

Household Scrapbook

By Roberta Lee

Sunburned Panama Hat

If the Panama hat has become badly discolored by the sun, make a solution of one teaspoonful of oxalic acid to one pint of water and apply with a brush. Just as soon as the hat has bleached, rinse the solution out thoroughly.

Knife Stains

Almost all stains on knives can be quickly removed by rubbing them with a piece of raw potato.

Prevent Mold

Mold can be prevented when making preserves, if a few drops of glycerine are put around the edge of the jar before covering it.

Better English

By D. G. Williams

- 1. What is wrong with this sentence? "How did you come to meet the groom before the wedding?"
2. What is the correct pronunciation of "blaze"?
3. Which one of these words is misspelled? Vocalize, sympathize, analyze, crystallize.
4. What does the word "habitué" mean?
5. What is a word beginning with am that means "quality of being doubtful"?

ANSWERS

- 1. Say, "How did you happen to meet the bridegroom?"
2. Pronounce bla-z, first a as in ah un-stressed, second a as in day, accent second syllable.
3. Analyze.
4. To accustom.
5. Ambiguity.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

DO not allow yourself to be influenced by the opinions of co-workers this day, but rely, instead, on your own intuition. Handle routine matters as quickly as possible and then take the first steps toward launching new programs and long-considered ventures, for the sidereal influences favor initiative.

For the Birthday

If tomorrow is your birthday, you may prepare for a year of unexpected business activity, with new opportunities arising as a result of contacts made through social media. Real estate and property matters are especially favored during the next six months and, if you are engaged in creative enterprises, the early fall should mark the beginning of a particularly auspicious period in your career.

Travel and social life are under beneficent aspect, and new friendships established in these pursuits should prove unusually valuable in the near future. There may be some domestic or financial stress right now, but the entrance of Saturn into the sign Scorpio during October should free you from such pressures. Give full rein to your ambitions now. Satisfactory results are due sooner than you expect.

A child born on this day will be intelligent and ambitious.

Marriage Of Local Interest Takes Place In Toronto



Pictured above are Mr. and Mrs. Emmett Egan with their attendants following their marriage in St. Thomas Aquinas Church, Toronto.

St. Thomas Aquinas Church in Toronto, was the scene of a pretty spring wedding when Avere Marie Arsenault, eldest daughter of Mr. and Mrs. Avere Arsenault of Charlottetown, P. E. I., exchanged marriage vows with Mr. Emmett Egan, son of Mr. and Mrs. John B. Egan of Mount Forest, Rev. F. H. Gallagher, officiated at the double-ring ceremony.

The bride, given in marriage by her father, was gowned in a floor-length dress of Chantilly lace over white satin, embroidered to hemline, buttoned bodice to Queen Anne neckline and long tapered sleeves. Her finger-tip veil of tulle illusion was held in place by a French imported Juliet cap of seeded pearls. She carried a cascade of white carnations.

Miss Bernice Arsenault was her sister's bridesmaid. She chose a gown of blue nylon and lace over tulle. Her bouquet was a cascade of pink carnations with matching headdress. Mr. Elmer Egan, brother of the groom acted as best man and Mr. Bert Egan and Mr. William O'Farrell were the ushers.

During the Nuptial Mass, Mr. Donald MacLean sang Panis Angelicus, Ave Verum Corpus and during the signing of the register, Ave Maria. He was accompanied by Mr. Peter Murphy, church organist.

Following the wedding ceremony, a reception was held at the Old Mill where a dinner was served to upwards of 40 guests. The bride's mother received her guests wearing a navy crepe and lace dress with matching accessories and a corsage of pink roses.

On their return the couple will reside in Toronto.

Out-of-town guests attending the wedding were from Mount Forest, Kentworth and Guelph, Ont., Mrs. L. G. Anderson of Charlottetown, P. E. I., Miss Theresa Arsenault of Boston, Mass. and Mr. Alfred Doucette of North Bay, Ont.

Montreal Women's Editor Calls Island "A Very Lovely Lady"

"Each woman must individually face her problems—there aren't any general answers," said Mrs. Maud Kerr, in an interview with The Guardian during this week-end.

Mrs. Kerr who is women's editor of Family Herald and Weekly Star in Montreal, was in Charlottetown last week to address the annual convention of this Province's Women's Institutes.

"Are they working closer together?" "Yes, mentally they are in a closely-knit world and I don't think they yet realize their strength in numbers and unity."

"But," she emphasized, "we can't generalize about women—each situation calls for a particular answer which we can learn to find."

Mrs. Kerr is a homemaker as well as a successful journalist. For 27 years she has been with the Family Herald and Weekly Star and is familiar enough with newspaper work that she can do anything from straight reporting to editorial writing.

She is extremely fond of cooking—particularly "experimental cooking" which she did to a considerable extent a few years back. An energetic person, she loves walking and still finds time enough to do some reading.

