Women's realm

Wed In Toronto

Mr. and Mrs. J. T. Peters and their attendants

A wedding of interest to many Island friends took place on October 10 in St. Clare's Catholic Church, Toronto, Ont., when Mary Elizabeth, daughter of Mr. and Mrs. Wendall P. McKenna, Emerald, P.E.I., was united in marriage to Joseph Terrence Peters, son of Mr. and Mrs. Wilfred Peters, Charlottetown. The nuptial mass was celebrated by Rev. P. L. Cahill who also performed the marriage ceremony.

The bride, given in marriage by her brother, Francis, chose a wedding gown of chantilly lace over slipper satin with veil of matching lace held in place by a tiara of seed pearls and rhinestones. She carried a corsage on her white satin covered missal with streamers. Her youngest sister, Florence, acted as maid of honor and was attired in lime green net over taffeta and carried a bouquet of yellow roses.

The bridesmaid, Miss Wanda Bernaski, chose a gown of canary yellow net over taffeta and carried a bouquet of pink roses. The groom was supported by Mr. Edmund Campbell of Toronto, while Raymond McEwen and Francis Stordy acted as ushers. The Misses Frances and Phyllis Farmer, Kinkora, P.E.I. sang several hymns during the ceremony.

A reception was held at Fran's Resaurant with 40 guests in attendance. The bride's table was tastefully decorated and centred with a two-tier wedding cake. The toast to the bride was proposed by Rev. Father Cahill and responded to by the groom. Others spoke a few words of congratulations on this happy occasion.

The bridal party left for a honeymoon trip to Prince Edward Island to visit their parents and relatives, also the bride's sisters in Dartmouth and Halifax. For travelling the bride chose a black wool suit with American beauty accessories and corsage of Talisman roses. On their return they will reside in Toronto where both have been employed for the past few years.

A bounteous supper was given in honor of the newly weds and their immediate relatives by the groom's parents at their home which was much enjoyed by all, also a post-nuptial shower was held at the bride's home where many gifts were received. Several showers were tendered the bride before her marriage.

WHERE MAY VITAMIN D BE OBTAINED

Foods, except irradiated evaporated milk, are not dependable sources of vitamin D. Exposure of skin to sunlight, or to sources of ultra violet radiation, causes formation of vitamin D in the skin. Smoke, fog and dust reduce the effectiveness of sunlight and adequate exposure is not possible in Canada except in the summer. Vitamin D is best obtained from fish liver oils, from extracts of such oils, or from chemical preparations. It can be taken in drops or spoonfuls depending on the strength of the preparation, or in tablets or capsules.

Anne Adams Patterns

PRETTY COVER-UP!

Make this apron for parties or kitchen glamour! A back-wrap with scallops and embroidery, it's as gay as a holiday! Positively pocket-happy, too! And there are TWO versions—short and dress length! You'll love both.

Pattern 4509: Misses' Sizes Small (10-12); Medium (14-16); Large (18-20). Medium 3¼ yards 35-inch. Embroidery transfer.

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, c/o The Guardian, 60 Front Street West, Toronto, Canada.

Modern Etiquette

By Roberta Lee

Q. Is it all right for us to give a "house warming" for our friends to show off our new home?

A. No. A "house warming" is an affair given by the friends of persons who have moved into a new home, and gifts are usually brought. One would not want to impose this obligation by inviting friends to bring gifts. Instead, one can give an "open house" which is simply an invitation to come and see one's new home and does not obligate the guests to bring gifts.

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Soaks out STUBBORN STAINS

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Most housewives know 20 easy ways "JAVEX" makes things white, bright, sweet and clean!

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Javex disinfects as it cleans . . . a very important "extra" in everyday bathroom, kitchen and laundry cleaning.

