colored tulips found a place in the gorgeous patterned gardens of Spain and the Dutch traders brought them home to their own lowland gardens and there by the canals, and the presence of the engulfing sea, they made their flourish.

English planted them, until now when almost every little garden is colorful with tulips in the Spring-time.

Flower legends appeal to something in us, something we want and have a right to...which appeal to the sense of the lovely which exists in nearly everybody, here is a pretty legend of the tulip...

Many years ago, in Devonshire, not far from a marsh where dwell those little people, the Pixies, there lived a kind old woman, whose heart was so filled with the love of flowers that she tended her garden with the utmost care and thought all the seasons through.

Of all the flowers, her greatest pride was her bed of tulips, which were the most beautiful that had ever been seen, for the Pixies put their babies to sleep in the deep cups, which made such ideal cradles for the drowsy little ones when bedtime came.

One old woman never allowed a tulip to be gathered, nor did she venture near the bed after dark for fear of intruding upon her fancy guests and disturbing their sleeping children during the night.

Many years passed in this happy little garden, until one day the old woman became ill and died. Her son was a rough, coarse man, who did not sympathize with his mother and her love of flowers, and he was determined to get rid of her garden.

He dug up the bed of flowers, and in their place planted food for his cattle. However, no crop of any kind he sowed on the desecrated plot would grow. The land remained barren and brown, no shoot of green breaking through the sombre surface; for the Pixies never forgave the destruction of their nurseries.

The little people knew where their kind friend slept. All about her grave grew tulips of surpassing loveliness. The country folk rejoiced in the blossoms by day, and at night heard the softest singing, as the Pixies mothers lulled their babies to rest in the beautiful tulip cradles.

—G. S. W. Souris.

Thanks so much for lime pie filling.

And as a husband said to his wife: "You know, you're supposed to use recipes after you've clipped them. Not just stick them in a book."—E.M.D.

(Copyright Serial No. 91258, Ottawa, 1951)

IRISH LOAF

3 cups flour 6 teaspoons baking powder 1 teaspoon salt 3-4 cup sugar 3 tablespoons shortening 1 egg 2 cups seeded raisins

Sift flour, sugar, salt, baking powder, mix in shortening and raisins, beat egg, add milk and mix with flour mixture. Bake 1 hour in slow oven. Have pan lined with brown paper.

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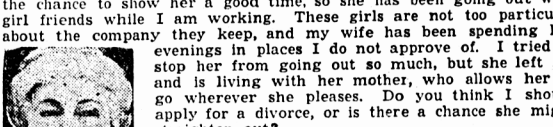
novel baby-toting bag. Etienne's family arrived in New York aboard the Dutch liner Nieuw Amsterdam en route to Ontario, Canada.

DOROTHY DIX SAYS—

Married Too Young

Wife Wants To Live Like Single Girl

DEAR MISS DIX: I am 25 and married to a girl 20. We have been married almost three years, and I have worked, very hard to give her everything she wants.



ANSWER: There is nothing either surprising or novel in your wife's actions, Tommy. She married at 17, the age when most girls are just getting into their social stride.

LET HER WORK IT OUT. It might have been better if you hadn't worked so hard, and had spent more time on romancing. Leave her alone for a while, and see if she doesn't come to her senses.

Continued on page 16

Cook's Corner

RHUBARB VELVET SAUCE

1 lb. tender pink rhubarb 6 tablespoons sugar Dash of salt

Cut root and leaf ends from rhubarb; wash stalks, drain, and cut into 1-inch pieces without peeling. Put rhubarb, sugar and salt in top of double boiler.

Over boiling water, stirring often, until rhubarb is soft and breaks up—about 25 minutes.

Put in electric liquidizer or blender and blend until smooth. Makes about 1 cup. Serve over baked custard.

CRANBERRY PINEAPPLE TAFFIES

3 tablespoons butter or substitute 9 tablespoons brown sugar 6 rinds pineapple 6 cranberry sauce cut-outs made from canned jelled cranberry sauce.

Crumble brown sugar and butter together. Arrange cranberry cut-out on top of each slice of pineapple. Carefully sprinkle sugar-butter mixture over top. Place in shallow pan. Bake in moderate oven 350 degrees F. for 30 minutes.

