

That Body Of Yours

By James W. Barton, M.D.

NUTRITIONAL DISEASES OF THE MOUTH

One of the significant statements of Dr. Oaler was that it is about the mouth that most ailments get their start. Although he had in mind the serious ailments—pneumonia, bronchopneumonia, heart and rheumatic diseases—there are some less serious ailments about the mouth that cause misery and embarrassment. I have in mind the mouth ailments due to eating foods that upset the stomach and intestines and show these upsets in and about the mouth. As these ailments are caused by certain foods, they are called nutritional ailments.

In Reviews of Gastroenterology (stomach and intestines), Dr. H. D. Fein states that the acuteness of these mouth ailments determines the speed with which they go away under proper treatment. When the ailment is slow in appearing, the individual has likely been eating the foods causing it for a long time and it is, therefore, a "chronic" ailment.

Since the advent of the vitamins, it has been learned that lack of certain vitamins is responsible for certain definite mouth ailments, but Dr. Fein points out that lack of minerals and other food factors are responsible for some of the mouth ailments.

Nutritional diseases are classified according to the site or spot where they occur. Diseases of the gums are acute (scruvy) or chronic gingivitis. Scruvy is a result of three to 12 months' deficiency of ascorbic acid—vitamin C. Severe swelling of gums and loosening of teeth occurs early. Vitamin C in adequate amounts results in definite improvement in two or three days and clearing in one or two weeks.

Awarded Bursary



Miss Carol Greelman, above, daughter of Dr. and Mrs. W. P. Greelman, Charlotteville, was recently awarded a bursary by the P. E. I. Chapter of Canadian Foundation of Polymyositis, at a meeting of the local executive in Charlotteville. Miss Greelman will save this Fall to study physiotherapy at the University of Toronto.

Hints For Salad Preparation

You can add attractiveness and nutrition to your summer meals if you serve a green salad as an accompaniment to your dinners. Lettuce, wedges of tomato, sliced onion, tossed together with your favorite dressing are the basis for a salad which only needs a little imagination when adding the seasonings to perfect it. Chopped chive, a rub of garlic on the salad bowl, celery salt, a few capers, besides the usual seasonings, are only a few of the ingredients which will add individuality to your salads.

If, when making mayonnaise with oil at home, you find that the oil separates from the other ingredients, try using two egg yolks instead of one. It's a sure fire solution to the problem.

French dressing is easily made by shaking the ingredients, 1-2 cup olive or salad oil; 1-4 cup vinegar, 1 teaspoon salt, 1-2 teaspoon pepper or paprika, together in a small jar. Vary by adding mustard, sugar, Tabasco or Worcestershire sauce, onion juice or garlic (removing the latter before serving). Try substituting lemon juice for vinegar in either French or mayonnaise dressing for a different, tangy flavour.

Chronic gingivitis (inflamed gums) is fairly common as contrasted to scruvy and is characterized by redness, swelling, tenderness and bleeding of the gums. This ailment starts about the gum margins. A diet rich in vitamin C—fresh raw fruits, especially citrus fruits, green vegetables, tomatoes and tomato juice—seems to prevent gingivitis. Ailments of the tongue are usually caused by a lack of vitamin B complex and show changes in color and structure. A scarlet tongue is seen in pellagra and spruce (excess fat in stools). The tip and edges of the tongue are first affected and the redness is accompanied by soreness and swelling. Ulceration may occur but dramatic improvement occurs in 24 hours after vitamin B12 or folic acid has been given. A beefy red tongue represents a lack of niacin or some other B-complex vitamin. When sores occur in corners of mouth it is also caused by lack of vitamin B (riboflavin).

How Can I...

By Anne Ashley

Q. How can I remove cigarette stains from the fingers?

A. Obstinate cigarette stains on the fingers can be removed by means of well-soaked pumice stone and hot water. Plain lemon juice will remove lighter stains.

Q. How can I easily iron shirt collars?

A. Try ironing the collars on a Turkish towel doubled to four thicknesses. The collars will iron much more easily, they will be smoother, and shine like new when finished.

