

True Success Story

By F. H. MacArthur

Fifty-six years ago, there was born at Hunter River, P. E. I., a boy who was destined to become a great figure in the Roman Catholic Church.

Born of humble parents, James McGuigan grew up in the little community made up of different denominations. Here he played with his little friends in traditional boyhood freedom and attended the old country school where he first learned his three R's. That youthful outlook and remembrance has kept green throughout his life, and he turns his footsteps homeward whenever the opportunity presents itself, though that is not often now that heavy responsibilities rest upon his shoulders.

From the very first days at school, young McGuigan showed an unusual taste for learning. When only six, he announced to his beloved Mother his intention of becoming a Priest when he grew up, but little did this ambitious and merry-hearted farm boy ever fancy that a day would come when church and state would acclaim him as a prince of men, a cardinal of his church.

From farm boy to an exalted position in record-breaking time marks the achievement of His Eminence James Cardinal McGuigan, Archbishop of Toronto.

Just seventeen years after he was ordained a Priest, he became Archbishop of the largest English-speaking diocese in Canada. Another decade and he was filling the role of a Cardinal, a position of dignity second only to the Pope himself.

After the breaking-off of his childhood days, young McGuigan studied at P. W. C. and at St. Dunstan's University, winning the Governor-General's medal and the degree of B. A. That was back in 1911-1914.

His higher education began when he entered Grand Seminary at Quebec. Four years later, he graduated from Laval University with honors receiving his degree of Doctor of Philosophy and Theology. In 1918 he was ordained into the Priesthood, and the following year he was appointed Secretary to Bishop O'Leary of Charlottetown. The year 1920 saw Father McGuigan President of St. Joseph's Seminary at Edmonton, Alberta. He was only 26.

During this period of his life, the welfare of mankind began to occupy his thoughts intensely;

The Stars Say --

By Genevieve Kemble

For Friday, July 28

Although the trend of events may be subject to radical change, sudden and not reckoned upon, with hidden factors to be coped with by astute and clever strategies, in the long run there may be expansion, growth, progress and prosperity. This depends on tactics employed in the fact of unlooked-for developments or change of plans.

For the Birthday

Those whose birthday it is are under some auguries for growth, progress, expanded operations, with the promise of success, probably through the support or capital of those in influential places. However, while the judgment is shrewd and lively, yet there are undertones of treachery and mischief, as well as an unforeseen switch in conditions or events, to negative sound judgment and expressed offers of good friends.

A child born on this day, while capable, ambitious and progressive, may have a weak spot or erratic twist that could lead it into false tactics or ignoble actions.

Household Scrapbook

By Roberta Lee

Renewing Old Yarn

Raveled yarn can be revived and made to look like new by wrapping it in a towel, and placing it for a short time in a colander or steamer over a vessel of hot water. The steam makes it fluffy again, and the yarn is in the same condition as when new.

Dutch Apple Cake

A delicious cake can be made by using one or two cups of applesauce and spreading over the buttered top of coffee cake. Sprinkle sugar and cinnamon mixture over the applesauce.

Dirty Curtains

A half-cup of salt added to the water in which curtains are being soaked loosens the dirt more rapidly and aids materially in the laundering.

and his brilliant mind carried him from victory to victory. By 1923 he had been appointed

Continued on page 8

ELLEN'S DIARY

By An Island Farmer's Wife

And now into the haying, the wagons were repaired this morning and put in good condition to handle the hauling-to-come. On one, a fine new rack was built, of the sweet-smelling lumber, that only recently was fetched from the saw-mill. The children were on hand with their elders, the two boys from "in" the road, and granddaughter from the house across the lane. They pounced on the intriguing odds and ends from the sawing to make material for interesting projects of building. It was of interest to note that these pieces afforded the two younger ones more pleasure than any of the toys that were about. "There now", James nodded with a smile as arms laden they bore their treasures away; "see how well they appreciate the like of those."

