



Three daughters of Peru's ambassador to Canada, German Fernandez-Concha, pose with grooms and nine bridesmaids after their wedding. Left to right, Mr. and Mrs. Roque Bellido-Tagle, Mr. and Mrs. Peter M. Bonardelli and Mr. and Mrs. Angel Carnevali.—(CP Photo).

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

"The horse-chestnut tree, in the earlier weeks of spring, is a sight for gods and men. If you are well outside its branches, you see the richly-painted flowers rising tier above tier on all its glorious slope up to the odorless heights that belong to birds and bees; if you are under its shadow, you walk in a soft green light."

Hamerton  
The horse-chestnut in the garden here is lovely now as I write and must be a very old tree. Many small saplings have been given away to other gardeners; a good deal of room is necessary for the chestnut-tree as it grows to a large size.

In the perennial borders, the oriental poppies are making a good showing of color. There are the scarlet and salmon colors grown from seed many years ago. The best crimson has strong stems that rise well above the foliage and it is the favorite. The oriental poppy is one of the hardest of

our perennials when growing in a location that is well drained. These poppies are gay and colorful with vivid colors and large, satiny petals, often crinkled, characterize the gorgeous blooms of the oriental poppies. When these poppies unfold their large silken chalice to the high summer sun they bring beauty to the perennial borders after the early spring bulbs have passed. In recent years, oriental poppies have been rising in popularity, due in large measure to the host of new varieties which breeders have given us. Aside from their striking colors, gardeners realize that they grow with ease, asking for little except a well-drained soil and a sunny location.

They have few enemies, and their single weakness is that the foliage turns yellow and dies after flowering, leaving a spot that is bare unless cover is supplied by nearby plants. That is a minor problem, however, and is easily solved by using such plants as phlox, chrysanthemums, peonies or groups of bushy annuals adjacent to the poppies. Rich tints of rose, salmon-pink, white lavender, as well as Indian-copper-red are now available besides the brilliant reds. More colors are being added to the garden here. They are easily grown from seed and the smaller Iceland poppy is now blooming in orange and red shades and more seed has been sown of the pastel colors. At this particular time in the garden the bright color of all poppies is needed.

There are other flowers in bloom at this time. The lovely, graceful columbine in several varieties and colors. These plants were grown from seed and they are wonderful cut flowers. Our Canadian poet, Bliss Carman, writes about the iris which helps to make the garden a delight when the many colored blooms appear.

IRIS

The south wind snows the apple blossoms down  
And scatters on the grass the petals white;  
The sky turns azure from its faint spring grey.  
And all the woods put on their summer green;  
Fresh is the air with ecstasy new born;  
And by the garden wall whose old grey stones  
Show purple where the netted sunlight falls,  
White Iris now her oriflame unfurls.

Beneath that emblem who would not enroll?

For this is beauty's banner blown afar  
To signal how it fares with Earth's deep heart  
Breeding her fancies to perfection still  
And bringing them in loveliness to birth.

Iris are hardy perennials and increase so fast that many divisions can soon be made. Beautiful new colors have been added through the years and the season is weeks longer. If early and late varieties are planted, they will stand a good deal of neglect and only today has the grass been weeded from the iris in this garden. This is the way iris is described in a lovely catalogue: "No flower in the garden produces such a riot of color as the iris. And besides, it is dependable, easy to grow, and very hardy."

No perennial garden is complete without a generous planting of these radiant flowers that combine the boldness of color display with the fragility of orchids. Iris are especially beautiful harmonized with peonies and poppies which bloom at the same time.

The fragrant white and mauve sweet rocket, or to be correct (Hesperis), also blooms at this time and is making the garden lovely and fragrant at all times, but more so in the evenings. The Honeysuckle hedge is pink with blossom and with the lilacs and many old-fashioned, snowball or Viburnum shrubs makes the garden a delight. All of these shrubs were grown from layerings at the cost of the labour. The more I see of these hardy shrubs the better I like them. They require so little care after good planting and they give so much beauty. Every year more shrubs are added to the garden here and soon all hardy varieties will be growing. That will be a happy day for this old gardener.

