

## Mr and Mrs John MacLean



Knex Presbyterian Church, Oshawa, Ont., was the scene of a picturesque wedding at 4 o'clock Saturday afternoon, August 1, when Mary Rose Brown daughter of Mr. and Mrs. Austin Brown of Charlottetown, P.E.I. was united in marriage with Mr. John Angus MacLean, son of Mr. and Mrs. Daniel A. MacLean of Summerside, P.E.I.

Baskets of pink and white gladiol in the chancel and white moid bows on the pews formed the setting for the double ring ceremony conducted by the Rev. Stuart B. Coles, B. A. Mr. John Robertson presided at the organ and accompanied Miss Amy Saragant who sang "O Perfect Love" preceding the ceremony and "Through the Years" during the signing of the register.

Given in marriage by Mr. Ernest Simkins, the bride wore a gown of drift-white Chantilly lace and net over satin. The dress was fashioned with a rindogote of tulle and featured long tight sleeves pointed over the hand, and a lily point collar at the high neckline with buttons to the waist. The billowing skirt cut away at the front was floor-length. The gown of net was fashioned with a slim bodice and the bouffant skirt, which fell softly to the floor, featured embroidered scrolls. Her circular finger-tip veil of tulle illusion was bordered with nylon lace and was held by a coronet of beads and rhinestones. She wore a double strand of pearls and carried a white Bible crested with red sweetheart roses.

Miss Fay Oatway was maid of honor wearing a gown of turquoise blue nylon net over taffeta designed with a strapless bodice of shirred net complemented with a matching bolero jacket. The full, crinoline skirt was floor-length. She wore a matching headpiece and carried a colonial bouquet of Pink Delight roses.

Miss Betty MacCallum was bridesmaid wearing a floor-length

gown of shell pink nylon frosted sheer over taffeta. The moulded bodice buttoned at the back was fashioned with a round neckline inset with a yoke and the full skirt was gracefully gathered at the hipline. She wore a matching flower headpiece misted in veiling and carried a nosegay of pink carnations.

Little Miss Christina Simkins was flower girl wearing a long frock of daffodil yellow taffeta. The full skirt corded at the hipline was gathered to a short bodice with a narrow velvet sash. She wore a matching bonnet tied under the chin, and carried a nosegay of blue corn flowers and pink roses. Her jewelry was the bride's gift, a gold locket and matching bracelet.

Mr. Alton Coles performed the duties of best man. Mr. Stanley Cruwys and Mr. Holly Cruwys were ushers.

Mrs. Ernest Simkins wearing an ensemble of French blue with corsage of yellow roses assisted in receiving the guests.

A three-tier pedestal wedding cake nestled in pink tulle and flanked with bouquets of summer flowers centered the table for the bridal party. Reverend Coles offered grace and later as toastmaster proposed a toast to the bride which was responded to by the bridegroom. The bridal attendants were also appropriately toasted. The wedding dinner was served by the U.A.W.A. Ladies Auxiliary.

Mr. and Mrs. MacLean left for their honeymoon in Charlottetown and other points in Prince Edward Island, and on their return they will reside in Oshawa. For traveling the bride donned a flower blue linen dress and matching stole, a small hat of white roses and velvet with veil, and a corsage of red roses.

The bride presented her attendants with personal gifts. The best man and ushers received cuff links from the bridegroom.

## ELLEN'S DIARY

By An Island Farmer's Wife

In the words of a current song, "It's a-all over now!" The Old Home Week and Provincial Exhibition festivities, the annual event which has come to occupy so large a place in the hearts of Islanders, both at home and abroad, and which foregathers them in numbers in the Island Capital from near and far-flung places to enjoy its varied delights, how pleasantly it is anticipated! how much enjoyed and what nice memories remain! . . . And it is "all over now," at least for the farmer-exhibitors in the agricultural show, who fresh laurels won, old honors maintained, lost, or maybe shelved for a year, must return now to the calmer calls of their farming.

Gone now its scenes, and any disappointment experienced because of unfavorable showers . . . remembered only is the better part: those perfections in livestock and poultry, ideals towards which every Island farm may strive; and as accidentals to present-day farming, the impressive machinery to which notwithstanding our amazement over the previous year, the improvement has been added.

