

### Morning Smile

**Empty**

In a dark room in an Irish cabin, Biddy was searching for the whisky bottle when her husband inquired: "What is't ye lookin' for?"

"Nuthin', Pat," answered Biddy.

"Sure," replied the husband, "you'll find it in the bottle where the whisky was."

**He's One**

Heroine (in melodrama): "Is there no succour?"

Voice (from balcony): "Sure, I paid a quarter to see this lousy show!"

**Qualifications**

A rich lady, who was very mean was engaging a chauffeur.

"Now," she said to the young man who was applying for the position, "let me tell you just what I want. The man I engage must be strong, straight in every way, sharp, tough as steel, and—"

"Ah, Missus," broke in the man, "it's a screw-driver you want, not a motor driver!"



### RECEIVED ONE OF MEDICINE'S HIGH HONORS

One of medicine's highest honors has been bestowed upon Dr. Dorothy M.K. Mann of Peterboro, Ont., who has been named a member of the Royal College of Obstetrics and Gynaecology, in England. She is fourth lady doctor in Canada to be admitted to famous college.

### This gorgeous MINK COAT can be YOURS!

**Enter NOW**

You may win this mink coat in Swift's\* fabulous \$40,000 Fur Coat Contest! Here's what you do. Send the top of a 1 lb. carton of Swift's, plus your name and address, to: Swift's Fur Coat Contest, Box 446, Terminal A, Toronto, Ontario. All the details are at your food store. Swift Canadian Co. Limited.

\*Swift's is the trade mark for Swift's Improved shortening.

ANSWERS

1. Say, "The two sisters bought three dozen oranges and shared them with one another." 2. Pronounce kog-no-men, first 2 as in cog, second o as in no, e as in men, accent second syllable. 3. Keeness. 4. Characterized by excessive self-importance; pretentious. "The pompous vanity of the man was amusing." 5. Lavish.

**ANCIENT ART**

The weaving of rugs, carpets and tapestry was a large industry as early as 1300 B.C. in Egypt and the Near East.

## -Needlecraft-

— FOR THE HOME —



**TAILORED OR TRIMMED**

This is the seasonless shirt-waist—and the kind of a casual you can wear all day long in either a tailored or eyelet enhanced version. Collar is convertible; skirt is flared in four gores.

No. 2108 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16, 3 1/2 yards 36-inch, 5 1/2 yards eyelet.

Send 35c 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 zone number in your address.

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**PEOPLE LIKE Coca-Cola WHERE THEY WORK**

2108 SIZES 12-42

## Graduating Class - P. E. I. Hospital



Graduates of the P. E. Island School of Nursing photographed at the Cundall Home following their recent convocation at P. W. College.

Seated: left to right—Baribel MacLean, Edith Kelly, Marjorie MacPherson, Donna MacLean, Elizabeth Johnstone, Louise Gillis, Ethel Beck, Margaret Poole, Marguerite MacMillan, Maxine MacBeth.

Standing: left to right—Vida Stewart, Grace Bryant, Betty Thompson, Norma Humphrey, Louise MacLennan, Byrtus MacLeod, Norma Lewis, Evelyn Henry, Betty Jay, Margaret Coffin, Luella MacLeod, Hannah Turner, Shirley Glover.

—Garnum Photo.

### That Body Of Yours

By James W. Barton, M.D.

#### MANAGEMENT OF THE DEPRESSED PATIENT

"This is an age of unrest and a large percentage of persons seeking medical aid are weighed down by vague depressions and anxieties. When a patient has, in addition, some actual physical illness, this uneasy despondent attitude can seriously impede, or slow up, treatment and recovery." I am quoting Dr. H. V. Grahm in American Practitioner and Digest of Treatment.

Even when no physical illness is present, this depressed attitude is still a danger signal, a warning of a mental or emotional upset at some future date. It is in these cases particularly that the family physician can be of so much help, since he knows not only the patient but the patient's background. The family physician can ask questions that a psychiatrist, not knowing the patient or background, would not likely ask. However, medicine is needed in some cases where full history of cause of symptoms is not found.

I have written before of the excellent results obtained in the treatment of alcoholism by the use of amphetamine (Benzedrine Sulfate) during the day and phenobarbital at night. The Benzedrine Sulfate gives the alcoholist a physical and mental boost that enables him to do mental and physical work and the phenobarbital calms him down and enables him to get a restful sleep at night.

Dr. Grahm used a somewhat similar form of treatment in 85 patients who had symptoms of depression or anxiety. He used a preparation containing Benzedrine Sulfate and amphetamine barbiturate. This combination has a tranquilizing effect that seems to neutralize or keep under control, extremes of mood, giving the patient a more normal outlook or behavior.

