

That Body Of Yours

By James W. Barton, M.D.

THE MATURE INDIVIDUAL

I have written before of examining the boys of a reformatory school and finding a few who were transferred later to a mental institution. In examining the boys of this mental institution, I found only one that I thought was normal from his answers to my questions. In speaking to the medical superintendent, he said this "bright" boy had so greatly interested the local photographer that he had asked the superintendent if he could allow the boy to work for him. The superintendent then asked the boy how much he would expect the photographer to pay him and the boy said he should be paid 10 cents a week.

It is this inability to meet the needs or demands of everyday life that is just the difference between normal and abnormal individuals and why these abnormal needs institutional care. In "Mental Hygiene," Dr. F. S. DuBois, in an article, "The Security of Discipline," states that fortune is the individual who has attained such self-direction that leads to inner security, the preservation of mental health and the integrity of personality necessary for wise decisions and ethical or proper conduct. This makes him a mature individual.

The immature individual's attitude toward society is indicated by his goal as expressed in terms of "What can I get out of it?" The mature individual thinks and acts in terms of "What can I give?" "What opportunity for service is available?"

Habits of thoughtfulness, consideration, kindness and tolerance have crystallized in the personality and have made self-evident the fact that "usefulness" brings the greatest satisfaction in life; that happiness is based not upon material things alone but upon the security of a self-disciplined life motivated by interest in the welfare of one's fellowmen.

However, we must always remember that while some suffers from poor health put up a heroic struggle, most of us are irritable and selfish to some degree. To be able to act with the welfare of our fel-

Modern Etiquette

By Roberta Lee

Q. Is it proper to ask a married man to serve as best man at a wedding?

A. Yes; but be sure to include his wife in any of the festivities that the bridal party may engage in.

Q. Is it correct to use a fork to place jelly on bread?

A. No; the knife should be used for this purpose.

Q. What should a man do if a woman makes a social call at his office, and keeps talking and taking up his time?

A. He may, at the first opportunity, rise and tell her he is glad she stopped in to see him—or, if this has no effect, he may tell her he has an urgent appointment.

Morning Smile

One day Joe received fifty cents too much in his pay envelope, but he was careful not to mention it to anyone. During the week the paymaster discovered the mistake and deducted fifty cents from Joe's wages the following pay day.

"Hey, I'm fifty cents short this week," Joe complained.

"You didn't object last week when you were paid too much," the paymaster answered.

"No," Joe declared, "I can overlook one mistake, but when it happens twice, it's time to say something."

lowman in mind, we must be our best selves. We can only be our best selves if we can keep well. Even simple, everyday disappointments can affect us as a reservation stated an attack of indigestion, a sleepless night, and a rainy morning can make a coward out of one who otherwise might be a hero.

While generally speaking, the mind controls the body, there are times when the body controls the mind. If the body is kept healthy by keeping liver active by ordinary work or exercise, thus keeping blood free of poisons and wastes, and the lungs removing wastes so that pure blood nourishes the brain, the brain will always be at its best. And the three things to watch are diet, rest, exercise.

Whelan-McCabe Wedding

A wedding of wide interest took place July 14 at 9 a.m. in St. Michael's Church, Corran, Ban. when Anita Gertrude daughter of Mr. and Mrs. W. McCabe, Stanhope, P. E. I. and Frederick Joseph, son of Frank Whelan and the late Mrs. Whelan formerly of Alberton, were united in the holy bonds of matrimony. The double-ring ceremony was performed by Rev. Farnell Wood, parish priest, who also celebrated the nuptial mass. Rev. William V. MacDonald was present in the sanctuary.

The wedding music was played by Mrs. Joseph McQuaid and Mr. Frank MacIntyre sang "Mother At Your Feet is Kneeling," "O Sanctissima," "O Lord I am Not Worthy," "Ave Maria," "Psalms Angelicus," and during the signing of the register "Just For Today."