JN-73

4 Handy Sizes

Black-Lewis Wedding

Above are the principals of a pretty wedding in Cascumpec United Church on Tuesday, October 20, when Hazel Margaret Lewis, daughter of Mr. and Mrs. Harry Lewis, of Cascumpec, and Donald Eugene Black, of Nappan, N. S., were united in marriage. From left to right are: Mr. Lee Lewis (usher); Mr. Paul Black (groomsman); Mr. and Mrs. Black; Miss Verna Lewis (bridesmaid); Mrs. Harry Lewis (matron of honor); Mr. Lawrence Lewis (usher); (front row) Leta Moase, flower girl; Grant Moase, ring-bearer.—(Photo by D. W. Sears).

That Body Of Yours

By James W. Barton, M.D.

THE BOOK OF HEALTH

I have written three small books on health and the body, in which I have tried to cover the commonplace, everyday methods of keeping well and always in fit condition to do our daily tasks in a buoyant spirit. Also, for many years I have written a daily newspaper column on health and a weekly article on health and weight. While I believe these books and health articles have been of help to readers, I have on my desk what I consider a masterpiece that covers the subject of health in a most thorough manner. It is a very large book necessarily, but it is abundantly illustrated and the reading matter is written in such simple language that the lay person has no difficulty in following information and advice given.

It is called "The Book of Health" and was compiled and edited by Randolph Lee Clark, Jr., B.S., M.D., M. S. (Surgery), director and Surgeon-in-Chief, the University of Texas, Houston, and Russel W. Cumley, B. A., M. A., Ph.D., Director of Publications, University fo Texas.

In the foreword we read that "The Book of Health" was conceived to assist in the enlightenment of everybody regarding health. It was written by a staff of experts under the editorial guidance of 242 leading physicians and scientists. It is not a "home doctor book." It does not tell the reader how to treat a disease but enables him to understand what can be done by medical science to maintain at the highest possible standard his own health and the health of his family and community.

In this book is unfolded the story of the body's development, the changes it undergoes from birth to death, and the diseases which may attack it. Interwoven is the story of the great contributions to medical knowledge from the dawn of antiquity to the present day. The specialists who have edited the book agree that what is said here represents the body of medical knowledge at the present time.

Over 300 physicians, scientists, university professors, writers, librarians, artists and photographers have contributed to the preparation of this volume. Although we find almost daily changes in medicine, this book has been designed to present the health knowledge of today. The editors sincerely hope that the book will be a significant aid to the patient maintaining a smoothly functioning partnership with his physician.

I believe that those of us who give thought to health will agree that good health is life's greatest human asset. With health we are best able to meet our physical, mental and emotional problems.

LONG REIGN

King Gustav of Sweden reigned from 1907 until his death in 1950.

Canadian Mink And Sable Modeled In London At Fashion Parade

By Muriel Narraway

Canadian Press Staff Writer

LONDON, (CP) — Period furs rubbed sleek shoulders with modern Canadian mink and sable garments at a West End fashion parade covering 75 years of fur styles.

To celebrate its 75th birthday, a British company National Fur reconstructed styles they had sold through the years.

So, for photographic purposes, a mannequin wearing a £3,500 wild mink coat strolled down Park lane linking arms with a period model in egg-plant satin gown topped by a sealskin jacket bound with skunk and trimmed with jet.

Elegant Mink

The elegant Canadian mink, with its full swing back, deep Magyar sleeves tapering to small turn-back cuff and "sunray" treatment across shoulders and back, is typical of the high-priced Commonwealth furs now sold by most ranking British furriers.

Back in 1878, however, it was a different story. In those days founder Arnold Barder opened a small shop in Kensington's Brompton road. He started production of fur jackets in sealskin, skunk and Persian lamb at prices acceptable to a wide market, at a time when furs of ermine and sable were worn mostly by queens and princesses.

By 1901, the year of the Boer war and the death of Queen Victoria, the firm produced chinchilla coats for day wear and Russian sable lined with ermine for evening capes in the expensive bracket.

