

Pretty Nuptials at Antigonish



Mr. and Mrs. J. Kenneth Mac Donald and their Attendants

St. Ninian's Cathedral, Antigonish, N. S., was the scene of a pretty wedding on May 18 when Anne Catherine Farrell, daughter of Mr. and Mrs. Arthur Farrell, Antigonish, became the bride of John Kenneth Mac Donald, son of Mr. and Mrs. Emmett Mac Donald, Charlottetown. P. E. I. Reverend J. N. MacNeil performed the double-ring ceremony and celebrated the Nuptial Mass.

The bride, entering the church on the arm of her father, was dressed in a floor-length gown of white bridal satin with lace overskirt. Queen Anne collar and long tight sleeves coming to a point over her wrists. Her veil of silk illusion net and lace was held in place by a tiara of studded pearls. She carried a bouquet of American Beauty roses. The bride was attended by Miss Marie MacNeil of Boston, Mass., as maid of honour, who wore a gown of blue net over taffeta with matching headress and mitts and carried a nosegay of mixed spring flowers. Her sister, Laura Farrell as bridesmaid was dressed in pink net over taffeta with matching headress and mitts and carried a nosegay of mixed spring flowers. The groom was attended by Joseph Coyle of Charlottetown. Ushers were Robert Farrell, brother of the bride and Daniel J. Mac Donald, cousin of the bride.

Mrs. Farrell, mother of the bride, wore a blue gabardine suit with pink accessories and a corsage of pink roses. Mrs. Mac Donald, mother of the groom, wore a two piece dress of teal blue silk with navy accessories and a corsage of pink carnations.

During the ceremony, Mrs. W. J. Mac Donald sang, "Ave Maria," "O Mother At Your Feet Is Kneeling," and "Panis Angelicus."

After the ceremony, about 60 relatives and guests motored out to Bay Berry Hill for the wedding reception. The table was decorated with mixed spring flowers. After the cutting of the bridal cake, the toast to the bride was proposed by Reverend J. N. MacNeil and responded to fittingly by the groom. Assisting in serving were the Misses Ruth, Irene and Lillian MacNeil, Helen and Alma Mac Donald, friends of the bride.

After the reception, the bridal couple left for a motor trip to the New England States. The bride chose for going away a suit of white butcher linen with matching mauve topper and mauve and black accessories and a corsage of "May roses." The couple will reside in Charlottetown.

Out-of-town guests were Mr. and Mrs. Emmett Mac Donald, Miss Helen Mac Donald, Mr. Wayne Mac Donald, Mrs. James Saunders, Mrs. William McManus, Mr. and Mrs. Reid McKenna, and Mr. and Mrs. Joe McKenna, all of Charlottetown, P. E. I.

How Can I?

By Anne Ashley

Q. How can I keep the baby's flannel garments soft?
A. Do not iron the outing flannel gowns and petticoats. Merely brush them well and they will retain the desired softness.

Q. How can I avoid having cloudy jelly?
A. As soon as jelly has cooked sufficiently pour it into the glasses. It will be cloudy if allowed to congeal before pouring.

Q. How can I whiten the skin?
A. To whiten and soften the face, neck and arms, mix and apply a little raw cornmeal and sour milk.

Better English

By D. C. Williams

1. What is wrong with this sentence? "You will not be permitted to go except you do your work."
2. What is the correct pronunciation of "souffle" (cookery term)?
3. Which one of these words is misspelled? Creditable, credible, credulous, credence.
4. What does the word "pre-judice" mean?
5. What is a word beginning with gh that means "horrible"?

ANSWERS

1. Say, "unless you do your work."
2. Pronounce soo-flee, oo-ah in soon, as in play, accent second syllable.
3. Credible. A judgment or opinion formed without due examination. "We must avoid forming prejudices too hastily." 5. Ghastly.

Contract Bridge

By Josephine Culbertson

HIS OWN ENEMY

The error in the following real was of the sort that is humiliating as well as enormously costly—south himself set up the defensive trick which defeated him!

South dealer.
North-South vulnerable

Q 108	♠ 9 6 5 4 2
K 9	♥ 10 7 2
♠ 8 7 5 3	♦ 10 6 4
♠ 10 4	♣ 6 3

♠ 7 3 ♠ 9 6 5 4 2
 ♥ 8 5 ♥ 10 7 2
 ♦ K 10 6 4 ♦ 10 6 4
 ♣ 9 8 7 ♣ 6 3
 5 2

N
W E S
A K
 ♠ A Q 4 3
 ♥ A J 9
 ♦ A K Q

The bidding:

South	West	North	East
3NT	Pass	4NT	Pass
6NT	Pass	Pass	Pass

With 27 high-card points, seven honor-tricks, to say nothing of his five-card major suit, South obviously might have started off with two hearts, but he elected to bid three notrump so as to keep the strong hand from going down as the dummy.