Satisfactory results were secured in almost every case in which the symptoms were in the early stages. In advanced cases this combination of drugs was of no help.

The use of this drug combination is best used as a temporary measure to relieve depression or anxiety sufficiently for the patient to make an effort toward solving his problems, or facing them in some more healthy manner.

Dr. Grahm states that "although no drug can substitute for psychiatric treatment when needed, this preparation is extremely helpful in relieving mild emotional symptoms seen constantly in general medical practice."

### How Can I!!!

By Anne Ashley

Q. How can I serve crisp cucumbers?

A. Keep the cucumbers in a basin of water in the refrigerator until about an hour before they are to be served. Then pare, slice, sprinkle each layer with salt, and return to the refrigerator. Just before serving, drain off the liquid that has collected in the dish, and the cucumbers will be crisp and better flavored than when prepared in the usual manner.

Q. How can I treat a corn?

A. A small piece of lemon bound to the corn and changed daily for three or four days is said to loosen it. Then soak the foot in warm water and the corn can be removed.

Q. How can I prevent gold or silver evening shoes from becoming tarnished?

A. Keep these shoes wrapped in black tissue paper, or in an old pair of black stockings until ready to wear.

### Household Scrapbook

By Roberta Lee

#### Dress Shields

If one is inclined to perspire under the arms, in spite of the usual medical precautions, it is best to wear dress shields in unwashable frocks. Keep these shields immaculate, however, as they should have the perspiration washed out of them frequently to prevent their acquiring an odor.

#### Leather Bindings

Sprinkle a few drops of oil of lavender in the bookcase occasionally to prevent any possibility of mold forming on the leather bindings.

#### Change Size of Cork

In the event that a cork is too large for a bottle, cut a small wedge out of the center of the smaller end.



### FLOWERS AND FRUIT

DESIGN NO. E-576

An attractive luncheon cloth is embroidered with flowers and fruit worked in cross stitch. They may be used separately on towels or place mats. Hot iron transfer pattern No. E-576 contains 8 motifs about 4 by 6 inches with complete instructions.

To order, send 20 cents in coin to Needlework Bureau, Charlotte-Town Guardian.

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### DOROTHY DIX SAYS—

#### Strength From Weakness

##### Helpless Wife May Bring Out Best In Man's Character

DEAR MISS DIX: For the last several years I have been engaged to a fine girl of quiet strength of character, who is well educated and has a good disposition. She has stood by me in illness and great financial stress, breathed new life and courage into me and cheered me up when I needed it. I lean on her and know that she is the only woman I have ever seen whom I wanted to marry.

But I have been going out with my secretary, who is young and pretty, and I am reluctant to give her up as she arouses my protective instincts. She is small and helpless. I must make some definite decision between the two women, but am unable to do so in my present mental state, so am asking you to help me.

JUST A SELFISH MAN

ANSWER: Contradictory as it may seem I think that the inferior woman is the better choice for you and that her helplessness will aid you more than the efficient woman's helpfulness.

LET MARY DO IT

Often we have seen healthy and able-bodied men who married clever capable women sit down on the do-nothing stool and let their wives support them when they found out that Mary could do it. I am not arguing that lazy little Dumb Doras make better wives than fine, strong, intelligent Marthas, but it is a truth that very often the helpless woman brings out something strong and fine in a man that the helpful woman never touches.

It is likewise true that a man no more loves the woman he leans on for support than the cripple loves his crutch. Her strength shames his weakness. Her industry and competence show up his indolence and lack of ability. Her success makes him conscious of his failure. She gives him the feeling of inferiority. His masculine pride revolts at that, and he hates her for her very perfections. The woman whom men love are those on whom they bestow favors and before whom they can pose as heroes and oracles.

There is something about the old traditional relationship between husbands and wives that does not bear upsetting. So I think a man is always wise to marry a woman who brings out the best that is in his character rather than one on whom he will lean for support.

DEAR MISS DIX: Does a girl always have to worry over whether or not her sweetheart is tired of her? Must she always have that fear in mind? And is there no insurance whatever against it? Can't we do anything else except take it when it happens? People get married every day. They must not have grown tired of each other, even though some of them went together for years and years. This matter really has me worried.

MAY

ANSWER: Well it may. It is every woman's headache because men are fickle. "With one foot on land and one on sea, to one thing constant never," as the old song says.

Why men change, why romance wears out so quickly with them, why the girls they were so crazy about one day they can't see the next, nobody knows. They don't even know themselves. All they know is that they have just lost their taste for them. And that's that.

Of course, it doesn't always happen. There are many cases in which a man loves a woman more and more as the years go by, but it is all luck whether a girl gets one of these faithful souls, or one who is as changeable as the moon. And there is nothing she can do about it.

