

Stead - MacMillan Wedding



Shown above are Mr. and Mrs. Sydney Stead at the reception which followed their wedding at Zion Church on August 22nd. Left to right are (front row): Mr. Wallace Stead, groomsmen; the groom and his bride, formerly Miss Betty MacMillan; and Mrs. Arthur MacRae, matron of honour; (back row): Ushers, Mr. Cyril MacMillan, Mr. Allison Jewell, Mr. Eric MacMillan and Mr. George Abbott.

That Body Of Yours

By James W. Barton, M.D.

HOW TO PREVENT BAD BREATH

I have written before about an outstanding university and later professional hockey player who before a game suffered greatly with what he called gas on his stomach. It was found that as the hour for the game approached he was gulping air, not into his lungs but into his stomach. By keeping calm and not gulping in air he got relief from his symptoms. There was no odor to his breath.

However, when the air breathed out naturally from the lungs has a bad odor there is always something wrong. Like everything else in medicine, the physician first looks for the likeliest or commonest cause of a symptom.

In Your Health Magazine, Dr. Charles A. Levinson, Boston, states "Foul breath is a very common occurrence in adults as well as children. The most common cause is decayed teeth or pyorrhea (pus condition of the gums). In the smallest cavity there are millions of germs which thrive due to the excellent conditions for growth. The mouth is warm and dark and the germs get all the food and drink they want because you automatically feed them when you eat your daily meals. So the little cavity soon becomes a large one." Pyorrhea, with pus surrounding the bone, forming pockets between jaw bone sockets and the teeth, is a great source of bad breath.

Tooth decay is man's oldest and commonest disease. Artificial teeth (dentures) are another cause of bad breath. Fortunately, brushing of the teeth and placing these dentures in an antiseptic solution for a time prevents denture odor. Leaking fillings, loose bridges or gold inlays catch and hold food particles which decompose and cause bad breath.

Dr. Levinson states further that there are many causes of fetid breath caused by constipation, acid stomach, tuberculosis, infected throat and tonsils, and by nose and throat diseases, especially chronic dry catarrh.

Another cause of bad breath, recently discovered, is eating too much fat food. Cleaning the teeth after each meal, preventing accumulation of sugar on and between teeth, prevents decay of teeth and hence prevents bad breath.

The only remedy for halitosis is to see a competent dentist or a physician. Find out the specific or special cause in your case. Have it removed immediately. Don't learn the hard way. Prevent halitosis.

Cook's Corner

NEW ENGLAND CODFISH CAKES

1 cup shredded salt codfish, 2 1/2 cups mashed potatoes, 2 tablespoons top cream, 1/4 teaspoon pepper, 1 egg, 1 tablespoon minced parsley, 1 tablespoon melted butter, fine dry crumbs, 1 egg, additional.

Place the codfish in a strainer; pour boiling water through it and press dry. Beat into the potatoes; add the cream, seasonings, egg beaten light, parsley, and butter. Beat until very smooth, then cool. Shape into flat cakes containing a generous tablespoonful each. Roll in flour; then beat the remaining egg. Add 1/4 cup water or milk; dip the fish cakes into it and then into the crumbs. Fry in fat, as you would for fritters. Serve plain or topped with poached eggs, or with bacon.

FLUFFY TOMATO RABBIT

(Makes 4 servings)

For an easy Sunday supper, or for a late-evening snack when friends drop in, try this:

One can (1 1/4 cups) condensed tomato soup, 2 cups shredded Canadian Cheddar cheese, 2 eggs, beaten separately, 1/2 teaspoon dry mustard, 1/2 teaspoon Worcester sauce, toast or crackers.

Heat soup slowly; add cheese and heat until melted, stirring constantly. Add mustard and Worcester sauce to beaten egg yolks; stir into the hot mixture. Gently fold in the beaten egg whites and heat thoroughly. Serve on hot toast.

