

Consumer Education For Girls

Canadian Association of Consumers headquarters reports that Montreal CAC branch has launched an educational program designed to assist high school girls to become "intelligent consumers."

CAC members felt that as today's high school girls are the business women and homemakers of tomorrow, education should start in the classroom.

Prof. Marion Baine, nutritionist on the faculty of medicine at McGill illustrated graphically how to shop with one eye on the budget and the other on most food value for the money.

Martha Job, fabric consultant in the nylon division of Canadian Industries Ltd., told the girls how to budget clothes on salary.

A Country Garden

By Mrs. Gordon MacMillan

Sloop and touch the earth, and receive its influence; touch the flower and feel its life; face the wind, and have its meaning; let the sunlight fall on the open hand as if you could hold it.

Gardeners have this feeling of a wider existence while working with the good earth, and the countryman who lives by toiling and studying the natural things found all around.

James Thompson in 1730 writes: "The rage of nations, the crush of states, Move not the man, who, from the world escaped."

In still retreats and flowery solitudes, To Nature's voice attends, from month to month, And day by day, through the revolving year;

Admiring, sees her in every shape; Feels all her sweet emotions at his heart.

Takes what she liberal gives, nor thinks of more."

The summer season is the season of still retreats and flowery solitudes and every moment possible should be spent as near as we can get to the sunlight and open air.

Gardeners enjoy weeding and the necessary tasks because of the loveliness all about them, and the labor is not thought of as labor; this is confusing to some who do not get care for the outdoors.

"Now tell me, do you ever sit down and enjoy the garden?" I reply, "I enjoy working in this large garden, and it is not necessary to sit down and restful to sit on a garden seat after the garden work has been accomplished, and there are many chairs here and there so the weary gardener can rest a few moments and enjoy the fragrance and beauty of the different flowers."

I always like to have one particular plant to astonish my garden visitors; this past week it has been a "Blue Lily of the Nile." It has astonished the gardener too, as it was bought a year ago and forgotten so that a hurried hunt took place to find the catalogue and the name. You cannot astonish anyone very much if you do not know the name of your plants!

In today's Health," published by the American Medical Association, Drs. Henry G. Schwartz and James L. O'Leary, Washington University School of Medicine, state:

"To halt chronic, incessant pain as from cancer, surgeons can cut into the spinal cord, just deep enough to sever the nerve lines carrying pain signals to the brain."

The severing of the nerve lines doesn't interfere with movement or control of the pain-ridden leg, arm or other part of the body. They find that the nerve lines which carry prickling pain and the lines carrying burning pain coincide at a point in the spinal cord. So they can operate on the nerve lines.

Continued on page 11

Cook's Corner

RASPBERRY VINEGAR

Six quarts raspberries, one quart vinegar, granulated sugar. Pick over and measure half of the raspberries into an earthenware bowl, crock or enamel pan. Crush lightly to start juice flowing. Add vinegar cover and let stand in cool place for 24 hours.

Crush remaining three quarts raspberries, add to first mixture over and let stand another 24 hours. Strain off liquid through moistened jelly bag. Measure and add one cup sugar for each cup juice. Heat to boiling, then simmer until slightly thickened, about 15 minutes.

Cool and pour into sterilized bottles, cork securely and store in cool, dry place. For serving, add two or three tablespoons of the vinegar to each glass of ice water.

Alice Brooks Designs



A SHOW-APRON! Bewitchin' in the kitchen, this robbler apron has pockets that hold just about EVERYTHING! Scallop for style, embroidery for gay color and charm.

Pretty in plaid 'n' plain, too! Pattern 7212: Medium size; tissue pattern; embroidery transfer.

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.

Advertisement for Heinz Tomato Ketchup, featuring the Heinz logo and the slogan 'the world's greatest ketchup value'.

Islander Marries in Ottawa



Pictured following their marriage at the Blessed Sacrament Church in Ottawa, Ont., are Mr. and Mrs. Joseph Alexander MacIsaac. Left to right are Mr. Charles Kelly, usher; Mr. Brian Higgerty, groom's attendant; Mr. and Mrs. MacIsaac, Miss Bernadette Halpin, bridesmaid; and Mr. Larry Halpin, usher. The groom is the son of Mr. and Mrs. Daniel A. MacIsaac, St. Peter's Bay, P. E. I.

DOROTHY DIX'S COLUMN-

Five Sisters

Trouble Is That Four Of The Girls Borrow From The Lone Wage Earner

DEAR MISS DIX: I am one of a family of five girls. I'm the oldest, earn my own money and pay for everything I have. Naturally, I want to keep my things nice, but my sisters invade my room, take what ever wearing apparel they want, and return it, but not in the condition in which they found it.



