WOMEN

LET'S EAT

Dainty Cake Is Named For Star-Like Flower

By Ida Bailey Allen

The edelweiss, a small, dainty star-like flower, grows in crevices in the high mountains of the Alps. In quality, it is everlasting — the texture is wool; in color, it is white. A lover in Switzerland will climb the highest mountain at the very risk of his life to find, for his sweetheart, an edelweiss blossom as a token of the enduring quality and purity of his love.

Quaint Legend

I heard of this quaint legend in Chicago, while enjoying coffee and edelweiss cake, a specialty of the charming Swiss Chalet in the Hotel Bismarck.

"This is one of the most delicious and beautiful looking cakes I have ever seen. Please show me how it is made," I asked Executive Chef Theodore Meyer.

So, down to the bakery we went, where the pastry chef showed me the 3 (8") layers of flaky puff pastry of which the cake is made.

Edelweiss Cake

Two of these are put together just before serving with a cooled, thickened, cooked cream filling. The second pastry layer is then covered with sweetened whipped cream and topped with the third which typifies the edelweiss legend and is responsible for the name "edelweiss cake." This top pastry layer has been previously turned smooth-side up, spread with deep rose-colored icing, which is then cut almost through in even wedges.

TINY EDELWEISS BLOSSOMS done in pastel-colored icing, decorate this tempting cake, layered in a cream filling and whipped cream.

Starry Blossoms

In each wedge radiating toward the center, the stem and leaves of the edelweiss plant are pastry — tubed in pastel-green icing. After the cake is put together, and just before serving, small starry "edelweiss blossoms" of 10 petals each, are pastry-tubed on with stiff-whipped cream. The centers are of whipped cream, tinted deep yellow.

Pastry Crunch

A beautiful cake for bridal showers or wedding affairs, or to enjoy just because you love nice things. Not difficult to make either, if you have clipped from this column the recipes for puff pastry, cooked cream filling and decorative icings previously given. Sponge cake layers might be used instead of puff pastry but they won't have that delectable pastry crunch!

Here are some of the recipes that Chef Theodore Meyer serves to guests at the Bismarck Hotel in Chicago.

TOMORROW'S DINNER

Orange Grapefruit Juice Cocktail
Schnitzel Parma Broad Noodles
Green Asparagus
Tossed Salad Bowl
Hawaiian Ice Cream Delight
Hot or Iced Coffee or Tea Milk

Schnitzel Parma (Cutlet of Veal): Pound 1 lb. thin-sliced tender leg of veal until very thin. Cut in 4 portions. Season with salt and pepper. Turn over in flour, then in whipped egg; coat with fine white bread crumbs. Saute in butter until golden brown. Cover with Swiss cheese, and melt under a grill. Serves 4 to 6.

Hawaiian Ice Cream Delight: Fill parfait glasses alternately with vanilla or peach ice cream and crushed canned pineapple. Place 4 Hawaiian pineapple sticks in the sides of the top. Then heap with slightly sweetened whipped cream. Dust with shredded coconut.

TRICK OF THE CHEF

Add a few grains nutmeg to melted butter when seasoning asparagus.

Cook's Corner

The following recipe is supplied by the Consumer Section Marketing Service, Canada Department of Agriculture.

BLUEBERRY MALLOW

2 cups blueberries
¼ cup water
Dash of salt
1 teaspoon vinegar or lemon juice
20 marshmallows
1 cup whiping cream

Crush blueberries, add water and salt and cook, covered, until tender, about 6 to 8 minutes. Remove from heat, add vinegar or lemon juice and marshmallows, cut in quarters. Stir and blend until marshmallows are melted. Cool and let stand until partially set then fold in whipped cream. Pour into one large or six individual moulds that have been rinsed in cold water and chill until firm. If desired, ½ cup chopped, toasted almonds may be added to the mixture. Yield: Six servings.

MARY HAWORTH'S MAIL

Student has Problem In Girl Who Refuses To "Go Steady"

DEAR MARY HAWORTH: I am a boy 19, a college freshman this past year. I am passably attractive, an upper bracket student, active in campus affairs; also give a good account of myself in sports. I have dated many girls and feel I have found the right one - - I shall call her Jane.