"Of course I am particularly interested in rural women," said Mrs. Kerr who is women's editor of Canada's largest farm newspaper. "I have noticed a trend broadening from year to year—I have great respect for them and their contributions to the community's social and educational activities."

She has travelled a great deal and was a member of the Dollars and Pounds Trade board on their fact-finding mission to England in 1950, when for the first time in Canada, it was composed entirely of women.

How Can I!!!

By Anne Ashley

- Q. How can I keep moths out of a piano?
A. Rub turpentine occasionally over the woodwork on the inside of the piano. Moths will not trouble it, even if unused for a long time. A small bag of gum camphor put inside a piano at each end protects the felt.
Q. How can I make lump gravy smooth?
A. Beat it with an eggbeater until the lumps disappear. When the gravy does not brown as it should add to it a tablespoon of strong coffee. The addition of a tablespoon of cream to brown gravy makes it delicious.
Q. How can I save sugar when making white cake frosting?
A. When making plain white frosting for a cake, add about two tablespoons of cornstarch and use less sugar. This saves sugar, and the frosting will remain thicker and softer. It is especially good for fruit cakes.

Modern Etiquette

By Roberta Lee

- Q. When attending a church wedding and the usher places you in a seat where you haven't a good view, isn't it all right to change your seat?
A. No. The usher probably has his instructions as to seating, and you should remain where you are seated in order to avoid any possible confusion.
Q. Is it all right, when dining in a public dining room, to wipe off the eating utensils with the napkin?
A. Never! If one notices that the utensils are not perfectly clean, one should always call the attention of the waiter to this and have them exchanged for clean ones.
Q. Is it proper for a business man to rise when a woman visitor enters his office?
A. Busy though he might be, the man can certainly afford to rise when a woman visitor enters. He does not rise, however, if the woman is an employee of his company.

ELLEN'S DIARY

By An Island Farmer's Wife

"Ellen," a friend wrote recently, "Did that foal, half-expected, ever arrive at Alderlea?" To the disappointment of our horse-lovers, hopes were deferred. But four of the kind, their coats dappled prettily by sun and shower and just the way they lay on a pasture there, one day, accompanying our younger son, a fellow much interested in the livestock and fields and the ways of the soil. The Nell-mare's filly, not yet broken to harness, a dainty care-free lady, reached out a soft muzzle to touch his palm in a friendly gesture.

We saw the milk cows too, grazing in a cherished meadow; the calves raised to James' mind, extravagantly on whole milk; the milking mamas in the paddock down to the wees nursing along broad, placid bosoms in the piggeries.

And, as we strolled here and there along the fields we recalled with a smile the words of some kin to us, unaccustomed to such prying, a favorite pastime of this family when time and an opportunity affords it. "We do like to come to visit at Alderlea, Ellen, if 'they' just wouldn't run us off our feet about the farms. They take us up behind the barn to have a look at some animal or crop — and before we know it, where are we? Like as not, miles away — from a far field up at 'the other farm'! Not that we don't enjoy it, if we didn't find it too strenuous. Honestly, there's hardly a breath left in us when the tour is over; and they're as fresh as daisies, ready to do it all over again!"

Fresh as the daisies which now bathe in the dew-damp and the fireflies along the millstream lighting now their night-lamps to guide home those that may roam. Until tomorrow — "Diary" — Good-night...

No Texan, He

A traveling salesman from Boston spent a whole evening listening to a Texan boast about the heroes of the Alamo. Finally the man with the ten-gallon hat said, "I bet you never had anyone that brave in Boston." "Did you ever hear of Paul Revere?" replied the Bostonian. "Paul Revere?" said the Texan. "Oh yes, isn't that the guy who ran for help?"

Anne Adams Patterns

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That Body Of Yours

By James W. Barton, M.D.

WHAT IS NUTRITION? Many of us may be inclined to laugh at the food faddist as he eats only certain foods at regular hours, making sure of his three main foodstuffs (1) proteins—meat, eggs, fish, (2) carbohydrates—potatoes, bread, sugar, (3) fats—butter, cream, egg yolks, and of his liquids, minerals and vitamins. Yet food—nutrition—is the most important matter in life from birth on.

What is nutrition? An editorial in the Journal of Clinical (Practical) Nutrition, Allentown, Pa., states that the very functions of life are completely dependent on energy which, in turn, is derived from the combustion or burning of foodstuffs in the body. "Growth and the increasing processes of repair, it declares, depend upon the utilization of protein and protein products. The life of the individual cell is dependent on oxygen and water; but it is the iron-porphyrin—protein, hemoglobin, that carries the oxygen to the cell which carries the ultimate or final breakdown of carbohydrates and inter-related nutrients which, with the fluids we drink, supply the water. Enzymes (digestants) and vitamins are the two sides of a coin; minerals come from the earth and from flesh to reach every cell."

