

That Body Of Yours

By James W. Barton, M.D.

FACTS AND FIGURES ABOUT MENTAL DISEASES

We learn from a high authoritative source—The National Association for Mental Health, Inc.—that the patients in mental hospitals make up almost half (47 per cent) of all patients in all hospitals in the United States, and this applies in Canada and elsewhere. We thus may wonder if the statement given out a few years ago that within 50 years, at the present rate of increase in mental illness, one half the population of the world would be needed to look after the other half, is not correct. Fortunately, since this statement was made, shock treatment—insulin, metrazol, electric—was discovered and thousands of mental cases are now saved yearly and make a useful contribution to their communities. Fortunately, also, by the establishments of mental clinics where mentally sick can go for examination and treatment, just as for any ailment of the body, thousands are able to establish themselves to the extent that they can make a gainful living and live at home with no need for hospital care. They and their families thus escape what was formerly the stigma of confinement in a mental institution. Further, even those who have no mental disease but have not heretofore been able to adjust themselves to the extent of making a living because of deficient mental ability are now receiving mental and physical guidance that enables some of them to make a gainful living and others to be able to look after themselves in hospital and do useful work about the institution.

Further information from the National Association for Mental Health can be obtained by writing to the following address: National Association for Mental Health, 1200 Broadway, New York 17, N. Y.

Better English

By V. G. Williams

1. What is wrong with this sentence? "These things are generally said to be true."
2. What is the correct pronunciation of "obsequious"?
3. Which one of these words is misspelled? Millennium, mimicking, mendacity, malediction.
4. What does the word "indulgent" mean?
5. What is a word beginning with ul that means "a final proposition"?

ANSWERS

1. Say, "These things are commonly said to be true." 2. Pronounce ob-se-kwi-us, o as in on, e as in see, accent second syllable. 3. Millennium. 4. To be disposed to gratify or to humor. "She was indulgent to her children." 5. Ultimatum.

Household Scrapbook

By Roberta Lee

Uneven Curtains
If the curtains tend to hang unevenly after laundering, run a curtain rod through the bottom hem and let hang for several days. This usually straightens them out.

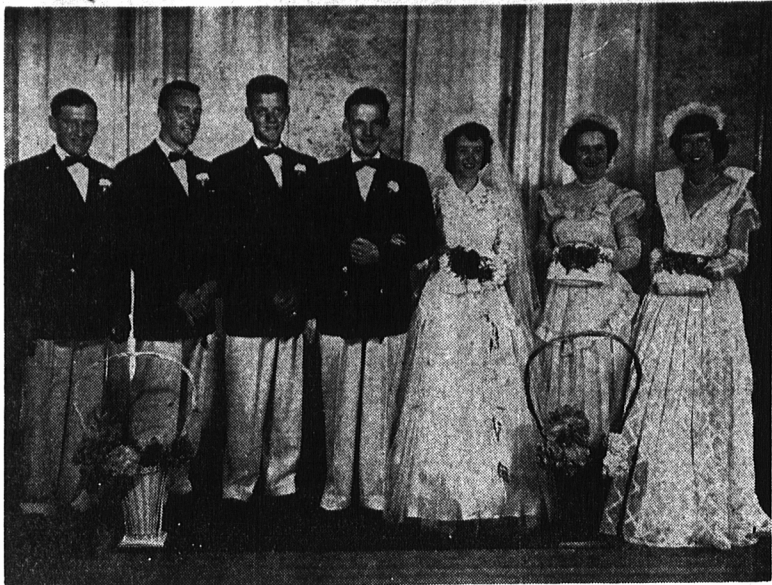
Paper

If paper has stuck to the top of a table, put a few drops of sweet oil on the paper and rub lightly with a soft cloth. Then polish with furniture polish.

Linoleum

To loosen dirt on the linoleum, add a few tablespoons of kerosene to the water with which it is to be washed.

Summer Wedding Solemnized At Basilica



Mr. and Mrs. William MacDonald are shown above with their attendants following their marriage which took place at St. Dunstan's Basilica recently. From left to right are the ushers, Mr. Elmer MacInnis and Mr. John Haughey; the groomsmen, Mr. Howard MacDonald, brother of the groom; and the bride; Mrs. Elmer MacInnis, sister of the bride, matron of honour, and Miss Loretta Trainor, sister of the bride as bridesmaid.

A pretty wedding was solemnized at St. Dunstan's Basilica, Charlottetown, when Aurelia Trainor, daughter of Mr. and Mrs. Wilbur Trainor, West Royalty, was united in marriage to William MacDonald, son of Mr. and Mrs. Charles MacDonald of Charlottetown. Rev. Preston Hammill, cousin of the bride, performed the ceremony and celebrated the nuptial mass. The altar was colorfully decorated with assorted summer flowers. Rev. Father Leonard MacDonald, Wellington, was in the sanctuary. The bride, who was given in marriage by her father, looked lovely in a floor length gown of white net over satin with fitted lace bodice and matching bolero. She wore a finger tip veil of tulle illusion and carried a muff crowned with red rose buds and streamers of stephanotis.

