

Anne Adams Patterns

BACK-TO-SCHOOL!

It's a jumper for now — a sundress for next Summer! For back-to-school, make her one in plaid, another in solid colors. She'll love the blouse with short or three-quarter sleeves. She's sure to be the envy of all her schoolmates! So smart in Fall cottons.

Pattern 4808: Girls' Sizes 6, 8, 10, 12, 14. Size 10 jumper 2 1/2 yards 35-inch; blouse 1 1/2 yards.

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 The Guardian, 60 Front Street, West, Toronto.

30 HLL AFTER EATING

QUEBEC (CP)—Thirty guests at a wedding reception were taken ill Saturday after eating what doctors believed was contaminated turkey. They required hospital treatment. The bride and groom, Mr. and Mrs. Marcel Garnier, of Quebec, and most of the guests were treated at the home of the bride's uncle where the reception was held.

BRANTFORD, Ont. (CP)—Brantford Trades and Labor Council Wednesday night criticized federal government intervention in the railway dispute and the resultant compulsory arbitration. Leonard Lear, organizer for the Trades and Labor Congress of Canada, said the foreseeable compulsory arbitration eventually applying to all public utilities if this precedent is allowed to stand.

Address and Station



On the evening of Aug. 27, the family, friends and neighbours of Mr. and Mrs. Daniel Crossman (above) of Westmoreland, gathered to celebrate with them the 60th anniversary of their wedding.

The living room where Mr. and Mrs. Crossman received their guests was attractively decorated with vases of gladioli, sweet peas and mixed flowers.

With them to celebrate this joyful occasion was their son, Roy with whom they reside, their daughter, Ella of Boston, who flew home a week previous to be with her parents, and their son, Edgar of Brockton, Mass., who paid a surprise visit on that evening. The occasion was also the first family re-union in 25 years.

The couple were escorted to their chairs and presented with a beautiful basket of gladioli by their grandson, Sheldon.

Mr. B. J. Trowsdale, as chairman for the evening, congratulated the bride and groom of 60 years and called on Mr. Vermer Moore to read an address. A well-filled purse was presented by Mr. Fred Matters, Jr. On behalf of friends and neighbours Mrs. Murd Nicholson presented envelopes of money from the various members of the family.

An attractively decorated wedding cake topped by a miniature bride and groom was presented by their granddaughter, Ella.

Mr. Frank Myers M. L. A., of Crapaud, in a few well chosen words, congratulated the couple in reaching this important event in their lives.

Following is the address. To Mr. and Mrs. Daniel Crossman: We, your friends and neighbors have assembled here this evening for the purpose of tendering Mr. Crossman and his amiable partner, Mrs. Crossman our sincere and hearty congratulations on your reaching the sixtieth anniversary of your marriage.

We are all aware that this is a very auspicious event in the life of any married couple. An event that takes place only on very rare occasions. We all feel that you and your devoted partner must realize that you have been blessed in a very special manner by the Supreme Ruler of the Universe.

We are happy to find that each of you is still enjoying good health; and are quite capable both mentally and physically of carrying on in your usual manner of living surrounded by your loved ones.

Not only, at times such as this, but always Mr. and Mrs. Crossman have a ready smile and welcome for old and young who are fortunate enough to know them.

On behalf of your friends and neighbors we ask you to accept this small gift as a token of the esteem in which you are held.

Our sincere wish is that you may both be spared to celebrate your seventy-fifth anniversary and that we may then have the pleasure of coming to your home and

Horton - Ford Wedding

Trinity Manse, Charlottetown, was the scene of a pretty wedding on Wednesday, Sept. 1, when Doris Edna, daughter of Mr. and Mrs. Alex Ford, and Melville Lloyd Horton, son of Mr. and Mrs. John Samuel Horton of Bethel, P. E. I., were invited in the holy bonds of matrimony. Rev. A. F. MacLean performed the ceremony.

Miss Shirley MacRae was bridesmaid and Donald Ford, twin brother of the bride, was best man.

The bride chose a white nylon street-length dress and carried a bouquet of bridal nosegay of red and white roses with streamers. The bridesmaid's dress was of blue nylon and she carried a bouquet of red and white roses.

Mrs. Ford chose for her daughter's wedding a navy blue crepe dress with lace and a corsage of pink and white carnations.

The groom's mother was attired in a navy suit and corsage of pink and white carnations.

