

Connelly-Baker Wedding



Flying Officer and Mrs. Don Connelly are seen (above) following their wedding in Summerside on Saturday afternoon, July 25. The bride, the former Rhoda Baker, is the daughter of Mr. and Mrs. Stanley H. Baker, Summerside. The groom is a member of the R.C.A.F., stationed at Greenwood, N.S.

(Photo by D. W. Sears)

That Body Of Yours

By James W. Barton, M.D.

GRADUATE DENTISTS AS DENTAL INTERNS IN HOSPITALS

I have for many years believed that medical and dental students should take their first two years together as they have practically the same subjects. Then, after the first two or more years they should turn to their own special practical subjects. This method should save much time and dentistry would become a special branch of medicine, and the two professions would be more closely related. It is a sign of the times and of how the dental profession is moving closer to that of medicine to learn that a "council on dental internship and residency" is being established in several hospitals, just as every hospital has a definite number of young medical graduate internes, who do regular tours of duty in the various departments of a general hospital—medicine, surgery, obstetrics, gynecology, urology, X-ray.

The graduate training programs approved by the Council on Dental Education of the American Dental Association cover such fields as surgery of the mouth, X-rays and radium, straightening of teeth (orthodontics), restorative dentistry, periodontia (pyorrhea and other diseases of the gums), anesthesia, children's dentistry, and root canal treatment. Dental internship and residency (live right in the hospital as do medical internes) have now been approved in 121 hospitals throughout the United States. I believe all physicians and den-

Morning Smile

Her Method

"I hope," said one wife to another, "that you never nag your husband." "Only when he is beating the carpets," said the second one. When he is thoroughly irritated he makes a much better job of it."

tists will approve of the establishment of dental internships and residency as there are so many cases, where the physician treating a patient in hospital wants to make sure that the teeth and gums are or are not, the cause or partial cause of the patient's symptoms. Even infection in one tooth may not only be a contributing cause of the symptoms, but may be a factor in prolonging the illness and the convalescence of the patient. It is so easy for the dentist or dental interne to check up on X-rays and laboratory tests while the patient is taking medical and laboratory tests. This means that the physician and dentist are in daily or weekly conference and the patient is relieved in mind as well as in body.

We can also appreciate the fact that the hospital dentist or hospital dental interne is available for dental, medical and surgical emergencies that may arise with patients already in hospital or those brought into hospital at any hour of the day and night. The establishment of these dental internships is a great boon to patients already in or entering hospital and give relief to the physician attending the patient.

ELLEN'S DIARY

By An Island Farmer's Wife

We remember gratefully that of day's familiar paths were made more serene for us by the knowledge that on a far battle-ground, which for thirty-seven months had been the main concern of great nations, hostilities had come to an end in an Armistice, the result of deliberations that had been continued for over two years.

Now, it came to mind at the news, for an interval of longer or shorter duration the children can enjoy the delight of peaceful days; world-over lives of those lads who would be their country's heroes will be spared to peacetime pursuits and they returned from grim tragic battle-lines to the lands of their hopes and their dreams. And was not the blue above us sunnier today? The lazy breath of wind happier? The very air more invigorating—the future more promising? All because a Truce had been signed. And in our joy that now war was over all the cares of home seemed of little moment. We forgot almost at once the murmurings of the haying-crew over "this delaying weather;" nor did we worry unduly over the unsettling forecast of the bluejay as we spread our pieces of wash, which call issued from some cool leafy retreat down by the mill-stream.

"Ellen, if it's the weather you're happy about, you have no call to sing!" That was the message which came to us wrapped about with a little wind and tied by a sunbeam. "Can't you see it's a fickle sun? And the wind... how lazy for a hay-day! Oh, your wash will dry... that doesn't take long; but how much will you bet they won't be shower before you gather in it's last pieces?"

What could we wager with a discerning bluejay? What had we bet? We smiled in our reckoning; not even the heart we once owned! We remembered James' laughing comment one time when he was adding up our earthly possessions.

"Ellen has a flash-light of her own—that is, it's definitely hers!" he chuckled, "and she's pretty cautious about lending it to the stables!"

"And," we reminded him, "the gobble—our male turkey-bird!" But now even these, the years had taken from our possession... Fire-flies with their fascinating eerie lanterns had lit our way on a recent night-stroll; and we had given up all share in domestic birds to others, exchanging them for those which pipe in the new days in turn, and return thanks for their varied and various gifts as dusk starts to dim the hills. "Aw," the bluejay continued, "I guess you've nothing much to bet anyway! But... before this day's out, there'll be more rain, whether James wants it—or not!"

"Do you suppose the storm will come back... the thunder and lightning?" we heard a little fellow call from his bed, a bit anxiously as the night-shadows deepened. A clearing afterglow enriched the sky to the west—one that lingered as twilight drifted in over the farmlands.

