

WOMEN

Page 10 The Guardian Tuesday, October 5, 1954

Miller - Gavin Wedding



The above wedding of Mr. and Mrs. John J. Miller took place at St. Simon and Jude Church, Tignish, on Sept. 22 at 7 a.m. The ceremony was performed by Rev. J. A. MacDonald, P.P. The bride was the former Janie Gavin of Tignish, and the groom is from Cardigan. Reading from left to right are: Miss Eleanor Gavin, sister of the bride, as bridesmaid; the bride and groom; Mr. Harold B. McGillivray, groomsmen.—(Photo by Cook Studio).

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Sonnet for October

Here is all autumn blazing in a jar,
An arc of triumph in one leafy fan,
All color's gamut in so small a span.
The howl—grey-blue as bonfires—are
When smoke puffs up from gardens near and far
And trees at last their brittle bunting shed
Wind-fluttered toys of copper, yellow, red
Drop from the boughs left shivering brown and bare
The children run to catch them as they fall,
Child, wind, and leaf whirled in a madcap spree:
For each leaf caught, "A happy month" they call
Such joy this gift of branches brings to me
That by its burning beauty I recall
All autumn's glory and all childhood's glee.

U. R. Lias

Autumn's glory is not as other years but we can find beautiful trees and vines in sheltered places and they are very precious.

October is a good garden month for planting, transplanting and making new borders and much work can be done now to relieve the rush of the spring season. There are many lovely flowers to cheer us as we garden these days. Dahlias were never better and the Tuberous Begonias are very lovely in many bright colors in the rock-garden. Here is hoping the frost does not come for a long time. There are good annuals blooming, and the lawns are green and grow-

ing so that mowing must be done every week.

Today three Japanese Peonies were planted. This is the first time any of these rare Peonies have been planted in the garden here and they will be something good to see next spring. Japanese Peonies are considered by many to be the most exotic of all Peonies. Flowers are wide-spread and semi-double with a thick cushion of colored petals in the centre. They are supposed to be as hardy as the more familiar Chinese Peonies, and some of them have been transplanted because of crowding. Peonies are the most satisfactory plant in the garden. Once planted they may be left undisturbed for years. It is not unusual to find peony plants that have been growing and blooming in the same spot for fifty years. They grow so very large with thick roots that it is a man-size job to transplant them. Peonies are very easy to establish, and are free from most diseases. No spring garden is complete without a wide selection of peonies. To bury one's face in a big warm peony bloom heavy with its delicious fragrance is one of those ecstatic moments that none should miss. Moreover, a peony is a true old friend that never fails to relieve you each June when all the world is fresh and young again. It is even the first plant to announce that spring is here; for in those blustery days of early spring when all is sunshine and shadows, those timely red spears break through as if by magic, harbingers of a floral pageantry to come.

Seven Madonna Lilies were added to the seven in the garden and

HERMAN N. DUNN, M. D.

Symptoms Of Anemia

MANY people are functioning below their best level because they are living with the disorder known as anemia. It is a disease with a seriously decreased amount of hemoglobin, an iron containing pigment, in the blood; there may also be a lack of the red blood cells that carry the hemoglobin.

Various Causes

Anemia can be caused by many things. One of the common causes is probably blood loss, such as may occur with bleeding ulcers or bleeding from the bowel or female organs.

However, anemia may quite often also be due to an insufficient production of the red blood cells and hemoglobin. This may be caused in turn by lack in the diet of certain factors necessary for the proper production of blood. At times some tumors and growths may prevent proper blood production.

Warning Signs

Certain parts of the body readily reveal anemia. A pale looking skin and a pale color to the lining membrane of the mouth, nose and the eyelids may be signs of anemia. A paleness of the fingernails can also be an indication of anemia.

The creases or skin lines in the palm of the hand normally have a bright pink color. When this coloring is lost it indicates a severe anemic condition.

Other Symptoms

Other symptoms which may be present are shortness of breath, dizziness, and fatigue.

Anyone with anemia should have a complete examination by a physician in order to determine the cause so that proper treatment may be instituted.