The groom's grandmother wore a blue silk crepe dress and her corsage was of pink and white carnations.

Following the ceremony a reception for 20 guests was held at the Queen Hotel where the bride's table, with its attractive arrangement of mixed flowers was centered with a three-tier wedding cake topped with a miniature bride and groom. Rev. MacLean proposed the toast to the bride to which the groom responded. Harold Larier, cousin of the bride, was master of ceremonies.

Out-of-town guest was Mrs. Louis MacLean, Fredericton, N. B.

For travelling the bride chose a green and white dress with a matching hat with white accessories. On their return they will reside in Coldbrook, N. S.

Previous to her marriage, the bride was tendered miscellaneous showers at the homes of Miss Shirley MacRae, Mr. and Mrs. Ford and the groom's parents.

Islander Weds In Gaspereau N. S.

Gaspereau United Baptist Church, Gaspereau, N. S., was the scene of a pretty wedding on Saturday evening, September 4, at 7:30 p. m., when Rev. MacGregor Fraser united in marriage, Ruby Marie, R.N., eldest daughter of Mr. and Mrs. Robert Miner, Melancon, N. S., and Roy Donald, son of Mr. and Mrs. George Mayhew, Shamrock, P. E. I., in the presence of a large number of relatives and friends.

The double-ring ceremony was used.

The bride entered the church on the arm of her father, who gave her in marriage to the strains of the Wedding March, played by Mrs. W. N. Parker. She wore a white nylon net gown over slipper-satin. The skirt fell in pointed tiers edged with Chantilly lace. The fitted lace bolero had long sleeves coming to a point over the wrists. Her fingertip veil of nylon illusion and pearl studded tiara fell in folds of lace border and her bouquet was of red roses, white mums and maidenhair fern.

She was attended by Miss Blanche Duncanson, who was maid of honor. Miss Mary Miner, a sister, and Miss Gwen Wakefield were bridesmaids. The soloist was Miss Dawn Stevens who sang "I'll Walk Beside You" during the signing of the register.

George Abbott of Charlottetown was best man, while the ushers were Cecil Reid and F. O. Russell Hicks.

Following the ceremony, a reception was held for 125 guests at Blomidon Lodge, Wolfville.

After the reception the happy couple left on a motor trip through the Maritimes and the New England States.

KEEP IN TRIM

Foolish Dieter Regains Weight

By Ida Jean Kain

Alas and alack . . . a national poll reveals that more than half the overweight who lose fat, promptly regain the lost poundage as soon as they stop dieting.

Figures as well as statistics bear this out. Why is this dilemma so common? To begin with such reducers follow quickie diets that are completely unlike a well balanced pattern of eating. They "diet" to reduce instead of eating for normal weight. Consequently, when the diet is finished, they have no guide for eating to maintain their new weight. Short-term diets neither establish new food habits nor change the dieters basic attitude toward fattening foods.

Get a fresh slant on slimming. What you think about while you are struggling to take off the excess pounds is an important clue. If you let your mind dwell on favorite fattening foods, chances are you will go back to these fatteners the very day your diet is over. When you mind follows that thought pattern, regaining is inevitable.

The secret of keeping slim is to plan to keep your weight and measurements at healthy normal. To fix good food habits, reduce gradually on a well balanced pattern of eating. Build the daily menus around the protective foods which make good the tissue wear and tear. Regardless of what you are trying to do about your weight, you go right along with the process of living and certain nutrients are essential to body repair, not in reduced amounts but in normal quantities. And don't overlook the important fact that by the protective plan you grow younger as you streamline.

These protective foods make up the basic diet pattern: Meat fish or fowl, 4 to 6 ounces; eggs, 1 or 2; buttermilk or skim milk—1 pint; green or yellow vegetable, raw vegetable salad; one starchy vegetable or two thin slices of bread; citrus fruit plus 1 or 2 other.

While dieting to reduce, restrict daily fare to those protective foods. When you reach normal weight, continue this basic eating plan, gradually increasing calories to the level at which you neither gain nor lose.

The science of nutrition will do more for you than all the quickie diets put together. On a protective diet of 1000 to 1200 calories a day, you can lose 1 to 2 pounds, a week. Reduce by the protective plan at that rate, and you will stay beautifully slim.

After the reception the happy couple left on a motor trip through



This fit last month

fruits; butter — 3 half pats, 1 1/2 inches thick. Calories total 1000 to 1200.

