

A Country Garden

By Mrs. Gordon MacMillan
I saw the pines against the white north sky. Very beautiful, and still, and bending over. Their sharp black heads against a quiet sky.

Beautiful pine trees were seen last week in a neighboring Province where signs along the woody highway ask you to protect them from fire as you are going through the many miles of woodlands. Measurements and photographs were taken of an old pine of a 150 summers and winters and still beautifully green and tall, reaching about 100 feet 15 feet in diameter and without a limb for 40 feet. It was a perfect specimen. The elm was about the same age and size but more branching and was growing near the home where we visited. Spenser writes:

Much as they praise the trees so straight and high. The young pine the cedar proud and tall. The vine-climber the poplar never dies. The huddler oak the king of forests all.

Many trees were blossoming when we returned to our garden. Sweet Peas with the fragrant leaves and the delicate pink flowers. The Dr. Van Fleet chubbers and a small yellow climber. I have forgotten the name. Cottage roses the lady from Scotland called the Miss Red and the Rugosa roses, and with the hundred Hybrid Teas are making the rose garden lovely at the present time. A day was spent in trimming and weeding and it was a delightful work with the beauty and fragrance near.

Sweet Peas are blooming and how I wish that there were dozens of plants! Next year there will be I am sure, and the early Phlox, Miss Linwood the glossy white with beautiful dark green foliage, so different from the later varieties.

It is a task to keep the faded blooms trimmed and room found for the later perennials and annuals in a crowded border, also the necessary staking must be done. However if the plants are close together they help keep each other erect. It is a joy to have garden visitors from many different parts of the world, and today a visitor described her journey to far away Switzerland, France, Italy and Kent in England where many flowers grow. To a stay-at-home person it was so interesting to hear about the native flowers of these different countries. It takes a good gardener to see these flowers and tell others about them.

PLANTS ACROSS THE SEA

It tells us that the exchange of plant material between North America and England began in the 18th century in earnest, and Britain was probably contributed more pioneering plant explorers than any other country, for a love of exploring and gardening have long been British characteristics. Until the end of the 17th century, few flowers had disturbed the quiet green of the English gardens. The Romans had left us legacy mostly vegetables and herbs, but they did also leave the poppy, the lily and the rose. The Normans added, but not appreciably, to the slender list; so, on had Elizabethan collectors, such as John Tradescant the Elder, who was the first to take back to England the Virginia Creeper, bee-balm or red bergamot, aster, lupines and phlox, some flowers and the Canadian columbine, as well as the spider-plant that bears his name. It was not until the 18th century that the New World revealed its great wealth of natural flora and added the vividness and variety of color tones to the previous predominance of green. The century was one of the great periods of garden history and

there was extraordinary trafficking in plant material and information between American and European botanists. Plant collectors from England came in search of the new treasures, and found the eastern seaboard a rich and rewarding hunting ground. These were a band of pioneering plantmen who brought many of our old-fashioned flowers and wrote the first botanical works on American plants. Our contribution was the tremendous flora of North America and the plant discoveries and writings of early American botanists.

That Body Of Yours

By James W. Barton, M.D.

SIMPLE TREATMENT OF MIGRAINE ONE-SIDED HEADACHE

I write frequently about migraine, one-sided headache, because so many bright, high-strung women (and some men) suffer with this depressing, painful ailment. It occurs usually in industrious, ambitious individuals who continue working beyond their mental and physical strength. Until recently, the most successful treatment was resting in a quiet room and the use of ergotamine tartrate (Gynergen) as first suggested by Dr. Mary O'Sullivan. Some weeks ago I wrote about the addition of caffeine to the ergotamine tartrate and how the results appeared to be better than with ergotamine tartrate alone.

In the medical journal, "Neurology," Minneapolis, Drs. K. R. Magee, M. R. Vestberg, and R. M. DeLong state that recently it has been found that the combination of ergotamine tartrate and caffeine is more effective and so these physicians used the combination in rectal suppositories. They found that the great advantage of using suppositories is the prompt absorption of these drugs, being almost as effective or rapid as by hypodermic injection. Therefore, patients in whom the ergotamine-caffeine compounds taken by mouth fail to give adequate relief or in whom the drugs cause more vomiting, may be able to receive benefit by rectal suppositories.