DEAR MISS DIX: I know two people who have separated several times because of their ill-treatment of each other. They are now divorced and both of them engaged to someone else. Yet they still love each other and are miserably bored and unhappy apart. They have two children. Should they go back together or are they better off apart?

M. W.

ANSWER: They might just as well go back together again; that would be a crying shame to inflict either one of these spoiled nincompoops on someone else. They don't know their own minds now, and never will. Their lives will be spent in separations and reconciliations, interspersed with bickerings, during which they will continue to feel very sorry for themselves. The poor, innocent children are the ones I feel sorry for. They haven't much future with parents as irresponsible as these two.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

### Cook's Corner

#### COCONUT CHEWIES

This little novelty really belongs to the macaroni family. It is outstanding in eating quality, soft and chewy in character. It is so easy to make that it occurs to us as the kind of thing that children might like to make as a treat.

Yield—3 1/2 dozen.

2/3 cup (half a 15-ounce can) sweetened condensed milk  
3 tablespoons cocoa  
Few grains salt  
1/2 teaspoon vanilla  
1/2 teaspoon almond flavoring  
2 cups desiccated coconut  
1/2 cup chopped nuts, optional.

Measure the sweetened condensed milk into a mixing bowl; sprinkle with the cocoa and combine thoroughly.

Stir in the salt, vanilla, almond flavoring, coconut and nuts (if used).

Drop mixture by spoonfuls onto greased cookie sheets.

Bake in a moderate oven, 350 degrees, until just baked—about 15 minutes.

When chewies are baked, lift onto a cake cooler and store in a closely-covered tin when cold.

#### How To Serve Fresh Asparagus

- Piping hot with melted butter or fortified margarine and a dash of freshly ground pepper.
- With Lemon Butter made by blending 1/4 cup fresh lemon juice with 3 tablespoons softened butter and 1/2 teaspoon paprika. Pour over freshly cooked asparagus.
- Crunchy with Dutch Crumbs. Add 1/2 cup dry bread crumbs to 1/2 cup melted butter or fortified margarine. Brown lightly and sprinkle over 4 servings of cooked asparagus.
- Creamed on Cubes. Add freshly cooked cut pieces of fresh asparagus to a cream sauce. Serve at once over tiny, crisp toast cubes.
- Cooked and chilled on iceberg lettuce cups with tomato slices and your favorite salad dressing.

### Modern Etiquette

By Roberta Lee

Q. We have received a verbal invitation to a wedding anniversary dinner which is being given by a few intimate friends for the couple. Are we obligated to bring a gift?

A. There is no obligation on guests to bring gifts on an occasion such as this, nor is it expected by the hosts. However, if very good friends do want to bring gifts, it would be quite all right.

Q. May one properly refuse a certain dish at a luncheon?

A. The considerate person will never do this, as the number of dishes served at a luncheon is limited. One can take a small quantity even if he is not partial to that particular dish.

Q. What is the minimum number of cocktails courtesy requires that a host serves his guests before dinner?

A. One apiece is correct—and enough.

### The Stars Say --

By Genevieve Kemble

#### For Tomorrow

WHILE there is ability, ambition and excellent insight into ways and means for launching important enterprises, with energies, faculties and forces under splendid stimuli for quick action, at the same time there are omens of difficulties, strenuous opposition and a chain of unusual or unlooked-for factors. These should be soundly manipulated not with crash and animosity but on a basis of sagacity and calm judgment. Keep impulses and emotions in hand.

#### If It Is Your Birthday

Those whose birthday it is, may find themselves a year of challenge and keen initiative, with an inner drive to put over important operations with vim, courage and confidence. This in the face of hidden factors, baffling and strange, in which every yielding to the spectacular and sensational rather than forcefully "bucking the tide" of overwhelming or curious elements is the best plan of action. Perhaps the aphorism, "agree with thine enemies quickly" might be a sound injunction in this crisis.

Those whose birthday it is, may prepare for a year of the challenging, erratic and spectacular, aggravated by impulsive, tempestuous and irrational conduct. Put on the brakes before making decisions.



### CLASSROOM "Quiz"

Teacher: For delicious, digestible, nourishing DONUTS, what do we ask for?

Pupils (in chorus): BUTTER-FLAKE DONUTS

Teacher: Who supplies our Grocers with these delicious varieties, Crunch, Cinnamon-Sugared or Plain?