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After the reception the happy couple left on a motor trip through

the Maritimes and the New England States. For travelling the bride chose a teal suit with tan accessories and corsage of yellow roses.

On their return they will reside in Halifax, where the groom has been employed in the Statistical Department of Robert Simpson's for several years. The bride, a granddaughter of the late Thomas Boates of Bedeque, before her marriage was a graduate of the Yarmouth School of Nursing and has since been on the staff of Eastern Kings Memorial Hospital, Wolfville.

Light Yet Practical Colors Featured at Decorators' Institute

By VIVIAN BROWN

NEW YORK, (AP)—Looks like it'll be a white Christmas in home decor.

Such is a trend apparent at the current national home furnishings show here featuring exhibitions by members of the American Institute of Decorators as well as manufacturers of furniture, fabrics, floor covers, lamps and wall papers.

The theme of the show, "design for better living," offers furniture fashions as durable as they are pretty, making white and decorator colors as impervious to dirt and damage as darker counterparts.

White goes from floor to ceiling in a room decorated by Paul McCobb. His room divider, a chair and cigarette table with white cararra glass top complement floor covering of white vinyl with inlaid strips of brass.

Hard floor coverings take the spotlight, there are floors of cork, leather, marble, clay tile, parquet inlay in basket weave effect, linoleum terrazzo and vinyl with metal inlays—aluminum, pewter as well as brass.

Modern furnishings are used more as an accent this year in many decorator rooms. Period pieces are bathed in color.

DURABLE CARPETS Brilliant tangerine and Bristol

blue as well as emerald, sapphires and topaz colors are chic accents to white and pastels. Vineyard green and purples prove enchanting.

Soft floor coverings, where shown, hold their own. No angels need fear to tread on rayon carpets. A new "tufton" fibre is said to be stain and dirt resistant because of its few crevices.

Durability is stressed also in upholstery and drapery fabrics by a new stain resistant silicone finish. In all 12 decorator exhibits, fragile silks and hand loomed fabrics are protected by the new process.

Other wall covering news includes a 100 per cent durable fortisan now available in gay prints, handsome chromespun fabrics in chic decorator colors that are protected against fading or deterioration and new decorating fabrics in nylon and rayon.

PERFECTION ICE CREAM ORANGE ICE PIN

Hot-Water GINGERBREAD

Grease an 8-inch square cake pan and line bottom with greased paper. Preheat oven to 325° (rather slow). Mix and sift three times 2 c. once-sifted pastry flour (or 1 3/4 c. once-sifted all-purpose flour), 2 tps. Magic Baking Powder, 1/2 tsp. baking soda, 1/2 tsp. salt, 1 tsp. ground ginger, 1/2 tsp. ground cinnamon and 1/4 tsp. grated nutmeg. Cream 5 tps. shortening; gradually blend in 3/4 c. lightly-packed brown sugar and 3/4 c. molasses; add 2 well-beaten eggs part at a time, beating well after each addition; stir in 1/2 tsp. grated lemon rind and 1/2 tsp. vanilla. Add flour mixture to creamed mixture about a third at a time, combining lightly after each addition; gently stir in 3/4 c. boiling water. Turn into prepared pan. Bake in preheated oven about 45 minutes.



Always Dependable

Science Shrinks Piles New Way Without Surgery

Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with an astonishing ability to shrink hemorrhoids and to stop bleeding—without surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations. Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And

among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing. All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne)—the discovery of a world-famous research institution. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

Now this new healing substance is offered in ointment form for hemorrhoids under the name Preparation H. The price is only \$1.19 a tube including an applicator. The name to ask for is Preparation H—at all drug stores. And remember—if not entirely satisfied—your money will be refunded promptly.

Trade Mark

Continued from Page 8

Gossip Worries

Wackacker (quoted above) is saying that my neighbor and I are having an affair. Imagine! At my age! I know the falsity of the charge, and know that she must be a wholesale manufacturer of gossip. But how can I squelch this ridiculous rumor, and stop the whispers and sly glances? Please advise a misjudged matron. G. R.

FEELS ACCUSED BY CONSCIENCE

DEAR G. R.: In general, a scandalous rumor, out from whole cloth, only disturbs a conscience already twinging about something or other. Thus I gather that you have an old fashioned sense of decorum that suggests to your mind that it isn't quite proper to be making a practice of spending evenings alone at home with your neighbor's husband, even though he is your younger son's age.