Muriel Nissen writes: Members of a family should know the value of sharing, but wholeheartedly.

Continued on page 11

The Stars Say --

By Genevieve Kemble

For Tomorrow

PROCEED carefully this day, since any attempt to make rapid progress in your work may lead to confusion. However, it would be well for you to clear up pending matters and dispose of unfinished tasks, for you are about to enter a most propitious period for new activities, and chores held over from the past could hamper your program.

In dealing with others, avoid controversial subjects, and go out of your way to promote harmonious relationships in your personal and business life. Hold travel in abeyance for the time being. Better results in this direction can be gained later.

For the Birthday

If tomorrow is your birthday, the year ahead should be an exceptionally satisfying one. Long-range security programs on which you have worked since the beginning of the year should reach successful fruition, and there is a strong possibility of business promotion or expansion during the early fall.

Personal, domestic and romantic matters should prosper during the balance of 1953, but there may be a brief period of emotional tension during late October and early November. Forewarned is forearmed, however, so do not yield to erratic impulses during this period lest you antagonize those nearest and dearest to you. Relax instead, secure in the knowledge that "This, too, shall pass away."

A child born on this day will be intelligent, romantic, endowed with a dynamic personality.

Anne Adams Patterns

WEEK'S SEW-THRIFTY

Sundress! House-and-Town dress! Make this easy-sew dream now! This is a half-sizer, especially cut to fit the shorter-waisted, fuller figure—no alteration worries! No frills—no ironing problems either! Bow-tied pie-cut neckline, graceful skirt.

Pattern 4704: Half Sizes 14", 16", 18", 20", 22", 24". Size 16" takes 4 1/2 yards 35-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.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

Advertisement for Colgate Toothbrush, featuring an illustration of the toothbrush and the slogan 'Firmly-set Nylon bristles resist moisture and wear never get soggy.'

Morning Smile

In his old age, Lessing, the German author, became very absent-minded. Coming home one night with his mind on some work he intended to finish, he found the door locked, and discovered that he had not taken his key with him.

In answer to his knock, a servant looked out of an upstairs window, and mistaking his master for a stranger, called out, "The professor is not at home."

"Very well," Lessing answered meekly as he turned away. "Tell him that I'll call another time."

motion or expansion during the early fall.

Personal, domestic and romantic matters should prosper during the balance of 1953, but there may be a brief period of emotional tension during late October and early November. Forewarned is forearmed, however, so do not yield to erratic impulses during this period lest you antagonize those nearest and dearest to you. Relax instead, secure in the knowledge that "This, too, shall pass away."

A child born on this day will be intelligent, romantic, endowed with a dynamic personality.

Advertisement for Anne Adams Patterns, featuring a detailed illustration of a woman in a dress and the pattern number 4704.

ELLEN'S DIARY

By An Island Farmer's Wife

"Like it?" a Registered Nurse in her own right and wife of a professional man smiled a sweet and sincere smile at our query recently. "Yes, I do. I always look forward with pleasure to a holiday with his people down here on The Island. I can appreciate too, how much it means to him... how much he enjoys it for I, too, like to visit my own home-town."

She was low of voice, this Vermonter, with, we suspected, a fairly strict conscience which could still stress those fine sturdy tenets of living that belonged to a pioneering New England people. It is our habit to discuss together, any new folks we chance to meet, James having a more discerning eye than ours to catch those characteristics we might miss.

"Now there, Ellen," he offered later of our visitor, "is my idea of a lady!" It was, we knew, a compliment and we studied in mind the subject so that we too might the better measure up to his ideal.

She was a woman to remember— attractive, modish, yet quietly and becomingly dressed; blue-eyed, her sunny brown hair arranged in a coronet of curls which seemed to lend a queenly air to her features. There was a serenity about her face, a grace in her bearing that demanded more than a passing glance. A pleasant conversationalist but a good listener— she was extremely modest in her own appreciation— fond of knowledge, circumstance and station.

"What makes you say that?" we questioned.

"Oh, I can't tell you exactly," James smiled, "I just know!"

And what of her husband— this island-lad-of-once, whose forbears knew the neat firs, the thatched roofs, the gold-green grass of Erin? Who, "as the children teasingly remind me sometimes, was too lazy to work on a farm so took to schooling instead?" We decided that the tale of his life would make interesting material for a book because along many a changing scene of life he had continued his studies beyond those of the "little red school" past college and universities to arrive at the profession of his choice. . . . There is still that twinkle of that old lad of Pat's in his eye, and the rich brogue is not altogether lost from his tongue.

The changes from his youthful days on an island farm to those of the present here are so varied as to be "almost unbelievable in their extent." But fine memories of the former still linger in his mind. . . . They were "good days," those of the long ago. Well remembered it is obvious as are the Island names and scenes he knew.