The matron of honour, Mrs. Elmer MacInnis, wore a floor-length gown of pink organdy over taffeta with matching head dress and gloves. She carried a muff covered with rose carnations. The bridesmaid, Miss Loretta Trainor, wore a blue organdy over taffeta with matching accessories. She also carried a muff covered with pink carnations.

The groomsmen were Mr. Howard MacDonald, brother of the groom. The ushers were Mr. Elmer MacInnis and Mr. John Haughey. During the ceremony Mr. Frank MacIntyre rendered beautiful solos, accompanied by Mrs. Joseph Dougan.

The bride's mother was attired in a moss green crepe dress with matching accessories and her corsage was of yellow roses. Mrs. MacDonald, mother of the groom, wore a brown crepe dress with matching accessories and a corsage of yellow roses.

Following the ceremony the breakfast was held at Keppoch Beach Hotel. The toast to the bride was proposed by Rev. Preston Hammill and was responded to by the groom. A reception was held in the afternoon at the home of the bride, West Royalty.

Mr. and Mrs. MacDonald spent their honeymoon in the Maritimes. For travelling the bride wore a fawn summer suit with white and green accessories and her corsage was of yellow roses. The young couple have taken up residence in Charlottetown.

DOROTHY DIX'S COLUMN—

Don't Take The Chance Widow Should Forget Man Of Dubious Character

DEAR MISS DIX: I am a widow in my middle 40's. My husband died seven years ago, leaving me with a nice home and a car. I draw a pension, and am working every day. I have one son who will soon be married. I would like to get married myself. I have met a man who says he loves me and wants to marry me. He has nothing but a steady job to offer. I know he has lied to me, and he also lied to his first wife, who was a fine woman. He was not true to her, and he hasn't been to me. Do you think he wants me, or the things I can give him? Do you think he would change if I married him?
A. W.



Muriel Nissen

ANSWER: The possibility of a man changing drastically at his time of life is most unlikely. Lying and cheating are fundamental characteristics that do not yield easily to reformation. While it is perfectly understandable that, with your son preparing for marriage, you dread the loneliness ahead, believe me, it will be preferable to marriage with a man who will give you nothing but worry. You have an unusually fine life for a widow your age; don't rush to change it for a mess of trouble.

TELEPHONING BOYS

DEAR MISS DIX: My girl friend and I were invited to a class party to which we were asked to bring boys. We particularly wanted two boys from a neighboring town, whom we knew fairly well, and since there was no other way of getting in touch with them, we telephoned. A friend of ours said we were wrong in doing so. Who is right?
M. R.

ANSWER: There is absolutely nothing wrong in telephoning an invitation to a boy under the conditions you outline. A friendly call of invitation is quite correct, and your friend is in error in criticising your action.

DEAR MISS DIX: Ever since I was a child I have been in love with a boy in the neighborhood. We were brought up together, and everyone assumed that someday we would marry. Now we are both 25 and I think it's time we did marry. However, he never mentions it, but always says he has plenty of time for marriage. I've tried to forget him and go out with other men, but somehow they don't appeal to me. My father says he's on my mind too much.
A. R.

ANSWER: You and your noncommittal friend have just drifted into a state of taking each other for granted and, unless you take things into your own hands, drifting is all you'll ever do. You can pin the young man down to a decision as to whether or not he has any intentions of marriage, or you can simply tell him you've grown tired of dangling and have decided to play the field. Then, do just that! Stop thinking about the swain who can't make up his mind, and concentrate on others with a little more force.

DEAR DOROTHY DIX: I am a young married woman. While my husband has been away, I have accepted invitations to a few
Continued on page 9

Anne Adams Patterns



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It's an air-cooled sundress — it's a smart town dress — and it seems to give you a much larger wardrobe! If you're shorter with a fuller figure — say goodbye to alteration worries, this half-size pattern is perfectly proportioned.

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Morning Smile

Beware

There was a quiet dignity about the doctor that held a certain type of familiarity in check. One day, as his class of medical students was leaving a hospital ward, following a visit there, a patient in a bed near the doctor called out: "Good morning, Doc."

The doctor made no comment then, but when the corridor was reached and we were out of the man's hearing, he stopped and turned to the students and said: "Beware of the men that call you 'Doc.' They rarely pay their bills."

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MILD FOR HANDS—SAFE FOR COLORS

ELLEN'S DIARY

By An Island Farmer's Wife

We picked first raspberries of season this evening — after the milking, and while awaiting James to home from the scuffling of potatoes which was ending his day at Alderley. The sun had already westered behind the dark woodlands when we set out to follow the two lads of the place who set a brisk pace for us along the fields between, to a piece of stumpland on the home-farm.

Along a pasture we came, and into Mr. B's farm-lane, then along the hay-fields, the hay all but concealing the younger lad as he breasted his unknown reaches. Birds lifted in intriguing flight from our path... And soon, welcomed by fragrance of fern and shrub and the hundred mingled and exquisite scents of such woody spots we reached the plantation of canes. "Eat the first for good luck," Jamie said. Then laughed and commented, "That's not really my reason for doing it—it's just because the first ones always taste so good!" In silence we stripped the canes of their fruit... hurrying... and then with spirited chatter. A robin trilled a remembered refrain from a slip of maple nearby—a pretty tune, though now we fancied lonely notes crept into the theme. Yes, a sober song it was without the lively anticipation of spring.