QUESTION AND ANSWER

J. E.: Can a strain such as heavy lifting cause a prostate inflammation?

Answer: I know of no definite evidence that prostatic inflammation can come from this cause.

are now showing above ground. They should be planted as soon as they make some growth in the fall. The garden here has always had some Madonna Lilies in it, and more will be added every year. It is one of the loveliest of white Lilies. Popular throughout the world, loved and admired by all. Its delightful fragrance and lovely white flowers have made it a universal symbol of purity. They need sun and perfect drainage. They are planted in the rock-garden here where their beauty and fragrance can be admired more easily.

A collection of perennials that I have been wishing for were planted last week. In my garden I have a habit of growing perennials when not in flower, hardy and a number one garden plant with charming flowers. They succeed in good ordinary soil in sunny borders but need a good deal of moisture. Three plants of Armeria, Thrift or sometimes called Sea Pink is a dwarf growing perennial with grassy leaves and a tufted habit of growth. The flowers are borne in globular heads from May until the end of summer. Plants are suitable for edgings to borders and beds and form lovely clumps in the rock garden.

One Shasta Daisy, a hardy perennial with a long period of blooming, they need a sunny position and a deep rich soil, and are wonderful for cutting. Three cushion type hardy asters were planted in the rock-garden and they are perfect for edging. All of these perennials are hardy and with good foliage will make the garden better looking for transplanting or moving shrubs. A dozen Rugosa Roses were planted as a screen to hide an unsightly part of the garden and these roses until heavy frost. They have lived in the garden here for many years without any care at all, not in need of winter protection. The work we do in our gardens this month and until heavy frost (Continued on page 11)

Autumn Wedding in Summerside



Pictured above are the members of the Waugh-Schurman bridal party. Reading from left to right are: Mr. Howard Gay, usher; Mr. Leslie Waugh, usher; Mr. Wilfred Waugh, best man; Mr. and Mrs. Claude Waugh, the groom and bride; Mrs. Howard Gay, matron of honour; Miss Shirley Jewell, bridesmaid; Mrs. Leslie Waugh, bridesmaid; Miss Sheran Gay, flower girl. The bride was the former, Emma, daughter of Mr. and Mrs. Horatio Schurman, Summerside, and the groom is the son of Mr. and Mrs. Sam Waugh, Wilmot Valley. The ceremony took place at the Church of Christ, Summerside, on September 6, 1954.—(Edwin Heckbert Studio)

ELLEN'S DIARY

by an Island Farmer's Wife

What did our farmers do with this day that was pleased to be damp and beclouded? Good it was to see the bright rift of clearing at sunset. And we bless the night which now gives a clean wind and starlight in token of fine weather again.

"But the new moon came—if you noticed, Ellen, in unsettled weather," a visiting old-timer of farmer remarked today. "And that!" he shook his head, "I never saw it bring us much good."

"It's the same moon all over," we laughed. "And did you notice the varied forecasts this morning?" "I don't take much stock of the forecasts," he smiled. "I make my own out of things I have learned. But I will say," he offered, "get a spell of broken weather in the haying or harvest . . . or at any season, and there's no telling when it will clear. A fellow just has to make the best of it . . . and wait! This may let up shortly. But I'm afraid, Ellen, we're in for a whole week of it! That would throw the work late, wouldn't it? And the days getting short." "There'll be good days yet," we said remembering the charm of October's of the past, in old-time potato-diggings.

"Of course we will—this isn't going to last all fall! . . . Where are the men, Ellen?" "The men? Responding to a call of the heart to walk once more along more familiar fields than these, James was off already on foot to Alderlea, there as he said "to straighten out" with the younger farmer various seasonal items of work.

"What a day we had . . . so busy," he told us at dusk. "But it was good. We fitted up a loft to hold the rest of the straw (I'm thinking it'll be a day or two now before that grain'll be fit to thresh) and we . . ." he continued to tell us of the number of interests of their past hours.

"And did I tell you, Ellen," he smiled, "we bought a pair of calves?"

"And didn't you say the other day we had plenty?" we asked on a shrewish note. "Enough to feed

through the winter?" "Oh, I know . . . so we had. But you'll say that yourself when you see these were likely-looking animals—see them, Ellen."