Thalictrum is showing its feathery creamy mauve and white clusters. The foliage is elegant and finely-divided, like columbine or maiden-hair, and it is useful for cutting. These perennials were grown many years ago from seed and they add to the beauty of the borders. Many garden visitors arrive each day and the pansy geraniums and glorioxias help to make the garden interesting for them to see.

We read in "The Scented Garden" about the beauty of the garden in far-off days. In the gardens of the ancient civilizations, shade, scent and water — water both seen and heard — were the essential features. Such were the gardens of ancient Egypt, and tomb-paintings reveal to us something of their stately magnificence. They excelled in the art of making gardens within gardens, and we can visualize the pleasure with their painted pergolas covered with vines, their glorious water-gardens, the avenues of scented shrubs and their stately summerhouses. To the ancient Egyptian the flower of flowers was the sweet-scented blue lotus. Few plants have indeed been held in such veneration, for to the Buddhists also the lotus was a sacred flower, symbolizing the purity of the spiritual life of man, for as the flowers have their roots in earth and water but float above in the sunlight, so the soul of man rises above the earth-life.

How great was the skill of the perfumers of ancient Egypt. In the tomb of the High Priest Ra-Oser (3000 B.C.), near the Sphinx, were found, amongst other treasures of inestimable value (including a necklace of 4,000 rubies and a large

Continued on page 11

How Can I?

By Anne Ashley

Q. What can I do to induce sleep?

A. A very effective remedy for producing sleep is to stew spring onions in coarse brown sugar, and take one teaspoonful before retiring. This will not only produce sleep, but is very healthful.

Q. How can I remove paint from white fabrics?

A. If the stain is dry and old, saturate it with turpentine, to which a little ammonia is added, and soak it in the mixture for an hour or two before washing.

Q. How can I clean matting?

A. Wipe off the matting with a cloth wrung from salt and water, and it will prevent it from turning yellow.

Modern Etiquette

By Roberta Leo

Q. Is it correct to send out informal handwritten invitations to a very simple wedding?

A. Yes, such as "Dear Jane: John and I are being married at four o'clock Saturday, the first of next month. The ceremony will be at such-and-such church. We hope that you will come. Affectionately yours, Betty."

Q. Just what is proper when meeting on the street, for the man or the woman to speak first?

A. Formerly, it was always "the lady" who spoke first. But today, if they are good friends, there is nothing wrong with the man's speaking first.

Q. Should watermelon be eaten with a spoon or fork?

A. Either way is acceptable.

Contract Bridge

By Josephine Culbertson

THE TAKEOUT DOUBLE

It goes without saying that the takeout double can be used to advantage in a great many different situations, but this very fact leads to its abuse. It must not be used under such circumstances as South faced in the following hand.

East dealer	Both sides vulnerable.
♠ K J 8 6 5 2	♥ 4
♦ 6 2	♣ 9 7 5 3
♠ A Q 9 3	♥ 10 7
♦ Q 7 2	♣ A 9 8 5 3
♠ Q J 10 8	♥ 9 4
♦ J 6	♣ A Q 4 2

This was the bidding in a so-called average rubber game — and there is reason to suspect that the same bidding would take place at thousands of bridge tables:

East	South	West	North
1♥	Dble.	Redbl.	1♠
Pass	1NT	Dble.	2♠
Pass	Pass	Dble.	Pass
Pass	3♣	Dble.	Pass
Pass	Pass	Pass	Pass

From the moment that South doubled one heart, he and his partner were "on the hook." North's spade bidding was obviously in order, but South was simply scurrying about, looking for a haven that did not exist.

WOMEN

Page 8 The Guardian Tuesday, June 22, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

The children's talk now is of last class tests and the grading examinations and they find the evenings all too short for their requirements of study. Because as Gage said, "You can't expect a fellow to come in doors before it commences to get dark. How can he anyway, for isn't he busy out-of-doors? And then when he gets in he made a funny face, what does that old clock say? It's bedtime and after I think, he offers we should have our hardest tests in the winter when the evenings are long and we have plenty of time to study."