Q. How can I give a better flavor to corn fritters when serving them with chicken?

A. Try adding some chopped, cooked bacon or ham to the batter.

Islanders' Daughter Marries In Oregon



A pretty wedding was solemnized at Sacred Heart Church, Medford, Oregon, on June 14th when Norma Delorie, daughter of Mr. and Mrs. Eugene Delorie, Newport, P. E. I., became the bride of Roy Dutcher, son of Mr. and Mrs. Jack Dutcher, of Klumath Falls, Oregon. Left to right above are the Misses Claire Delorie, Hermina Fillaus, bridesmaids, Mrs. Darrell Davis, matron of honor, Mr. and Mrs. Roy Dutcher, Mr. Darrell Davis, groomsmen, and Messrs. Barton La Fon and Jim Dutcher, ushers.

Modern Etiquette

By Roberta Lee

Q. When the first course at a dinner party is to be crabmeat, served either in a tomato or on a lettuce leaf, which is the correct implement—a salad fork or an oyster fork?

A. If the crabmeat is served in a cocktail glass an oyster fork should be provided. If served on a plate, the salad fork is correct.

Q. What sort of boutonniere should the bridegroom wear at a formal wedding?

A. It may be a small gardenia or a spray of lilies of the valley, at a daytime wedding, a white carnation or any white garden flower. He furnishes similar boutonnieres to his best man and ushers.

Q. Is it proper for one to unfold a napkin completely when seating oneself at the table?

A. No; unfold the napkin until it is half its full size, with the crease in the center.

The Stars Say --

By Genevieve Kemble

For Tomorrow

JUDGING by conflicting auguries, it is probable that only by shrewd manipulation and exceptional strategies can a state of confusion, opposition, frustration and peculiar developments be avoided. A general upset or disruption may be averted, this in business, private affairs and the emotional life.

Varied aspects suggest the desirability of heeding the inner or intuitive forces and faculties. Pause for reflection and inner guidance or keep vision before making decisions.

For the Birthday

Those whose birthday it is may have a peculiarly intriguing year, in which difficulties and strange complications come up for sagacious and shrewd handling. Many peculiar situations, while seemingly baffling and frustrating, in the inner vision find illumination, where reason and logic fail. Compromise, tact and diplomacy are safe where confusion and doubt are baffling, disconcerting. The "still small voice" may be depended upon in crises.

A child born on this day may have a complicated and seemingly frustrated career, but is sure to find its "hunches" and intuition safe guides in crises.

DOROTHY DIX'S COLUMN—

Should Widower Remarry?

Daughter Objects; Thinks 50 Is Too Old To Wed

DEAR MISS DIX: I am a widower of 50. My wife passed away a year ago, and since I have met a fine woman whom I desire to marry. However, my married daughter, age 21, is strongly against this. She feels I am "too old" to wed and that I should live with her and her husband.

I feel I have the right to live the rest of my life as I see fit, without any interference from my daughter. What is your advice?

ANSWER: Of course, so many factors can enter into the question of a second marriage for a widower that they can't all be considered here. The mere fact that your young married daughter objects to your nuptials is not a sufficient reason for you to cancel them. After all, she married—and apparently quite young—has established her own home, and is not looking for advice from anyone. She should certainly extend to you the same privilege.

YOU'RE ENTITLED TO HOME
Fifty is far from senility, and the desire for a home of one's own is not confined to any set age. Everyone—young and old—has it. If you did acquiesce to daughter's wishes and stayed with her, who's to guarantee that in time she wouldn't tire of having Pop around the house all the time? Take what happiness you can, Mr. W., and keep your own home.

There is one thing you must be sure of! Don't let loneliness lead you into a marriage that holds any probability of trouble. Are you sure the lady of your choice is really a fine and worthy woman? If, in your own mind, you are certain on that score, go ahead and best of luck!

DEAR MISS DIX: Five years ago I married a boy I had known about eight years. We were both 17. Ten months later our son was born, then my husband left for overseas. He was gone two years, and in that time I never went out with anyone, but somehow I felt we had grown apart, so I wrote and asked for a divorce. Although my husband didn't want one at all, he agreed to let me have my way. In the two years since, I have grown up. Instead of loving my husband less, I love him more, and realize what a horrible mistake I made. Now I can't make him realize it was a mistake, and that I'd like to try again to make our marriage a success. I know we both love each other, and could establish a wonderful home with our boy.