In a series of 100 patients with migraine, histamine and tension headaches, suppositories containing ergotamine tartrate and caffeine were used. Three preparations were tested. It was found that the use of the suppositories was successful in a large percentage of patients with migraine and in a smaller percentage of cases with histamine headaches, but was disappointing in patients with tension or headache due to emotional disturbance (asthenic). The side-effects were the same as those produced by ergotamine given by any method but by adjusting the dosage, side-effects were prevented. The optimal or most effective dosage was from one-half to one suppository.

The conclusion of these three rectal suppositories of ergotamine tartrate and caffeine promises to offer relief to many patients with migraine, or other headaches due to disturbances in blood vessels of the brain, in which ergotamine given by mouth either gives no relief or causes serious side effects. When a patient suffers with severe headache and vomiting, who have not obtained relief by use of the drug ergotamine by mouth, who can now find relief by the simple method of inserting a suppository into rectum, we can appreciate the great peace of mind of patient and family.

Whether children should ever be set straight on the problem is something that must be handled differently in each individual case. Some youngsters are so sensitive to any flaw in their parents that their reaction to the truth would be a strong antipathy to one or both parents. Others, more realistically attuned to life, can accept the situation on its true basis that a mistake was unfortunately made, was rectified to the fullest extent, and its effects have long since been absorbed into mutual love and understanding. Your own mind would doubtless be much relieved if your son knew all the facts, and at this date he should be able to face them. Only you can judge his emotional standards; if he is a supersensitive person, better let the dates stand as they are. If he is a balanced adult, let him know all the facts involved; those stated here as well as the others contained in your letter. The 30 years you and your husband have spent as devoted parents certainly should have erased your early mistake.

DEAR MISS DIX: What time should a 16-year-old boy be in on school nights? If he is looking for a job, what should his allowance be? ANSWER: A boy in school should not date during the week, unless a special occasion arises. Simple mathematics will show why. He should have nine hours sleep, and high-school homework requires an average of two hours a night. On that schedule, there isn't much time for mid-week outings.

Your second question is dependent for its answer on personal and family circumstances. No outsider can quote a definite allowance sum. The matter should be discussed between you and your parents, and I'm sure a satisfactory answer will result.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

Better English

By D. C. Williams

1. What is wrong with this sentence? "He could scarcely believe it when he discovered that there was hardly enough food for dinner." 2. What is the correct pronunciation of "inamorate"? 3. Which one of these words is misspelled? Akimbo, acme, alacrity, allabaster. 4. What does the word "tumultuous" mean? 5. What is a word beginning with "f" that means "fidelity in allegiance"?

ANSWERS

1. Say, "He could hardly believe it when he discovered that there was scarcely enough food." 2. Pronounce in-am-o-ra-la, first a as in am, second a as in ah, final a as in ask unstressed, principal accent on fourth syllable. 3. Allabaster. 4. Agitated with conflicting passions; disturbed. "He was aware of a tumultuous rush of emotion." 5. Fidelity.

Modern Etiquette

By Roberta Lee

Q. What is the order of recession at the end of a church wedding? A. Just the reverse of the entrance of the wedding party. The bride and bridegroom should lead, followed by bridesmaids and ushers. Q. When a young woman is seated at the table of a public dining room, and another woman stops to chat with her a minute, should the

International Beauties Converge on California for "Miss Universe" Contest



Seventy beautiful belles from all parts of the world have converged upon Long Beach, Cal., where they will vie for honors in the "Miss Universe" contest to be held July 10-19. One of the most coveted of all beauty events, "Miss Universe" pageant has a motion picture contract, a sports car, jewelry and other prizes waiting for the winner and runners-up. Nine of 70 hopefuls, seen above, are, from left: Wanda Izziary, Puerto Rico; Synnoeve Gulbrandson, Norway; Elyane Corbis, Belgium; Alberta Bonzo, Uruguay; Ingrid Rita Mills, South Africa; Jytte Olsen, Denmark; Ulla Sandklof, Sweden; Teija Sapanen, Finland; and Ayton Aksel, Turkey. Canada's representative, Thelma Brevis, last year won "Miss Toronto" title.