The altar was decorated with summer flowers and potted plants and white satin bows marked the guest pews.

The bride, given in marriage by her father, wore a floor-length gown of white nylon net over satin, featuring a strapless lace bodice, complemented with a full-length chantilly lace redingote fastened from the waist to the Queen Anne neckline with tiny self covered buttons. The long sleeves tapered to a point over the hand. Her circular shoulder-length veil of tulle illusion fell from a small satin tiara studded with pearls. She carried a cascade bouquet of white gladiolus and stenoanthis.

Attending the bride were her sisters, Miss Agatha, maid of honor, and Miss Clare, bridesmaid. They were similarly attired in mauve and yellow respectively. Their dresses were nylon net over taffeta styled with strapless bodice and matching bolero. Their hairdresses were braided bandeaus of tulle. They carried nosegays of yellow and tulle roses.

Mr. Reginald McLellan was groomsmen and the guests were ushered by Joseph McCabe and Aloysius McLellan.

Mrs. McCabe chose for her daughter's wedding a tailored dress of navy and white bengaline with matching accessories and a cascade of pink carnations. Mrs. John A. Callaghan wore a dress of dusty rose with navy accessories and a cascade of white carnations.

Following the ceremony a reception for 60 guests was held at Villa Waters, Charlottetown. The bride's table was arranged with a three-tiered wedding cake flanked by braided bandeaus with red roses. Rev. Farnell Wood was toastmaster. The toast to the bride was proposed by Rev. William V. MacDonald. Assisting in serving were Mrs. Courtney MacDonald, Miss Louise Wadge, Miss Ethel Trainor and Miss Lorraine McNeely.

Mr. and Mrs. Whelan left on a honeymoon trip, the bride traveling in a cream-white gabardine suit with violet and white accessories and corsage of white carnations. On their return they will reside in St. John, N. B. where the groom will be employed by the Masson Drug Co.

Friends who arrived to be guests at the wedding included Mr. Frank Whelan of Ottawa, Dr. and Mrs. Alfred Branta of Milton, Mass., Miss Ella Whelan, Milton, Mass.; Miss Eleanor O'Connor of Randolph; Miss Mary McLellan of Cambridge, Mass.; Mrs. James Lemont, Bath, Me.; Mrs. Daniel Dunphy, Miss Anne Dunphy, Ronald Dunphy, Reta Fisher and Aloysius McLellan, of St. John, N. B.; Miss Lorraine McNeely of Halifax, N. S.; and Mrs. Frank McQuaid of Hamilton, Ont.

Their many friends join in wishing Mr. and Mrs. Whelan many happy years together.

Attends Festival



Governor-General Vincent Massey chats backstage with two of the leading actors of the Stratford Shakespeare Festival. At left is Alec Guinness, British stage and film actor, who stars in the festival. Amelia Hall of Ottawa is at right. They are in their costumes for "Richard III," which is played on alternate nights with "All's Well That Ends Well." Mr. Massey stayed over in Stratford to attend both plays. (CP PHOTO)

Howatt-Simpkins Wedding

A wedding of wide interest to their many friends in the Maritimes was solemnized in the Sunny Brae United Baptist Church Moncton, N. B. on June 20 when Shirley Mae, daughter of Mr. and Mrs. John Simpkins became the bride of John Joseph, son of Mr. and Mrs. Percy Howatt of Trvon, P. E. I. Rev. W. L. Hsey, pastor of the church, performed the double ring ceremony.

The wedding music was under the direction of Miss Florence Hisey and during the ceremony she played several beautiful selections. G. K. Halkenny, Moncton, was guest soloist and prior to the ceremony sang "The Lord's Prayer" and during the signing of the Register, the solo "O Perfect Love."

The church was attractively decorated with baskets of snapdragons and carnations. The guest pews were marked with lily of the valley tied with bows of white satin ribbon.

