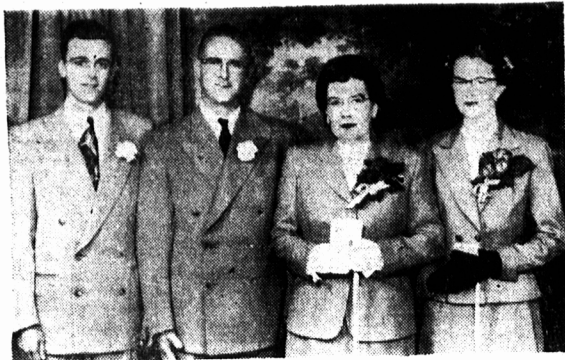


Autumn Nuptials



Picture above following their marriage at the Holy Redeemer Church on Wednesday October 7, are Mr. and Mrs. Ernest Doucette with their attendants, Mr. Edward Arsenault and Miss Beatrice Doucette. The ceremony was performed by the Rev. Fr. Coyne. —Craswell Photo



Here's a well-spiced dish for your family to try—it's Deviled Ham Loaf, a recipe provided by Springvale Women's Institute. These ladies have some more recipes for you this week, too.

DEVILED HAM LOAF

- 2 cups dry bread crumbs
- 2 cups milk
- 3 cups ground ham (1 1/2 lbs) raw or cooked
- 1/4 teaspoon salt
- 2 eggs (beaten)
- 2 teaspoons grated onion
- 1 teaspoon mustard
- 2 teaspoons green pepper (optional)
- 1/2 teaspoon pepper
- Soak bread crumbs in milk 5 minutes. Blend all ingredients. Place in buttered bread pan and bake 50 minutes at 350 degrees.

—Vergene White, Springvale W. I.

WHY USE MILK?

Milk is the only excellent source of calcium and riboflavin which can be used every day. Children up to 12 years who have a pint of milk a day obtain 70% of the day's need of calcium required for the growth of bone. Because of rapid growth the requirement for calcium increases in adolescents and at least 1 1/2 pints of milk is necessary. After growth has been completed calcium requirement decreases and continues at a lower level throughout life. Milk protein has high nutritive value and is cheaper than protein from meat; two quarts of milk contain as much protein as one pound of average beef.

Anne Adams Patterns



458! 12-20; 30-42
by Anne Adams

A "MUST-HAVE" STEP INTO the smartest classic of the season! It's a flatterer from the novel cut of the collar to the graceful swing of the skirt. And those contrast touches add a note of bright color. Sew this now — enjoy it every minute of the day. Pattern 4581: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/4 yards 39-inch fabric; 1/2 yard contrast.

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, c/o The Guardian, 60 Front Street West, Toronto, Canada.

How to KEEP FIT after 50

In the old days fifty seemed the signal to slow down—take things easy—watch your diet—get more rest. It's still good advice. But these days you can face fifty with many interesting and active years ahead,—active, that is, if you can avoid backache and the "tired-out" feeling, due to kidney and bladder disorders, that often develop around that age. For more than 60 years Dodd's Kidney Pills have been helping men and women of all ages to keep kidneys and bladder in good order,—helping them to feel better, to work better, and get more fun out of life. If you are approaching fifty, or past it, Dodd's Kidney Pills may help you, too. You can depend on Dodd's. 64

Maritimes' Only Woman Senator Pays Brief Visit To The Island

"When a woman receives a broad education, more than one individual becomes trained," said Senator Muriel McQueen Ferguson in an interview, following her address to the Business and Professional Women's Clubs of Charlottetown and Summerside, yesterday afternoon at the Charlottetown Hotel.

One of Canada's four women senators and a lawyer by profession, Mrs. Ferguson was appointed in May of this year and she represents New Brunswick, making her the first woman to go to Parliament Hill from the Maritime Provinces.

Petite, attractive and wearing a pretty cherry-red hat and navy two-piece dress, the woman senator spoke seriously about the importance of training women to learn how decisions in government affairs affect the way of life at home.

"It is most important for women to receive this training because in turn she will teach her children; when a man is educated, though, only one individual is being trained," she said. "So today, women are asking for equal rights, enabling them also to serve fully in their duties as women in human society."

Her blue eyes twinkled keenly when she spoke of the work which the Business and Professional Women's clubs are doing towards greater female participation. Senator Ferguson who is chairman of International Relations of the Canadian Federation of these clubs, pointed out how the organization brought before the Ontario legislature the need for equal pay for women. The B. and P. club is credited with getting this Bill into effect there, she said. Similarly in Saskatchewan an equal pay-for-women Bill has been passed, and now in British Columbia the same Bill is before the House.

"But women are not asking for equal rights without taking any of the responsibilities that go with them," she assured. "No, indeed—

How Can I!!!

By Anne Ashley

Q. How can I remove chewing gum from a carpet?

A. Merely rub the gummy portion with an ice cube, then scrape or rub the gum out of the fabric.

Q. What is the best way to wash fabric gloves?

A. Wash them OFF the hands in mild, warm soapsuds. Squeeze the suds through the fabric repeatedly. Do not rub, wring or twist. Rinse thoroughly, ease into shape and dry either flat on a towel or over a rod.

Q. How can I clean piano keys?

A. These are best cleaned with wood alcohol. Never use soap.

snacks between meals. I believe we'll admit that this was a farsighted judge who not only ensured that the overweight, by reducing weight, would be sooner fitted for work, but would also be an asset to the community and her family, and the Workmen's Compensation Board relieved of the liability.