"When I come in to New York which lies not far from our home in New Jersey, I always get The Guardian at a news stand — and much enjoy reading it too!"

How interesting it is to find folks whose lives have been attended by fame and success, whose paths have been blessed and prospered even beyond their fondest young dreams, who have travelled to the old lands and abroad, still made happy at the receipt of a newspaper from that place which was his home!

And the children of the two, she that chose for herself her mother's profession and the other pair their vacation companions, would they too not find a restful magic in our quiet, rare charm in the rolling green landscape a jewelled silver in our seas and tidal rivers, an innate kindness in the hearts of their kin-folk unmatched between here and world's end?

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

Better English

By D. O. Williams

- 1. What is wrong with this sentence? "Do you think you could tell me whether she plans on taking a trip to New York?"
- 2. What is the correct pronunciation of "illusive"?
- 3. Which one of these words is misspelled? Agricultural, aggregate, agnosticism, ageratum.
- 4. What does the word "untutored" mean?
- 5. What is a word beginning with "h" that means "boisterous mirth"?

ANSWERS

- 1. Say, "Do you think you can tell me whether she plans on taking a trip?" 2. Pronounce the u as in use, not as in rude. 3. Aggregate. 4. Not educated in schools or by an instructor. "His untutored mind could not grasp the meaning." 5. Hilarity.

Household Scrapbook

By Roberta Lee

Razor Blades

A quick, easy way to sharpen razor blades is to insert one into a glass filled with water, and merely rub the blade against the side of the glass to sharpen.

Cleaner Walls

If you will insert rubber headed tacks into the bottom of the back of picture frames, this will keep the dust from marking the wall where the picture rests.

Onion Breath

Chew a whole coffee bean or a sprig of parsley which has been dipped into vinegar to remove the odor of onions from the breath. Or saturate a lump of sugar with vinegar, and eat it.

Champion Concentrates



Marlene Stewart, 19-year-old title, concentrates in putting practice at London, Ont., where she won her third straight crown over the last two years and recent winner of the British Women's amateur (CP PHOTO)

Miss Stewart Sets Record In Winning Golf Ch'ship

By Jack Sullivan

(Canadian Press Staff Writer) LONDON, Ont. (CP) — Marlene Stewart, who said she "forgot to concentrate," shot a three-over-par last-round 79 Saturday to win the 34-hole Canadian women's close golf championship with a record-breaking 226. En route to her third straight title she set a few marks that will be hard to match.

The Fonthill, Ont., Miss ended 10 strokes up on runner-up Mary Gay of Kitchener, Ont., who ballooned to an 83 on the final 18 over the 5,900-yard Sunningdale course. Rae Milligan, dark-haired Jasper, Alta. star, shot an 83 Saturday to take third place with a 239 total.

Hard-hitting Barbara Davies of Vancouver was fourth with 244 and from there in the field of golfers from Nova Scotia to British Columbia ranged from the 246, posted by 19-year-old red-haired Doris Herberston of Victoria and veteran Ada Mackenzie of Toronto, to well above the 300 figure.

It was a one-girl show from the start last Thursday and no one knew it better than the other golfers. They conceded the chunky, poker-faced Miss Stewart the title when she scored the course with a five-under-par 71 in the opening round and it was simply a matter of playing out the three-day tournament to find who could come reasonably close to her.

Best In History The 71—the best in the 27-year history of the tournament and Marlene's lowest score in competition—shot her into a six-stroke lead over Miss Gay who returned a 77. Little Miss Golf hit even par 76 on the nose the second day, as did the Kitchener girl, and the lead was too much to overcome unless Miss Stewart scratched or lost her clubs for the final round.

The 71 also was one under the men's par, never accomplished before on the course. Her title-winning effort over three straight years also had never been done before although Miss Mackenzie, who won the close championship for the first time in 1928, before Marlene was born, has taken it a total of five times. And her 226 was three strokes better than the previous close mark of 229 set by her last year.

Saturday's round taught Marlene a lesson she vowed she would "never forget."

"I know I had the title after the first few holes and from there in I simply forgot to concentrate," she said. "It's something that should never be done and I learned my lesson. I'll never do it again."

Other final scores included: Miriam Penney, Bridgewater, N.S. 192—picked up. Carine Weston, St. Andrews, N.S. 180—68—263. Mrs. E. M. Hodson, Liverpool, N.S. 182—96—278. Mrs. G. B. Gordon, St. Andrews, N.S. 178—90—268. Mary E. Driscoll, Riverside, N.B. 188—97—283.

FRESH!

Advertisement for Butter-Nut Bread, featuring a large illustration of a loaf of bread and the slogan 'one slice leads to another'.