What masterpieces too, in the realm of the housewife — the cookery and handicraft to command our admiration and, in their perfections tell of the initiative, the skill and patience of the competing cook and artisan.

"I should like to attend every day—from the opening 'till the close," you young farmer wife offered with apparent longing, as we strolled with her about the Fair grounds on a day when they were just beginning to pulse with that life they were later to experience in full measure.

"Why?" we were curious.

"Oh, I like it all so much — there's something especially thrilling about it . . . the crowds, the noise," she smiled, "here's nothing else like it! Everyone seems so happy; it's as though once they are here they forget every care they had, and determine to enjoy it to the full. I . . . love it!" she said.

"I like it too," an older matron confessed with a smile, "only for me, it's always foreshadowed: it brings the end of summer! Once this week is past," she commented with obvious regret, "we can follow the example of the squirrels and make preparations for the colder seasons to come. Not that I don't look forward to the Fair. I do, and I guess I always shall: it's a nice event," she said, "if it be only to meet and greet a friend one hasn't seen for years . . ."

"But I sometimes find myself wishing we were still living in the old days when we hurried the farm-work to have the days of the exhibition free of all but the choring; when the farm sent the young of livestock — and how pleased the farmer was when he came home with his prizes! Notwithstanding the cars and machines and the 'good times' of now," she nodded, "those were the days!"

Fond memories of the Week long gone, or barely past, are all that now remain to us, because borne away on the wings of time both are "All over now!"

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

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## That Body Of Yours

By James W. Barton, M.D.

### EMOTIONAL DISTURBANCES CAN MAKE CHANGES IN THE BLOOD

Not long ago, if a man or woman blamed his or her symptoms on their nerves, it was thought that they were malingering. Today all physicians know that at least half the symptoms as stated by a patient are really caused by the nerves or the emotions. So much is this known that a whole new system of medicine is built around the effect of the emotions upon the workings of the various organs of the body. This system is called psychosomatic (mind and body) medicine. It is the disturbance of the mind and emotions that cause the change or changes in the working of the body processes.

We are all familiar with some changes due to the emotions such as rapid heartbeat, shortness of breath, desire to pass urine, excessive perspiration, indigestion, diarrhoea.

That these emotional disturbances can actually change the structure or composition of the blood is stated by Drs. F. Dreyfuss and S. Fieldman in the Scandinavian Medical Journal, Stockholm. The change is known as eosinophilia, a condition in which the cells of the blood known as eosinophils are greatly decreased in number.

Eosinophilia similar to that produced by the injection of ACTH and cortisone has been observed as a response to many types of stress.

These two physicians made eosinophil (a type of blood cell) counts in the blood of 31 medical students immediately before their oral examination (that part of the student's medical examination in which the examiner spends a certain amount of time asking questions which the student must answer immediately, no time to think, or to write the answer). These eosinophil counts of the blood were counted again exactly 24 hours later.

There was an average drop of 44 per cent in the counts before, examination as compared with the counts after the examination. A low eosinophil count, apparently due to continued tension persisted in a few students after the examination.

In a group of 10 women admitted for scraping of uterus, there was an average drop of 42 per cent in eosinophil counts immediately before operation as compared with their counts on admission to hospital.

The decrease in eosinophil counts in both groups is considered due to the considerable emotional stress undergone in the two situations studied.

Drs. Dreyfuss and Fieldman feel that the emotionally induced decrease in eosinophils can easily interfere with the evaluation of eosinophil counts taken in various conditions of stress or with the study of the effects of the administration of drugs or hormones.

It can thus be seen that decrease in eosinophils due to stress must be taken into consideration in the course of psychosomatic illness.

## Household Scrapbook

By Roberta Lee

**Grease on Leather**

Turpentine will remove grease stains from leather, after which the entire surface may be revived by rubbing with the beaten white of an egg or a commercial kid reviver.

**Felt Hats**

The gloss may be restored to a felt hat merely by rubbing it with a hot brush.

**Bright Silverware**

A little milk poured into the water in which you wash your silver will help to keep it bright. The fat in the milk forms an almost invisible coating which helps exclude the air. Keep a cake of camphor in the silver drawer or box to keep the silver from tarnishing.

Good wagons are loaded on the Indian railways at an average of more than 17,000 daily.