ANSWER: Both you and your husband are laboring under the handicap of a too-early marriage. With no conception whatever of the responsibilities of matrimony, and not enough worldly experience to set a standard for you, and you were simply two drifters with absolutely no idea of where to land your matrimonial ship or how to steer it. Time brought the experience and at least some of the wisdom. Now the problem is, how to patch the wreck that your heedlessness brought on. Naturally your husband is bewildered by your constantly changing moods, and doesn't know which one to trust.

If you can get him to agree to go with you, your best solution would be an interview with a reputable marriage counselor. You can locate one in your city.

DEAR MISS DIX: I have been engaged since Christmas, but my mother won't let me out more than three nights a week. My boy

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Islanders Wed In Hamilton, Ont.



—Photo by Kingscourt Studios

Mr. and Mrs. Walter L. MacDonald are shown after their marriage which took place on Saturday, July 26th, at the Cathedral of Christ the King in Hamilton, Ontario. Mrs. MacDonald is the former Mildred P. Peters, daughter of Mr. and Mrs. Augustus Peters, St. Charles, P. E. I., and the groom is the son of Mr. Daniel L. MacDonald and the late Mrs. MacDonald of Bothwell, P. E. I.

Cook's Corner

SOUP (WITH MEAT)
(FOR CANNING)

Six lbs. of beef soupbone with some meat—about 2 lbs., 5 quarts water, 2 tablespoons salt, 12 peppercorns, 1 cup each chopped onions and celery. Roughly cut the meat from the bones and cut small and brown in 4 tablespoons beef drippings or other fat. Add the bones, and the water, cover and bring to boil and simmer 3 hours. Add all remaining ingredients, bring to boil, cover and reduce heat and simmer 1 hour longer. Strain. Return pieces of meat to the broth. Chill, then remove fat.

There should be 16 cups of this stock. To it add 2 cups each peeled chopped tomatoes, finely chopped celery, cut up green beans, fresh peas, chopped onion, finely diced carrot, 1 cup finely diced turnip, 1 cup macaroni alphabet, 2 tablespoons each chopped parsley and chives, and if desired, ½ cup raw rice. Cover and bring to boil and simmer 20 minutes. If rice is used boil it ½ hour. If desired to keep their green color the parsley and chives may be added during the last 2 or 3 minutes. Pour into sterilized jars and seal to within ¼ turn of tight. Process in hot water bath for 3 hours. Since this soup contains so many non-acid vegetables this long processing time is absolutely essential. Pressure canner 55 minutes at 10 lbs. for quarts.

Household Scrapbook

By Roberta Lee

Chafed Skin

If the skin is chafed because of perspiration, use fuller's earth. Wash the chafed portions and dry just a little. Dust the fuller's earth on the dampened surface and rub in carefully. Follow this procedure before retiring and there will be no trace of irritation the next morning.

Tin Roof

A tin roof should be repainted at the first sign of peeling; otherwise, deterioration will set in and cause rapid rusting and leaks, and finally the necessity for a new roof.

Delicious Stuffing

Cream and Roquefort cheese make a fine combination blended together and used to stuff prunes or dates. A good addition to this mixture can be made with a few nuts ground fine.

Hat and Bag Set in Single Crochet



If you've never crocheted a stitch, here's your opportunity to learn and make some early fall accessories at the same time. Both hat and shoulder bag are simple rounds of single crochet; the directions are written for the just-learning crocheter. Of course, experts will want an attractive hat and bag set like this, too. If you would like directions for making this SINGLE CROCHET HAT AND BAG, send a stamped, self-addressed envelope to the Needlework Department of this paper asking for Leaflet No. C-2841.

Better English

By V. G. Williams

1. What is wrong with this sentence? "There are less people present than previous."

2. What is the correct pronunciation of "status quo"?

3. Which one of these words is misspelled? Marvel, hazel, embezel, swivel.

4. What does the word "initiative" (noun) mean?

5. What is a word beginning with am that means "to combine"?

ANSWERS

1. Say, "There are fewer people present than previously." 2. Pronounce the a as in state, not as in static. 3. Embezzle. 4. A first move; an introductory step. "Who is going to take the initiative in this matter?" 5. Amalgamate.

ELLEN'S DIARY

By An Island Farmer's Wife

There was "that piece of scuffling" to be done in the root-land, and James recalled also that he could have put in place "that stack-bottom" of rude slabs in readiness for tomorrow's haying. "And by rights" he said, "we should stay at home and help Rob with the milking." Yet despite every call of duty though not without taking counsel of our conscience, we attended in a pair this evening a supper sponsored by the Church of our childhood.