Or one of the following salads could be molded ahead and stored in the refrigerator for last-minute serving.

Modern Etiquette

Q. I am to be married in church wearing only an afternoon dress and having only a maid of honor. Am I supposed to invite only a very few friends and relatives to a wedding of this type?

A. There is no limit to the number of guests you may invite to your wedding, provided of course there is ample room for everyone.

Q. Is it proper for a dinner guest, when he has finished a meal, to push his plate a little away from him?

A. Definitely not. The dishes should never be moved by the guests.

Q. Is it proper for a man to accept a cigarette offered to him by a girl?

A. This is quite all right.

ELLEN'S DIARY

By An Island Farmer's Wife

Never was a spring-day more favorable to the sowing than was this one which dawned in a flush of rose this morning. "It's just a great day!" James said slipping into his work-clothes by a window the better to read that barometer which is ours—the millpond.

"Well" he exclaimed "let's get a move on! We'll not accomplish much at the farming, if we don't smarten our steps. My goodness woman, do you know how late it is—and I hoping to make an early start at the sowing!"

And he was away briskly down the stairs. "Don't stop to light the fire!" we called. "What did you say, Ellen?" he queried. We raised our voices as we repeated the words.

He came to the stair-foot door. "Did you expect me to?" he called in a voice at once dismayed and incredulous. "I should say not—and us at the cropping! And listen!" he offered suggestively "there's an extra cow to be milked—and I haven't much time!"

There was a sound of a door opened and closed and the ring of steps along the yard.

We smiled and a starling on a wire beyond the window where towards the east the power leads in, snickered. "Why don't you tell 'em, Missis, if they want to keep cows, they can do their own milking?"

We chuckled, at so fascinating a suggestion. "But we reasoned 'we have to keep the cows. What would a farm be without them? They help to keep the hearth-fires burning.'"

"How can you say the like of that, when you sell neither cream or milk?" he asked curiously. "Well, we raise calves, don't we? And that in time gives us beef, and beef on a farm means fair-good crops, and these mean milk to raise calves. Do you see how it works...in a cycle, for the benefit of the household?"

He nodded as we came to a sitting posture, stretched and yawned on the side of the old bed. "It's all sort of bewildering to me" he offered "but so long as you like it, well, there's no argument about it!"

And he flew off to look in at "the wife", who in spite of Jamie's efforts on a recent visit to oust her, still sits and manages her family in a woodpecker's hollow in a birch, not far from the gateway.

It was indeed a beautiful day, this one which brought James to a field towards the rear of the farm, and the first of the sowing.

For close to a half century at Alderlea, he has been the chief operator at the seeding, in time, and occasionally spelled by Rob, now busy at his own. Through it all, fair winds of fate or harassing, he has accompanied the old seeder, up and down and along the fields.

Teams have changed, neighbours friends, departed, new fields of virgin soil been added to the farm, and still this privilege and rite of the seedtime remains in his experienced hands.

We overheard a conversation in the yard. "And why should I use three horses in the machine?" James queried. "So you can ride, and save your energy" the younger farmer replied. James looked embarrassed, as though he had been caught in a fault, he that always admired the farmer who chose to walk after his team.

"I reckon I may as well" he agreed. And that is how the first sowing was done. At supper we listened to a familiar plaint. "It's done, Ellen" James observed "but I can't say how well I did it. I'm just afraid she put it on a little too thin!"

A first sowing at Alderlea—dust in a summer-like cloud after passing cars on the road—poplar leaves back to their restless dance of the clad seasons—sunlight dimpling the pond—small ones' arms a bit sore, but avowedly bettering—the fisherman's smart truck to the yard—ominous black clouds the north at evening but no rain...this has been our day.

Until tomorrow—Diary—Good-night....

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A. This is quite all right.

Needlecraft

FOR THE HOME

SHIRTTWAIST SPECIAL 2434 SIZES 12-44

You can't have too many practical casuals! This shirtwaist dress is especially nice because its details are smart yet seasonless!

No. 2434 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42 and 44. Size 18, 4 1/2 yards 36-inch or 4 yards 36-inch.