After dating Jane for six months I recently stopped going with other girls, and I've tried to persuade her to go steady with me, but she declines. She says she likes me but doesn't believe in going steady. She took another boy to her sorority dance so she means what she says. She insists that I ought to date other girls but, feeling as I do, I vehemently refuse.

Jane is cute, intelligent, well versed in domestic affairs - - the kind of girl I've always wished for. She is generally sweet, kind and considerate and has many interests that coincide with mine. We always have fun together, have a good understanding of each other's strengths and weakness, and very rarely clash. The only thing I can possibly object to is her attitude towards us... The more I humor her, the more she wishes me to.

Some Say Girl Is Tired of Him

I can only suppose she is tired of me, but she doesn't want to hurt me. My close friends, and hers too, think that's true. Jane hasn't been dating other boys (in the last six months or so) but now she expresses a desire to. Should I take this in stride, or say my farewells before she actually quits me- - or does something I may find unbearable?

To sum up - can two people in their late teens be in love? If so, is it love in our case? what do Jane's actions indicate? I think I am fairly understanding and considerate, but Jane's actions to date have not only puzzled but worried me. Was I wrong in holding to my ideas? - W. B

Steady Dating Craven Policy

Dear W. B.: You are at a disadvantage with Jane because you indentify her as your dream girl, long wished for; whereas she sees you as just another boy in her dating experience thus far. Probably your memorable difference from her other beaux is that you try so obstinately to take her by storm. And it seems she has a will of her own, as well as a good deal of tact and uncommon sense in managing males.

As you frankly admit, your disposition is to get an option on Jane as your girl exclusively; but to what purpose, may I ask? As a stripling in college, you aren't prepared to marry, I take it. And steady dating properly should be a prelude to getting married soon. When it isn't problems are spawned which work hardships on the girl particularly. She forfeits other friendships-- and reputation, moral tone and emotional health may be damaged, with mutual discord and heartache the final upshot.

Thus Jane is wise beyond her years to sidestep your drive to "go steady." Of course we know that "going steady" is a custom of the country, beginning in high school; but it is a policy of craven expediency, with nothing constructive to recommend it, really. It is a mostly a case of boys and girls, unsure of themselves, pairing off with a friend of the opposite sex-- just to have a "date" to count on. It is a gutless pattern of playing safe-- of mortgaging your freedom just to avoid the chance of being thought unpopular, or unwanted. Or of trying to tie-up somebody, due to fear that you can't hold his (or her) interest in open competition.

Man's Court Too Anxious

Now to discuss your 1-2-3 questions. 1. Can persons in their late teens be in ove? Yes, indeed; they almost invariably are. It is real love too; but probably not the greatest love they will ever know. 2. Is it love between you and Jane? well you are ripe for love, it seems; but if Jane resists, you will recover unscarred, I think. 3. What do Jane's actions indicate? That she isn't in love with you and dislikes the intensity of your courtship, therefore.

My advice is to fall in with Jane's suggestion, that you each date others, while also keeping this friendship cordial. Perhaps if you were less available, less fervid and anxious, Jane might find herself wanting more of your time. Until now you've been forcing her to take you for granted, it seems. - M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of the Charlottetown Guardian

MORNING SMILE

On her way to bed, the maid looked into her mistress's room. "The master's locked up for the night, ma'am," she said.

Her mistress looked puzzled. "Really, Jane," she said, "he must have been very quiet: I didn't even hear him come in."

"He hasn't, ma'am," exclaimed Jane. "The police have just phoned"

(Barter's Film Lab.

MR. AND MRS. F. X MACDONALD

Exchange Vows

The Church of the Most Holy Redeemer, Charlottetown, was the scene of a pretty wedding on Saturday, June 4, when Ethel Teresa Trainor, daughter of Mr. and Mrs. Stephen Trainor, was united in matrimony to Mr. Francis Xavier MacDonald, son of Mr. and Mrs. Clarence MacDonald, Westville, N. S. The nuptial Mass was celebrated by Very Rev. Gregory Murphy, C. S. S. R.