Give youngsters some ends of boards, a hammer and a few nails—and in time, a saw, and it is remarkable the enjoyment they will derive from them. It tests their skill and ingenuity as they work out ideas of their own. "Jamie was allowed to assist at the grown-ups' building. He came to the door when last nails had been driven, and Rob's truck was waiting on the driveway to bear them home. "You didn't happen to hear three hammers at work?" he inquired with a twinkle, "well, the third one was mine!" James, poor fellow must leave them before the endeavor was well underway. He had been elected to attack the couch, of late appearing in the patch of roots, and there with "our own mare" in the scuffler he spent a busy but satisfying morning.

Off to a Community gathering, which honors another pair of newly-weds, an industrious and enterprising farm lad and his bride, the parents from this house across the lane went tonight, leaving their cares in our hands. Very sweet are these responsibilities, though for some time, and ending only a moment ago, our role was somewhat perplexing. Grandson has been graduated from the cot of his forbears to a modern edition of the same, until lately occupied by granddaughter, now come to a bed. The two slept like babes—and angels, during the earlier part of our stewardship. And then suddenly he awoke as bright and cheerful as a lark-at-dawn. "There now, Ellen," James whispered, aware of his stirring, "we're in for a time of it now!" We have been—but found it amusing.

"How do you keep them down

In Dominion Competitions



In a short course for senior Food and Clothing Club girls held last week at the Vocational Training School by the Women's Institute Branch, Department of Agriculture, two girls' teams were selected to represent the Province in Dominion-wide competitions to be held in Toronto in November. Left to right above are shown, Ardele MacCausland, Central Royalty; Doreen Smith, Central Royalty; Lillian Bernard, Bloomfield Station and Glenn Smith, Bloomfield Station. —Photo by Burke.

Better English

By D. C. Williams

1. What is wrong with this sentence? "This basket is fuller than that one."
2. What is the correct pronunciation of "intrusive"?
3. Which one of these words is misspelled? Furtherance, Intemperance hindrance, permanence.
4. What does the word "flagrant" mean?
5. What is a word beginning with inu that means "to overflow"?

Answers

1. Say, "This basket contains more than that one," or, "This basket is more nearly full than that one."
2. Pronounce the s as in sit, not as z. 3. Hindrance. 4. Flaming into notice; conspicuously bad. (Pronounce first a as in flay). "Such flagrant evils are not to be countenanced."
5. Inundate.

How Can I!!!

By Anne Ashley

- Q. How can I strengthen baby's muscles?
- A. Rub the back and legs thoroughly every night with the best grade of rubbing alcohol. Massage from the feet upwards to the hips. Roll the muscles gently to bring the circulation through the muscles. Rub from the neck down the back to the hips.
- Q. How can I launder ties successfully?
- A. A tie should never be washed until the lining, or padding, is carefully basted. Otherwise, lumps will form. Remove the basting before ironing.
- Q. How can I impart an added flavor to broiled lamb chops?
- A. Dip the chops in lemon juice just before broiling, and it will add a delicious flavor.

Morning Smile

Obvious

- Guest—Any mail for me?
Hotel Clerk—Your name, Sir?
Guest—You'll find it on the envelope.
- Logical Enough
Florence—Why did the little moron fill the gymnasium with water?
Lois—I don't know. Why did he?
Florence—Because he heard that the coach was going to send in a "sub."

Modern Etiquette

By Roberta Lee

- Q. When travelling by automobile, is it permissible for a wife to register for her husband if he is busy putting the car away?
- A. At the best hotels, an employee will take charge of the car at the door. Some men do not care to permit this, and if the wife is familiar with hotels, there is no objection to her registering. But she can just as well wait in the lobby until her husband arrives and arranges about the rooms.
- Q. Is it all right for a man to offer his hand when being intro-

What Body Of Yours

By James W. Barton, M.D.