Blue-MacLean Wedding

A wedding of interest took place on July 3 at the manse at Wood Islands, when Irma Charlesena, daughter of Mr. and Mrs. John D. MacLean of Iris, became the bride of Ivan Alexander, son of Mrs. Alexander R. Blue, and the late Mr. Blue of Hopefield. The ceremony was performed by Rev. E. S. Hales.

The bride chose a street-length dress of blue nylon with white accessories and a corsage of American Beauty roses. She was attended by her sister, Mrs. George L. Whiteaway, who wore a street-length dress of pink more taffeta with white accessories, and a corsage of white carnations.

Mr. George L. Whiteaway, brother-in-law of the bride, was best man. A reception was held at the home of the bride's parents, where approximately 120 guests enjoyed a candle light supper. The bride's table was centered with a double tier wedding cake topped with a miniature bride and groom. The best man proposed a toast to the bride. Assisting in serving were Mrs. James MacLean, Mrs. Isabella Stewart, Mrs. J. C. MacLean, Mrs. Dan MacBeth, Mrs. Catherine Compton, Mrs. J. A. MacLean, Mrs. Windsor Kennedy and Mrs. Albert Blue.

The couple left on a motor trip through the Maritime Provinces. On their return they will reside at Hopefield.

Household Scrapbook

By Roberta Lee

Gilt Frames To clean gilt frames, rub lightly with a cloth dipped in an unbleached egg into which a small lump of washing soda has been dissolved. Then polish with a dry cloth. Do not use water.

Crockery If a piece of crockery is cracked, boil it in sweet milk, and it will often be restored to use.

Corn Silk It will be quicker to remove the silk from ears of corn if a vegetable brush or a whisk broom is used instead of the hands.

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Oxner - Pippy Wedding

A quiet and pretty wedding was solemnized on Tuesday, June 30, at 4 p.m., at the Pownal Parsonage, when Lena May Pippy became the bride of Aubrey Eugene Oxner. Both have been residing in Allston, Mass. Rev. T. R. Goude performed the double-ring ceremony. The bride was attended by Mrs. Sylvia Pippy, and the groom was attended by Willard Pippy, brother of the bride. In the same parsonage, 18 years ago, Aubrey Eugene Oxner had been best man for Willard Pippy.

Mrs Lawson Discusses Intelligent Buying

The aims and accomplishments of the Canadian Association of Consumers were presented to the Women's Institute Convention at Clinton Hall on June 29 by Mrs. J. A. Lawson of Charlottetown, whose tireless efforts as P. E. I.'s representative in the Association have contributed much toward educating the consumer in more intelligent buying.

She explained that complaints to C. A. C. committee are sent back to the manufacturer and gradually merchandise on the retailer's shelves is showing improvement. But many improvements are yet to be made, and Mrs. Lawson reminded the attentive audience, "It's the squeaky wheel that gets the grease, so don't be afraid to squeak!"

Some of the faults in consumer goods which have been or are being remedied by continued complaints from Island consumers as well as those by other parts of Canada, are poor sewing thread, dress belts that can't be dry cleaned, too short sheets, and soap flakes previously sold without any label as to weight of contents, she said. Standard sizes in clothing, better tops on bottles and more stockings in better wearing weights are still under fire by the C. A. C.

The speaker appealed to consumers to unite in opposing the modern trend of something for nothing in the fact that almost everything offered for sale is accompanied by a coupon, premium or "free" gift, which can only be paid for in higher prices on all products, as when a product is bought in a smaller size, the "dish cloth" is not included but no doubt we pay more than the necessary price. She said the coupon business has gone "too far" but can only be halted by the consumer as it has been encouraged by the consumer.

Mrs. Lawson was introduced by the district president, Mrs. E. J. Profit, at the evening session of County Line No. 1 District Convention.—Bur.

has been dampened with alcohol, and let stand for a few minutes. Q. How can I remove mildew from linen? A. Soak in kerosene for two days, then wash well; rinse thoroughly.

