

Modern Etiquette

Q. Is anything at all written on the inner envelope enclosing a formal wedding invitation? A. Only the names of those to whom you are mailing the invitation—no address.

Better English

1. What is wrong with this sentence? "From now on, I will try and do as you wish."

Morning Smile

Jones. "Why is your neighbour so unpopular?" Smith: "He's fixed his lawnmower so you have to put a penny in it to make it go."

How Can I!!!

Q. How can I store eggs? A. Eggs can be packed for keeping as follows: Dip the eggs in a solution of two ounces gum arabic to a pint of cold water.

Household Scrapbook

The freshness of ham can be tested by running a clean knife into it, close to the centre knuckle. The ham is good if the knife comes out sweet and odorless but is not fit for eating if the knife is smeary and has a strong odor.

The Stars Say --

For Thursday, July 20 A crisis in seemingly thriving, promising objectives may suddenly swerve events from their course by a mishap, blunder, or the interference of a vindictive person.

ELLEN'S DIARY

Our route on the recent sabbath excursion commenced at the home of our childhood. We remember now that as we locked back—like Lot's wife, though not our curiosity but only to paint better the scene in our memory, the street clad in Summer-time blue lay just beyond.



SCOUTS AT ATTENTION FOR QUEEN

Queen Elizabeth casts a side glance at Boy Scouts standing rigidly at attention at Saint Colomba's, Scotland's famous church in London's Chelsea, during a church service.

Cook's Corner

PRESERVED BLUEBERRIES

1 cup sugar 1 cup water 2 whole cloves 2 slices lemon 1 quart blueberries

HOT WATER BATH

Make same syrup as used above. Pack jars full of berries, pour boiling syrup over the fruit and seal. Process in hot water bath for 20 minutes.

lovely cemetery. . . There we saw pioneer memorials of Island stone marking graves, fashioned as beautifully as though done in the finest marble by some workman or man, who it is likely had no thought then they built "better than they knew" to last.

It was a solemn Service — this Service of Remembrance, touched we decided by things not of this world, nor the present, but altogether of the past bound into a future, the mystery of which is held only in Heavenly places.

And at length we came within sight of the famed and picturesque North Shore. There, though still away beyond, lay the midnight blue of the Gulf. There, as we drew nearer was the white line of breakers, and over there were sand-dunes, strange tallish mounds, fashioned thus by the winds and waves and sands of centuries.

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

Timely Notes On Nutrition

By Marjorie G. Hill C.H.E.A. AND C.D.A. CONVENTION

From July 3rd to July 7th, the Canadian Home Economics Association and the Canadian Dietetic Association held a pre-conference course in Nutrition at McGill University where some fifty experts in the fields of Dietetics, Nutrition, Extension, Research and Teaching from all over Canada and a few of the border States met to study new concepts in Nutrition, and to discuss the many and varied problems with which they cope.

The story of Joseph Turner's life is a curious tale with as many unexpected twists and turns as to leave the reader both vexed and pleased.

True Success Story

By F. H. MacArthur

The son of a poor English barber, he was born in the year 1775. Even when a very young boy, Joseph often surprised and delighted his father with his many and varied paintings. But the youthful artist had no one to encourage him, no money to purchase paints and brushes, no one to give him lessons and only the barest rudiments of an education.

At the age of fifteen, young Turner had one of his paintings on display in the Academy. It was a clever piece of work, a painting which showed great promise. In spite of poverty, lack of education, and without having taken a lesson from any other artist, the young genius already was on the road to a successful career.

But this unique character—this self-made man — often worked long into the night when other men were sleeping. No day passed in idleness. His ambition in life was to be an artist. He cared nothing about publicity, nor did he seek the applause of the crowd or the praise of friends.

At the age of twenty-seven he was a full member of the Academy. Already many of his paintings had been sold at good prices. Joseph Turner never married. He was not interested in women. Only his work and his growing future occupied his time.

Nature had set him close to the ground on a pair of very crooked legs which carried him all over Europe. Those he passed in his daily walks often stopped to turn about and stare after the retreating figure of the ugly little man, with an uglier knapsack slung across his shoulders.

What a strange mortal was Joseph Turner! What a mingling

That Body Of Yours

By James W. Barton, M.D.

WHY LIVER IS CALLED KING OF THE ORGANS

It is generally agreed that enjoyment of health depends upon the liver, and that, generally speaking, the liver is the chief or king of the organs.

For Women

(WHO BAKE AT HOME)

Only TALKING IT OVER

BAKES BETTER, TOO, GIVES LIGHT DOUGHS

MY ROLLS AND MUFFINS GET EATEN UP IN NO TIME

LUCKY BAKING IS SO EASY WITH FLEISCHMANN'S

3 out of 4 Canadian Women prefer . . .