The bride, given in marriage by her father, chose a redingote of white chantilly lace, and nylon net over satin. Her veil of embroidered tulle illusion was of finger-tip length and fell in graceful folds from a coronet of seed pearls and rhinestones. She carried a cascade of American Beauty roses.

Miss Joan Hicks, as bridesmaid wore a gown of pink nylon frosted organza over taffeta and bolero. She wore a halo of pink-tinted and carried a nosegay of carnations.

Little Carol Ann Simpkins, sister of the bride, was flower girl and looked winsome in a blue nylon length gown and a halo of blue flowers and carried a small basket of pink and white carnations.

The groom was supported by Mr. Allison Cusack, Moncton, Messrs. Randall Hopper and Gordon Bate-man ushered. For her daughter's wedding Mrs. Simpkins chose a dress of blue sheer and lace with navy accessories and a corsage of the American beauty roses. The groom's mother wore a two-piece navy crepe dress with white accessories and also wore a corsage of American beauty roses.

After the ceremony a reception for 85 guests was held at the Beaver Curling Club in Moncton. The bride's table was covered with a linen table cloth, a family heirloom, and centered with a three-tiered wedding cake. Other decorations included low bowls of pansies and white tapered candles in silver holders.

A toast to the bride was proposed by Mr. Hisey. Those serving were Mrs. Kenneth MacKenzie, Mrs. Allister Hamilton, Miss Betty MacEachern, Miss Mae Guier, Miss Mary Donahue, Miss Joan Wilson, Miss Eleanor LeBlanc, Mrs. Wilson Harper.

Miss Mildred Howatt sister of the groom was in charge of the guest book.

The bride and groom left on a motor trip to points of interest in Nova Scotia and Prince Edward Island. For travelling the bride was dressed in a navy and white bengaline suit with red accessories and a corsage of American Beauty roses. On their return Mr. and Mrs. Howatt will reside in Sunny Brae.

Prior to her marriage Mrs. Howatt was guest of honor at several social functions where she received many gifts. Out-of-town guests were from Trvon, Crapaud and Hazelbrook, P. E. I.

"Now child here's how you tell time: these are the hour hands, these the minutes, and these the seconds—"

"Oh, isn't it exciting! And where are the jiffies?"

MacEwen-Campbell Wedding

Eliza Rebecca, daughter of Mr. and Mrs. W. Garnet Campbell was united in holy bonds of matrimony to Eric William, only son of Mr. and Mrs. Fred MacEwen of Stanley Bridge, on the afternoon of June 30 at the home of the bride in Park Corner. The ceremony was performed by Rev. D. A. Campbell.

To the strains of Loehgrin's Bridal Chorus, played by Mrs. Heath Montgomery, the bride entered the living room on the arm of her brother, James, by whom she was given in marriage.

The bride chose a floor-length gown of white nylon net over satin with matching headpiece. She carried a bouquet of American Beauty roses and maiden fern.

The bride was attended by her sister Margaret, who wore a mauve nylon net over taffeta and carried yellow roses and maiden fern.

The groom was attended by Douglas Cole. For her daughter's wedding Mrs. Campbell chose a blue grey dress and a corsage of red roses. Mrs. MacEwen, mother of the groom wore navy blue with a corsage of white roses.

A buffet lunch was served by Mrs. H. Montgomery, Mrs. J. Montgomery, Mrs. Raeford MacLean and Miss Nellie Montgomery.

MacLean-Sanders Wedding

A pretty wedding took place at Mount Vernon on the afternoon of July 1 at the home of the bride's uncle, Mr. Neil MacKenzie, when Miss Anna May Sanders and Mr. Malcolm MacLean were united in marriage. The bride is the daughter of Mr. and Mrs. David John Sanders, while the groom is the son of the late Mr. Malcolm MacLean, Caledonia.

The parlor and dining-room were decorated with blue and pink streamers. Standing with the bride was Mrs. Frederic Means, a cousin of the bride. The groomsmen were Mr. Alex Morrison.