"What do two months more amount to! Nothing at all!" he said. "I'd judge there was fair-good breeding to these for beef, for all there could be a strain of . . . in them. But," he nodded, "we took them anyway. They'll grow into something!" he added with a boyish grin.

Today saw continued carpentry at this place of Rob's so that with the addition of new shingles, windows and doors, the moved barn of summer begins now in Gage's words to be "quite a building."

And all in all though damp and beclouded quite a day this has been for the farmers.

Until tomorrow Diary
Good-night

Morning Smile

A man-about-town was in serious trouble and called up his lawyer. "It's a dirty trick," he screamed into the phone, "a dirty trick." The lawyer soothed him with "calm down, calm down and tell me what's the trouble." "The girl's husband has made a horrible mistake," screamed the man. "He's named me as co-respondent in a divorce suit, and I can't even write!"

Wife Preservers

When you wash ball fringe trimming, let it dry thoroughly, then hold it over a steaming kettle or steam iron for a short time.

LET'S EAT

Low-Calorie Buttermilk Is Available Powdered

By IDA BAILEY ALLEN

"THIS buttermilk is of a fine flavor, refreshing and satisfying," remarked the Chef, draining his glass. "I understand it is not high in calories."

"Only 85 calories to an 8-ounce glass," I answered, "and of these, 8 per cent are protein calories. It is also a valuable source of B vitamins. Of course, buttermilk contains no butter, no fat, as that is removed when the cream is churned into butter."

Popular Misconception

"Many persons do not realize this, Madame. They think that because it is called 'buttermilk,' it actually contains butter which gives the good flavor."

"The butter is by that time packed for market," I explained. "The

reason the skim milk, or liquid remaining after churning, has so pleasant a flavor is because before the cream is churned into butter, it is 'cultured' by introducing beneficial lactic acid-bacilli. These tend to make buttermilk more digestible than uncultured milk.

Buttermilk Uses

"For generations, buttermilk has been used in baking biscuits, pancakes, waffles, muffins and many cakes because it produces a more tender product with finer flavor. "Buttermilk fruit drinks are delightful, too. Two tablespoons of lemonade or orange or pineapple concentrate blended with 6 ounces chilled buttermilk is a refreshing and delicious beverage. And any milk sherbet with buttermilk instead of fresh whole milk."

Powdered cultured buttermilk is a new product recently released on the market. It comes in pound packages and is not expensive. To reconstitute into liquid form, beat ½ cup with 1 quart water.

For baking, sift the right amount of powdered buttermilk with the other dry ingredients; then add the right quantity of water. In general, the proportions are 6 tablespoons powdered buttermilk to 1 pint water; 3 tablespoons to 1 cup and 1½ tablespoons to ½ cup water.

TOMORROW'S DINNER

Cole slaw with Green Peppers
Brotted Smoked Ham
Potato Casserole
Escalloped Tomatoes
Buttermilk Pancakes
Maple Syrup
Coffee
Tea
Milk

Potato Casserole: Peel and small-dice 6 medium-sized white potatoes. Add 1-in. boiling water and ½ tsp. salt. Cover and cook rapidly 15 min. Add 2 tsp. butter or margarine.

Next, beat 3 eggs very light. Add the potatoes and liquid, ½ tsp. salt, ½ tsp. pepper, ¼ c. soured cream, ¼ c. milk and 1 tsp. minced parsley.

Transfer to a well-buttered 3-pt. casserole. Place uncovered in a pan, and pour boiling water in pan to a depth of 2 in. Bake 45 min. in a moderate oven, 375 degrees F., or until firm.

SUGGESTION OF THE CHEF

Add ¼ c. minced chives or scallions to Potato Casserole before baking.

CHEVRIER ESCAPES HARM

OTTAWA (CP) — Hon. Lionel Chevrier, president of the St. Lawrence seaway authority, escaped unhurt Friday when his car was badly damaged in a collision with a truck.

Perfection ICE CREAM

ONE GALLON
HALF GALLON

MacDonald - Cameron Wedding



Shown above following their marriage are Mr. and Mrs. Malcolm Farrell MacDonald. The bride is the daughter of Mr. and Mrs. Karl J. Cameron of Halifax, formerly of Prince Edward Island. The groom is the son of Mr. and Mrs. Malcolm MacDonald of Dartmouth, N.S.—(Photo by Wright).