Household Scrapbook

By Roberta Leo

Gravy Stains

Soak gravy stains on washables in cold water to dissolve the starch, then wash with soap and water. If a stain remains when the fabric is dry, sponge it off with carbon tetrachloride. Sponge stains on non-washables with cool water; then sponge with carbon tetrachloride.

Good Duster

A piece of chamois that has been dampened makes an excellent duster. It makes furniture look like new.

Sparkling Windows

A small amount of furniture polish added to water when washing windows will make the windows shine.

Coffee Pot

Boil coffee pots in water to which washing soda has been added. This removes the dark coating and insures a better flavored coffee.

ELLEN'S DIARY

By An Island Farmer's Wife

November . . . now, little loved month . . . of bare boughs and dampish fields; of quiet melancholy days and winds that mourn in their passing; sorrowing it would seem, for delights they once knew—the trills of birds, the rustle of dancing leaves, the music of harvest-crickets.

"But it's not a month that lingers," Jeanie said when we talked of it this evening. "It's days—why there's nothing to them. Yes, before we know it, it will be gone."

"The trouble is," James smiled "it will pass too quickly; it will be gone before we have things in good shape for the winter."

"It's becoming more and more a month of grace" we offered, "of days allowed to complete the field-work."

"Let's hope the weather continues to keep 'open,'" Jeanie said. "Aye," James agreed. "We're really in a bad way if the freeze-up were to come soon. Mangals not yet done; no turnips saved and not a furrow turned to say nothing of the work still to be done on the new barn . . . doors, stalls, floors, water-fixtures, lights. Dear me, it's just as well not to think of it! If every day could be fine, but" he nodded, "we must allow for the season's rains."

A seasonal rain we enjoyed today, one which descended in silvery, wind-blown sheets to fill springs and wells, to wash clean the air and to flush the yards about. And suspending for the day any work in the field, it brought our somewhat versatile farmers to this place "in the road" to fashion floors of concrete in the new stables.

"I never thought I should come to this" our helper, a man of means, laughed when once through a silver mist we visited them there. He was taking a turn at breaking with a sledge the pieces of sandstone required, his blows, quite effectual, we noticed. "Imprisonment with hard labor" he commented. "I see by the papers" he continued, "there's a move on foot now—or may be it's in effect, to pay convicts for their work." He stopped a minute, sober now. "That wouldn't bring much happiness to a 'lifer', would it, Ellen? God help them, poor mortals that they are! Whatever brings them there, in the first place? Twisted minds . . . warped . . . cruel . . . bad . . . And once they were innocent little fellows. Isn't that the pity of it? And so needed, everyone so needed to do his part in making this a better world for all. It's sorrowful when you come to think of it, isn't it Ellen?"

"Now James," he was light of heart again, "he's not a bad lad; they haven't put him to breaking stones, at least not yet! He at-

Bridal Party At Hampton



The marriage of Rena Bernice, daughter of Mr. and Mrs. Daniel Gass, Appin Road, to Robert Harold, son of Mr. and Mrs. Harry Edwards, Hampshire, P. E. I., was solemnized at the Manse in Hampton, P. E. I., Sept. 5th at three o'clock. The ceremony was performed by the Rev. Mr. Baxter. Mr. and Mrs. Edwards are shown above with their attendants—Mrs. Clayton Gass as bridesmaid and Mr. Clayton Gass, brother of the bride, as groomsmen. Mr. The bride wore a light blue suit with white accessories. She wore a corsage of mixed flowers. The bridesmaid also wore a blue suit with white accessories and a corsage of mixed flowers. The bride and groom left on their honeymoon through New Brunswick and Nova Scotia.

Morning Smile

One of the hardest things to understand is how a mosquito can get along without sleep.

tends to the sand that goes in the mixing.

Already appreciable space had been treated—surface smoothed. Quarters for some cattle, the stable for the horses, room only for the team.

"And where," we asked whimsically, "is the stall for the Minister's horse?" our thought back to the old days of Island farm-life. James sighed.

"I reckon," Rob smiled, looking down the length of the building "we could accommodate him somewhere about."

"Changed days these," James commented resting his pails of sand. "One time the horse-stable was the pride of an Island farmer but now it tucked in some out-of-the-way corner."

A corner under the eaves we must come to now, a lovely place indeed for a weaver of dreams.

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

Better English

By D. G. Williams

1. What is wrong with this sentence? "Neither you or I ever goes there, and I am very disappointed."
2. What is the correct pronunciation of "financier"?
3. Which one of these words is misspelled? Coherency, bankruptcy, ascendancy, truancy.
4. What does the word "temporal" mean?
5. What is a word beginning with col that means "to agree"?

ANSWERS

1. Say, "Neither you nor I ever go there, and I am very much disappointed."
2. Pronounce fin-ans-er, i as in fin (not as in fine), e as in here, accent last syllable.
3. Bankruptcy. 4. Limited by time; transient. I am thankful that this situation is only temporal. 5. Coincide.

Few centipedes have as many as 100 legs, the average being 60 to 80, but some have as many as 200.

Modern Etiquette

By Roberta Leo

Q. Is it all right, to hold the fork in the hand at the dinner table while talking?

A. No; if one has entered a lengthy conversation, it is much better to lay the fork on the plate while talking. Of course, this does not mean that one must lay the fork down quickly for each "yes" or "no."

Q. When a woman is preparing to leave her home within a few minutes, and a caller arrives unexpectedly, what should the woman do?

A. She should not hesitate to tell her guest she has an appointment, but that she hopes her guest can stay a few minutes anyway.

Q. At a widow's second marriage, her first husband being deceased, should she invite the family of her first husband?

A. Yes, indeed, if the relationship has always been pleasant. And furthermore, these people should make every effort to attend.

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