Better English

By V. C. Williams

1. What is wrong with this sentence: "Each of us have got to exercise more patience."

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

3. Which one of these words is misspelled? Animosity, anonymous, anull, analysis.

4. What does the word "warrantable" mean?

5. What is a word beginning with ame that means "answerable; accountable"?

ANSWERS

1. Say, "Each of us has to exercise more patience." 2. Pronounce "ur-bee-ah, u as in fur, both as in accent first syllable. 3. Annull. 4. Justifiable; defensible. "Falsehood is never warrantable." 5. Amenable.

DOROTHY DIX SAYS—

"Friendly" Imposition

Visitors Use Working Girl's Apartment As Free Hotel

DEAR MISS DIX: Why is it that people who have friends in a large city feel free to invite themselves at any time to stay overnight? I've a friend in a city who has a small apartment. She works five and a half days a week, has no maid service and does her own cleaning nights, Saturday afternoon and Sunday. When she has no company she can do this at her leisure but when someone wishes to stay in the week-end she has to do it all in one or two evenings, regardless of how tired she is. Then she has to try to keep up with the folks running around New York. These folks, mind you, have probably been resting up for the occasion.



Of course, you know the answer and so do I, but since the visitors are spending money on a trip anyway, let them spend a bit more and stay in a hotel.

HILDA

ANSWER: You outline here one of the most flagrant and frequent forms of "friendly" imposition. Of course, it has a counterpart in the visitors who come swarming to a friend's seashore or mountain cottage in the summer. But in the second instance, at least, the vacationers are resting and so can more easily handle the casual guests.

CONSIDER THE HOSTESS

A business girl is entitled to more consideration. Unless the visitors are special friends who have been specifically invited, they should not drop in for week-end (or longer) stays. Neither should they expect a city dweller to spend her evenings, after a hard day of work, acting as a guide to tourist attractions. A large city can be seen with the aid of a map, which any out-of-towner can follow.

Certainly such visitors, even though they do park on the reluctant hostess for a night or a week-end, should not expect hotel service along with the free lodgings. They should take on a fair share of the household chores in the apartment, and have all meals out—taking the hostess with them. This, at least, will give her a break and take some of the irksomeness out of the visit.

DEAR MISS DIX: I have been going with a 21-year-old boy for a year and a half, and we have been engaged for one year. I feel very uncomfortable when he is around. He wants to get married now and I know he is a good man, works hard and is very considerate, but I am uncertain as to whether we will be happy or not. He lives alone and wishes to have a home. He threatens to break up if I won't marry him. What shall I do?

M. M. H.

ANSWER: Don't rush into this marriage. If you aren't at ease with your friend now, you'll be less so later. I doubt if you're in love since you question your emotions so strongly. If your fiancé insists on an immediate wedding or none at all, better make it none.

DEAR MISS DIX: I am 17, and engaged to a boy 19. Should it make any difference that he is two inches shorter than I? He doesn't seem to mind being the shorter one.

C. W.

ANSWER: It should make no difference whatever in the chance you have for a happy marriage. Make sure you are suited in the important matters of background, hobbies, and other interests. Lots of things are more important than height.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

COFFEE-BORER CUTS CROP

RIO DE JANEIRO. — (CP) — Ravages by the coffee-borer, the "broca" insect pest, have cut crops in Sao Paulo by about 15 per cent and by 10 per cent in Espirito Santo. Insecticides have been used widely, but areas where dusting was put off have become sources of new infection.

Lavender And New Lace



This surely is a happy combination for a scarf for your dining room or your bedroom. This sheer runner of crisp lavender organza is trimmed with crocheted flowers of shaded lavenders. The fine picot edge is green. A direction leaflet for making the runner may be obtained by sending a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for VIOLA CORNUTA. Leaflet No. FD-447.

ELLEN'S DIARY

By an Island Farmer's Wife

"So this is your study—your office-of-sorts!" a farm-wife from a distance, who by dint of much planning had made her way to Alameda, "Just by way of satisfying myself that yours is a farm much like our own" she remarked as she entered the small room in this old house which is especially our own. "I've wondered what it was like." "And it's here she grinds out her..." her husband said with a puzzling smile.

She was a mild-spoken woman, her face pretty in its serenity, of medium height and weight and quite attractive. She wore a gown of gray that reminded us of the dawn-silver through which the rising sun breaks at morning above the rich lines and tiers of dark trees "down along" the river. It was fashioned plainly, even severely and trimmed with a corsage of a single pink rose, nestling in its leaves.