The Edwardian lovely of 1907 fancied ermine capes and coatees. In 1911, coronation year of George V, fur taste reverted to moleskin, seal and coney. Post-war year 1919 saw coats of antelope in loose-fitting styles and by 1928, when women first got the vote, favorite furs were Persian lamb and skunk.

Muskrat Popular

By 1933 the trend towards Commonwealth skins was evident in the popularity of muskrat, known here as musquash. It remained a first favorite for many years. Just before the Second World War, women tired of muskrat might purchase black-and-white African kid coats. Then, with the 1947 new look, the trend turned to soft skins like natural otter.

Now, from the Queen downwards elegant women with money to indulge their fancy choose Canadian wild mink, ranch mink, sable and dyed ermine. Muskrat and Canadian squirrel have lost ground to the lesser-priced brushed beaver lamb and baby beaver skins.

Fur preference and styles have changed little since last year. Coat backs are straighter with side fullness, important sleeves have wide or narrow cuffs and collars range from small roll to deep capes that can be drawn around the ears.

Stoles still hold favor and a new favorite is Canadian sable in wide stoles of around six skins. Priced at £30 a skin, they are elegant choice for day or evening wear.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The idea is practically worthless, and we can't seem to solve our problem."

2. What is the correct pronunciation of "praline"?

3. Which one of these words is misspelled? Indefatigable, navigable, changable, believable.

4. What does the word "tenable" mean?

5. What is a word beginning with *sa* that means "promoting health"?

ANSWERS

1. Say, "The idea is almost worthless, and it seems we can't solve our problem." 2. Pronounce pro-len, a as in ah, e as in lean, accent first syllable. 3. Changeable. 4. Capable of being held, maintained, or defended. "The officer found his position was not tenable." 5. Satulary.

How Can I ! ! !

By Anne Ashley

Q. Ho wcan I prevent stains when ironing over a spot on which peroxide has been applied to remove scorch?

A. Do not iron directly on the spot moistened with peroxide, as this leaves rust stains on the garment. Place a clean dry cloth over the spot and iron with a medium warm iron, replacing the top cloth when the peroxide soaks through.

Q. How can I keep the hair brush clean?

A. Put a teaspoonful of ammonia into warm water; dip the brush up and down until clean. Dry with the bristles down; this prevents the bristles from coming out, and also hardens them.

Q. How can I keep an angora sweater fluffy?

A. Long-fibered wool should be brushed thoroughly while it is drying. It will then be fluffy and the original appearance restored.

Household Scrapbook

By Roberta Lee

Preserving Autumn Leaves

Autumn leaves can be preserved by buying a little powdered resin at the drug store, sprinkling this over the leaves and stems, and then pressing with an iron that has been heated to a modest temperature. The result will be a nice glossy leaf in which all the brilliant coloring is preserved.

The Hands

Wash the hands in warm, not hot, water and then be sure that they are thoroughly dried. It is the neglect in drying thoroughly that causes the hands to become rough and red.

Chloride of Lime

If chloride of lime is poured into the bathroom toilet frequently it will be kept in a sanitary condition.

Cook's Corner

"High Hat Chicken With a Heavenly Gravy!" That's what Mrs. Clarence Murphy of St. Lawrence Women's Institute suggests for special-occasion dinners. Other appealing recipes have been selected by the St. Lawrence ladies, too.

HIGH HAT CHICKEN WITH A HEAVENLY GRAVY

Just smother and cook your chicken in this mushroom cream gravy:

4 to 5 pound chicken drawn, cut into pieces.
¼ cup flour
2 teaspoons paprika
1 teaspoon salt
¼ teaspoon pepper
¼ cup shortening (melted)
2 cans (2½ cups) condensed cream of mushroom soup.

Rinse chicken in cold water and dry. Put flour, paprika, salt and pepper in a paper sack. Put in 3 or 4 pieces of chicken at a time and shake until thoroughly coated. Brown chicken on both sides in hot melted shortening in a heavy skillet. Drain off fat if there is an excess. Pour soup over chicken; Stir well. Cover; cook slowly 1 hour. 6 servings.

