

That Body Of Yours

By James W. Barton, M.D.

ACCIDENTS KILL MORE CHILDREN THAN INFECTIOUS DISEASES

At the beginning of the century about three children of every 10 died at birth or during the first year. Today, because children's diseases are prevented in great measure by immunizing children against children's infectious diseases, the death rate has been reduced by over 200 per cent. However, we read every day of one or more being burned to death, poisoned, or killed in accidents, traffic or other types, and all in the majority of these cases, the parents are to blame.

In advertising their Eighth National Health week, the Health League of Canada put a list of health facts into the hands of all physicians, public speakers, editors and clergymen.

Among these facts was the statement that accidents are greater child killers than 10 top infectious diseases. Here are a dozen vital safety rules for every parent to follow.

1. Don't leave drugs and medicine within reach of children. Always keep them in a cupboard out of reach.
2. Don't leave cleaning fluids, insecticides, rat poisons and similar household articles within reach of children.
3. Don't leave a child alone in a room where there is boiling water or other hot fluids, even though you think he cannot reach it. Don't let handles of utensils holding these fluids extend beyond stove or table.
4. Don't let children play with

Household Scrapbook

By Roberta Lee

Moths in Closet

If the clothes closet is infested with moths, saturate a cloth with formaldehyde and hang it in the closet. Close the door tightly and leave for twelve hours. The fumes will kill the moths and their eggs and will leave no odor.

Protect Stockings

Rustic furniture with the bark still on seems to persist in catching on one's best silk stockings. Much of this can be avoided if the article is given a coat of clear varnish.

Matches or fire. Keep matches in a cupboard out of reach.

5. Don't leave scissors, knives, open tins, pins, razor blades and other sharp instruments where children can get hold of them.

6. Don't make it easy for your child to fall and injure himself on loose rugs, stair pads, and loose edges on linoleum. Have protective screens on windows or fix them so that cannot be opened too far.

7. Don't leave the wringer or washing machine going for even a second while you are not watching it.

8. Don't have defective electric cords in the home or let the child handle electric appliances.

9. Don't let infants play with or wear ornaments small enough for them to swallow.

10. Don't leave firearms, even though unloaded, where a child can reach them.

11. Don't let children play unsupervised in the streets, until they have learned to keep off the road.

12. Don't let children play unsupervised near the water. Teach them to swim as soon as possible.

Anne Adams Patterns

HALF-SIZE FASHION

Mighty, easy sewing — and you're all set for vacation fun and flattery! Half-size playsuit designed for plenty of "reach", easy movement; button-front skirt goes on in a jiffy! Playsuit is styled to flatter neck, arms, shoulders.

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Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.



Cook's Corner

Baked Rice Pudding with Dates

Four cups milk
¼ cup raw white rice
¼ teaspoon salt
1 tablespoon butter or margarine
¼ cup granulated sugar
1 teaspoon vanilla flavoring
¼ teaspoon nutmeg
½ cup pitted dates, cut up.
Combine all ingredients except dates, and pour into a greased 1½ quart casserole. Bake, uncovered, in a moderate oven of 350 degrees F. for one hour. Stir in the cut-up dates; return to the oven, and continue baking until pudding is done. The pudding should be stirred occasionally while baking.

ELLEN'S DIARY

By an Island Farmwife

Though at present and for weeks past we sojourn a mile from home, occasions arise when the call to "Come back to Alderlea" is borne irresistibly to us here, on a whisp of breeze. A mere sight of it, which begets an answering longing as over the fields it comes and over the woodlands, to bid us return. This evening it came to us — after the supper things were put away and the day, a rare one of June, was drifting into the sunset.

How serene and lovely it was approaching its rest! Calm and beautiful the countryside, the sky of west flooded with deep rose and gold as the sun spread colorful banners along the blue — and a magic haze of day's dying, settling on the far hills. We gathered last crumbs from beneath the table, hung dustpan and broom in their accustomed places and came to the doorway.