You feel vulnerable to criticism on this score, unconsciously because it's the sort of example that you would disapprove on principle in other people similarly placed—even admitting there was nothing censurable in their behavior, save only "giving scandal." That is, innocently affording fuel for gossip to malicious parties.

The strictness of your character is proved by the fact that you don't drink or smoke or tell colorful stories, and feel uncomfortable about life a fish out of water amongst people who do—so much so that your discomfort shows in your face. That's why the wispah woman took offense; she got the impression (probably correct) that you were looking down your nose at her. (Or her kind).

SEER REPORTS LOVE'S MAGIC

Now for advice: In his latest book "Windows of Heaven" (Harper & Brothers) Glenn Clark gives this bit to illuminating folklore: "In Hawaii, if a Kahoona puts a curse on one, the evil he fore-casts will come to pass if the victim sends out thoughts of fear or hate toward the Kahoona. These create a bridge over which the curse achieves its evil purpose the easier.

If, on the other hand, the victim sends forth love toward his enemy, the love creates a protective wall against which the evil curse breaks without avail; and if it is not withdrawn, it boomerangs back upon the sender.

"Jesus was not pussyfooting," Clark reminds, "when He said 'forgive your enemies, do good to those who persecute you.' He was

releasing the most powerful weapon, both for the defense of the attacked, and for the discipline of the attacker." The moral is, don't wrestle with spite; rise in consciousness above the gossip's level of operation. Try to feel as kindly about her faulty behavior, as you would have others feel about all you do.

Many Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

spending a social evening with you. May health and happiness and God's Blessing continue to be yours for the remaining journey through life.

Signed on behalf of friends and neighbors, August 27th, 1954.

September KEY Values

Ladies' WINTER COATS in all the newest materials—lovely Fall Shades—Shop early and save 10% on any Coat you choose \$29.50 to \$74.50

SUITS with straight line or flared skirt, in plain or plaid materials—sizes 10 to 24 1/2 \$19.95 to \$59.50

JUMPER DRESSES in Corduroy or Felt \$8.95 to \$12.95

Newest styled DRESSES in Wool, Taffeta or Crepe \$3.95 to \$32.50

Children's DRESSES and JUMPERS \$2.95 to \$5.95

Children's SKIRTS \$1.95 to \$3.95

See our large selection in Children's Blazers, Slacks, Sweaters, Blouses, Jeans, etc. We also carry Hats, Purses, Gloves, Nylons, Blouses, Skirts, etc.

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BALANCE of LADIES' SUMMER COATS LESS THAN HALF PRICE!

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SHORTIES to \$19.95 NOW \$8.00

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DISCOUNT ON ORIENT NYLONS

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Use Our Lay-Away Plan. A Deposit will hold any Garment Until Needed.

The GREENDAL Co. Ltd.

THE LADIES' STORE

150 GT. GEORGE ST

YOUR FAVOURITE POTATO CHIPS CAN WIN YOU A NEW CCM BICYCLE!



Each month Marven's is giving away 2 streamlined CCM bicycles...and YOU can win one by saving Marven's Potato Chip bags and 4 oz. boxes!

Just by saving the bags your favourite potato chips come in, you've got a chance to win a shiny new bicycle! It sounds terrific, doesn't it? Well . . . that's all you have to do!

Your empty potato chip bags are worth points. One empty 5¢ bag is worth 3 points, one empty 10¢ bag—or one 4 oz. package—is worth 5 points. Each month you send your empty bags to Marven's Limited, Moncton, N.B. Marven's will total up the points of each contestant, and the boy and the girl having the highest number of points each get a brand new CCM Bicycle!

A new contest starts each month for the rest of this year, up to and including December. So, even if you haven't enough points to win the first time you try, you'll still have plenty of chance to try again.

Start saving now! Get all the family and your friends to help you. Marven's Potato Chips are so crispy and good to eat, everybody loves them—just remind everyone to save the bags and not throw them away! Get to work on it right away, kids, and earn yourself a wonderful Christmas present—before Christmas!

Winners will be announced in this newspaper the first week following the close of each contest. Marven's employees and their families are not eligible to enter this contest. Ask your grocer for full details.

Marven's LIMITED

Tired Feet
Soothe them with
MINARD'S LINIMENT