It is pointed out that nutrition is a large and vital part of all medical sciences. It is cause and effect; it has no beginning and no end. "Without nutrition, there is disease, starvation, and death. With improper amounts or unbalanced combinations of nutrients (food-stuffs), there are violent disturbances in every part of the body." The editorial then points out how much the various branches of medicine depend upon proper nutrition to maintain health and prevent deficiencies of the human body. The obstetrician is concerned with the unborn child; the pediatrician (child specialist) is concerned with normal growth and development of the child because proper nutrition is its cornerstone; the internist or medical practitioner is concerned with the proper food in various diseases—diabetes, obesity, leucoderma, anemia, nephritis; the surgeon is concerned with building up the patient before operation when there is no emergency; the geriatrician is concerned with the care of the elderly not only in preventing and curing disease but also in keeping them healthy and happy by nourishing foods which prevent consumption. While geriatrics is a new science, its progress has been rapid.

No one can foretell what future advances in nutrition will bring forth. How much happier will be the fuller life when the food supply of all peoples is adequate. "What is nutrition? It is the cornerstone of preventive medicine, the handmaiden of curative medicine, and the responsibility of every physician."

Cook's Corner

QUICK TUNA LUNCHEON OR SUPPER

- Yield—5 servings.
1 cup cooked rice (hot or cold)
1 can (10 ounces) condensed cream of mushroom soup
1 3/4 cup milk
2 tablespoons butter or margarine
1 can (7 ounces) tuna fish, flaked
2 tablespoons chopped parsley
2 tablespoons chopped green onions
1/2 cup cold cooked suitable vegetable
Prepare the rice. Turn the condensed cream of mushroom soup into upper pan of double boiler and gradually blend in the milk. Add cooked rice, butter or margarine, flaked tuna fish, parsley, onions and cold cooked vegetable, combine lightly. Cover and heat over boiling water, stirring occasionally. Serve piping hot.

Alice Brooks Designs



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Morning Smile

Enough Said Girl: "Here's one I bet you can't answer: What's the difference between dancing and marching?" Soldier: "I don't know." Girl: "That's just what I thought. Let's sit down." And Harder The last speaker at a banquet was droning on and on to his exhausted audience when the master of ceremonies noticed a man nearby sound asleep. Lest the sleeper's snores interrupt the speaker, the M. C. struck the snoozer with his gavel to awaken him. "Hit me again," the aroused sleeper implored. "I can still hear him."

DOROTHY DIX'S COLUMN-

Parsimonious In-Laws Young Wife Bemoans Stinginess Of Her Husband's Relatives

DEAR MISS DIX: I have been happily married for a year, and my problem is the stinginess of my in-laws. I had a nice wedding, with a reception, and although my husband's people came, ate and drank freely, not one of them gave us a wedding present. We gave them all gifts for Christmas—but none were received in return. What I'd like to know is, should I continue to give them presents on birthdays, anniversaries, etc., or act as they do? MRS. V.

CLING TO GENEROUS INSTINCTS ANSWER: Having been brought up by a generous family, it has come as a shock to find that all people are not inclined the same way. Your husband has been reared in an entirely different tradition, and I gather that he prefers the way members of your family live and act.

Don't try to ape the less attractive qualities of others. Instead, endeavor by your own good example to change them and encourage your husband to be generous. Continue sending gifts, even though they are small ones, to your mother-in-law, and the children in the family. Even though they are never even acknowledged, much less returned—you know you are doing the right thing. Furthermore, though you may not be able to do much crusading among the older folk, the children's reaction to your thoughtfulness may well change the course of their thinking. If you pursue this recommended course, do it wholeheartedly; don't give grudgingly, and see that your husband appreciates, and shares, your innate love for giving.

You have been blessed with a family generous in material and spiritual things. By making allowances for the fact that many people have not been so fortunate, you will be living the Golden Rule to its fullest, as well as realizing the truth of its precept, "It is more blessed to give than to receive."

DEAR MISS DIX: I have a good job in a small town, but my heart is still back home. You see, I am in love with my girl friend's brother, though you may think that at 17, I am too young to be in love. The trouble is that I don't know if he loves me. I see him on week ends, but he has never tried to date me. When I go to visit my girl friend he usually drives me home, and is friendly, but nothing further. Should I try to make him jealous of me, or do you think he'll take an interest of his own accord if I wait for him? LAURA M.

ANSWER: I doubt if trying to make the boy jealous will do any good. Since he is not particularly interested in you, an attempt to force his attention on you will be futile. Why not continue to be friendly with him for the time being; you are much more likely to catch him that way. Many girls lose the boys they like because they don't know how to foster a budding friendship. They want to skip immediately from mild acquaintance to fervent love. Boys like to take things more gradually, and they react much better to pleasant companionship than to demands. Try the soft pedal for awhile.

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