Q. How can I rid the kitchen of flies or mosquitoes? A. By placing a cup of vinegar on the stove where it will ferment enough to make an odor. Or burn camphor gum on the stove two or three times a day.

Q. How can I clean a white satin collar? A. By rubbing with bread crumbs which have a little moisture. White kid gloves can also be freshened in this way.

Q. How can I keep radishes crisp and appetizing? A. By cleaning thoroughly, wrapping in a damp cloth or vegetable bag, or storing in a covered container in the refrigerator.

Anne Adams Patterns

4-Way Wonder

Sew only one dress, daughter has FOUR different outfits to wear! Start off with the jiffy sundress—then button on the bonny, scalloped capelet or dress-up collar for Monday-to-Sunday variety. Use remnants, save fabrics, money, time. Send now! Sew this now! Pattern 4666; Children's Sizes 2, 4, 6, 8, 10. Size 6 sundress 1 3/8 yards 35-inch; bolero 5-8 yard. 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.

MONDAY MEAT PIE

2 1/2 cups cooked beef, cut in 1/2-inch cubes, 1 1/2 cups cubed, cooked potatoes, 1 cup diced, cooked carrots, 1/2 cup chopped onion, 1 cup grated cheese, 1 tablespoon chopped pimiento, 3/4 cup leftover beef gravy 2-3 cup salad dressing. Combine all ingredients. Heat. Pour into greased 2-quart casserole; top with Spoon Bread. Combine 1 cup corn meal with 1/2 teaspoon salt. Add 1 cup boiling water; mix well, and add 1/2 cup cold milk; beat thoroughly. Beat in 2 eggs. Add 1 tablespoon melted butter or margarine and 2 teaspoons baking powder. Mix well. Pour over meat mixture. Bake in hot oven, 400 degrees F. 40 minutes. Serves 6 to 8.

How Can I!!!

By Anne Ashley

Q. What can I do to furniture, that has been so dried that it refuses to take a polish? A. Apply with a soft cloth a solution made of three parts linseed oil to one part turpentine. After this, wipe with a cloth which

The Stars Say --

By Genevieve Kemble

For Tomorrow Do not indulge in pessimism this day or anticipate difficulties which may never arise. The fact that you run into minor obstacles or temporary setbacks where your plans are concerned, should be viewed as a challenge rather than as a cause for despondency.

The evening hours are excellent for formulating travel plans and organizing social affairs. They also favor any project which has as its primary aim the welfare and happiness of young persons. If you have an opportunity to participate in such a venture, give it your best efforts.

For the Birthday

If tomorrow is your birthday, you may look ahead to a year which is highlighted by a marked advancement in your career coupled with a steady improvement in your financial situation. Long-pending problems should be solved by early fall and through the influence of superiors or powerful friends, you should be able to take the constructive steps which will consolidate the gains made during that period so that they will materially benefit your future welfare.

Domestic and family affairs are favored during the latter half of 1953, and there is indication of increased popularity. A child born on this day will be exceptionally intelligent, endowed with great strength of character, a magnetic personality.

BIT-OF-GOLD FRITTERS

1 cup flour, 1 teaspoon baking powder, 1/4 teaspoon salt, 3 tablespoons sugar, 1/2 cup milk, 1 egg, 1 tablespoon grated orange peel, 1 cup diced oranges. Sift dry ingredients; mix in milk and egg; they have been beaten together. Peel and dice oranges, add them and grated orange peel to batter. Fry in deep fat at 375 degrees F until golden brown. Sprinkle with powdered sugar and serve while warm.

Choose Appropriate Table Coverings

In planning your table setting start with a cloth or place mats. For formal dinners you'll want a white damask or lace cloth to provide an elegant background for gleaming silver and fine glassware. Of course, you won't put on this finery for the family every week, or even every month, but you might set it forth in all its splendor for such special occasions as birthdays, anniversaries, and Christmas. Remember that whatever the mood of your table setting, every part of your table must harmonize. This does not mean that the factors must necessarily match, but they should be related and part of a whole, just as your clothes are related through the careful choosing of accessories. A peasant linen cloth, for instance, is in absolute harmony with bright pottery, pewter or pottery candlesticks and thick glassware. On the other hand, damask, fine linen or lace requires delicate china and fine crystal.