This is not to say that South should have found any difficulty in bringing home the six-notrump contract that resulted. Nothing but common sense and a dash of caution were required.

West opened the top card of his long club suit, South promptly cashed the A-K of spades, led to the heart king, and threw two diamonds on the Q-J of spades. Then he led the heart nine, but he soon discovered that he would have to give East a heart trick—and East was then in an excellent position to cash the spade which South had set up for him.

South should have considered himself very lucky that a diamond was not led against him, and even luckier that an excellent safety play was available under the actual circumstances. After cashing the A-K of spades, South should have led near to dummy's nine, cheerfully conceding that trick in the interests of safety. After that (possibly needless) concession, South could win any return East made, go to the heart king, discard diamonds on the Q-J of spades, and return to his own hand with a club to run the rest of the tricks.

That Body of Yours

By James W. Barton, M. D.

EXCESSIVE OVERWEIGHT AND ATHEROSCLEROSIS

"For long the medical professional has held the view that adiposity (excessive overweight) is undesirable and that those who habitually overeat are likely to die prematurely from some form of heart and blood vessel disease. Recent studies from actual data have forceably confirmed that impression and have assigned to the degenerative heart and blood vessel disease the major role in the excessive death rate seen in overweight members of the population." (Dr. Ford Connell, Kingston, Ontario). In addition to the high death rate in the overweight, these studies have shown that overweight has a bad effect on any disease.

Dr. Connell suggests that until recently atherosclerosis (accumulation of fat in the lining of the blood vessels) was considered to come on unavoidably as the person grew older. Today, however, the outlook is more hopeful and most would agree that the cause of atherosclerosis is some defect in the metabolic (building up of and breaking down) processes in the body; just what this defect is has not yet been discovered, but research workers all over the world are concentrating on it.

What is adiposity and how common is it? There is, of course, no sharp line dividing the overweight from the normal person. The Metropolitan Life, for example, has prepared a set of standards based on the average weight of healthy persons between 25 and 30 years of age, making due allowance for small, medium and large builds.

Overweight is then defined as being 10 per cent more than the ideal weight and about one in every five of the American population are in this group. A marked adiposity (obesity) is spoken of when the weight is more than

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WOMEN

Page 8 The Guardian Friday, June 18, 1954

CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

Shyness

PART II

The second essential the shy child may lack is the feeling that he is able to do many of the things he wants to do, and to be up to the height of the things he wants to be.

The shy child needs to feel more capable, adequate and important. Here again there are many ways in which parents can, almost from the child's birth, weaken his faith in his own abilities to be and do like others.

Eight of the more obvious situations for parents to avoid in this regard follow:

1. Limiting his experiences, such as failing to allow early opportunity to sit up, crawl, stand, failing to make suitable play provisions; failing to let him help feed, wash and dress himself before he is able to take over completely or faultlessly.
2. Tying him to your apron strings, keeping such a close check on him that he can't learn anything for himself.
3. Making all decisions for him.
4. Too much "Don't touch!" "Stop that noise!" "Can't you do anything at all!" whenever he tries something for himself in his own way.
5. Expecting too much from the child in the way of manners, habits or cleanliness.
6. Making thoughtless remarks or laughing at his childish, awkward attempts to learn. Also neglecting to praise and make suitable comments when he achieves something.
7. Overdoing the emphasis on the child's cultural and artistic activities to the neglect of helping him learn handicraft skills, so that he

How To Help

You can help the shy child overcome his unwillingness to meet situations but scolding or persuasion will not help.

Your approach should include a number of positive steps. You can set the stage for future occasions that are likely to bring out his shyness (such as meeting people) by making the situation as pleasant and appealing as possible. Plan

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Morning Smile

The following conversation was overheard in an alley in an old section of Edinburgh.

Parrot-shop Owner: "Pull the string on the parrot's left leg and he'll recite; pull the other and he'll sing."

Lady customer: "What if I pull both?"

Parrot: "I'll fall off my blooming perch!"

Jackson-MacIntyre Wedding



The wedding of Mr. and Mrs. Murray Jackson (above center) took place at Charlottetown Wednesday evening, May 19, 1954. The bride is the former Marie MacIntyre, formerly of Charlottetown. She was attended by Miss Velma Coles (left), Mr. Earl Ross (right) was best man. The couple will reside in Murray River. (Photo by Carl E. Ranaghan).

