

Modern Etiquette

By Roberta Lee

Q. Is it good form to congratulate a girl upon her approaching marriage?
 A. It is not good manners to congratulate a prospective bride. She should receive your good wishes. The prospective bridegroom is congratulated. The bride-elect's mother receives kind wishes from her friends. The mother of the room-elect receives kind wishes and congratulations. In speaking with a young woman who has been recently married, one offers wishes for great happiness. Her husband is congratulated.

Q. Does the person who does the pouring at a tea also put in the sugar, cream or lemon?
 A. This is not generally done anymore. The person pours the tea into the cup and hands it to the guest who helps himself or her self to sugar, cream or lemon.

Q. Is a hostess obligated to shake hands with all her guests?
 A. A well-bred hostess always does this.

That Body Of Yours

By James W. Barton, M.D.

SHOULD THE ELDERLY DO SOME USEFUL WORK?

Now that so many men and women reach three score and ten and seem to enjoy reasonably good health, whether they should do some form of useful work or do nothing but rest is put up to the physician by the individual himself or some member of his family. I have written before of how some industrial firms, some months before they pension off an employee, talk things over with him as to what he is going to do in his spare time. Some of these elderly folk keep themselves healthy and happy while others have in mind only the great amount of leisure time they will have.

So important is this matter of watching the health of the elderly that the Journal of Gerontology is now being published in St. Louis. In this publication Dr. R. W. Kleemeier discusses programs, employment of residents in homes for the aged. To find whether such a work program benefits the individual, a survey was made of the activities and attitudes of residents of a fraternal home for the aged. Survey was made of men only chiefly because there were few women residents.

Of the men, 56 per cent were workers and 44 per cent non-workers. It has been estimated that to equal the part-time work of the residents in this institution would require more than 70 additional full-time employees on the staff.

That this working part-time is meaningful rather than just "made work" is shown by the list of jobs held by the residents: cook, kitchen helper, dining room helper, yard mender, janitor, watchman, hospital orderly, truck driver, farm hand, barber, shopkeeper, carpenter, joiner, painter, plumber, meat cutter, postman and practical nurse.

Participation in the work program is strongly encouraged but the individual can take his choice, to be a worker or a non-worker. While workers and non-workers receive money allowances, those for the workers are greater and vary with the kind of work.

What did the survey show? The survey showed that (1) workers obtained higher scores than non-workers with the same degree of health; (2) workers carried higher scores in adjustment to life, dealing with the stress of health, work, feelings of usefulness, and happiness.

Dr. Kleemeier concludes that useful part-time work promotes happiness and adjustment to life in the elderly.

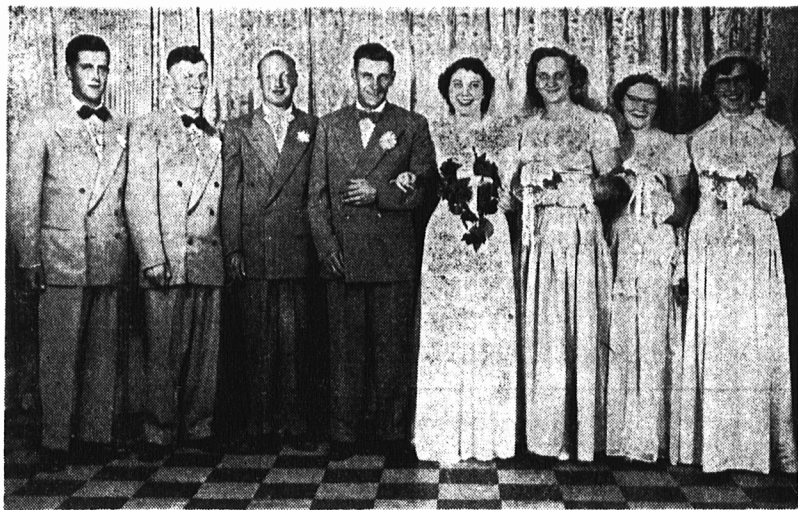
Better English

By V. C. Williams

1. What is wrong with this sentence? "Continual interruptions prevented him finishing his work completely."
2. What is the correct pronunciation of "astula"?
3. Which one of these words is misspelled? Dissatisfy, dissipate, dissipation, dissuade.
4. What does the word "indurate" mean?
5. What is a word beginning with mo that means "fashion"?

ANSWERS
 1. Say, "Continual interruptions prevented his finishing his work (omit completely)." 2. Pronounce as-tu-la. 1 as in fist, u as in use, accent first syllable. 3. Dissipation. 4. To harden; to make unfeeling. "He was indurated by long years of hardship." 5. Mode.

Pretty Summer Wedding At Trinity



A pretty wedding was solemnized at Trinity United Church, Charlottetown, on July 16th, when Emma May Victoria MacKay, daughter of Mr. and Mrs. Winston MacKay of Parkdale became the bride of Clarence Alton Willis, son of Mr. and Mrs. Elmer Willis of Kingston, P. E. I. Left to right above are Messrs. Stanley Godfrey and Fenton MacKay, ushers; Mr. Elmer Yeo, groomsmen; Mr. and Mrs. Alton Willis; Miss Joyce Willis, maid of honour; and the Misses Marguerite Vessey and Bernice MacKay, bridesmaids.