"No, Dear, there'll be no more!" It was James making reassuring reply as he climbed the stairs. "At least there's no sign of it yet. It's bright above the hilltop—the moon rising... And I'm coming to bed now, so you needn't worry. That rain, Ellen," he said, stopping a moment at the door of this our "Study," "how suddenly the storm came up this evening—and what a downpour! No hay-day again tomorrow, I'm thinking."

No saving, we expect... but again we recall gratefully the clearing rift in the gray of the East to flood at length "to the uttermost parts of the earth," to bring now, we hope, to every nation and people a long era of peace.

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

How Can I!!!

By Anne Ashley

Q. How can I remove stubborn spots from my linoleum, such as those caused by table and chair legs and rubber heels and rust spots?

A. Make a jelly of mild soap and rub it carefully over the spots with a dry piece of fine steel wool. Then wipe up the soap and re-wax the spots. Or, first try wiping heel marks away with liquid floor wax.

Q. How can I remove rust stains on porcelain or enameled sinks?

A. One method is to cover the stains with kerosene for about four hours, then wash off with piping hot water and strong soap. Another is to rub the stains with piece of raw lemon, followed by soap and water.

Q. How can I clean marble objects?

A. Whip up a strong solution of sal soda and combine that with fuller's earth. Coat the marble with this paste, and let it stay for at least 24 hours before removing it.

Johnstone-Compton Wedding



Pictured above following the marriage ceremonies at St. Paul's Anglican Church on July 15 are Cst. Hugh Brian Gallagher, usher; Cst. Charles Walper, best man; Cst. and Mrs. William Frederick Johnstone; Mrs. Redmond Soy, matron of honour; and Miss Inez Compton, bridesmaid. The bride is the former Elizabeth Marguerite Compton, daughter of Mr. and Mrs. Gordon Johnstone of Parkdale. (From Barter's Film Lab)

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "James got the position through Mr. Johnson's pull." 2. What is the correct pronunciation of "largess" (a liberal gift)? 3. Which one of these words is misspelled? Larrikin, laringitis, lascivious, lapidary. 4. What does the word "complex" (adjective) mean? 5. What is a word beginning with inc that means "quality of being absurd?"

ANSWERS

- 1. Say, "James secured the position through Mr. Johnson's influence." 2. Pronounce lar-jess, a as in lard, e as in yes, accent first syllable. 3. Laryngitis. 4. Complicated; intricate. "Who understands the complex phenomena of life?" 5. Incongruity.

Household Scrapbook

By Roberta Lee

Rusty Springs To prevent mattresses from picking up rust marks from the springs, give the springs a coat of paint when the original paint shows signs of wearing thin.

Stamp Licker

You can save lots of wear and tear on your tongue, when you lick many envelopes and stamps to live. If you'll wrap an ice cube in a thick rag and moisten them with that.

Mercurochrome Stains

Mercurochrome is partially soluble in water, but it's extremely soluble in rubbing alcohol which has been diluted with a few drops of hydrochloric acid. Just use this solution as you would cleaning fluid, sponging it on the mercurochrome stains with cheesecloth.

Modern Etiquette

By Roberta Lee

Q. When attending a formal dinner, is it all right for a guest to leave before the last course is served?

A. No; a guest should never leave before the dinner is finished, unless, of course, it is for some very urgent reason, such as illness.

Q. When one has been introduced to a person and did not understand the name, is it all right to take the advice of Dr. Young, "If you want to avoid middle age spread, you should eat more salads. Eating fresh fruits and vegetables is a painless way to reduce," he adds. "You can eat to the extent of feeling you have eaten and still not add extra pounds to your weight?"

A sensible reducing diet is one that includes enough basic foods such as meats, vegetables, fruits, skim milk or cheese and whole grain cereals to maintain good health. However such a diet cuts down sharply on such calorie-loaded extras as gravies, fat meats, pastries, fried foods, heavy cream, candy and other sweets. An added advantage of this kind of diet is that it corrects two other current nutrition problems, deficiencies of Vitamin C and calcium.

The main reason that both men and women are overweight is because they over-indulge in the kind of foods that add extra pounds to their weight, says Dr. Rachel Beaudoin, Director of the Institute of Dietetics and Nutrition, University of Montreal. Dr.

Certainly, he may introduce himself.

"War is Declared" Over Length of Milady's Skirts



Dior's New Style Drastically Shortens Skirt, Features Nipped Waistline and Rounded Hips.

While anxious husbands, whose pocketbooks will be among the first casualties, watched from the sidelines, the first shots were fired in Paris and London in the style war over milady's skirts. Christian Dior, father of the new look, started the shooting by decreeing at his fashion show in Paris, that from now on the skirt must end just below knee. This reverses the trend set by him in 1947, when he covered most of the calf; Norman Hartnell, the dressmaker to Queen Elizabeth, was quick to take up the challenge. He told newspapermen in London: "The hem stays where it is. Calf length is the most graceful for a woman's skirts—anything shorter is ugly." Dior's assault may decide whether the ladies still look to Paris for the final word in what to wear. If they do, it will be a new triumph for the mild, balding little man who could (and perhaps still can) lead Dame Fashion around by the nose.