HOLMAN STORE NEWS

— G. H. M. —

MAKE a dive for these SWIM SUITS, fellows! . . . They're so good fitting, so good looking and so comfortable that you'll want to make your leisure time at the beach last just twice as long. The Men's Wear Department at Holman's in Summerside has a really super selection of smart and handsome SWIM SUITS from which to make your choice. All are well made, all have inner linings and supports, and the sizes are from 30 to 42. For the non-swimmer, there's the "Marksway" Safety Suit in a variety of colors, priced 5.95; then there are Suits of pure Nylon in a pleasing fawn shade, they're boxer style and are priced 4.95; if you prefer jockey style—you may choose your favorite color in elastic satin priced either 3.95 or 2.50. Along with the Swim Suits in the Men's Wear I noticed some big, fluffy Man sized BEACH TOWELS—these are just dandy because they have a zipper pocket for your suit and are in solid white—nothing feminine about them, the price is just 1.95. Come in today—our Swim Season is short enough and you'll want to make the most of it. . . . Stock up on your Swim needs and enjoy a real holiday at the beach; the Men's Wear has exactly what you want!



Six Sisters Attend Same Academy



With smiles gay as flowers, these six sisters are pupils of Notre Dame Academy. From left to right, Annette, Grade IX; Celeste and Matilda, Grade VIII; Virginia, Grade VII; Karen, Grade V, and Judy, Grade II. They are the daughters of Mr. and Mrs. Joseph McQuaid, Lot 65, P. E. I. (Photo by Meyers).



TUNA CASSEROLE

Combine together.
1 cup cooked diced potatoes
1 1/2 cups cooked macaroni
1 can peas
1 can tuna fish
And a dash of pepper and salt.
Add 1 can of cream of mushroom soup. Crush a bag of potato chips and sprinkle over this and dot with butter and bake in a medium hot oven 1 1/2 hours.

—Mrs. Allan Swan,
Alpha W. L., York.

DOROTHY DIX

Taunts Daughter

DEAR MISS DIX: Can you give me some advice concerning how to make my mother understand things, without hurting her feelings? I'm a high-school junior, help around the house quite a bit and make good grades in school. Yet whenever my friends come in mother tells them I do no housework, never study, and am very dull at school. She accuses me of smoking, drinking and seeing boys on the sly—none of which I do. I'd like to feel closer to my Mom, to be able to talk things over with her, but she never has any comments except criticism. One of my aunts spoke to her about my problem, but Mom says she intends to raise her children the way she wants. How can I make her see things differently?

PASSING A PRECISE EXPERIENCE

ANSWER: Your mother is cheating you and herself of one of the most precious experiences in life—the pleasure of companionship with a teenage child. She is so concerned with the technique of child-raising that she forgets happiness is also an integral part of bringing up a family. Later on she'll regret her present attitude as much as you do now.

Young people in the growing-up stage need the assurance that they are loved and trusted by their parents. This security is, of course, of vital importance in all stages of life, but teen-agers need it most of all. They like to know that their friends are welcome at home, and they especially want to be proud of their families. Naturally, a parent who humiliates a child before the youngster's friends is well on the

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The Stars Say

By Estrellita

For Tomorrow

Do not take on needless obligations now, or make hasty promises or snap decisions. Judgment may be a bit off, and there is a tendency toward carelessness. Neither let yourself be swayed by emotion or sentimentality.

Generally speaking, it's a good day to be "hard-boiled" in most matters. The realistic approach will win out.

In personal relationships, the tendency toward irascibility and moodiness continues on, in leisure hours, it might be better to indulge in such quiet pursuits as reading, studying, music, etc. than in seeking companionship or engaging in large-scale social activities or functions.

For the Birthday

If tomorrow is your birthday, the year ahead promises the recognition of much greater security which should bring you great happiness.

Past efforts should be bearing fruit now and, if you are alert in seizing new opportunities which will come your way during the next six months, you should be able to consolidate gains still further.

Where occupational problems are concerned, there is a strong possibility that your aims will be encouraged and aided by someone you love and trust, so keep trying!

The constructive trend in your horoscope will last well into 1955. Romance may play an important part in your life within the next few weeks and a lessening of domestic responsibility is also a pleasing prospect.

A child born on this day will be sensitive, intuitive and endowed with a charming personality.