DELAYING SYMPTOMS OF OLD AGE

A prominent surgeon still actively engaged in his specialty began to complain about an ache in his back and in his knee. "I suppose I must expect to have pains and aches now that I am past fifty. I also find that I tire more easily than I did just a few years ago. I guess all these things come with old age."

As a matter of fact much of the disability of which men and women just past middle age complain could be corrected by consultation with their family doctor. There is always a cause for symptoms at any and every age. In "Postgraduate Medicine," Dr. Edward L. Bortz, Lankenau Hospital, Philadelphia, reports his study of some 200 individuals in the later years of life and found that their diets were deficient in iron, in calcium, in proteins and particularly in vitamin B. In elderly people there would be a lassitude and a premature weakness and an indifference that develops," he writes. "All that needs to be done is to make a survey of their nutrition and food intake. Fatigue is one of the curses of human existence, and in older people it is fatigued is due to anemia. If the hemoglobin (iron) is kept up and also the number of red cells, most of the tiredness of old people will disappear.

Dr. Bortz believes that after 50 years of age we should eat more lean proteins, certainly liver three times a week, seafood at least once a week, and cut down some in fat and starch foods.

Second, the bowels, kidneys and skin should be kept active to get rid of wastes which tire the body as much as hard physical work.

Third, rest. Plenty of rest with enough daily walking to keep heart, lungs, digestion and bowel movement active. Sleeping pills should not be necessary. An afternoon nap is a good investment in rest.

The fourth requirement for the elderly is recreation, rehabilitation which prevents fatigue, keeps the mind and body clear, invites a new point of view and prepares the individual for the next day's work. As we look over these four needs of the elderly we must agree that they are the needs of any age. To these four may be added four other needs, suggested by Richard Cabot's book "What Men Live By"—Work, Play, Love, Worship.

CONSTIPATION

It has been estimated that there are more people with constipation than there are without it. For information on this subject write today for Dr. Barton's helpful booklet on this subject entitled "Constipation." To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

duced to a woman?
A. It is always the woman's privilege to offer her hand first. However, if the man should offer his hand first, then she should show no hesitation in accepting it.
Q. What are the hours for a wedding breakfast?
A. It's a wedding breakfast if it takes place before one p.m. After that, it's a reception.

DOROTHY DIX SAYS -

A Room Of His Own

Husband Needs Some Space In House That's All His

DEAR MISS DIX: Before marrying twelve years ago I had about ten years of bachelorhood, during which time certain habits of freedom and self-determination became pretty well fastened. The restrictions upon these which came with wedded life were at first hard to take, but I finally accepted them as inevitable. During recent years, however, my work has taken me afield so that I am away from home for months at a time. These seasons of living my life as I wish, particularly the control of my rooming conditions and being able to have my clothes and belongings about me as I wish, have been so pleasant that it has set me to wondering why a measure of this comfort might not be feasible for a man in his own home. Consequently I have suggested certain changes in our home to my wife, to which she objects for no reason that I can see, except that it interferes with her supreme authority. I don't know what will come of it, but hope for some satisfactory solution.

T. M. C.

ANSWER: Wives are always asking how they can hold their husbands and keep them nailed to their own firesides, and I think that your letter offers a new and workable plan for solving this difficult problem. Moreover, it is a suggestion from the masculine point of view and it is one that wives have not tried, and that is giving a man a room of his own.

DECORATED HIS WAY

I mean his very own. A room he can paper as he pleases, furnish according to his taste and his idea of comfort, decorate as he chooses, and in which he can assemble all of the junk that he has gathered together and for which he has such an incomprehensible affection. And let no woman ever cross its threshold, not even to clean it up. Probably no wife will ever rise to the heights of doing this. Even if she is just enough to concede him a room of his own, she will pay herself for nobility of fixing him up a den according to her own ideas and without any reference to his.