During the Mass appropriate hymns were sung by Mr. Frank MacIntyre, with Mr. Alex MacLean as organist.

The bride, who was given in marriage by her father, looked charming in a waltz-length gown of white nylon tulle with bodice and sleeves of Chantilly lace. She wore a cap-shaped headdress with finger-tip veil of white illusion. Her bridal bouquet was of pink delight roses.

The bride was attended by her twin sisters, Misses Allice and Eleanor, who were attired in matching ballerina-length gowns of turquoise and pink crystallete. They carried nosegays of mixed spring flowers.

Best man for the occasion was Mr. Bernard MacDonald. The ushers were Mr. Irving Kellock and Mr. Robert Trainor.

Following the ceremony, a reception was held at the Queen Hotel. The bride's mother received the guests in a gown of teal blue with white accessories. Her corsage was of white carnations. Mrs. MacDonald, mother of the groom, was attired in a gown of navy blue with white accessories, and wore a corsage of white carnations.

The toast to the bride was proposed by Rev. F. L. Cass and responded to by the groom. Congratulations and best wishes were offered to the newly-weds by Rev. Gregory Murphy.

For her honeymoon trip the bride chose a fitted navy suit with white accessories.

Out-of-town guests present at the wedding were: Mr. and Mrs. Clarence MacDonald, Mass., Bernadette MacDonald, Miss Helen Livingstone, Mr. and Mrs. Irving Kellock, Mr. Bernard MacDonald, Westville, N. S., and Miss Joan MacInnis, Miss Lorraine MacNeely and Mr. and Mrs. Gordon Trainor, Halifax, N. S.

Miss Trainor is a graduate of Saint Dunstan's University, Charlottetown, and the Maritime School of Social Work, Halifax, N. S.

Mr. MacDonald is a graduate of St. Francis Xavier College, Antigonish, and received his degree in Electrical Engineering from the Nova Scotia Technical College, Halifax.

The newly-weds will reside in Montreal.

ELLEN'S DIARY

by an Island Farmer's Wife

Beautifully, these days of early summer break and grow, so entrancingly it is our loss if we do not rise betimes to enjoy the hush and reverence and magic of our world about as it comes awake. Not sluggishly or with regrets we recall, but with a sunny smile which ripples and spreads along valley and hill.

This morning while it was still dew-fresh we had a tryst to keep with the mailman, at lane's end. (The "new " time—we subscribe to two on this farm' brings him earlier on his round. It takes him out the road to the cornerstore for the "day's post" while the cows still rise and stretch and munch first bites in the pasture, consequently she who would send by him for item of buying or has mailing to do on the outward trek, must be early astir.)

When we set out, life at Alderlea had stirred. A cow's plaintive low at the pasture-gate, and the bleats of Jeanie's pet lambs followed us as we rounded the bend of lane commencing now to be gay with roses... The millpond below the front meadow mirrored the white of the Public Bridge—reflected too, winsomely the alders and a slim white birch, blue of sky, dimples of sunlight, and the spruces up the rise behind. A frog mooning yet about "seeing Nellie home" last night, plopped into the water beside our bridge, at our's and Blackie's approach; in a flash of silver a trout leaped for a breakfast-fly, the return leaving fading ripples of silver.

We stopped there in that spot close to the roadway to listen to the murmur and flow of the stream. The dog surveyed the road: winding from the hilltop quiet. Then the stretch "in alone": no mailman yet. He settled himself in the sun on the bridge. We dropped beside him... and then chuckled softly. Would you believe it? There on a weathered rail of fence among the alders sat a squirrel.

And "what's new, Ellen?" was that not what we heard?

"Janie and Gage have the measles-Gage's face is as red as a 'biled lobster' but Jamie's rash is showing more slowly."

"So!" she nodded. "They'll soon be better now... It's a good time of year to have measles . Not much chance of catching cold these warm days. And won't it be good for them to have them over!"

"Now they've had mumps, chicken pox and measles" we offered. Blackie pricked up his ears, looked out the road and in: no vehicle, no mailman. He settled down again, nose on forepaws.