ELLEN'S DIARY

By An Island Farmer's Wife

"But 'a little nonsense now and then is relished by the best of men' and naturally I would suppose by women too!" so observed an elderly man in reply on our behalf to someone who had chanced to remark yesterday: "Why, Ellen, you're not going to see 'Ma and Pa Kettle at the Fair.' Those 'Kettle' pictures are so silly, the funny scenes so obvious they're not even amusing."

And James present sighed and offered: "Yes isn't it strange where Ellen can find her amusement? Now, the boys aren't a bit like her in that. She's sort of light-minded, don't you see?" And he that had come a long way since boyhood and lived to prove many truths and explode many fallacies of living, smiled and said: "I believe it's good to have such diversions. I think humans, by and large, are inclined to dwell on the serious side of life too much. It's all very well to be contemplative—to be conscientious too, I know, but I don't think people were meant to go through this world always sober-faced and solemn. Oh no, like the extra shift in cars, smiles and laughs are there to be used."

"Remember" he continued, stopping a minute obviously to scan certain lines stored in mind, "there's a time to be merry and time to be sad. Yes" he mused "there are times and times... and I think a laugh when it is at no one's expense, is good. It's medicine—that's what it is... the best tonic in the world!"

And so, with Jeanie—and both with much anticipation!—as twilight was drifting down from the hillsides, we joined a youthful and happy couple from the neighbourhood on their way to enjoy the screen-play in the city. "Was I getting pretty well to the far side of the field when you went, Ellen?" James asked when a few minutes ago we entered the bedroom to retrieve our pen, and he stirred from sleep. "Yes" he said, "I guess I was. I did very well at it." At the scuffling James was, the cloudy skies of today not favoring the making of hay.

Two queries we must invariably be prepared to answer on return from any night-outing which momentarily has taken us from our husband's side: "What time is it, Ellen?" not from any curiosity over the lateness on our part but we think, only the better to gauge the interval before his rising. And "What of the night?" an age-old question and with James only to settle in mind the course of his day to come.

Stars we might have taken, indeed, in our seine of memory from the broadened stream by Sam's Bridge, friendly stars, that laughed and twinkled merrily with us over the fun and nonsense of the picture we saw, A little ruffle of stirring ran through the branches of the poplar tree on the lawn as we came to the door, a tiny whisper of promise of good weather for the haying tomorrow.

"I guess, Ellen" James said in a Continued on page 3

Cook's Corner

CREAMED SPINACH MOLD

2 pounds spinach, 2 tablespoons hot cream, 1 tablespoon butter, 1 tablespoon onion, finely chopped, 1/2 teaspoon flour, 1/2 teaspoon salt, dash of pepper, 1 cup rich milk. Wash spinach and cook without water; there will be enough moisture clinging to leaves; use flat-bottomed saucepan and tight-fitting lid. Drain spinach and chop; add hot cream; press into oiled ring mold. Keep mold in warming oven until ready to serve. Unmold on hot platter; serve with following sauce; melt butter; add chopped onion; cook until golden brown. Add flour; blend; let bubble for 3 minutes. Add seasonings and rich milk; cook and simmer until smooth and thick. Pour over spinach mold. Serves 6.

Morning Smile

Crime

Said the fortune-teller shaking her head: "I'm sorry to tell you

Handkerchief Dickey



This delightful dickey loungers like a handkerchief because it is one. Made from a single handkerchief with wide woven borders, the dickey is halter style with tab trimming at the neckline cut from two corners of the square. You can make this, and another tailored dickey with front button closing, from Leaflet No. 8 SS-56, TWO DICKEYS IN A JIFFY, if you send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for the leaflet by number.

DOROTHY DIX'S COLUMN—

New Interest Needed

Sharing Others' Problems Can Eliminate Your Own

DEAR MISS DIX: I am a lady almost 40, have been married twenty-two years and have two sons, one in the Navy and one 11 years old. I'm in a rut and don't know how to get out of it. My husband and I have never been companions. He is just a provider and I'm just a housekeeper. I don't want to leave because I want a home for my boys. We are buying a home. My husband makes a small salary so I haven't the money to join clubs or do anything else to make friends. We've only lived in this place for a short time, and I don't make friends easily. Since my boy went into service it is more lonesome than ever for me. I would like to go to work but my husband won't have it. The only place I ever go is to my mother's and home again.

MRS. K. M.



Muriel Nissen

ANSWER: A lady in her late thirties is much too young to put herself on a shelf and retire from the world. Naturally, the absence of your older son has left a gap in the family circle that is difficult to accept, but you must fill it with someone else. Your two boys give you the best introduction you could have to activities that will ease your own loneliness, and at the same time help you to cheer someone else.