Her hat was a smart creation in a matching shade though we recall little of it now except the pink rosebuds that ran fetchingly about the upswart brim. It had however, that atmosphere of chic we attempted to attain, and sometimes did, in the long ago for our doll's head out of bits of bright material from our mother's sewing store, of plumes picked up about the poultry yard.

That was a favorite pastime, we remember, though sometimes our mother's despair. "Rock the cradle, will you, Ellen?" she would whisper in the quiet of the old beamed-kitchen, which in summer became a cool sitting-room, as she strove to complete some desired end of choring before the baby then stirring should awaken.

And sometimes we recall now with regret, we would leave our entertainment with little grace at heart. And she doubtless planning fine places in life for her daughters in the years ahead would be heard remarking later to a bonneted and visitor who had dropped by to "katey." "I'm sure I don't know what Ellen will ever make... unless..." with a clearing of her brow, she should become sufficiently industrious to fend for herself in the world" she may be a milliner." And all the while as they talked of "ships and shoes and sealing-wax" we, a biggish-eyed child lingering close by would be decking the caller in a stylish hat in mind — a thing of wide coquettish brim, of broad satin bows and plumes that touched her shoulder.

But fortunately time opened for us other paths. For if we had become an artist in that line, how should we have found the strength of mind to turn our patrons from desire to suitability in their choosing, knowing too well that often the hat which does nothing to enhance features, is the one which sets up a warm glow in the depths of hearts?

And what a sanctum this is! Here we may shut out every care, every distracting sound of our world about. Here are many treasures—books, pictures, souvenirs, the odds and ends of our years. Worth little as money is regarded but priceless in their value to us.

"Grind quit?" Oh no, we write of the folks and the affairs we most love. And sometimes grand-daughter comes to our door to bid us Good-night, Jeanie too or the younger farmer to chat in the quiet of the place. And here James, rather lonely we fancy, comes at times to join us — to read quietly in an easy chair by the light until as now pages end and he smiles: "Don't you think, Ellen, we should



FATHER OF TWO GAVE HIS LIFE TO SAVE YOUTH

Nelson Ballard of Hamilton, Ont., drowned in the Grand River while attempting to rescue one of four boys he had taken on their last fishing expedition of the season. While the youngsters, two of whom were his own sons, were fishing off the dam, Stephen Bennett accidentally fell into the water. In attempting to rescue nine-year-old youngster, Ballard, seen with his wife, who was attending a wedding in Sudbury at time of the tragedy, lost his own life.

Anne Adams Patterns

SO FLATTERING!

You're going to love this dress! It's the smartest style of the season, with dandy sleeves, new tiny yokes at neckline, slender though easy skirt. At its most attractive in a soft drape-y material such as rayon crepe, a luscious silk or soft sheer wool.

Pattern 4870 comes in sizes 34, 36, 38, 40, 42, 44, 46, 48. Size 38 takes 3 1/2 yards 39-inch.

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.

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The Stars Say --

By Genevieve Kemble

For Tomorrow

THE auguries for this day point to a very pleasant surprise in which there is likely to be a complete about-face to previous conditions. It may be that romance is in the air, involving a change of radical importance. There may be an alluring change to increase the resources plus the romantic adventure. However, it is probable that, nevertheless, it may be the part of wisdom to make an effort to conciliate opposition from elders or superiors.

For the Birthday

Those whose birthday it is are on the eve of a surprising turn of affairs, in quest of romance and high adventure, promising a sudden materialization of dreams come true, and, as well, heightened prospects of enhanced opportunity for growth of new and radical prospects. Nevertheless, it is wise to placate or pleasantly confer with elders who may withhold consent to this sudden step; they may have to be convinced of the wisdom of such happy adventure and responsibility.

A child born on this day may be adventurous, willing to take a chance, ready to seek fresh opportunity and win the goal against opposition.

call this a day? — Diary — Until tomorrow — Good-night

Morning Smile

Combination

Mr. Barr was a keen cyclist and his young wife played the piano. They had a little son and both desired to christen him with a name that would embrace their favorite pursuit.

