



Miss Canada 1953, Kathleen Archibald of Kelowna, B. C. will be visiting Charlottetown on Tuesday, October 6, making personal appearances in Charlottetown Stores on behalf of her two scholarship sponsors, Miss Archibald, a vivacious brunette, carried Canada's banner in the "Miss America" contest held last week in Atlantic City. She will be accompanied by Mrs. E. G. Webster who will act as chaperone and manager.

Proteins Said Damaged By Heating

(New York Times Service)

LIVERPOOL—The impaired food value of breakfast cereals, toast and pressure cooked proteins was discussed by leading nutritionists at a meeting of the British Association for the Advancement of Science here.

The subject was introduced by Dr. David P. Outhbertson, director of a Scottish Food Institution who showed how the bodies of men and beasts ultimately were dependent upon the digestion and breakdown of proteins into complex chemicals called amino acids and simpler peptides which he called the "bausteine" or building stones of living material.

There were, he said, about 18 of these building stones or amino acids and one of them called lysine was particularly susceptible to heat damage. It was inactivated, he believed, by the baking and toasting of bread although it was not apparently affected by pressure cooking the dough.

Value Impaired

He has come to the conclusion he said that methods of processing more drastic than baking "such as are necessary to make puffed and exploded breakfast cereals and toasted or rusk products, seriously impair the nutritional value of protein in cereal for man" unless it was corrected by adding lysine. Experiments with rusk had confirmed this theory, he added.

It was not necessary, he thought, always to think in terms of animal proteins although they were necessary for rapid growth. The essential amino acids could all be obtained from vegetable (such as a cereal diet) if the cereals were supplemented by milk.

One Plant Diet

Outhbertson pointed that rich persons tend to eat more steaks, or as he put it "with the rise in the social class there was increase in animal protein eaten." Most adults, he added, tended to eat more proteins than they required. Equal nourishment could be obtained from vegetable proteins but the exclusion of just one of the essential amino acid building stones in his opinion "led to a profound lack of appetite, a sensation of extreme fatigue and a marked increase in nervous irritability."

Campbell - Campbell Wedding

A quiet but pretty wedding took place at St. John's Presbyterian Church, New London, Aug. 22, when Mrs. Mary Campbell of Charlottetown, became the bride of Grafton Campbell of Hollister, Calif. Rev. D. A. Campbell performed the ceremony which was witnessed by Mrs. Hazel Loomer, niece of the groom and Mrs. Harry Barrett, daughter of the bride by a previous marriage and other members of the immediate families.

The couple left the church amid showers of confetti. They motored to Charlottetown where supper awaited them at the Charlottetown Hotel.

A happy family re-union was held Aug. 24 at the home of Mrs. Lucy Campbell in honor of the newly-weds. The bride was formerly Miss Mary Harding of French River. Present at the re-union were, the brothers, Donald, Heath and Elwood with their wives and their sister Belle who motored from Boston to be present at their marriage and Mrs. Campbell and the late Mr. Allan R. Campbell. The old home, where Mr. Campbell spent his boyhood days was attractively decorated with gladioli, golden glow and sweet peas. A decorated wedding cake adorned the centre of the supper table and was cut in the traditional manner. Before the departure of the newly-weds they were presented with a Kenwood motor robe.

Mr. and Mrs. Campbell are leaving soon for California where they intend to make their future home. Best wishes go with them for a happy and prosperous wedded life.

Household Scrapbook

By Roberta Lee

Gas Burners

If you wish to get the most efficiency out of your gas stove, wash the burners periodically in a gallon of water to which two table-spoons of washing soda and some flakes have been added. Rinse and dry well.

Clean Bottles

Coarse salt and bits of newspaper put into a bottle and shaken up with a little water will clean the bottle real nicely.

Iodine

If iodine is accidentally dropped on a linen towel, cover the spot immediately with dry starch and the stain will soon disappear.

That Body Of Yours

By James W. Barton, M.D.