Now blossomed in royal hue, the lilacs were shedding their sweetness about. . . . At this place they grow in yard and lawn the sight reminding us that likely an English hand had something to do with these plantings to sustain memories of beloved "Laylacs" over the seas.

Away over the meadows a tractor moved in a field but strangely enough to our ears, not with the enthusiasm of morning, the sound of its passing more measured now — tired, or was it regretful over the vanishing day? A dog barked in the distance, the notes tinkling not unmusically on the still air. And nearer a voice in a familiar call brought the cows to the barnyard to the milking.

Towards Alderlea the fields beckoned. "This," we offered to the enthusiasm of morning, the sound of its passing more measured now — tired, or was it regretful over the vanishing day? A dog barked in the distance, the notes tinkling not unmusically on the still air. And nearer a voice in a familiar call brought the cows to the barnyard to the milking.

And so we came with the children to Alderlea, home, the beauty and bloom of the wayside glories in, passing, finding with the lads a richer beauty than before on plant and shrub and tree; admiring with them the flock in picture, surrounded by the millstream, the lambs, the white and the black happy as many youngsters, at their play.

Should we kindle a fire to put life into the deserted kitchen? James followed us in — a quiet thoughtful fellow, old for his years. "Since we're all here, don't you think it would be a good time to mow the lawn?" he suggested. And that was the chore we came to, to join with Jeanie and the children and their visiting grandmother, from the house across the lane. There was work and laughter, until dusk and the dewfall put an end to our labor and turned our several steps homeward again.

Now delightful brookside pipings steal in at our window. The house is silent — the children asleep. "Ellen!" is James' voice from the hallway below calling. "What," the tones are stern, "do you expect a fellow 'runs on'?" Lunch-time is dawdling.

Until tomorrow — Dairy — Good-night — — —

Morning Smile

In the Day's Work

Wife: Here, why rip out the back part of the book?
Doctor: Sorry, it said Appendix, and I took it out without thinking.

Outside Help

"What did you bid no-trump on?" I had three aces and four kings."
"Well, if you really want to know — one jack, two queens, and four drinks."

Engagement Announced



Rev. Archibald A. and Mrs. MacLeod of St. Andrews, N. B., announce the engagement of their daughter Mary Alexandra to Lieutenant Kenneth Layton Thompson, only son of Mr. and Mrs. Ronald Thompson, Springhill, N.S. The marriage will take place Thursday, September fourth in the United Baptist Church, St. Andrews, N.S.

DOROTHY DIX'S COLUMN—

Hands Off, Mom!

Let Son's Wife Run Household Without Your Interference

DEAR MISS DIX: My son, a young doctor, married against my wishes into a family of whose conduct I do not approve. They believe in things my son was raised to refute. For instance, they do not say grace before meals, they go to shows on Sunday, they have alcoholic beverages in the house, although neither one drinks to any extent. I have, however, told my daughter-in-law she was not to have anything like that in her home.



Muriel Nissen

Even though their home isn't paid for, they go to a restaurant on Sundays for dinner. I have skipped and saved all my life for my son; he's all I have in the world and she shouldn't waste money like that when they are still in debt.

I try to help her by telling her what she should buy and how she should dress her child. I told her the boy should be taking music lessons but she says he isn't interested. If she would just keep after him I'm sure he would develop some musical talent. She seems to think that because she took a few courses in child care at the university she knows as much as we oldsters who have had the advantage of experience. I told her she could have a boy as fine as mine if she would rear him exactly as I raised my son, for that is the only way to do it. How can I prove to her that I am right?

ANSWER: I honestly think you're acting in the belief that you are right, but further from the truth you could not get. Do you realize that if your particular way of rearing a child were the only correct method, there would be but one good man in the country, namely, your son? Obviously, you are dead wrong on that score.