"Got some mailing, have you? Well, Mr. C'll soon be along. I never saw the like of how he keeps to his time... doesn't vary many minutes one way or another any day. Quite a man" she said. "Pretty faithful. They tell me, he's been bringing the mail for well over forty years. That's a long time."

"He has seen a lot of changes on this road" we commented.

"He's seen a lot on every road" she chuckled. Listen!" Blackie go to his feet." Yes, hear the hoof-beats! Here he comes-in his shirt sleeves today, if you please. There's a little girl with him. There was a little boy with him yesterday, visitors in holiday-time, you know...Well, Cheerio! And be good!"

And Cheerio! And Good-night now to this day, it's every hour a golden link in summer's bright chain.

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

ALICE BROOKS DESIGNS

SMART TV SUARE

Beautify your TV set with this smart new cover — easy to crochet in any size! Favorite pineapples and mesh form the pretty pattern!

Pattern 7363: Crochet TV square 24-inches in No. 30 mercerized cotton; smaller in No. 50; larger in bedspread cotton. Easy, lovely!

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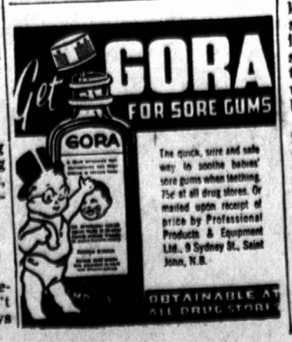
ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

HOUSEHOLD HINT

Get rid of rubbish or anything combustible that you're not going to use in attics, closets, cellars, garages. Rubbish, such as old papers and rags, is a fire hazard.

Words Of The Wise

Liberty is like breathing—something we aren't aware of and can't appreciate because we've always had it.—(Robert Guillen.



How To Clean A Piano

By ELEANOR ROSS

Good care for your piano requires proper know-how.

Fingermarks, nail polish and dust cause the keys to discolor.

Cleaning the Keys

To clean ivory, plastic or ebony keys, moisten a soft white cloth slightly with water, then dip it into a bowlful of whipped-up thick soapsuds. Use a separate cloth for the white keys to prevent picking up and transferring any of the black color.

Since ivory keys absorb readily, it is better to give them separate care—one at a time, working toward the outer edge of the keyboard. Never allow moisture from your cloth to seep through the cracks, since this would cause the wood to swell. Rinse with a slightly dampened clean soap cloth; then polish with a dry cloth.

Wash the Cases

Most piano cases are made of mahogany or walnut, perhaps with an ebony finish, and almost all of them are lacquered. This makes it safe to use soap and warm water to clean the entire surface, one section at a time.

Make sure that the cloth is well wrung out to eliminate even the slightest dripping, and always work with the grain of the wood. Rinse promptly with a clean damp cloth and wipe dry. Then wax or polish may be applied as for other furniture.

When dirt gets inside the instrument, bits of grit work away at the strings and other moving parts. In time, unless removed, this will destroy the tone and even the action of the piano. Your professional technician can clean this out as he tunes the instrument, but you can help by occasionally using the blower attachment of your vacuum cleaner to dislodge interior dust.

Moths

Moths are enemies of pianos, as well as of furs and clothing. After all, there's fine wool felt inside that piano!

To discourage moths, place a cake of moth preventive inside a grand piano, on a piece of cardboard so that the chemicals can't harm the working parts. In the case of an upright piano, hang a bag of moth crystals inside each end, close to the wood.

Placing the Piano

Ideally, a piano should be placed against an inside wall, away from sources of heat such as direct sunlight, radiators, hot air register or a fireplace. If you can maintain a steady 70 deg. temperature in the room, your piano is less likely to strike wrong notes. Don't mistake the piano's bulk for toughness; actually it is as delicate as a watch. But with common sense, regular care and regular professional tuning, it will continue to sound and look as it did when it was new.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

When the hours are so still that Time
Forgets them and lets them lie
'Neath petals pink till night stars wink
At the sunset in the sky,
It is JULY.