Christian Dior

Norman Hartnell

Faulty Diet Causes Overweight Try Salads!

Worried about your waistline? If you are, eat more salads. Salad Week, an annual campaign to encourage Canadians to eat more fresh fruits and vegetables, is an ideal time to start that reducing diet you've been putting off for so long. There's nothing complicated about it. Health and nutrition experts point out that the only way to reduce is to eat less calories each day than the body uses. This is where fresh fruits and vegetables come in. Fats contain over twice as many calories per ounce as carbohydrate and protein foods and most fruits and vegetables are high in filling value but low in calories.

Overweight has replaced vitamin deficiency as the number one nutrition problem in Canada and the United States. Dr. E. Gordon Young, Director of the Maritime Regional Laboratory, National Research Council, Halifax, estimates that one fifth of the Canadian population over 30 are too heavy for their own good. On the basis of the 1951 census, this means that 1,250,000 Canadian men and women are overweight. Of these 420,000 could be classed as obese.

What this means in terms of health can be easily seen in the light of medical and insurance statistics which reveal that the mortality rate among men and women of a particular age group who are overweight is considerably higher than it should be. To keep your weight in line, take the advice of Dr. Young. "If you want to avoid middle age spread, you should eat more salads. Eating fresh fruits and vegetables is a painless way to reduce," he adds. "You can eat to the extent of feeling you have eaten and still not add extra pounds to your weight."

A sensible reducing diet is one that includes enough basic foods such as meats, vegetables, fruits, skim milk or cheese and whole grain cereals to maintain good health. However such a diet cuts down sharply on such calorie-loaded extras as gravies, fat meats, pastries, fried foods, heavy cream, candy and other sweets. An added advantage of this kind of diet is that it corrects two other current nutrition problems, deficiencies of Vitamin C and calcium.

The main reason that both men and women are overweight is because they over-indulge in the kind of foods that add extra pounds to their weight, says Dr. Rachel Beaudoin, Director of the Institute of Dietetics and Nutrition, University of Montreal. Dr. Beaudoin bases her statement on the findings of clinical research surveys she has done with overweight women. She found that a comparison of the diet of 150 obese women with 150 normal weight women showed that the overweight women were eating more calories per day than the women whose weight was normal. Although Dr. Beaudoin points out the best reducing diet is always one which is planned with individual patients, taking into account "their food habits, likes and dislikes" that will help provide the most acceptable diet, a sample diet might include the following:

For breakfast—one half a small grapefruit, two poached eggs on the one slice of enriched toast, a cup of skim milk and coffee. For lunch, broth, two slices of luncheon loaf, one slice of enriched bread, a teaspoon of butter, a serving of asparagus, lettuce and tomato salad, a half cup of instant apple sauce, one cup of skim milk and tea. Dinner would include two lamb chops, a half cup mashed potatoes, string beans, celery curri, a half cup of carrots, watermelon and tea. At bedtime a half cup of skim milk and two Graham crackers.

Certainly not a starvation diet! This, but one that is pleasant and satisfying. To you, stick with it until you get rid of that excess poundage.

DOROTHY DIX'S COLUMN

Takes Her Marriage Lightly

Woman, Who Wed To Escape Family, Tells Of Meeting "Right Man"

DEAR MISS DIX: I was married four years ago at the age of 17 to a man eight years my senior. I knew I wasn't in love with him at the time, but I married to get away from a disagreeable home atmosphere. Although my husband is good in many ways, he pays little attention to me. Ever since our marriage I've been falling in and out of love with other men, but now I know I have met the right one. Should I tell my husband?

HAZEI

ANSWER: Then what do you expect to do? Divorce your husband, marry the new crush (if he'll have you), and continue the merry-go-round? For a hopeless future, isn't it? Instead, why not settle down and set your age, which, while admittedly young, is old enough to insure some sense.

HER SENTIMENTAL SPREE

You married your husband to suit your own convenience; certainly you are morally bound to give him a happy home. That you are at least in love is a questionable assumption at best. Love comes and goes too easily for you; you have the word sadly confused with "infatuation" or "attraction." To you, falling in love is just one sentimental spree after another. Has it ever occurred to you that a little loyalty, a little sacrifice are also involved?

What you need, young lady, is a return to the fundamentals of housewifery. You certainly can't be doing much of a job as a homemaker if you have so much time to fritter away on casual romances. You can scarcely expect your husband to give you much attention while your thoughts and affection are turned elsewhere.

You'll never get anywhere—except into trouble—via your present route so suppose you make up your mind to change it. Begin with a thorough housecleaning. Include your own soul in the general mopping up. Do

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Alice Brooks Designs

Garden-ful of roses! 12 luscious motifs in two sparkling shades of red, one green—fresh as if you just picked them! No embroidery, simply iron on sheets, pillowcases, cloths, napkins—you'll have the beautiful, expensive-looking linens you've dreamed of!

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Send Twenty-five Cents in coins 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.

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7119

by Alice Brooks

Anne Adams Patterns

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4747 SIZES 2-10 by Anne Adams