How pleasant it was here—so peaceful, as though we were out of each now of every ill of world. Only silence—and loveliness of summer about. And now a cool twilight was commencing to flood the shadowy spot. "We've never picked berries together since I was a little fellow" Jamie observed. "We found some one day down by the mill. We hadn't expected to find any but there were so many you made a cup out of dogwood leaves to hold them. Don't you remember?" Children's memories are long. They retain pleasantly or on the other hand with some hurt. "Well, this is the first time for me!" Gage said, "and," there was laughter in his voice. "I'm not like Granddaddy—I'm going to like it. He'd rather scuffle potatoes. But he likes raspberry pie so these will have to go in one for him."

And now dusk was dimming the place, putting an end to our pastime and turning us along a little path of stumpland towards home. But still to the west the afterglow lingered brightly, the reflection cupping little pools of light in the winding valleys of fields, kept by shadowy hills about. And above one, so good to see, a new bow of moon.

"I guess," Jamie said, "this is the harvest moon. There's a bit of gold in some fields already. It won't be long," he offered, breaking trail through the sea of hay before us, "before vacation will be over—not many days to count now before I'll be back to school. It's different this year... two rooms instead of one. I wonder just what that will be like!"

How lone was the house and deserted—with Rob away to visit Carolyn and James not yet returned! But soon he was toiling up the stairs to hear the story of the raspberry picking from the two, to smile fondly on them and drop kisses on young brows before going down to such short moments of leisure as these days allow.

No streamside music comes now to our ears. Alas, only a deep silence lies on the fields. Such a one we fancy as is a prelude to the season of crickets' fiddlings. "Until tomorrow—Diary—Good-night..."

Modern Etiquette

By Roberta Lee

Q. If one is visiting a friend in another town for a week's stay, and has other friends in that town, is it all right to visit them if they invite one to call on them?
A. A week is quite a long visit, and it would be all right to call on these other friends, of course, picking a time when your hostess has no other plans for you.

Q. Does the President of the United States, a Representative to Congress, or a Senator retain any title after they go out of office?
A. The only one who retains his title for life is a Senator. The other two are spoken to as "Mister."

Q. When eating a baked potato, is it correct to remove the potato from its skin and mash it on the plate?
A. No; the proper way is to split the potato and then eat it directly from the skin.

Cook's Corner

RASPBERRY CHIFFON PIE

Make and bake a large pastry shell with high sides. In a saucepan mix together 6 tablespoons sugar, ¼ teaspoon salt, 3 large egg yolks, 2 teaspoons lemon juice, 1 cup crushed raspberries. Cook these, stirring, over low heat until they boil. Remove from heat and stir into them 2 tablespoons hot raspberry juice or puree and 2 tablespoons raspberry flavored gelatin powder. Cool. When this begins to set, beat it hard with a rotary beater to make it foamy then fold in ¼ cup heavy cream which has been whipped. Make a meringue of the leftover egg whites by beating them with ¼ teaspoon cream of tartar until softly whipped then gradually add 4 tablespoons sugar while beating until stiff. Carefully fold the raspberry mixture into the meringue and pile into cool baked pie shell. Garnish top generously in circles or wagon-wheel spokes with perfect large raspberries and chill at least 2 hours or overnight.



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The Stars Say - -

By Genevieve Kemble

For Tomorrow

It is probable that some stagnant or static situation may be removed about this time to make way for putting over greatly desired plans or long cherished hopes and wishes, perhaps with romantic, social or other ambitious culmination. While direct action is vital to all ordinary maneuvers, it is advisable to use tact or finesse in attaining purely personal objectives. Constructive plans and shrewd moves could bring surprising denouements of radical importance. Look far ahead.

For the Birthday

Those whose birthday it is may find things moving at a rising tempo after a seige of delay, postponements, indecisions, in which desired hopes and wishes remained static or inert. However, when some action is attacked with vim and courage, as well as with new tactics and potency, it is inevitable that cherished goals and aspirations will "hit high," swinging into objective reach, through force of keen headwork, heightened energy and initiative. High aims and aspirations advance position and prestige. A child born on this day is splendidly endowed with vim, courage and determination to attain advanced goals in its personal, romantic and business life.

How Can I!!!

By Anne Ashley

Q. How can I break in a new iron pot?
A. Before using it rub it over with suet and place over a low flame to heat. Allow the suet to remain on the iron surface over night. Wipe the pot dry but do not use soap or water on it until after it has been used.

Q. How can I remove grease that has been spilled on the kitchen linoleum?
A. Sprinkle soda on the grease, and then pour boiling water over it.

Q. How can I make scramble eggs lighter and more tasty?
A. Use one level teaspoon of baking powder with every six eggs. Add the baking powder to the mixture just before cooking.

Q. How can I remove a blueberry stain from a cotton skirt?
A. Fruit stains can be removed by pouring boiling water through them, from a height of two or three feet. In the case of white cotton, a household bleach may be used.

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