July is the month of roses, pinks and other fragrant and lovely flowers. It is also the month of strawberries and other good eats from the garden. It is the month of happy brides and their bouquets of lovely flowers. Garden visitors are visiting and comparing gardens and it is a happy month.

I enjoyed seeing some wonderful gardens and scenery last week end and then came home to my own neglected garden. It is now becoming trimmed and weeded and roses are blooming. In the heart of a city I was able to walk along the sidewalk and sniff the fragrance of red and white roses which climbed over the fence of this lovely garden. Three or four men were busy setting out annuals and beautiful geraniums in separate colors to each border and the effect was good. There was a large rose garden of hybrid teas and now it must be full of fragrance and colour. The lawns were green and fresh and a rotary hose sprayed water on this garden. It was a spot of color and beauty enclosed by a living wall of roses in a noisy hot town and it must have given much joy to all who passed the same as our own as peonies were coming into bloom and Iris and Poppies made a good showing.

Peonies are one of the best perennials for country gardens. Twenty years ago I planted one hundred peonies in ten varieties and they have increased in beauty and satisfction every year. Sometimes the winter season is hard on other perennials, but I am always sure that when the snow is gone, the bronzy red shoots of the peonies will soon be pushing up through the ground, and from then on through the summer until late frost they will add to the beauty of your garden and your home.

For six months of the year they are a joy. They give colorful fragrant blooms for several weeks if certain varieties are grown and at all times the foliage is pleasing especially in the Fall when it is a beautiful red and bronze. Many other perenials are beautiful for a certain time, but after that they are an eyesore. They may be used in many ways and in many places, then if you transplant them carefully they can be placed wherever you need them, without any loss of bloom, or very little. Many other annuals, ground covers and bulbs may be used with peonies, I begin with tulips and forget-me-nots then plant bedding dahlias such as Baby Royal, or Annuals, Snapdragon or Stocks. The peony foliage is a complement to the garden picture.

Anyone who can make anything grow can succeed with peonies. They require a soil rich in humus and to be planted not too deeply, this is very important, just covered lightly with soil allowing for settling. The roots are brittle and a large hole must be dug for them, the soil must be rich, I have old rotted cow manure in my country garden, but if this is not available you may use compost, peat moss, or anything else of that nature always remembering that they are going to be there a good many years. I have never had to spray my peonies and the staking is not a hard task with the many fine wire stakes on the market and they may be used from year to year.

Peonies can be transplanted when very large by digging up with a spade and lifting to a wheelbarrow if you are strong enough and hauling to the place you wish to plant them. If you plant them properly you will hardly know they have been moved. If you wish to divide them cut with a sharp knife and be sure you have a couple of eyes or so and a good root, then in a year or two you have many more peonies.

Peonies will do well in sun or some shade, thus prolonging the blooming period of the same variety, but they need lots of moisture. Manure water is beneficial, and a mulch of any good material conserves the moisture. My varieties are the old stand byes, Festiva Maxima, LeCygne, Mons. Jules ELIE, Lady Alex Duff, and La France, Raoul Dessert Karl Rosenfield, and Adolph Rousseau also many others of this type.

I have not had much experience with tree peonies but they must be very beautiful, and the lovely singles I have grown and like very much. All gardeners are busy people and they like to experiment with something new each year, then it is necessary to have reliable beautiful flowers to keep the garden a joy all the season therefore we must have peonies in our gardens, many of them in large gardens and some in every garden.

It was a delight to see the lovely peonies in the home where we visited, over thirty flowers on a nicely shaped bush. Here they are crowded in with the other perennials and the full beauty cannot be enjoyed. There were many orange lilies in the garden as we hurried by, but they are not my favorite lily. The Madonna lilies with the good fragrance will bloom next week, and there are many more rosy pink and white lilies which are beautiful and very fragrant and desirable.

We admired the tall towering elm trees bordering a lovely still river as we drove along on a smooth pavement, and we were thankful for the gift from a lady in this very province some years ago for a small sapling of elm tree in our own garden. But it was in the pine and fir tree wood that the greatest thrill came to us in our three day visit. Dinner at a water camp in a three thousand acre woodland of our host. We drove for two miles until we came to the deep stream bordered with blue Iris and other wild flowers. Surrounded by wooded hills it was a new experience and a delightful time for us.