Picnics too are now among the more fascinating subjects of seasons—the joys and the partings they will bring. Old ties... nice ones, congenial school-relations severed, a pleasant chapter in their book and on old bushes, red roses bud. Drift of blossoms, mauve cloves of lilacs, color of columbine, hope of red roses, we think we stirred in with the cake we baked and the cookies, to piece the meals of those who came in to us hungry from work and from play.

Gage helped at the sowing of turnips this evening, gathering up their treasure-trove of containers to bring to the playhouse beneath an old orchard tree.

Our farmers fashioned drills, and later sowed mangels in a field of this farm today, continuing into the turnip patch to have, if fair weather keeps, the cropping about complete by tomorrow. Only the piece of corn on this place and at Alderia to please James, now that he has time on his hands another bit of new land awaits the first breaking. Now the stables are mostly empty of the cattle-kind.

The cows and young fry are on pasture, the fat ones gone to market. Only the babies of calves and the kittens regard one now from what were winter-full stalls. And high in the eave of an old barn, there are fledglings of pigeons—odd birds and downy, reminding of recently hatched ducklings. There are engaging rafter-nests of swallows; and above a door, if one is careful, one may touch and see the warm blue of four eggs of robins.

On a breath of sunny wind we watched apple blossoms drift down today—the falling of the spring, which all our wishes could not stay. Now too the first-blown of the lilacs, exceedingly lovely this year, commence to fade. But columbines ring out their demure bells and on old bushes, red roses bud.

And so, family and housewife busy at this and that, the day spent itself happily, as has the Spring season to bring all now in good time to the rich "beauty and bloom" of quiet summer days.

Until tomorrow — Diary — Good-night, . . . .

Morning Smile

Tourist: A person with a heavy tan on the left forearm.

DOROTHY DIX

Nomadic Pa And Ma

DEAR MISS DIX: My husband has five brothers and sisters, all married and widely scattered across the United States. For the past few years his mother and father have been traveling back and forth from one married offspring to another. They stay six months or a year in one home, then become dissatisfied and move on. All the children are very much devoted to their parents, who are very easy to get along with, and there has never been a complaint (to my knowledge) from either side. Any one of the children, including the in-laws, would be very happy to have the parents settle with us. Why, then, can't they be satisfied in one place? My father-in-law usually manages to get work in the town he's currently visiting, since he's an expert carpenter and cabinetmaker. This is an additional reason why we just can't understand the restlessness of the older folks, who are in their early sixties.

Glady's T.  
A SPLENDID IDEA  
ANSWER: You should be rejoicing instead of complaining. Here are two older people who have made a splendid adjustment of their later years and you're dissatisfied! Either you're very unreasonable or there's something in the situation that hasn't been disclosed. Could it be that Mom and Dad are so very useful or so generous with time and money that each family wants to keep them? Apparently it isn't the condition in each individual home that causes dissatisfaction in the older people, but a strong desire to get on and see how the growing family is progressing.

Since the children are so widely scattered, seeing them all even once a year would involve more travel than is feasible; hence the parents have hit upon the excellent scheme of making lengthy visits. Apparently they are wary, too, about spacing their stays so

Continued on page 10

Better English

By D. C. Williams

1. What is wrong with this sentence: "After much trouble, we reached the end of the road was reached."
2. What is the correct pronunciation of "annunciate"?
3. Which one of these words is misspelled? Rubescent, rubicund, rubarb, rutabaga.
4. What does the word "trivis" mean?
5. What is a word beginning with quin that means "the absence of a thing in its most concentrated form"?

ANSWERS  
1. Say, "After much trouble, we reached the end of the road (omit final)." 2. Pronounce a-nun-shi-ate, third syllable hi, not si. 3. Rubarb. 4. Ordinary; commonplace; unimportant. "Such matters are too trivial to mention." 5. Quintessence.

**For BABY'S TUMMY UPSETS**  
Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 30 years to quickly help relieve minor digestive upsets, gas, constipation, indigestion, and flatulence. No harmful drugs. Get a package today. Get a package today, at your drugist.

That Body of Yours

By James W. Barton, M. D.