FLEISCHMANN'S YEAST

FRESH or the NEW FAST DRY

or the NEW FAST DRY YEAST

-Needlecraft-

- FOR THE HOME -

SUNTIME TRIO The convertible costume is a practical and appealing combination for all ages! This one — a princess sur dress teamed with bolero and panties — is the perfect choice for daughter's vacation days.

No. 2627 is cut in sizes 2, 4, 6 and 8. Size 4 dress and bolero, 1 3/8 yds. 36-in.; panties, 3-4 yd. 36-in. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

Address Pattern Department The Charlottetown Guardian. Pattern No. 2627. Name Address City Province

WELLINGBOROUGH, Northamptonshire, England—(CP) The question: "Why did a swarm of bees settle on the brass instruments of the Salvation Army band?" is easily answered—the bandmen lubricate their trumpets and trombones with a sweet-smelling oil.



DOROTHY DIX SAYS -

Erring Husband

Wife Advised To Keep Home Intact For Children's Sake

DEAR MISS DIX: For ten years my husband has been the sun in my sky. Even my children have held second place. Then, without warning, I was plunged into hell by finding out that he had been unfaithful to me with my dearest friend.

ANSWER: In a case like yours I do not think there can be any question of its being the mother's duty to sacrifice herself to her children. I believe that the man and woman who take upon themselves the responsibility of foisting life upon a child are bound by every code of honor to put him before themselves and do everything possible for his welfare, even though it involves their giving up their happiness for him.

LIVER AND GALL BLADDER

The liver does more different kinds of work than any other organ in the body. Anything that interferes with its work upsets all the body processes. The gall bladder can cause many distressing symptoms. 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.

amount of bile made and hurry the flow of bile to small intestine.

Various jobs are done by the liver: filtering poisons and harmful substances from the blood; supplying substances to help form blood; storing sugar for future use by the tissues and finally manufacturing bile which helps digest fats, kills harmful organisms and is Nature's purgative.

We now know that liver and liver extract can save the lives of those suffering with pernicious anemia, formerly a fatal disease. When Drs. Minot and Murphy were able to prove this fact, their discovery was considered as important as the discovery that insulin would save the lives of diabetics.

Just as insulin has been found to be of great help in other conditions, such as mental and digestive disturbances, so also are research workers finding that liver extract, in addition to building red blood cells rich in hemoglobin and increasing the number of these red blood cells, has been found of great value in helping to cleanse poisons from the blood and from the liver tissues themselves.

A special liver extract called necrotin, according to "Review of Gastroenterology" has been developed by Dr. Villela, Brazil, and is reliably reported to give most favorable results in jaundice caused by metals and drugs and to filter out poisons and wastes in the blood through the liver in record time.

We can all enable our liver to do its best work, without resort to necrotin or other liver extracts, by doing two simple things: First, cut down on all fat foods to prevent sluggishness (unless we work hard physically); and second, cause the liver to be squeezed by bending exercises, keeping knees straight. All movements across abdomen cause liver cells to work harder and faster, increase the

Moodies Vanta Baby Garments. Training Panties, Sleeping Garments, Vanta Towels, Bed Sheets, Diapab Vests and Bands, Complete Layette Sets. VANTA MADE TO CANADIAN PROVED STANDARD SIZES. AT LEADING STORES Moodies MAMILTON, ONTARIO

"Joan, you're beautiful!" "I'm a Lux Girl" says JOAN CAULFIELD. JOAN CAULFIELD as the plays opposite WILLIAM HOLDEN in Paramount Pictured "DEAR WIFE". It's thrilling—the softer, smoother look this daily care will give your skin! In recent tests by skin specialists, actually three out of four complexions improved in a short time. "My Lux Soap facials do wonders for the skin," says Joan Caulfield. "I smooth the fragrant lather well in, rinse, then pat with a soft towel to dry." Try this care 9 out of 10 screen stars use for million-dollar complexions. You'll love the big bath size cake, too—so fragrant, so luxurious!

MUSTARD MAYONNAISE GIVES A "Tangy" flavour to SALADS. Into well-beaten yolks of 2 eggs add 2 teaspoons of Colman's mustard, 1 teaspoon of salt, 1 teaspoon of powdered sugar. Add 1/2 to 2 cups salad oil gradually, beating constantly. If too thick to beat, add more salad oil. For free recipe book, Colman's write to: Colman's Mustard (Canada) Ltd., Station T., Montreal.

For Women (WHO BAKE AT HOME) Only TALKING IT OVER. BAKES BETTER, TOO, GIVES LIGHT DOUGHS. MY ROLLS AND MUFFINS GET EATEN UP IN NO TIME. LUCKY BAKING IS SO EASY WITH FLEISCHMANN'S. 3 out of 4 Canadian Women prefer . . . FLEISCHMANN'S YEAST. FRESH or the NEW FAST DRY. or the NEW FAST DRY YEAST.