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That Body Of Yours

By James W. Barton, M.D.

PROTEIN FOODS (MEAT, EGGS, FISH, MILK) PREVENT DISEASES COMMON IN OLD AGE

Many of us may remember when eating meat (proteins) was considered the cause of rheumatism and gout and how elderly persons were advised to eat little or no meat for this reason.

Today it is known that protein foods are not the cause nor do they aggravate arthritis or rheumatism; it is the starch foods—potatoes, sugar bread—that contribute to the cause of arthritis and rheumatism.

And, unfortunately, many men and women as they approach middle age and become elderly have the mistaken idea that because they are old they must expect to have rheumatism.

Some months ago I quoted Dr. E. J. Stieglitz in The Journal of the American Medical Association, stating that 40 is the time to take a health inventory. At 40 the silent or insidious progressive disorders, so common in late years, first become manifest.

"Understanding the science of aging is advancing rapidly," Dr. Stieglitz writes. "Clinical investigators in medicine's newest field, geriatrics, are learning more about the limitations and needs of aging persons." From 40 to 60, the aged, must make help to determine the future health of the aged. Geriatric medicine, to be fully effective, must be largely preventive medicine.

The actual beginnings of such common disorders as hardening of the arteries, high blood pressure and degenerative arthritis occur months and even years before their symptoms appear.

Good diet is a powerful weapon for keeping healthy and vigorous in later years. And these degenerative diseases, the diseases that cause wearing down of the tissues and slowing down of the body processes because of the wasting away of valuable or needed glands and their juices, are often caused by lack of protein in the diet.

Dr. Stieglitz states that elderly people are more likely to suffer from lack of proteins than from any other food deficiency. Lack of protein causes wastage of tissue and thinness of blood (anemia). Loss of calcium (lime) causes a wasting away of bone as we grow older.

Milk is a good protein food and is rich in calcium but lacking in iron, so necessary for building blood. Many elderly men and women dislike milk being prescribed for them.

The thought then is that proteins—meats, fish, eggs and milk—are needed by the elderly in building up resistance to the diseases common to old age, that is, thin blood and arthritis.

1. What is wrong with this sentence? "On account of differences in policy, the two countries are at war with one another."

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

3. Which one of these words is misspelled? Adequate, admittance, adherence, adjudant.

4. What does the word "controversy" mean?

5. What is a word beginning with fe that means "to pretend"?

ANSWERS 1. Say, "Because of differences in policy, the two countries are at war against each other." 2. Pronounce black-guard, first a as in at, second a as in ah, and not black-guard. 3. Adherence. 4. Disputat debate. "Let some wise person settle this controversy." 5. Feign.

Better English

By B. C. Williams

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Even if rain catches you with your windows open—new Flexalum plastic tape won't shrink or stretch, new Flexalum slats won't rust! Both tape and slats wipe clean with a damp cloth. Slats snap back into shape though you bend or abuse them. Their baked-on finish won't chip, crack or peel, either. 120 sunfast color combinations. Free estimate! Easy terms!

HOLMAN'S 2 BIG STORES SUMMERSIDE & CHARLOTTETOWN

"Where Old Friends Meet"

Don't Forget Charlottetown's Festive Week July 1-5



Softer, dressier footwear is being made in Canada for the summer season—newer, brighter colors, in polish calf, ladylike kidskin, velvety suede, airy nylon mesh, pretty linen and shantung. With the trend toward planning shoes to go with the new suit or dress, and on a heel height appropriate to the occasion—well-soled Cuban heel spectators for on-your-feet hours, graceful, high heel pumps, or strapping sandals to wear with summer sters, multicolor snakekins in shell patterns, light weight, easy-going wedge shoes in airy ankiel or strapping sandal types for vacation days, women are thinking of shoes not merely as an accessory, but as part of the entire costume.

Above, are three summer styles. Left: Delicate pastel, rose suede pump with open back and airy cut-out trim. Centre, cool mesh and polish Admiral Blue calf comb to make a Cuban heel spectator. Right: White suede open-toe pump with narrow strapping forming the vamp.

WHERE THERE'S Coca-Cola THERE'S HOSPITALITY