I believe that most husbands would be almost tearfully grateful for a room of their own, to which they could retire when feminine chatter began to get on their nerves and they felt that the children's quarrels would drive them to drink. For deep down within all of us there is a desire for some little spot that we can call our own, that belongs exclusively to us, where we can surround ourselves with our little gods that no alien hand ever touches, and where we can rest and invite our souls. Few men ever possess this luxury.

DEAR MISS DIX: I am happily married to a splendid man, or I would be happily married if it were not for my jealousy of his first wife. I am obsessed by the feeling that perhaps he does not love me as much as he loves her, and when he talks about her I get so greeneyed that I am fairly crazy and sometimes refuse to talk to him for days. Do you think I am foolish in being jealous over his dead wife?

MRS. M. K.

ANSWER: I think that any woman who has no rival nearer than the cemetery should be down on her knees thanking Heaven for her luck. Instead of working herself up into a jealous frenzy. It is the live sirens a wife has cause to worry over, not the dead ones.

Certainly a wife is going out of her way to hunt for trouble, who ruins what would otherwise be a happy marriage by resenting the affection that her husband gave his first wife. That is water that has passed over the mill. That is something that is gone and done, and nothing in the world can alter it, or change it, or bring it back, and if you have any intelligence whatever you will just accept it that way and forget it.

No doubt your husband did love his first wife. Probably his love for her was more romantic, more filled with dreams than his love for you, because it was the love of his youth. But while a boy's love may be more poetic than a grown man's, the mature man's goes deeper, is

Continued on page 11

Cook's Corner

ICED TEA FOR THE CROWD!

With the iced tea season right on top of us we thought you might like to know how to prepare a quantity iced tea recipe for home use. We have found it most helpful because it is simple to make, it conserves ice cubes and there is always a cooling drink on hand for that casual caller.

Pour a pint of boiling water over six heaping teaspoons of tea or six tea bags. Brew for five minutes and strain the liquid into a two-quart container. Fill the container with cold water. This brings the temperature down slowly and tends to prevent cloudiness. Store in your refrigerator until ready for use. Serve with lemon wedges and plenty of cracked or cubed ice and let the individual sweeten the tea to his taste using fruit sugar or a simple sugar syrup. Incidentally, have you ever thought of using a plate under the glass instead of a coaster? It will catch the drops of condensed moisture and provide a place for the squeezed lemon and the spoon.

If you want to be really swish try dressing the glasses up by dampening the edges with water and then up-ending them in tinted sugar—it's quite effective.

MINT TIP!

Whenever using mint select the

bright green leaves. And for mint lovers try bruising the leaves, crush them good and hard with a rolling pin. They won't look quite as nice but you will get that real mint flavor.

VACATION MEMO
Keep hair soft, glamorous
Buy a Handy Tube
Lustre-Creme Shampoo
WITH LANOLIN
Easy to use...
Easy to pack
TUBES 29¢ & 55¢

-Needlecraft- FOR THE HOME -

HALTER SUN-DRESS

Here, a halter styled sun-dress with pocket cuffs to punctuate the neckline... and a companion bolero to cover you up for the street!

No. 3046 is cut in sizes 11, 13, 15, 17 and 19. Size 13 dress, 3 1/2 yds. 35-in.; bolero, 1 1/2 yds. 35-in. Send 25c for PATTERN with Name, Address, Style Number and Size.

THE SUMMER FASHION BOOK—just off the press—presents the best in warm weather styles, all easy to wear and easy to make! Over 150 pattern designs for all ages and occasions, including vacation varieties; cool and comfortable fashions for town, country, home; smart styles for the season's newest cottons and popular sheers. Send for your copy now. Price just 25 cents.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

Address: Pattern Department, The Charlotte-Guardian, Pattern No. 3046.

3046
25c
11-19
City Province

Announcing...
Phantom's NEW NYLONS
FOR FALL
CARNIVAL
MADE IN CANADA
NATIONAL HOSIERY MILLS LIMITED - HAMILTON, ONTARIO

THE FASHION SHOPPE
141 Great George St. Phone 55