SURGICAL SUCCESS IN THE INCURABLE DISEASE—PALSY

In these days when we are naturally congratulating ourselves because in the last 50 years the life span has been extended almost twenty years, it will come as a surprise to most of us to learn that one disease or group of symptoms (Parkinsonism) has increased by 500 to 600 per cent since 1900. What is known as Parkinson's disease, paralysis agitans, shaking palsy, is due to some disturbance of the spinal cord, the exact cause being unknown.

The three outstanding symptoms are (1) tremor, (2) rigidity, and (3) flexion attitude. Tremor is rhythmic, usually in the arms and legs, and is present during rest except when patient makes a voluntary motion such as grasping an object. One of the forms of tremor often present is the so-called pill-rolling performed by thumb and forefinger. Rigidity and abnormal slowness of movement are often apparent, although the patient can perform the movement, if given time. There is a stolid, wooden, staring, waxen, mask-like expression of the face. Flexion attitude—head and body bent forward, arms and legs slightly bent.

In addition to these three symptoms, there is weakness, hesitation in walking, excessive perspiration. Although paralysis agitans (Parkinson's disease) is a chronic incurable disease, there are periods (years in many cases) in which the patient is free or nearly free of symptoms.

In Postgraduate Medicine, Dr. R. M. Klemme states that people with Parkinsonism have a tremor of one or all of the arms and legs, often involving the head, the face, the neck and the tongue; they have a typical sluggish, dragging toe-foot gait and they have speech defects. Medical treatment may be tried and we are reading that some of the new quieting drugs are giving much relief to these patients. Unfortunately, most of these drugs cause dryness of the mouth, and the new chemicals help some patients but not others.

In regard to surgical treatment, Dr. Klemme states that it has been found of help in patients 50 years of age or less. Dr. Klemme has used craniotomy (opening up of the skull on more than 600 patients. One man had 4 operations before satisfactory results were obtained. The risk of operation is less than 3 per cent so that in this "incurable" disease, it is worth the risk.

In the 600 cases undergoing operation, the total failures were 18 per cent with another 10 per cent having questionable benefits. Thus a 65 per cent, about 2 of every 3 cases, there is marked improvement and most of the patients returned to work which gave them a living.

These are certainly great results in an incurable disease.

Better English

By D. C. Williams

1. What is wrong with this sentence? "Do like me, and you won't feel so badly."
2. What is the correct pronunciation of "magazine"?
3. Which one of these words is misspelled? Cartilage, carameli, capitulation, caeseroll.
4. What does the word "avid" mean?
5. What is a word beginning with "a" that means "willing to yield or submit"?

ANSWERS

1. Say, "Do as I do, and you won't feel so bad."
2. Principal accent is on last syllable, not the first. 3. Caeserole. 4. Eager; greedy. "Avid" curiously prompted the question." 5. Amenable.

How Can I ...

By Anne Ashley

Q. How can I make my French dressing thicker?

A. Keep it in the refrigerator and, just before serving, drop an ice cube in it and stir it well.

Q. What can I do about honey that has become grainy?

A. Set the container in a saucpan of hot water, with a couple of sticks of wood under the honey jar so the water can circulate under it, and let it stand for several hours. Keep the water hot, but not boiling, and the honey should return to normal.

Q. How can I prevent tarnishing of my gold and silver slippers?

A. By keeping them well wrapped in old stockings when the shoes are not in use.

Modern Etiquette

By Roberta Lee

Q. Is it considered good form for a man who is wearing gloves to say, "Pardon my glove," when shaking hands with a friend?

A. This custom has fallen into disuse and is no longer considered good form. The man now always returns a handshake with warmth and cordiality but does not make any excuses for being gloved.

Q. When you are having luncheon with several friends in a public place, and an acquaintance of yours stops at your table for a few words, is it necessary that you introduce him to your companions?