Every single mother has a different system of bringing up children and most of them — in fact, the very vast majority — are right! Fundamentally, your daughter-in-law seems to have a very fine set of basic principles, and with that material I am sure her child will grow up to be a credit to everyone.

Some of your principles could well be adapted for your son's family, but their absence by itself indicates that a child raised under these particular circumstances will be ill-bred.

NO HARM IN DINING OUT

Your son and his wife are completely within their rights to have dinner in a restaurant on Sunday if they prefer. If everyone refrained from dining out until he had a home completely paid for, restaurants would do a sorry business. Most young people begin life with a mortgaged home, which entails neither disgrace nor the necessity of banning all relaxation or pleasure until the home is paid for.

Sunday dinner out is a highlight of the week for many young couples and should be encouraged, rather than otherwise. It is, for entirely at home. Many a grown man or woman has been flustered when confronted with the task of ordering a meal in public; your grandson will have no such qualms if he learns at his present tender age.

Your daughter-in-law is also right in her attitude towards a musical education. Talent musical or otherwise — is a gift from Heaven, and no amount of instruction will instill it in one who is inept. Of course it's a wonderful thing to play or sing, but the acquisition of such knowledge by one who is completely without talent is an irksome procedure and seldom worth the effort.

Suppose you begin to adjust your attitude? The experiences of yesterday will do little to help in the problems of today. Each person, each family has its own problems and must learn to cope with them according to the exigencies of the moment. You cannot force your experience on others. You raised your son according to your ideals; surely he, in turn, has the same right in regard to his own child. Try to understand their life in the light of modern methods, and by adjusting yourself you'll have a better comprehension of what your son and his wife are trying to do.

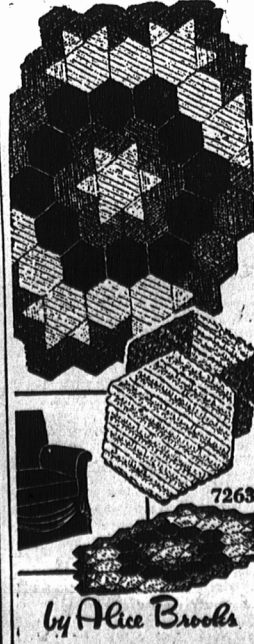
DEAR MISS DIX: My neighbors' boys, whose ages range from 5 to 12, are such a nuisance that we hate to go out. They throw rocks, pull down fences, walk on lawns and use abusive language. Complaining to their parents does no good. They are a bad influence.

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Alice Brooks Designs

SUMMER HANDIWORK

Crochet these easy-to-handle small hexagons in one or two colors. Pick to use in single crochets. Join in different patterns — 3 arrangements given. Use rug cotton, candlewick or 4 strands of string. Pattern 7263 has directions and three arrangements for hexagons. 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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oven-baked

BEANS

5 Kinds

Each a thrifty meal

Son Of Islander Weds In U.S.

Miss Margaret Mary Phelan, daughter of Dr. Thomas W. Phelan and Mrs. Phelan, Rensselaer, N.Y., became the bride of Pvt. James M. Gavin, son of Mr. and Mrs. Frank D. Gavin, Cohoes, at a Nuptial Mass in St. John's Church, Rensselaer, recently. The bride's brother, the Rev. Thomas W. Phelan of St. Francis de Sales Church, Herkimer, officiated at the single ring ceremony. At the conclusion of the ceremony he gave the Papal blessing.

The bride's only attendant was her sister, Miss Helen Regina Phelan. Edward F. Smith, Cohoes, was best man and ushers were the bride's brothers, William H. Phelan and Frank J. Phelan.

The bride, given in marriage by her father, wore a ballerina length gown of white chantilly lace over satin with nylon tulle yoke accented by a cuff neckline, long fitted sleeves ending in points over the hands and bouffant skirt with scalloped hemline. Her shoulder length veil fell from a matching lace headress. She carried a Colonial bouquet of white roses and sweet peas.