Taylor-Peake Wedding



The wedding of Mr. and Mrs. Douglas Taylor (above center) took place recently at Trinity Church, Charlottetown. The bride is the former Geraldine Peake, daughter of Mr. and Mrs. Cyril Peake of Charlottetown, and the groom is the son of Mr. and Mrs. Neil Taylor of Charlottetown. The bride, attired in a light grey suit, was attended by her sister, Florence (left). Mr. Morrison Ford was best man (right). (Photo by Carl F. Ranaghan).

ELLEN'S DIARY

by an Island Farmer's Wife

Stalking along the red of a new-born grain field, making a fetching picture there, parent geese lead their goslings homeward after an evening visit to the millstream. Above, it's arch resting on the tree-crowned hills, the sky silver and blue is dappled with the rose of the sunset hour. West and northerly the sun has now withdrawn to smile just benevolent smiles on the countryside about.

A lovely sun this is, one of summer days, of few leaf and blade and blossom; one, we remember to bless brides, and for the children to point better in minds the bitter-sweet time of the school-closings. Down he sinks behind a cloud of coral, presently to clear himself in promise of the coming of one of the best of days tomorrow for the farmers who must complete soon their ends of cropping, now that summer is near.

Over the fields, it pours the old gold of its treasury, carpeting them in an emerald, bright and pretty, woven only at this season. Here and there long ebon shadows lie across them and into the depths of our valley first shades of twilight now creep.

But evening keeps a bird on the wing. And on a silver branch of a lawn-tree, with tiny lifted head, one sings from a full heart. Sweet eyes clouded, thinking doubtless of the two little girls in the home. He considered a long minute. Then "Have they a grand-mother?" he asked. James put an arm about his shoulders. "They have better than any grand-mother no matter how good they may be—they have their mother," he replied. "Oh", Gage said obviously much relieved. "But", he nodded, "it's not very nice to lose a grand-mother either."

There was a funeral in the community today when one who lived many years close by there was carried to her last resting place in the village cemetery leaving the little granddaughters and other loved ones and friends, old and young to mourn her passing. When we were a stranger, we remember she was one who always gave us a gentle smile and was kind.

"Mrs. . . . has passed away," Rob told us of her going. "No!" Gage said eyes clouded, thinking doubtless of the two little girls in the home. He considered a long minute. Then "Have they a grand-mother?" he asked. James put an arm about his shoulders. "They have better than any grand-mother no matter how good they may be—they have their mother," he replied. "Oh", Gage said obviously much relieved. "But", he nodded, "it's not very nice to lose a grand-mother either."

One is being called now as the night-shadows deepen. "Ellen!" it is James come from the sowing at Alderlea.

Until tomorrow — — — — —
— — — — — Good-night

Anne Adams Patterns

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Modern Etiquette

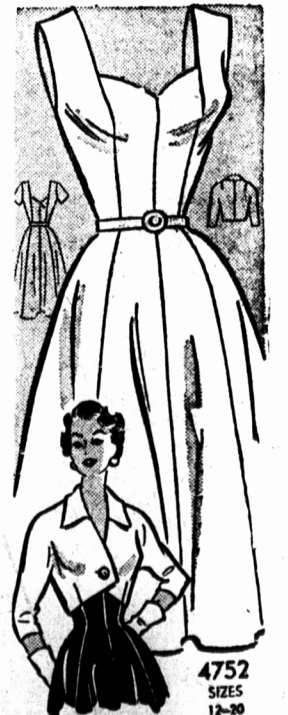
By Roberta Lee

Q. My wife always drives me to the bus stop when I go to work in the morning. The fact that it has her good-by "in public" has been criticised. What do you think about this?

A. If you do this quickly and inconspicuously, there certainly is nothing wrong with it. A prolonged embrace would be in very bad taste.

Q. May a young person ask an alumnus of the school he is entering to recommend him to a fraternity?

A. No; not even if he is a very good friend. He must wait for such invitations.



4752
SIZES
12-20

by Anne Adams

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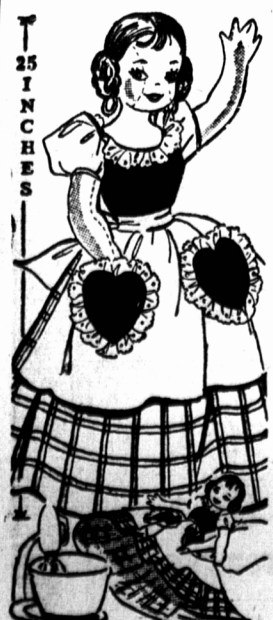
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