A. This is not at all necessary.

Q. Does a hostess shake hands with all her guests as they arrive at a formal afternoon tea?

A. A gracious hostess will shake hands with all her guests.

ELLEN'S DIARY

By An Island Farmer's Wife

"Who was that author we read about lately that liked to write by candlelight?" Jamie queried with a teasing smile when the two stopped a few minutes to look in upon us here in this study, their steps turned towards bed. His name has gone from mind at the moment but we remember that many a lovely and lasting item has been recorded for posterity, and many an heirloom made in their mellow light or by that of an open hearth-fire.

"I should judge, Ellen, that you are not enjoying your chore," a woman commented in the long ago, evidently taking stock of the expression we wore which was not nearly so bright then as when we were allowed to go to idle interests. We were cleaning a lamp-flue at the time, breathing a little girl's breath into it, somewhat indifferently we suspect, and proceeding then with a minimum of exertion, to polish it to at least a passable glow.

"Perhaps you would rather have been born to a childhood like mine," she said quietly. "We learned our school-lessons and catechisms, sewed, knit . . . and I can mind so well learning to crochet, by the light of the fire-place. We had candles, but," she smiled, "sometimes in scanty supply. I'm sure if we had owned a kerosene lamp then, it would have been no task for us to keep it clean. Why, it would have had all the magic of that of Allan, so rare lamps were in that day!"

Tonight due to the interruption of "power" in the prevailing wind and rain storm we do rather cozily, if dimly with a lamp in the livingroom and a candle to light our desk. It is only on an occasion like this we, on these farms realize how much we have come to depend on that slim, magical, silvery line, so much indeed that we are in a somewhat helpless state when bereft of its energy—no lights, no water—in some directions, no heat, and we may perhaps anticipate an inert milking machine and cream separator for the morning.

Enjoying the serenity of a calm, quiet September day, we too like some of our harvesters, were inclined to treat lightly the repeated warnings of an approaching storm contained in the forecasts today. Pleasant it was. What ill weather could come out of this? . . . But it came! Carried to us on the dark wings of a premature twilight, pierced by great drops of rain which left the machines in the near harvest-field and brought the farmers with some haste to shelter.

We remember Drummond's "The wind she blew a hurricane—and then she blew some more." So it is to-night. It blows as if now every last wind-gate between earth and heaven were open. Trees on the lawn thresh wildly; the house creaks as mighty gusts worry it in their noisy passing. It is an unusual spell of weather on The Island and we think now of the scars which will lie in its wake: some devastation in the grain-fields, apples down in the orchards, stacks wind-tossed, trees broken, roofs lifted, power and telephone wires disturbed . . . But sooner or later, wiping out memories of these distresses, the exquisite peace of calm after storm, the balm of clean sunlight warm and golden along the length and breadth of the farmlands!

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

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DOROTHY DIX'S COLUMN-

Efficiency Envied

Mother Of Five Children Annoyed At Another Woman's Competence

DEAR MISS DIX: I have a friend who irks me very much. She has three children of her own and takes care of two others, yet her work is done every day by 9 a.m.—and done well, I must admit. I have five children, aged three to 16, and never seem to be able to catch up. This friend comes to my house several times a week and stays for two or three hours helping me. Perhaps I should be grateful but I am just full of envy that she can accomplish so much more than I can. I can't even get meals on time. I am becoming so provoked with this lady that I'd like to break our friendship without hurting her feelings.

RHODA S.

TRY TO LEARN METHODS

ANSWER: Now, now don't lose your sense of values completely. All you need is a little dose of common sense to see your situation in a better perspective. Admittedly, it's annoying to face one's own inefficiency in the light of someone else's super-dynamic capability, but wouldn't it be better to try to learn some of your friend's methods, rather than degrading them? We can all learn, you know, even though the knowledge must often come from a source to which we dislike to give credit.