HERPES ZOSTER—SHINGLES—TREATED WITH CORTISONE

A patient consulted his physician and asked him what was the cause of what seemed to be a number of small inflamed pimples. The physician replied that it was very likely herpes zoster which can last a number of weeks with itching and sometimes very severe pain, usually following the course of a nerve on one side of the body. Some of these cases persist for years, particularly in the elderly, the pimples or blisters clearing up but the pain recurring. Other cases may run a regular course of four to six weeks, as do many children's diseases, and then clear up completely.

Since the demonstration in 1949 of the dramatic effects of cortisone in the treatment of rheumatoid arthritis, both this drug and ACTH have been tried in a variety of other diseases and they are continually being employed by research physicians, one of the latest being in herpes zoster.

Five patients, four women and one man, ranging in ages from 32 to 72 years, with severe herpes zoster, were given cortisone by mouth. They were given 200 mg. the first day in four divided doses, followed by 100 mg. daily for seven days. Thereafter the dose was reduced to 25 mg. twice a day for four days.

What was the effect of this treatment of shingles by cortisone? Dramatic relief of pain occurred in four of the five cases treated. The skin eruption did not progress in any of the patients nor was there any evidence of a secondary or further infection, healing occurring within one to three weeks. All patients felt so well they were able to go on with their usual work.

Although this is but a small group, such favorable results are of real significance. None of the patients had any side effects from the cortisone. Shingles in elderly patients is particularly stubborn and often refuses to respond to any form of treatment and in this particular group the majority were between 50 and 70 and yet had very good results.

Cortisone has already been found to be of value in the treatment of typhoid, ulcerative colitis, bacterial pneumonia, severe peritonitis, mumps, trichinosis (from eating underdone pork), and Rocky Mountain spotted fever. Now it appears to have also been of benefit in the severe pain and complications of herpes zoster, particularly in the elderly who have been so difficult to help and yet have suffered so severely.

**Household Scrapbook**  
By Roberta Leo  
Labels  
An attractive and different manner of labeling fruits and jellies is to get some old catalogues and cut out pictures of each fruit, pasting them on the jars and glasses.  
Indelible Stencil Ink  
An indelible stencil ink can be made by mixing two parts sulphate of manganese, one part lampblack, four parts sugar (all in powder form). Then make a paste, by adding a little water.

Exchange Vows



Shown above are Mr. and Mrs. Kenneth Ralph Judson, principals in a lovely summer wedding which took place on Saturday afternoon, June 12 at Trinity United Church, Summerside. The bride was the former Ruth Madelyn, daughter of Mrs. Winnifred MacEwen, Summerside; the groom is a son of Mr. and Mrs. Ralph Judson, Pownal.—(Photo by D. W. Sears).

Strawberry Recipes

Strawberry blossoms will soon be changing into bright red strawberries on the island and home-makers will be turning their thoughts towards strawberry dishes. The two recipes below are suggestions for making the family jam and marmalade for their winter breakfasts:

Strawberry Marmalade

Four cups (2 1/4 lbs.) prepared fruit, 7 cups (3 lbs.) sugar, 1-2 bottle liquid fruit pectin.  
Remove skins in quarters from 1 medium-sized orange and 1 medium-sized lemon. Lay quarters flat; shave off and discard about half of white part. With a sharp knife or scissors, slice remaining rind very fine. Add 1-2 cup water and 1-8 tsp. soda; bring to a boil and simmer, covered, 10 minutes, stirring occasionally. Cut off light skin of peeled fruit and slip pulp out of each section. Add pulp and juice to undrained cooked rind and simmer, covered, 20 minutes longer.

Crush thoroughly about 1 quart fully ripe strawberries. Combine fruits and measure 4 cups into a very large saucepan. Add sugar to fruit over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in liquid fruit pectin.  
Then stir and skim by turns for 5 minutes, to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once. Makes about 10 six-ounce glasses.

Strawberry Jam

Four cups (2 lbs.) prepared fruit, 7 cups (3 lbs.) sugar, 1-2 bottle liquid fruit pectin.  
Crush completely, one layer at a time, about 2 quarts fully ripe berries. (If desired, sieve half of pulp). Measure 4 cups pulp into large saucepan. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly.  
Remove from heat and at once stir in liquid fruit pectin. Then stir and skim by turns for 5 minutes, to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once. Makes about 10 six-ounce glasses.