Was it not our beloved Miss Montgomery who in writing of the leisurely ways of Island farm-folk said that not even saving the hay from the shore-field beneath threatening skies or the event of a Church-supper in the offing could disturb the unruffled calm of their day. We are confident that James would not have been so willing an escort to that of this evening if the hay on this form now lying in swarth was fit to be saved!

However it so happened that the ebbing afternoon brought him to the door. And "How about that excursion, Ellen?" he said with a boyish smile. Suppers are pleasant social affairs, especially those we fancy, which on such a delightful summer evening as this bring vacationists and others from domiciled elsewhere back to the scenes of their youth... to look out upon once familiar vistas, to meet old friends—and new, to try again to recapture the anticipation and excitement of once. The food served we find only an incidental to the enjoyment of the occasion.

My daughters wonder what brings me back to the Island—and gathering like this, every summer—a woman born and reared within sight of the Church-spire but living in the States in her later years. "They can't understand why I should like to spend a holiday here, when there are so many attractions elsewhere." She stopped then, looking apparently over the busy happy scene about, but seeing we suspected a little of it at the moment, I lost instead in scenes of her girlhood and the intriguing days of her now-lost young years. "But it's Home no matter any others I have had since. And these are my people, folks or descendants of those I have known all my life... kin, friends. Why shouldn't I like to return?" she smiled happily.

Why indeed! What lodestone draws better, is more certain than "The Hills of Home" wherever they may be... I guess Ellen's nurse, clerk in a city store queeque sensing a connection in the name of this stalwart, blonde, man. "Worse than that" he offered with what may indeed have been a mischievous chuckle, "I'm married to one of them!"

And so picking up again rested threads of our weaving in the length that is our fabric of life, we wove this evening with James, a bright new piece, though alas! the design now lacks many of the figures and faces of once. Until tomorrow—Diary—Good night....

Morning Smile

Testimonial

"Why do you say I can give you a testimonial?" asked the astonished prison governor of the man who was being discharged.

"Because, sir, you can say truthfully that you've known me for five years, and have never seen me under the influence of drink."

Sporting Spirit

The foreman of the job noticed one of the men gazing aimlessly about him, instead of working, and inquired: "What have you done today?"

"Formosa for the Cup," grinned the stupid fellow.
The foreman, infuriated, roared "Put your coat on."
"Why? it ain't raining."
"Put your coat on and go and get your money," roared the foreman.
"Has it won, then?" asked the workman.

Just Out

Brown quarrelled with his wife and walked out at the house. He did not return for twelve years, and when he did so, walked in quite calmly although nothing unusual had happened.
"And where have you been?" his wife demanded, ominously.
"Out!" came the reply.

More Convenient

"Look here, young man, what's the idea bringing my daughter home at four in the morning?"
"Well, sir, I'm on an early shift and I have to be at work at five."

Real Tough

"So you think you're tough! I was born with brass knuckles on both hands."
"Uh-huh, I wasn't born—I was quarried."

EXPECTING GUESTS?

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Minister Spends 12 Hours a Day Building Own Church



Rev. Allan Ellis, enthusiastic young minister at Belleville, Ont., has found out where there's a will there's a way to build a badly needed new church and at a third of the cost, too. The \$70,000 colonial New England type church is being built for \$20,000 by almost 100 per cent. volunteer labor from 50-odd members of the congregation and also by paring costs on the purchase of building materials wherever possible. And the lion's share of the credit goes to Mr. Ellis, seen above with daughter, Jody, Barbara Baker, left, and Donna Johnston, who since ground was broken last February has spent from 10 to 14 hours nearly every day directing operations and working the hardest of any of his congregation. "Some people call it faith and some call it courage, but I term it just plain stubbornness," the young minister said.

Alice Brooks Designs



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Half Way

Bob: "I hear your brother's working now, Sam."
Sam: "Yus."
"How long he bin workin'?"
"Three months."
"What's he doin'?"

Turned Pro

"So you wish to learn to play golf, 'madam'?" asked a golf professional employed to give lessons in the sport department of a store.
"Oh, no," replied the woman. "It's my friend who wants to learn this time. I learned yesterday."

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This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
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