TRY MOTHERS' GROUP

Many communities, probably including yours, have groups of Navy mothers who meet for mutual encouragement and to do what they can for their own sailors, as well as any others who could use a little help. Contact your local Red Cross Chapter (in your telephone book under American Red Cross), and ask them to put you in touch with such a group. Have no hesitancy in joining them. You'll find that other sailors' mothers, like yourself, want company and will welcome you as one of them.

Your 11-year-old also presents an opportunity for you to meet mothers of children his age. The school he attends undoubtedly has a Parent-Teacher Association, which always welcomes new members. Participation in your son's schoolwork will soon banish all remaining loneliness. Remember, when meeting new people, to concentrate your interest on them. Forget yourself, your shyness, your loneliness. You are with them to do a community job—not to worry about your own shortcomings. Don't apologize for your self-consciousness and they'll never know it exists. Ask for work, and in mutual accomplishment you'll find fine friends. These activities cost very little money, too, and whatever expenditure you must make is so worthwhile that a little more skipping won't be begrudged.

Since your city is the center of considerable naval activity, why not act as hostess to a lonely sailor now and then? Have one or two home for dinner some Sunday, to your mutual benefit. Here again, the Red Cross will help by telling you where to send your invitation. So much work is needed in the world today, so much kindness, so much charity, that it's actually to sin to let willing manpower go to waste. Get busy on something to help someone else, and you will have had your last lonely moment.

DEAR MISS DIX: Although I am 16 years old, my father won't let me go out with boys as he says I will fall in love and want to get married. He thinks I am too young. What can I do to make him see that I have no intention of falling in love and getting married?

ANSWER: Your father is only looking ahead to the natural consequences of dating. What he should realize is that, by depriving you of dating now, he will make you more acutely aware of boys, and much more likely to fall in love with the first boy you do go out with. You must do your best to convince him of your level-headedness, and of the fact that you do know how to behave.

DEAR MISS DIX: Mother, Dad, my little sister and I make up our household. Three of us work, and I am almost 20. What, in your opinion, is the amount of money a young girl my age should keep from her pay? Should she pay board?

E. N.

ANSWER: I am always lked at the idea of a child paying Continued on page 9

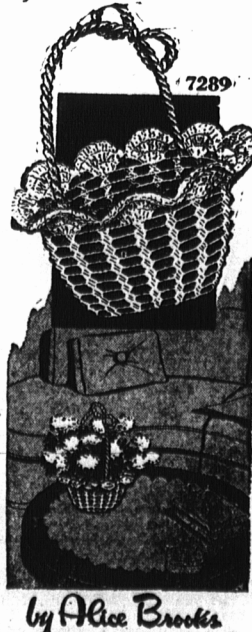
Alice Brooks Designs

NEW! FOR FLOWERS!

Give your home a cool, fresh summery look with this easy-to-crochet flower basket! In white or pastel colors, it's so very pretty! It's treble crochet.

Starched crochet looks like porcelain. About 7 1/2 inches in diameter. Pattern 7289; directions.

Send Twenty-five Cents in coin 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.



Islanders Wed In Ontario



MR. AND MRS. CHEVERIE

—Photo by New Mayfair Studio, London.

Amid a setting of white gladioli in St. Martin's Church, London, Ont., on July 12th, Helen Adeline Arsenault exchanged marriage vows with Francis William Cheverie. The bride is the daughter of Mr. and Mrs. Charles M. Arsenault, of Abram's Village, and the groom is the son of Mr. and Mrs. Jerome Cheverie, Souris.

The Rev. Fr. T. W. Flannery officiated. Miss Irene Clary played the organ and Miss Betty O'Hara sang. Given in marriage by William Mallard, London, the bride wore a full-length gown of white nylon net over satin styled with a fitted bodice of Chantilly lace, long

that you'll be a widow soon. Your husband is going to die a violent death." "Will I be acquitted?" asked her client eagerly.

Gift Horse

The dear old lady was telling her family about her trip to town. "I met a nice young man in the train," she said, "and he offered to give me the winner of the Epsom Derby."

"And did he?" asked one. The old lady beamed and shook her head.

"Naturally, I thanked him very much, but I explained that the chickens take up so much of the garden that it would be quite impossible for us to keep a horse."

Ray Springer was groomsmen and Elmer MacDonald and Chester Haggith were ushers. A reception was held at the Seven Dwarfs Inn.

After a wedding trip to Niagara Falls, the couple will reside in London. For travelling, the bride wore a white gabardine suit with navy accessories and corsage of red Sweetheart roses.

The bride is a graduate of Hotel Dieu Hospital, Moncton, N. B., and the groom attended Prince of Wales College and Normal School, Charlottetown, P. E. I.

WOMEN'S INSTITUTE HANDICRAFT EXHIBITION

Entry forms and prize lists may be obtained by writing to Box 123, Charlottetown. Entries must be registered before July 28. There is no entry fee and entries from all parts of the Province will be welcomed.

Anne Adams Patterns

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For shorter women — your own fashion designed just for you! No alteration worries, just cut out YOUR size. The design is flattery itself, you look taller, slimmer! Softness at shoulders, scalloped neckline and the loveliest skirt with pockets in panels.

Pattern R4698: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 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 coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.



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