After much thought they decided to call him Handel Barr!

To Let!

A proud father had given his small daughter a splendidly equipped doll's house for her birthday. On his return after a week's absence he asked her how she liked it.

"It's very nice Daddy," she said. "But where is it?" he inquired, not seeing it anywhere about the house.

"Oh, I've rented it furnished to Cousin Mary for ten cents a week," came the reply.

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"UNBIRTHDAY CAKE"



"Statistics prove", says the Mad Hatter to Alice in Walt Disney's "Alice in Wonderland", "that you've one birthday. But there are 364 Unbirthdays". . . .

And what so right as Swans Down's "Unbirthday Cake" . . . with its feathery, melt-away tenderness . . . its rich, rick flavor . . . exciting as the most fantastic dream!

SWANS DOWN'S "UNBIRTHDAY CAKE"

To Mix: Prepare the Devil's Food Cake as directed on back of the Swans Down Cake Flour package.

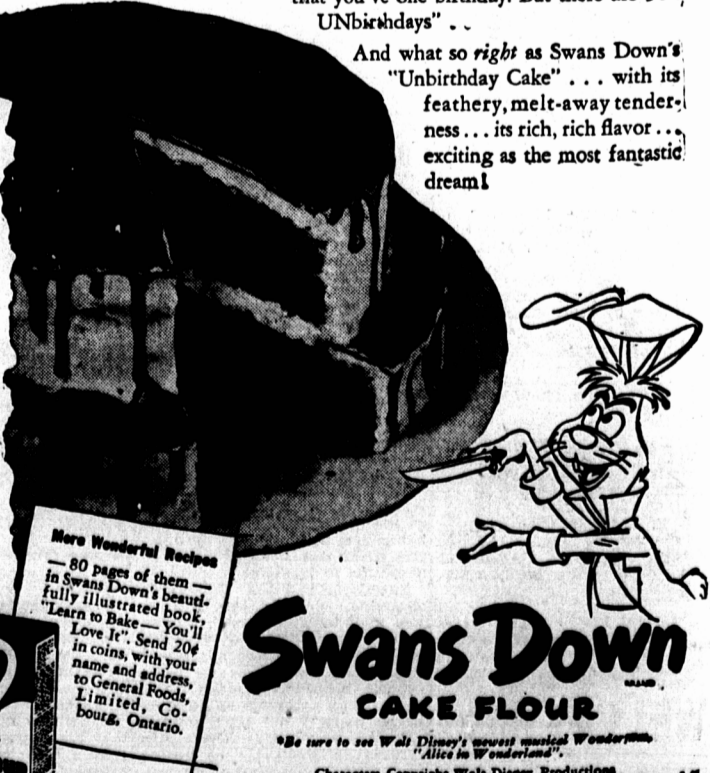
Be sure you use Swans Down Cake Flour for a tempting beauty, as eye-catching and heart-warming as the Disney picture it celebrates! Remember — you can't get Swans Down tenderness and moist, melting Swans Down goodness with any other flour in the world.

To Bake: Divide batter between 2 deep layer pans — one 10-inch, one 8-inch — which have been lined with paper, then greased. Bake about 25 minutes in moderate oven (350°F.).

To Frost: Cover the larger cake with a white butter frosting . . . place smaller cake on top . . . cover with frosting.

To Decorate: Melt 2 squares Baker's Unsweetened Chocolate and 2 teaspoons butter over hot water; blend. When frosting on cake is set, pour slightly cooled chocolate mixture over cake layers, letting it run down sides. Keep cake in cool place until chocolate is firm.

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*Be sure to see Walt Disney's newest musical "Alice in Wonderland". Characters Copyright Walt Disney Productions



BARGAIN PATTERN!

Mommy! Make BOTH little jumpers and two or three blouses—so practical! Such fabric-savers too—jumpers will use up any gay remnants you have. Easy applique.

Pattern C7203: transfer of pockets; pattern for jumper and blouse; sizes 4, 6, 8, 10. State size.

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BIG CATCH

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