## Story Of The Lunenburg Cook Book, "Dutch Oven"

By Kingsley Brown Jr., Canadian Press Staff Writer

LUNENBURG, N. S. — To wipe out a debt, the women of this fishing town published a cook book. It is as Canadian as Indian summer and salty as a fisherman's nitten.

They have also made a unique contribution to Canada by compiling for posterity traditional recipes that have earned Lunenburg a reputation of being the most hearty eaters in Canada.

Although they had difficulty selling the idea to their menfolk, "Dutch Oven" is selling itself. The tiny Progress-Enterprise printing shop on Lincoln street is preparing to increase its original output from 5,000 to 10,000 copies.

**Mackerel To Bankin**

The homey, light-hearted book tells how to cook among hundreds of other dishes, soured mackerel, house bankin and kartoffelsuppe-recipes already old when they arrived here from Germany 200 years ago.

The book, a bicentennial birthday present to help wipe out an \$82,000 debt incurred in building the town's 50-bed, \$375,000 hospital, is illustrated in the spirit of the occasion by Philip Backman and armless Earl Bailey, Lunenburg's well-known artists.

And its recipes are written in the hand of the town's men and women contributors, including veteran "fishing cooks" whose hands have long been cramped from a hard life of harvesting nets from the icy Atlantic.

It costs \$2.50. The Lunenburg Hospital Society's ladies auxiliary has been selling it locally by the dozen. Increasing demand plans are being made to circulate it in larger centres and ultimately on a national basis.

**Sauerkraut Apples**

Methods of cooking fishes and

the favored plate of sauerkraut are covered thoroughly in its 347 pages. Even sauerkraut apples, made by popping apples into a kraut barrel and taking them out when soft and juicy, are included.

A typical old-fashioned Lunenburg meal is kartoffelsuppe, house bankin, cucumber salad as a side-dish, barley bread and buttermilk pie.

**Here's how to make it: Kartoffelsuppe Or Potato Soup**—This is made by dicing three ounces of fat pork and frying until light brown. When slightly cooled place in pot with a quart of water and a sliced onion. Cook until potatoes are soft. Brown six tablespoons flour in the pork fat. Add to soup, stirring until flour is dissolved. Add seasoning and boil for a minute.

House bankin is salt cod and potatoes. The dried cod is torn into strips and soaked overnight after being thoroughly washed in several waters. Remove fish from water and add six large potatoes. When potatoes are half-done add fish and cook until potatoes are tender. Gravy is made by frying out two ounces of salt pork. Add two diced onions and fry until brown. Add a tablespoon of vinegar and two of cream. Boil and serve.

Desiree Bourque, the publisher, has his recipe for frying trout, and Mayor Homer F. Zwicker, whose family sold salt codfish in an era when the town was a big cog in the rum-running "industry," has one for rum punch.

The men scoffed in this town of 5,000 when the ladies' auxiliary proposed to publish a cook book. There were already too many, they said. They again threw up their hands upon learning their wives had ordered 5,000 copies. Never sell them, they said.

The success of "Dutch Oven" has them wearing their embarrassment more gracefully these days.

## DOROTHY DIX'S COLUMN

Foster Mother

### She Is Advised To Make No Secret Of Having Adopted Her Child

DEAR MISS DIX: Some time ago I confided to a neighbor that my daughter was an adopted child. A relative of mine has made quite an issue out of the matter, saying I never should have told anyone the child wasn't mine. Perhaps I was indiscreet. Now I'm worried that people will gossip and that my little girl will hear some unpleasant remarks.

FOSTER MOTHER

### NO REASON FOR SECRECY

ANSWER: There's absolutely no reason why the facts of adoption should be concealed. It is definitely and unreservedly advised that they be imparted to the adopted child, and it is equally important that friends be informed of the true facts, too. Certainly there is nothing about the proceeding that should be furtive; rather it's cause for deep pride. Any advice to the contrary from a relative should go unheeded. If you are uncertain how to go about presenting true facts, read "The Adopted Family," by Florence Rondell and Ruth Michaels published by Crown Publishers, of New York.