After the reception, held at Kapps, Private Gavin and his bride left by motor for the West. They will live in Manhattan, Kan. The bride is a graduate of the Academy of the Holy Names and College of New Rochelle and has been with the Sun Oil Company.



—Photo by Ruth Andus

The bridegroom is a graduate of Vincentian Institute and Union College and before entering navy ice was with General Electric Company, Schenectady. He is stationed at Fort Riley, Kan. Pte. Gavin's father, Mr. Frank Gavin, is a native of Tighish, and the old homestead is still occupied by the Misses Mary, Ann and Elizabeth Gavin, aunts of the groom.

A Country Garden

By Mrs. Gordon MacMillan

In its honour prodigal nature waves A princely vestment, and profuse-lily showers O'er its green masses of broad-palm leaves Ten thousand waxen pyramidal flowers! And gay and gracefully its head it heaves Into the air, and monarch-like it towers.

—Howitt.

The Horse Chestnut grows into a large tree and driving through the country you will see many specimens at this season of the year. There is a very large old Chestnut in this garden and several small trees growing from cones clustered around the parent tree. Every year some of these small trees are given to those who are planting new gardens. It is wise to remember that they are only suitable for large spaces.

Rosey-pink Honeysuckle shrub is now in bloom and because there are hedges of these shrubs in the garden, the effect is good. Of course these hedges are untrimmed and they flower each year.

Visiting are enjoying the old-

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How Can I . . .

By Anne Ashley

Q. How can I drive away red ants?

A. Pour liquid corrosive sublimate on pieces of cotton and lay the cotton where the ants are likely to travel. Another effective remedy is alum dissolved in boiling water and applied with a brush.

Q. How can I treat mosquito bites?

A. Some people are poisoned by mosquito bites. Try rubbing the affected parts with common laundry soap, dipped in water to moisten it.

Q. How can I remove grass stains from a garment?

A. Cover the stains with lemon juice and salt, and hold over a steaming kettle. Or, rub lard on the spot, then wash with soap and cold water, and rinse well.

Better English

By G. C. Williams

1. What is wrong with this sentence? "It's apt to rain most any day now."

2. What is the correct pronunciation of "credulous"?

3. Which one of these words is misspelled? Pianos, Tomatos, vetoes, credos.

4. What does the word "decadence" mean?

5. What is a word beginning with inh that means "belonging by nature"?

ANSWERS

1. Say, "It's likely to rain almost any day (omit now)." 2. Pronounce kred-u-lus, e as in red, u as in use, accent first syllable. 3. Tomatoes. 4. A falling away; decay. "The old castle where the family lived in its decadence." 5. Inherent.

Modern Etiquette

By Roberta Lee

Q. Isn't it good manners to comment on the food your hostess has prepared for you?

A. Don't be too profuse about this. A brief word of praise may be spoken to the hostess for a particularly attractive or delicious dish. To thank your host and hostess profusely for the food implies that you come solely to eat. It is not necessary to be extravagant in praise of any social favor; in fact, it is ill-bred.

Q. What is a good expression for a guest to use when taking leave of his hostess after an evening of entertainment in her home?

A. "Goodnight, Mary (or, Mrs. Green); we have had a most delightful evening" or "thank you for a very pleasant evening."

Q. I have a figured lamp I wish to place in front of a picture window. Should it face toward the living room or the outside?

A. The decoration should face the living room.

The Stars Say . . .

By Genevieve Kemble

For Tomorrow

A particularly lively and perhaps exciting state of affairs exists, in which the stress may be found on purely personal matters, concerning the home, social, domestic or romantic pursuits. All should thrive and give unusual pleasure and heart-warming experiences. Professional life and aspirations, with promotion, honors or dignities, are in sight, but all should be taken in stride, not carried to extremes by excitement or rash impulses. Keep calm and poised.

Those whose birthday it is may be prepared for a very thrilling and dynamic year, with much



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