The bride wore a pink silk dress with a blue corsage, while the bridesmaid wore a pale blue dress with a pink corsage.

The bride's mother was dressed in a flowered jersey. Rev. Hales performed the marriage ceremony. Mr. Allan Cameron played Scottish tunes on the bagpipes before and after the ceremony.

After the wedding ceremony a sumptuous supper was served by the ladies. The wedding cake was made by the bride's sister and sister-in-law.

Mr. and Mrs. MacLean received many gifts as well as a sum of money.

Among the guests were Mr. and Mrs. Frederic Means and family, Jamaica Plains; Mrs. MacDonald, Jamaica Plains; Miss Flora MacLean, Charlottetown; Mr. and Mrs. Alex MacKenzie, Mount Allison; Mr. and Mrs. Stirling Hackett and family, Mount Allison; Mr. Charles MacLean and Mrs. Jim MacLean, Iris; Mr. and Mrs. Allan Cameron and family; Mr. and Mrs. Charles Stewart, Mr. and Mrs. Dan Martin, Mrs. Dan Wilson and Christie, all of Caledonia; Mr. John MacKenzie, Iris; Mr. and Mrs. Harry McLeod, Hopfield; Mr. and Mrs. Eric MacPherson and Mrs. Norman MacDonald, Heatherdale; Mr. and Mrs. Albert Taylor, Strathcona; Mrs. Joan Cormier, Heatherdale; Mrs. Alex Blue, Little Sands and Miss Noma Matheson, Milltown.

ELLEN'S DIARY

By An Island Farmer's Wife

"Quite a change in the haying equipment of nowadays to that of once," James offered from the comfort of the armchair this evening. In the dusk the little truck from Alderlea had returned him after a busy day there, to our company. And Jamie then visiting briefly counted the kittens and missing one was obviously saddened to find in his absence it had met an untimely and tragic fate, beneath the wheel of a tractor. And we noting his silence marvelled again over the strange affliction that exists between children and kit-cats which makes them ever preferred pets, subjects for their happy smiles—and bitter tears, should they have to part.

"But you still have three," we tried to console Gage at the time of the loss.

"I know," he sobbed, "and I wouldn't have minded so much," his voice cleared for the moment, "if it hadn't been the prettiest, and the cutest that was a loud wail ended the sentence so awful was the word to be said. 'And when I went down to the stable afterward,' he explained, 'the others must have known what had happened, because, do you know what they were doing? Everyone of them was crying soft-like too. What,' he questioned, 'will poor Jamie say about it? Won't he be sorry?'"

"But next spring there'll be others," we said, wishing much we might have plucked a dozen for him out of a hat.

"I know," he returned with a desolate shake of the head, "but they won't be like these. It's pretty hard to get three white ones and a dark one at one time."

"Yes," James said, "the little old carts and wagons of once wouldn't make much impression on a field of hay these times. . . Everything's changed Ellen," he smiled, "since we used to gather a few daisies from that sidehill over there."

"Aye," we nodded. . . and laughed. It was time to laugh.

"There's one thing that hasn't changed," we offered.

"The Family Listened; James' eyes questioning.

"The axe!" we continued, "The one we find is, as always, dull!"

"So that," Jamie managed a smile, "is what the old cat bounded away out of sight with—a—hen's head!"

"And I suppose, Ellen," James commented resignation in his tone, "it was a layer who killed—and eggs on the up?"

Today, on the heels of yesterday's damp, hoed crops at Alderlea were cultivated and there across the millstream before sunset this evening James was at the mowing, dull green swaths lying in the wake of the mower—and strange sound that it now is, he calling a loudish "Haw. . . Haw there!" to his team.

"Now tomorrow," James said a few minutes ago before retiring, "I must hunt out some poison and shake it on the infested tops in the potato patch out Home." What think we, shall we do with our new day? The answer will come to us out of the mist of the morning.