The wedding of Mr. and Mrs. Malcolm Farrell MacDonald took place recently at Bathany United Church, Armdale. Rev. J. Milton Fraser performed the double-ring ceremony. Mrs. Reginald Piercy was organist and Miss Donna Daniels was soloist.

Large baskets of white and multi-colored gladioli and bouquets of mixed flowers decorated the altar. The bride, given in marriage by her father, wore a floor-length gown of nylon tulle and lace over taffeta. The top was styled strapless with tight fitted bodice and bouffant skirt with matching lace jacket and long lace mitts. She also wore a fingertip veil of tulle illusion held in place by a coronet of pearls and rhinestones and a pearl necklace, gift of the groom. She carried a bouquet of American Beauty roses and stephanotis.

Miss Carol Cameron, sister of the bride, was maid of honor. Miss Carol Wiseman, Dartmouth, was bridesmaid. They wore similar ankle-length gowns in contrasting colors of yellow and mauve. The dresses of nylon net over taffeta were fashioned with strapless bodices and full skirts with matching net jackets and long mitts. Miss Cameron carried a bouquet of yellow roses and white chrysanthemums. Miss Wiseman's bouquet was of mauve and white chrysanthemums.

Mr. Charles Williams, Halifax, was best man and the ushers were

Dennis MacDonald, Dartmouth, and Richard Shaw, Halifax. The mother of the bride wore a grey silk crepe dress with crystal rose hat and black accessories. Her corsage was of American Beauty roses.

The groom's mother wore a royal blue crepe dress with navy accessories and corsage of pink roses. A reception was held at the home of relatives of the bride. Mr. and Mrs. Mellish Lane. The rooms were beautifully decorated with large bouquets of late summer flowers. The toast to the bride was proposed by Mr. Lane.

For travelling the bride wore a navy blue ensemble fitted in princess style with winter white hat and gloves, navy shoes and bag, and a corsage of red roses.

After a short trip through Nova Scotia, Mr. and Mrs. MacDonald will leave for Montreal where they will reside.

Out-of-town guests were Mr. and Mrs. J. E. Cameron, Charlottetown, grandparents of the bride; Mrs. F. Olyer and Mrs. H. Stevenson, Winnipeg, aunts of the groom. The mother of the bride is the former Miss Helen Douglas, daughter of the late Mr. L. H. Douglas, Georgetown, and Mrs. Douglas, Mr. Cameron, commercial artist, is a son of Mr. and Mrs. J. E. Cameron, 260 Grafton Street. Mrs. Cameron was a former school teacher in Charlottetown. Royalty, while the bride was a former pupil at Prince Street School.

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Cook's Corner

MY FAVORITE CHOCOLATE CAKE

Mix together in saucepan
½ cup granulated sugar
½ cup cocoa
Add ½ cup boiling water.
Roll for two minutes, stirring until smooth. Cool. Preheat oven to 325 degrees F. Grease and lightly flour 9" pan.
Sift together twice
2 cups pastry flour
¼ tsp. salt
1 tsp. soda.
Cream in mixing bowl
½ cup shortening (part butter)
Add
2 tsp. vanilla
¼ tsp. lemon extract
Gradually add 1 cup granulated sugar.
Beat until creamy.
Add 2 eggs well beaten. Beat until fluffy and light. Add, cooled cocoa syrup and beat again. Add sifted dry ingredients alternately with ½ cup buttermilk or sour milk. Mix until blended. Turn into prepared cake pan and bake in rather slow oven about 1 hour.

—Mrs. Preston MacCannell, Ellerslie W. I.

Rain Or Shine



BY TRACY ADRIAN

Here's a youthful coat that is equally smart for wear on rainy, windy or sunny days so you can be appropriately covered regardless of sudden changes in the weather.

Made of luxurious wool flannel it has flanged sleeves which can be worn pushed up. The fabric water repellent and lined with millum for trans-season warmth. Emblem gold buttons, non-ferrous, add a decorative note and close the collar with a chain.

Household Hint

A new type of rubber glove that homemakers will like is made with a soft, suede-like lining, and a "read" for firm gripping. They're available in three colors.

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