—Mrs. Clarence Murphy, St. Lawrence W. I.

ELLEN'S DIARY

By An Island Farmer's Wife

"But I don't want you to go—not tonight!" Gage, the little lad of this place begged us this evening. He was sleepy then and worn with the affairs of his day which had commenced well before daylight. "I want you to stay at home and read to me."

"But your Grandfather will read to you and tell you stories and you'll have a fine time" we said.

He was silent a moment. "What," he asked wonderingly, "is Women's Institute like? Oh, I know it's a meeting—but what do they do?"

"Oh, they talk, talk, talk" James chuckled to him." You know how women are! It's something the same as when your Grandmother goes shopping. It takes her an hour or more to decide to buy something that I could get in, well, five minutes at the longest. It takes them a long time to come to any decision over anything . . . that's the way they're 'built'".

"But how do you know that, Grand'daddy?" the child queried, "you've never been at a meeting."

"No, but I've waited around while your Grandmother was there," he smiled, "and so I have heard them at their deliberations . . . couldn't help it, you see!" Then this sober business of living returned to James' mind.

"Ellen," he reminded us, "see that you don't keep 'the young lad' waiting about all night for you! He has had a busy day and should be to bed early for we'll have another equally as busy tomorrow. You know, Ellen, we're into November now! And our crop not all saved yet. But" he sighed, "I reckon I may as well save my breath. Who was it fiddled while Rome burned?"

"No woman" we laughed.

* * *

The place was under-staffed today in the absence of Rob. After a summer which would have vanquished less buoyant spirits, so demanding on mind and body it was he rather hesitantly it is true, took the day off from the farmwork to attend with kin the Maritime Winter Fair on the mainland.

"I don't consider that it was the wisest thing to do," James offered at dinner. "Not that the boy hasn't well earned a day off, but to lose one at this time of year is likely to regret it later. We can't harvest turnips when they're frost-caught in the ground."

"Dear bless you, man," our helper commented, "who's to say whether the way we spend a day is loss or gain? You never know . . . you may think one is lost when all the time it's fitting into some pattern for good we know nothing about at the time."

"There's a feel of snow in the air," James commented.

"Well," our helper laughed, "the place is not too badly off yet for workers, if" he teased "some of them haven't the spring to their step of once!"

Tonight's meeting of the W. I. we found interesting and good as are always our gatherings . . . friendly, inspiring, with as James suspects, some chatter and many a chuckle over the planning of our resultant "good works."

"Is that you, Ellen?" It is James asking.

"Yes" softly.

"I suppose it's all hours? I thought I heard you say 'Good-night' to someone."

"You did."

"Oh, aye— 'the young lad.'" Then with thoughts on the morrow: "Are the stars out?"

Stars! All we saw when homing was the car lights cutting bright swaths in the black velvety shadows ahead.

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

Morning Smile

"Does your orchestra over play requests?"

"Yes what would you like them to play?"

"Pinochle."

The Stars Say - -

By Genevieve Kemble

For Tomorrow

CONCENTRATED effort will win laurels this day. Get difficult tasks out of the way first, then go on to the ones that are more stimulating. With the Moon entering Capricorn, this is an excellent period for all matters concerning the home. Start house renovations now, look for a new apartment if you need one, or invest in real estate.

In business affairs disregard adverse criticism—especially if it relates to finances. As long as you know that you are following correct procedures, keep on your course despite the opinions of others. The afternoon hours are excellent for short distance travel and romance.

For the Birthday

If tomorrow is your birthday, you should now be in the midst of an excellent period where monetary matters are concerned. For the balance of this month, however, it would be well to rely on first impressions in further financial dealings. Trust your own judgment. It cannot fail you now.

The early part of 1954 continues to be favorable from a material standpoint and for furthering affairs of a reasonable nature. Personal and social affairs are also under beneficent aspects and the late spring inaugurates a period conducive to romance and marriage. In all projects requiring courage, energy and initiative, put forth your best efforts now. They should pay off handsomely for you.