Of one item, may I say, we can be reasonably certain if as James will sometimes have it, "we can take our feet in the morning," bread to mix and a bowl to be made ready for the oven before "the mists have rolled away."

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

The Stars Say

By Genevieve Kemble

For Tomorrow TACKLE arduous duties with determination this day and you should be rewarded by a deep sense of satisfaction. You may begin now to give consideration to new projects, for you are on the verge of solving difficulties which have been stultic achievement of your goals during the past few days.

Avoid any temptation toward extravagance now for, even though things are looking brighter, you still have a climb ahead and impudence during this period could wreck a well-planned budget with unhappy results. The evening hours are excellent for courtesies, romance and promoting new friendships.

For the Birthday If tomorrow is your birthday, you should find the year ahead one of steady if unspectacular progress. In a spirit of optimism you may be inclined to make sudden changes, to take over extra duties or to increase financial obligations, but don't. This is a period in which to conserve your energies and plan for the future, since year's end will bring you opportunities which will call for all that's best in you during the early months of 1954.

Configurations for the balance of 1953 favor domestic matters, family life, artistic ambitions and engagement in any project which requires imagination plus hard work. Travel will be more enjoyable during 1954 than in the present year.

A child born on this day will be imaginative, romantic and dynamic in personality.

Cook's Corner

HE-MAN POTATO SALAD

(Serves Six) 1 1/2 cups sliced fresh mushrooms, 6 tablespoons olive oil, 4 tablespoons fresh lemon juice, 1/4 cup minced onion, 1 teaspoon salt, 1/4 teaspoon black pepper, 2 cups sliced cooked potatoes, 1/4 cup shredded raw carrots, 1/4 cup shredded celery, 3 cups diced tongue, 2 hard-boiled eggs, lobberg lettuce, mayonnaise dressing. Sauté mushrooms gently in olive

DOROTHY DIX'S COLUMN

Home In The Wilds

Prospector's Wife Wouldn't Change Life In Open For All City's Bricks

DEAR MISS DIX: I have read L. D.'s letter with interest and wonder if my experience couldn't help him. He says that women don't like the rugged life of the country. He is very much mistaken. It's just that city gals have no opportunity to meet country boys. After all, girls can't just pack up and move to the country and get a job like a man does.

I grew up in a large eastern city, and knew all conveniences and luxuries from earliest childhood, but I always had a yearning for the great outdoors. When I finally met and fell in love with the boy I married, I was indeed lucky that he was a prospector. For the last six years I have enjoyed the great wilderness areas to be found in our United States, and believe me there are still many isolated, rugged places. At times we never saw another human being for six months. Often the only bed I had was a sleeping bag, with the sky and stars for my ceiling. I have learned not to be afraid in the woods, because animals don't attack unless they are molested. I've baked bread in the hot coals of a camp-fire, and learned to find the edible greens of the woods. Of course, it hasn't all been fun, but I wouldn't change my life for that of the city. A LUCKY GIRL.

CITY GIRLS MAY BE ENVOIUS ANSWER: Thanks for giving such a vivid picture of life in the wilderness; I wish I could have printed all your letter. Many young ladies will be interested in your opinion, since I know from my mail that a number face the problem of leaving city streets for the countryside. The prospect is more frightening than alluring to some of them; but your experience will be at least interesting, and at most encouraging. As you say, most girls must seek jobs in the city, but quite a number meet, and fall in love with, men whose jobs will ultimately take them to unfrequented areas. A wife who can face the sudden change with a spirit of adventure is the finest help the outdoor man can have. Girls who must remain in their city jobs will doubtless be envious. Well maybe fortune will smile and send them a man with a pioneering future.

DEAR MISS DIX: I am 18 and engaged to a girl of 16. We plan to be married in September. She is writing other boys, and refuses to stop until we are married. I don't think she's right. T. S.

ANSWER: She's not right, but at 16 it's often difficult to discriminate between right, and the right to have fun. The whole thing adds up to the fact that the girl is too young to be tied down matrimonially, and it would be much better if you postponed the marriage for a year or two.