Banded Plaid For Informal Table Setting

Plaid gingham is a refreshing background for informal meals. It has a picnic air about it too and can be used for summer snacks when you are planning to set the table out of doors. The gingham cloth pictured here has double bandings of dark solid color. If you would like to have a leaflet with directions for making this PLAID TABLECLOTH, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. E-879.

ELLEN'S DIARY

By An Island Farmer's Wife

The wedding at Alderley, narrated down by this to "these two acres," brought today two helpers to the farmers there; two nice lads in their teens, tall, fair handsome fellows with faces and manners to charm, and maybe to break the hearts of the lassies upon whom they will presently smile. It happened that we overheard James discuss this phase of their future at the homing-time this evening.

"You'll find when you start out... if you haven't already been roving!... you'll have no trouble at all to get a girl — or at least that's the way it was in my time," James offered with a twinkle. "The worry of it will be," he said, "to manage to keep out of their way!" "Well, us more," one laughed.

"But I can't," James' voice was tragic; you see they're like the Mounties — in the end, they always get their man! And it always makes me sad, when I come to that part of it. But," he laughed, "you'll understand how I was taken in when some pretty little girl rolls her eyes in your direction one of these times... and don't say I didn't warn you!" Laughter — it lightens the task of day, fresh and new, and always, we believe, a bit wondrous as it issues from clean young hearts.

At this place "in the road," with Mr. D. as foreman, what insistence and added interest the carpenter took on today! With none idle and none forced to work. There was no little fellow coming in to ask wistfully, "I wonder what I'll do next?" He was busy with the rest, nailing in place the last floor of shining new boards — that floor this is, which will be the ceiling to the stables below.

While Jamie is an old hand at such work, claiming a carpenter's apron to hold his nails, Gage's were stored in an oval pocket, his trousers so weighted with the load that before prayer-time this evening when discarded, they dropped to the floor with a thud. In a growl last thought, reminding of James with some unassumed protest in mind, he reminded Jamie or the fellow beside: "Let's be up in good time in the morning; if we hustle a little we should have that floor all boarded tomorrow!" And so our building continues to take form, with presently the frame of the second story rising to support in its turn the roof.

And in at open windows and doors as we gasp and in the housework, carried tenderly by a sweet little breeze is scent of clover, of spruce from the about and roses of the lawn, the green in being added to the fields as the potato-and-root-lands make haste to cover the red of their rows. Fetchingly now the mill-stream runs — today in a silver ribbon between its summer banks; and in leisurely fashion we saw a pasturing herd come down a neighboring slope to make an amusing picture for us as the animals awaited their turn or drank at its liquid flow.

And now it is strawberry-time again for the farm-wife, to serve in the natural state or in a number of ways all toothsome and colorful... A sweetened short cake we served our workers at supper, one mixed with an end of sour cream... but there, James is a-calling, home from his day at Alderley as does that of the young farmer beyond... of the help, on into the shades of the dusk "Ellen!" he calls, "would there be a bite about for a hungry man?"

Until tomorrow... Good-night...

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COLGATE TOOTHBRUSH

Firmly-set Nylon bristles resist moisture and wear never get soggy.

Ladies' 35¢ Child's 25¢

Just right for children's first tooth

4666 SIZES 2-10 by Anne Adams

Alice Brooks Designs

IRON-ON DESIGNS IN 3 COLORS

No embroidery. Just iron on aprons, guest towels, dresser sets. Like a fresh breeze, these sparkling motifs refresh your home, beautifully! Just picture the colors — sunny yellow, sky blue and pretty peach. Easy! Washable! Just iron on! Pattern 7155 has 8 color motifs: 2 girls 4 1/2 x 10; 2 girls 4 1/2 x 5; 4 sprays 1 1/2 x 2 1/4 inches.

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.

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