The Stars Say

By Estrellita

For Tomorrow  
TEMPERAMENTAL and emotional tendencies are still prevalent so you may have to use all of your tact and diplomacy if you would avoid becoming involved in quarrels and bickering. It would be better, therefore, to spend your leisure hours in some quiet form of relaxation than to take part in activities which would throw you into contact with large numbers of people. In business matters, don't try to force issues, and do try to avoid clashes with co-workers. Stick to routine tasks and plan no drastic

**Cook's Corner**  
Illustration of a woman in a kitchen setting.

DATE LOAF

- 1/2 cup shortening
- 1 cup dates (chopped)
- 1/2 cup brown sugar
- 1 cup boiling water
- Four boiling water over shortening, dates, sugar, let stand until cool. Then add:
- 1 egg
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 2 1/2 cups flour
- Mix well, place in greased loaf pan. Bake about 1 1/2 hours in moderate oven.

—Mrs. James A. Gallant, Alberton South W. I.

changes at this particular time. For the Birthday

If tomorrow is your birthday, your horoscope promises much in the way of progress in business, and happiness in romantic and domestic affairs.

Financial matters should prosper from early summer onward, but it would be unwise, nevertheless, to increase expenditures immediately. It would be better to consolidate your gains and build up a surplus. Be especially careful not to indulge in extravagance or to speculate with assets around the middle of September.

During November, you might meet someone who can be important to your future. Cause for high optimism, and increased prestige, is possible. Also, more money may appear in December. You may receive an inheritance or some unexpected reward for past services.

A child born on this day will be honest and sincere but, though generally good-natured, will find it difficult to forget his grievances and annoyances.

**Flowers**  
for the wedding  
To insure perfection, consult our experts as to floral arrangements for the wedding.  
We deliver anywhere  
WEST END NURSERIES LTD.  
22 Richmond St. Ch'town. Dial 5325

International Honor Given



Mrs. R. J. Marshall of Agincourt, Ont., has been elected a vice-president of the International Council of Women at the triennial meeting being held in Helsinki, Finland. Immediate past president of the National Council of Women in Canada, Mrs. Marshall, seen above, will leave Helsinki next week to attend Canadian council's annual convention scheduled for Fredericton, N.B.

HOLMAN STORE NEWS

— G.H.M. —

DEFINITELY the surf won't get in your hair when you wear one of the specially designed SWIM CAPS from the Ladies' Wear Department of the Summerside Store. They are made of the finest quality, pure rubber and they're comfortable, charming and durable. A product of "Oliver's of London, England", these Swim Caps are priced from 1.99 to 4.95. They are in Boxer or Jockey TRUNKS, priced from 1.99 to 4.95. They are in Boxer or Jockey TRUNKS, priced from 1.99 to 4.95. They are in Boxer or Jockey TRUNKS, priced from 1.99 to 4.95.

YOUNG "Tom, Dick and Harry" take to our SWIM TRUNKS like ducks take to water. And that's of a truth! They fit right, they're comfortable, they are good looking and they really give loads of protection wear. The Boys' Shop has a wonderful array of SWIM TRUNKS, priced from 1.99 to 4.95. They are in Boxer or Jockey TRUNKS, priced from 1.99 to 4.95. They are in Boxer or Jockey TRUNKS, priced from 1.99 to 4.95.

YOU need BEACH SHOES. Of course, you do, and then you'll walk with ease and comfort on the stoniest of sea shores—sharp shells, stones and rocks won't bother you one iota! The Shoe Department at Holman's in Summerside has stacks of BEACH SHOES to fit each and every member of the family—they're made of fine quality, sturdy rubber with reinforced soles that won't cut through. Made in slip-on, instep-strap style, the Men's Sizes are from 6 to 9—1.99 a pair. Women's Sizes are from 3 to 8—1.99 a pair. Misses' Sizes are from 11 to 2, Children's Sizes are from 5 to 10—1.99 a pair. Outfit the entire family with Beach Shoes for complete foot protection—you can get the Shoes from the Shoe Departments in Holman's Summerside Store.

**Perfection ICE CREAM BRICKS DELICIOUS!**