Pupils: The Butter-Nut Boy from—

**Eastern Bakeries** of course

### Child's Bad Breath often sign of Upset Tummy!

Save your doctor's time. For minor digestive upsets children so often suffer as a result of overeating or eating too much candy or sweets, give Children's Own Tablets, new corrective for youngsters 1 to 16. They quickly help sweeten sour stomachs and act speedily to clear out from the bowels, of feeding waste material in a gentle, thorough manner. You never know when you will need the help of Children's Own Tablets... so get a package today at your drug store. Made by the makers of Baby's Own Tablets—your guarantee of a reliable product.

**CHILDREN'S OWN TABLETS**

### FLAT TOP

Table Mountain, the flat-topped peak at the toe of Africa, rises to a height of 3,582 feet.

Ontario's Niagara peninsula is a beauty spot that is starting to display its blossoms. Earliest are always the apricot trees and the young lady is Eleanor Book. Best display of the pring is expected to be in full bloom within a few days.

## ELLEN'S DIARY

By An Island Farmer's Wife

And now for us May spends her days busily, putting the sweet o' bird song into our daytime hours and setting jewelled glints on the bosom of the pond. The sound of water dripping from the gates of the dam is back to those gentle tunes which in the warmer seasons come through the open windows to lull the folks at Alderley to sleep. Strangely soothing it comes to one who may have been, somewhat troubled with the affairs of her day... "You see we've moved to new sleeping quarters for the summer" we recall a housewife once say when we followed her on a round of inspection of her rooms after the spring cleaning had been completed. Through the screen of the door the break of the waves on the beach below a wide meadow reached us and the cry of the sea-birds was lonely and the wind sighed and moaned about the eaves in a manner unknown to inland dwellers.

"Yes" she smiled "we moved to the shore-side of the house because John loves the sound of the sea. He likes to listen to it the last thing at night and to waken to it in the morning."

"And when there's been a storm and the breakers crash?" we queried. "Yes" she nodded "in storm or calm he enjoys the sound of it." So at Alderley, the gentle melody from the gates of the dam is music in our ears bearing us away to our dreams on its tranquil notes. It is there too in the first moments of wakefulness, when the bright sun rises as a prelude to the sun rise appears on the bed-room wall. Then as we regard the new day, revealing in this last precious morsel of rest before rising it is to hear it in the hush of morning. It has become so much part of our living, we sometimes wonder what life would be like away from it. Should we in time forget its tune? Or should we not always miss it, as an old friend gone from us, if it were not still a part of our life?

Continuing cold are these days of May and yet there come, those spells at our gardening or choring when we must loosen our jacket and presently discard it. Granddaughter too, kicks off heavy shoes and changes to slippers.

We remember now the sunny pleasant intervals of today and tonight in token of fine weather to come the night is star-spangled and over to the hangs the sun now but growing, yet good to see and we believe not too old to wish upon. And what should we wish? That the weight of all troubles might be eased this night and that those recently bereft and perhaps tragically, might be reminded that "sorrow endureth" only through the darkness. As the dark orb climbed above the dell line of woodlands, and we stepped in the yard a moment to enjoy the delight of the pond orchestra we found we were making a wish too that all bright things... graduates of Nursing School or successful at the close of their college year, might find only kind years ahead. May they learn to gather now their "Roses for December" especially those who step across the new threshold which leads off to their chosen life-work in this strange old world. What wide horizons lie before them. What possibilities! For even with the sky for its roof and boundless as it is, it is peculiarly one's own.

Star-shine tonight and moonlight. Field-work for the farmers today... and another lamkin. But this time, according to granddaughter who was awed by the magic of it, "The black ewe that's only young and little herself has a wee black baby-ewe! Isn't that lovely?" she beamed... "A little black baby-ewe of her own!"

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

UNION ROAD W. M. S.

The monthly meeting of the Union Road W.M.S. met at the home of Mrs. Everett Lamont on Monday, May 7. Meeting opened by singing "Stand Up, Stand Up For Jesus". The theme, "How Can we work for Peace? Through Helping to feed the Hungry."

The program of dedication was followed. Scripture lesson, Romans 6 chapter was read responsively.

Roll call was responded to by twelve members. Minutes of last meeting were read and approved. Hymn, "Onward Christian Soldiers" was then sung, followed by sentence prayer. Temperance reading by Mrs. Maund, "Women Can Talk the Liquor Traffic to Death."

Cards of thanks were read from Mrs. H. Newman and Mrs. Gray. Several letters were read and discussed.

For the program Mrs. Brent MacMillan gave a reading, "A Recipe for Life". Mrs. Ashley and Mrs. Ravenhill sang "Walking With Him" and "In The Garden" as a duet.

Program committee for next meeting, Mary Gill, Mrs. Mallett and Mrs. Newman. Next place of meeting, Mrs. Earl Livingston's. Collection amounted to \$9.30. Meeting closed by singing "Saviour Breaths An Evening Blessing" and Benediction.