I saw the pines against the white north sky,
Very beautiful, and still, and bending over
Their sharp black heads against a quiet sky
And there was peace in them.

Pink trees in the hundreds have been planted here on this farm and are one of our prized possessions and looking up into the thousands of pine that climbed the hills we thought of the poet Longfellow who wrote in "My Cathedral".....

Like two cathedral twoers these stately pines
Uplift their fretted summits tipped with cones;
The arch beneath them is not built with stones,
Not Art but Nature traced these lovely lines,
Enter the pavement, carpeted with leaves,
Gives back a softened echo to thy tread
Listen! the choir is singing, all the birds,
In leafy galleries beneath the eaves,
Are singing. Listen, ere the sound be fled,
And learn there may be worship without words.

Coming home to our own garden we found lovely Foxglove, Sweet William and Canterbury Bells and the bush Clematis covered with creamy blossoms fragrant and good for cutting. Many years ago a plant was secured and now divisions have been made and it is scattered all through the borders giving an airy grace to the more solid peonies. It is extremely hardy and without care or worry comes each year.

The beauty of our own province was seen with new eyes as we looked about us to the wide river and the tilled fields and meadows. words.....

Thou art beloved of sun and sea,
of silvery nights, of glowing noon,
and round about thee tenderly the summer breezes croon.
Thou'rt robed in tranquil loveliness of birchen gorves and ferny bowers.
Of streams that hold the skies, caress the fragrant wayside flowers.
No towering mountain heights are thine, no canyons deep, no forest wild,
And yet thy charms, like ancient mild.
Whose feet have pressed they velvet strand or corssed thy clover-scented leas
May seek for gold in any land, but wearied, come to thee.

Lucy Clarkin

Continued from page 7

Queen Square

The Manual Training department is an extremely active one. 240 boys take instructions and the number of useful and artistic articles made testify to the importance of this type of instruction.

Junior Red Cross activities are carried on during the year and the senior boys help in a number of Red Cross projects.

In the field of Athletics our boys made a good showing. Last winter they captured the Island Interscholastic Championship. We must pay tribute to Rev. Father Roach who has done much to foster athletics among our pupils. We have always maintained that an organized and properly supervised sports program should be an integral part of a boy's school life, and should provide a healthy outlet for the spirit of recreation and competition among boys.

Our Cadet work continues to maintain an exceptionally high standard and our boys made a fine appearance at the annual Inspection on June 3rd. A well conducted social evening in the gaily decorated School Auditorium climaxed a busy Inspection day. All cadets, accompanied by their young lady friends, attended in uniform, and the visiting officers and friends expressed high praise for the splendid order and decorum during the evening festivities. We are most grateful to Monsignor McMahon who so generously supplied the treats of ice cream, etc., for the evening.

The Annual School Concert in December and Annual Ice Sports again were highly successful — thoroughly enjoyed by all. The proceeds from these two annual events provide the necessary funds to carry on many of our school projects.

The Queen Square Home and School Association, under the presidency of Mrs. A. A. McIsaac, had had an active and worth-while year. One of the major activities was the promotion and initiation of the Cod Liver Oil Capsules distribution. I feel that the general good health of our pupils has been enhanced by the regular use of these vitamin capsules.

Our teachers and pupils were most grateful to have the opportunity of welcoming our Beloved Bishop, and offer him sincere and hearty co-operation.

To our City Superintendent, Mr. Parker, to the School Board, and to the Home and School Association I wish to extend sincere thanks for help and co-operation so freely given.

To the donors of prizes I wish to offer sincere thanks for their continual interest in our pupils.

To the members of the Staff I wish to offer my personal thanks for the fine spirit of loyalty shown at all times.

To the Senior pupils of Grade Ten, on behalf of the Staff, I extend best wishes. It is our sincere hope and prayer that character forming lessons of good behaviour and manliness learned in Queen Square will be a factor for good in their future life.