Adoption is almost impossible to conceal, either from the child or from neighbors. It's much better for you to be the informant, rather than to have the truth emerge as a somewhat shoddy bit of gossip conveyed in whispers. If you try to keep the matter a secret, there's bound to be a constant tension in your attitude toward the child, which will react badly in your mutual relationship. Frankness, on the other hand, strengthens the feeling between parent and child. Change your attitude towards your little girl's adoption, and see how much easier life will be for you.

DEAR MISS DIX: Where can a girl go to meet young adults? After graduation from school, there are few places to make friends. The girls I knew in school are all married or live a long distance away. My job is in a small office where I don't meet people, and the young folks clubs of my church is for the 13-to-16-year-old group.

ANSWER: Acquire a hobby and pursue it! Nothing makes for firm friendship like a mutual enthusiasm for an activity. Folk dancing, painting, stamp collecting, tennis—decide what you want—then find a course, or club, frequented by fellow hobbyists.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

## Anne Adams Patterns

### HALF-SIZE DUO!

From this minute on through fall, you'll wear and love the slenderizing sheath dress with the box jacket. Make it in cotton, faille, bengaline. It's easy to sew — proportioned to fit and flatter the short, fuller figure.

Pattern 4773: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress takes 3¼ yards 35-inch jacket, 2½ yards.

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 of The Guardian, 60 Front Street West, Toronto, Canada.

### Morning Smile

A Congressman said to Horace Greeley one day: "I am a self-made man."

"That, sir," said Greeley, "relieves the Almighty of a great responsibility."

### LUCKY CLOVER

WINNIPEG, (CP)—Twelve-year-old Larry Karp claims to be more than twice as lucky as people who find four-leaf clovers. He says that while playing in his back yard, he discovered one with nine leaves, "and all on one stem."



4773 14½-24½ by Anne Adams

In 1952 Canadian factories produced 149,454,656 square feet of hard board.



I love it



Butter Nut Bread

## Alice Brooks Designs

### IRON-ON DESIGNS IN GAY COLORS

No embroidery—just a stroke of your iron. Presto! Old-fashioned girls in leaf green, party pink and bright blue beautify your bedroom and guest linens! Easy! Washable! Takes seconds! Iron on sheets, cases, summer spreads and curtains, towels, scarves.

Pattern 7043 has twelve washable iron-on motifs — four girls 4½ x 8½; four roses 1½ x 1½; four rose sprays 1¼ x 3 inches.

Send Twenty-five Cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Kowloon, Chinese peninsula opposite Hong Kong Island, was ceded to Britain in 1861.

### ISLAND-FAVORED RECIPES

Beginning Monday, The Guardian will carry recipes chosen by the ladies of the Women's Institutes of P. E. I. Watch daily for their favorite recipes under THE COOK'S CORNER. The Institutes have selected tested recipes for your use—we hope you will try them!



7043 by Alice Brooks

### How Can I!!!

By Anne Ashley

Q. How can I keep painted wicker furniture looking glossy?

A. It can be preserved and given something of a gloss with ordinary furniture polish, wax or oil type. A high, more permanent gloss results when you paint it with orange shellac, thinned out with denatured alcohol.

Q. How can I remove blood stains from a bed mattress?

A. By covering them with a starch paste. Remove the paste when dry, and repeat the process until the stains are gone.

Q. How can I remove lipstick stains from washable fabrics and non-washables?

A. With washables, launder in hot water and soap. Whites can be bleached with peroxide. With non-washables, apply cleaning fluid to the spot and immediately press a clean white blotter over it. Look at the blotter and you'll find it's absorbed some of the red. Keep repeating the process until you no longer see red.

### Modern Etiquette

By Roberta Lee

Q. Is it considered necessary to repeat a person's name when being introduced?

A. Just "How do you do" is sufficient, but it is always nicer if you do repeat the other person's name after this greeting. It seems to indicate that you have really paid attention to the introduction.

Q. What should a person do when with others and they are discussing some subject about which



In Hot Weather

THIS FAST-ACTING YEAST KEEPS WITHOUT REFRIGERATION!

Thousands of Maritime women have found the perfect answer to yeast problems in hot weather. It's the new Fleischmann's Fast Rising Dry Yeast! This modern form of famous Fleischmann's Yeast keeps full-strength and fast-acting in your cupboard! No refrigeration! If you bake at home — get a month's supply of Fleischmann's Fast Rising Dry Yeast. Always on hand for speedy baking and grand results.