Your friend's purpose in calling on you almost every day isn't quite clear. If she does it simply from a praiseworthy desire to help you she is doing an admirable job of playing the Good Samaritan; if, however, her motive is primarily to gloat over your inefficiency, she'd better stay at home. You do indicate, in part of your letter which I had to omit, for lack of space, that the latter is the case. No woman can possibly be so completely finished with a household and the care of children by 9 a.m. that she couldn't find work in her own home if she would look for it. Efficiency is an estimable quality by itself, but when coupled with officiousness, it becomes hard to take.

Regardless of whether your friend gives her help graciously or obtrusively, there is certainly something you can learn from her. She must have some short cuts that you could apply to your household; if you could emulate some of her efficient methods, you wouldn't be nearly so nervous. Have a physical check-up, too. Your doctor will doubtless recommend vitamins, which will do wonders in putting more pep into your daily routine.

DEAR MISS DIX: I'm a Turkish girl married to an American soldier. I have been in America for seven months, and have a six-month-old baby. I am a college graduate, and have studied dancing and music in my own country. However, my husband doesn't like dancing or singing and refuses to let me continue my studies here. I am very lonesome and feel if I could do some of the things I did at home I would be happier.

MRS. S.

ANSWER: Perhaps your husband wouldn't object so strenuously to your giving lessons, as he does to your taking them. Your local school or church, might be glad to have you take a class in Turkish folk dancing or singing. This would give your pupils something entirely new to work on, and would give you an outlet for your talent. Incidentally, you are to be complimented on your very good English.

Anne Adams Patterns

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Morning Smile

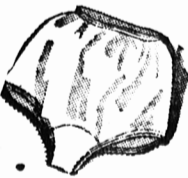
Colonel Cody (Buffalo Bill) used to tell the story of an English visitor to the West.

While riding through a Rocky Mountain canyon one day, a tremendous gust of wind swooped down and actually carried the Englishman off the wagon-seat. After he had picked himself up and combed the sand and gravel out of his whiskers, he said: "I say! I think you overdo ventilation in this country!"



4629 14 1/2-24 1/2 by Anne Adams

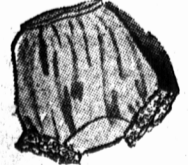
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HOLMAN'S Little Shop and Lingerie

Cook's Corner



Alexandra Women's Institute have chosen six tasty recipes this week including this one for those cucumbers and cauliflower in your garden that are waiting to be pickled and pickled—

MUSTARD PICKLES

- 1 quart medium sized cucumbers
- 1 quart small onions
- 1 green pepper
- 1 red pepper
- 2 heads cauliflower
- 1/2 cup salt

Dressing

- 6 cups white sugar
- 2 quarts white vinegar
- 1 cup flour
- 5 tablespoons mustard
- 2 tablespoons turmeric

Cut up vegetables, sprinkle with salt, cover with cold water and let stand overnight. Cook in the same brine until the vegetables are tender but not soft. Drain thoroughly, add to cooked dressing. Remove when getting clear or boil 5 minutes.

—Mrs. Wallace Brehaut, Alexandra W. I.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

NOW you should be able to solve those problems which have had a restricting influence on the attainment of your goals. Give serious thought to new methods of achievement if past procedures have failed. This is an excellent time to go full speed ahead toward the realization of a long-cherished ambition. During the evening hours, seek relaxation from business or household pressures by taking part in a relaxing hobby. Domestic and family matters, especially those dealing with children and elderly people are especially favored. Travel plans are also under beneficent aspect.

For the Birthday

If tomorrow is your birthday, the next few months should see the successful culmination of many long-cherished plans, even though fulfillment has been postponed by several periods of discouragement and a series of "trial and error" developments. Where finances are concerned, it would be best to remain on the conservative side for the balance of 1953. Speculation should be avoided at all costs and extravagance could have serious results later.

Your horoscope indicates the possibility of a trip within the next month; also involvement in a minor legal matter, the outcome of which should be satisfactory. Romance will be a negligible factor in your life for the next few months, but social affairs should prove unusually stimulating for you.

A child born on this day will be endowed with intelligence, generosity and the technical skills needed to carry out unusual ideas.



"Johnny always spells 'Marmalade' that way!"