To the Parents who have taken a close and keen interest in the work of our pupils I wish to extend heartfelt thanks. The habits of work and industry instilled in the pupils at home and at school have far-reaching consequences for good.

To all pupils I wish that your holidays will be pleasant and care free.

Don't Neglect Slipping

FALSE TEETH

Do false teeth drop, slip or wobble when you talk, eat, laugh or sneeze? Don't be annoyed and embarrassed by such handicaps. FASTEETH, an alkaline (non-acid) powder to sprinkle on your plates, keeps false teeth more firmly set. Gives confident feeling of security and added comfort. No gummy, gooey, pasty taste or feeling. Get FASTEETH today at any drug counter.

KEEP IN TRIM

Get Healthy Start On A Suntan

By Ida Jean Kain

The glorious 4th ushers in the sunburn season. Well...sunshine heals but sunburn peels. See how you make out on this "burning" quiz. Which hours are best for sun-bathing? Are you safe on hazy days? How long is it wise to stay in the direct rays of the sun on first exposure?

Here are some scientifically established facts about the golden sunshine. The U. S. Public Health Service issues this warning:

Watch out for the noonday sun. When the sun is high overhead its rays are short, direct and burning. Late afternoon is a safer time to start your sun-bathing, for as the sun goes down, its rays are long and are slower to burn. Some of the worst cases of sunburn are seen at the beach, caused by the reflected glare from the sand and water. Another warning is to be careful on hazy days, for even when the sky is overcast, the sun can burn cruelly.

The way to get a good protective tan without burning is to start with short periods and gradually make them longer. For most people 15 minutes is long enough for the first sun bath. Each day after that, the exposure time can be lengthened by 15 minutes. If you know that your skin burns quickly, start your sun-bathing after 4 o'clock in the afternoon. The face, the legs and the skin on the front of the elbows are more sensitive to burning than other parts of the body, so they need extra protection. Never go to sleep in the sun.

Authorities point out that the exhilarating effect of sun bathing experienced by many who do so sensibly is caused as much by the free air circulating about the body as by the sun. In the summer, one does not have to be in the direct sunshine to obtain its benefits, because the actinic rays are reflected from the sky. Skyline is as healthful as sunshine.

In moderation, the golden sunshine, is restful, relaxing, and helps to restore a feeling of well being. So have a happy, health-giving 4th of July.

Farewell Service

A large congregation was present in New Dominion United Church on Sunday evening, June 26, when Rev. Dr. A. S. Weir preached his fare-well sermon, and so ended his pastorate of the Cornwall Charge which he has held for the past three years.

During the offertory, a solo was rendered by Miss Shirley I. MacDonald, and at the close of the service, Mr. W. R. Shaw, on behalf of the congregation, expressed appreciation of Rev. Dr. Weir's fine record of service. A gift of a pen and pencil set was presented by one of the elders, Mr. D. N. Taylor.

Rev. Dr. Weir made a fitting reply, expressing his thanks to all for their kindness and spirit of co-operation during his ministry here.

ANNE ADAMS PATTERNS

WEEKS SEW-THRIFTY

HALF-SIZERS! Cinch to sew, jiffy to iron this cool summer dress — make it right away! It has the scallop touches you love—the smooth, slimming lines that do such wonders for shorter, fuller figures! Proportioned to fit perfectly—no alteration worries!

Pattern 4566: Half Sizes 14½; 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4 yards 35-inch fabric.

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.

TEA gives you over 200 CUPS per POUND

Wife Preservers

Leather furniture can be cleaned at home with saddle soap or mild soapsuds. Rinse with a damp cloth, dry thoroughly with a soft, dry cloth, and follow with a leather conditioning dressing.

SUMMER DRESSES

Everything's blooming in the Greendal Ladies' Dept. . . . As frosty glazed cottons usher in a summer full of flowering prints. Come in and see these washable cotton dresses with a permanent finish glaze. Their wide flaring skirts, their true-to-nature colour, their careful attention to detail, to wear them is to rival a garden's beauty . . . so come and pick them up while they're freshly cut. Selling from

$3.95 to $29.50

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