Household Scrapbook

By Roberta Lee

Uninvited Guests

Uninvited guests like squirrels in the attic and moles in the lawn can be discouraged with camphor moth balls. Scatter the balls freely around the attic floor to ward off squirrels and drop them inside the tunnels to drive away the moles.

Old Shower Curtain

Oiled silk and translucent coated-fabric shower curtains, when they have outlived their original usefulness, are fine for covering porch furniture or pillows, making waterproof aprons and makeup capes.

Washing Wool

To avoid having woolen garments turn stiff and hard after washing, add a few drops of glycerine or a pinch of borax to the wash water.

Oil until tender

Let cook slightly. Add lemon juice, onion, salt and pepper. Let stand until cold. Combine potatoes, carrots, celery and tongue. Pour mushroom mixture over all and marinate for at least an hour. Serve, garnished with sliced, hardcooked eggs on bed of iceberg lettuce. Mayonnaise may be served if desired.

QUADRING, England CP

A deadly tarantula spider with a five-inch leg span was uncovered at this Lincolnshire town in a banana shipment from Brazil.

Alice Brooks Designs

BE AN ARTIST—EASY! Paint a beautiful picture the first time you try! It's easy! Just fill in the numbers with the numbered colors. Get oil paints and brushes, start your masterpiece.

Pattern '727 has two transfers, still life, 9 x 11 inches, country scene, 9 1/2 x 12 inches. Plus color suggestions for oil painting.

Send Twenty-five Cents in coins 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.

HAPPY surprise for CONSTIPATED CHILDREN

At last—a laxative even the fussiest child won't mind taking. Pleasant, easily-swallowed, Children's Own Tablets bring quick, thorough action without unpleasant cramping or griping. For children 3 to 16. Made by the makers of Baby's Own Tablets. Get packets today at your drugstore.

Children's Own TABLETS

7227 by Alice Brooks

Vanishing Cream Deodorant with CHLOROPHYLL

RUB IT IN! RUB ODOR OUT! Every day—rub it in—rub odor out! When the green color vanishes, the odor is gone. New Arrid with Chlorophyll deodorizes instantly on contact. . . gives you rubbed-in protection. Stops underarm perspiration 1 to 3 days—keeps underarm dry and odorless.

Arrid with Chlorophyll is safe for normal skin. Antiseptic. A smooth, pleasant vanishing cream. Preferred. 2 out of 3 women over their regular deodorant. Get new Arrid with non-staining chlorophyll! Approved American Institute of Laundering

NEW ARRID with NON-STAINING CHLOROPHYLL

53¢

Anne Adams Patterns



BARE AND BEAUTIFUL

PUFF sleeves on the prettiest day-to-date blouse you could sew! Square neck in front—who'd guess it plunges to a dramatic deep-V in back! Easy to sew, there's just one pattern part to front; back is all-in-one with ties, wraps to tiny waist.

Pattern 4719: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 takes 2 yards 35-inch fabric.

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.

DELICIOUS



Now at Your Grocers

EVERY HOME NEEDS SUNLIGHT



It's all pure, extra soapy! New Sunlight is Canada's favorite bar soap! Nothing can take its place—it washes everything washable. Try it!

MUSTARD IS THE Flavour Secret

OF THIS DELICIOUS Mayonnaise Dressing

Into the well-beaten yolks of 2 eggs stir: 2 teaspoons Colman's Mustard 2 teaspoons salt 1 teaspoon powdered sugar 2 tablespoons lemon juice 1 1/2 to 2 cups salad oil

Add oil gradually while beating. If mixture thickens too quickly, add little more lemon juice then remainder of oil.

For newly revised recipe book send 10¢ to Reckitt & Colman (Canada) Ltd., Station T, Montreal. CKAJ

Coman's MUSTARD

MORSE'S TEA