A child born on this day will be aggressive, dynamic and intensely loyal.

Couple To Reside In Oregon

Pictured above are Mr. and Mrs. Douglas B. Downing (the former Louise Logan of Washington) as they leave the St. Joseph's Episcopal Cathedral following their recent marriage in Portland, Oregon, by the Bishop of Oregon, Dr. Dagwell. Mrs. Alan Osgood (the former Diane Downing, sister of the groom), matron of honor, stands at the right. After a short honeymoon, Mr. and Mrs. Downing will reside in Springfield, Oregon, where the groom is manager of the Springfield Lumber Company. The groom is a son of Mrs. H. M. Downing and the late Mr. Downing of Summerside.

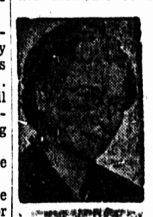
DOROTHY DIX'S COLUMN—

Grandmother's Plaint

Husband Asks Wife To Take Care Of His Sister's Children

DEAR MISS DIX: I have been married for 23 years, have raised two daughters, now married, and am bringing up my granddaughter. Now, my husband wants me to take his sister's children so that she can have a good time. My health isn't too good, and her youngsters are difficult to handle. L.M.C.

FIND OUT THE FACTS



Muriel Nissen

ANSWER: Are you sure the only reason your sister-in-law wants somebody else to care for her children is that she wants a good time? It doesn't seem too logical to me. If, however, that's the case, certainly no one else should take on the task. If there are reasons of health or finances, and the care would be a temporary one, perhaps you could reconsider your decision. You already have one child in your house so you are tied down to some extent, and perhaps your sister-in-law's children would respond to the discipline with which you brought up your own daughters.

DEAR MISS DIX: We are four teen-age friends with a problem. One girl in our group frequently passes unkind remarks about the others. Also, she is too interested in personal affairs. When we have something new, she wants to know how much it cost, where it was bought, etc. We tell her she is rude, and too personal, but it makes no difference. GLADYS

ANSWER: This is the time when your young friend should be acquiring all possible grace and poise to equip her for adult life. If she continues along present lines, she will be a very much disliked and shunned, woman. Do make allowances, though, for a certain amount of human curiosity. Wouldn't you like often to know yourself how much somebody paid for an article that appeals to you? Of course, you wouldn't be rude enough to ask, but at least you can understand the interest behind your friend's questions. You girls will all be doing her a tremendous favor if you can show her, by example and explanation, how much harm she is doing herself.

Alice Brooks Designs

32-INCH BOY DOLL!

He wears boys' size-2 clothes — stands 32 inches high—and no matter what your age, you can't resist him! A real playmate for a lucky child—the hit of the bazaar!

Use flesh-colored cotton for his body, straw yarn for hair. Pattern 7175: pattern for 32-inch doll.

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.

REGULATION

The B vitamins (thiamine, riboflavin and niacin) must be supplied in adequate amounts to help the body use carbohydrates, fats and proteins and to maintain the body in a healthy state. Iodine is necessary in regulating the rate at which the body burns food to supply energy.

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Help clear up pimples, rash, oily skin, blackheads with Cuticura Soap and Ointment—see clearer, smoother skin in just 7 days. Buy Cuticura today at your druggist. CUTICURA

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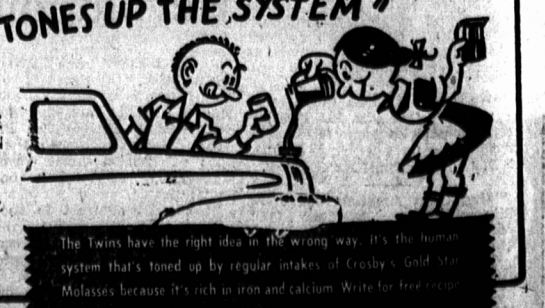

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