

Women

6 The Guardian, Charlottetown, Thurs., Oct. 15, 1959.

HAPPENINGS

Mrs. L. S. Newhall returned recently to Charlottetown following a three month visit with friends and relatives in Springfield, Mass. where she resided for over thirty years. Mrs. Newhall, who is a guest at the Charlottetown Hotel, has spent the past several winters on the island, her native province.

Congratulations are being extended to Mr. William L. Acorn of Pownal, who today is celebrating his 94th birthday. Mr. Acorn enjoys good health. He was post-master in Pownal for 30 years.

Mr. and Mrs. Herbert Buchanan and son Grant, Fredericton, accompanied by Mrs. Jack Inglis

"Now that you're on your feet, Ellen," James smiled "you may as well bring us some matches and we'll be all set for the night." They say, he chuckled, "one of the best conveniences around a house is a woman!"

The visitor smiled. "I read somewhere, I believe it was today, of a man who said he never knew what happiness was until he married... and then it was too late!"

"Who said?" he asked with a laugh. "Man is the head, but the woman turns it!"

"I can't say," James replied, "I don't know if it's true or not, but I've heard that the woman who is a housekeeper is better than none!"

"Can you mind?" James queried lighting (tonight) a cigar, "when matches came in cards of twelve?"

"Yes," the other nodded "and there were a dozen cards in the bundle we could buy for a cent."

"Yes, a cent bought a gross," James said.

Our visitor has gone home now, car cutting a swath of brightness in the dark up and over the hill and beyond.

James went then with the younger farmer by truck out along the fields where the cattle have their night-pasture to make sure none suffered from cropping too heartily the green of the lush aftermath.

"I don't see how they do it—those farmers," the black cat observes from his cushion. "I know I should find it something of a task to drag myself away from the coziness of the fire this rainy night. I like," he twinkled "the song the kettle sings!"

And another day puts a mantle about its shoulders, a cloud about its head and sets out too along the dim, damp night-aisles. Until tomorrow — — — Diary, Good-night.

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Mr. and Mrs. Thomas Tuplin following their recent marriage in Central, Lot 16 United Church Manse. The bride, the former Bertha Adams, is the daughter

Mr. and Mrs. Lloyd Adams, Darnley, and the groom is the son of Mr. Thomas W. Tuplin and the late Mrs. Tuplin. (Photo by D.W. Sears)

STAY ALIVE LONGER

This Approach Invites Trouble

By LeRoy Kordel
Installment Three

Do you eat as much now as you did when you played college football fifteen, twenty, or thirty years ago? If so, you're asking for trouble... and you'll get it.

Mr. and Mrs. R. D. Crockett and son Wayne, Belvedere Avenue, returned from an enjoyable weekend in Dartmouth, where they visited Dr. and Mrs. A. E. C. MacRae and family and Mr. and Mrs. H. E. Power.

Mrs. William W. MacInnis, Charlottetown, spent the Thanksgiving weekend in Breadalbane, at the home of Mr. and Mrs. Leonard Todd.

The annual meeting of the Kensington Community Club was held at the home of Mrs. J. W. Sheen on Thursday evening. The nominating committee, Mrs. Earl Kennedy and Mrs. Russell Furness brought in the following slate of officers, all re-elected with the exception of Mrs. Clark and Mrs. Bowness: President, Mrs. Gordon Cooke; 1st. vice-president, Mrs. Keir Clark; 2nd vice-president, Mrs. Erwin Champion; secretary, Mrs. Waldron Auld; treasurer, Mrs. Frank Bowness. The treasurer reported that the sum of \$993.94 had been raised in the past year. The members decided to hold a party sale on the following Saturday, and also agreed to cater to the Lion's Club during the year. The next meeting will be held at the home of Mrs. Frank Bowness. Refreshments were served by the committee in charge.

The Autumn Thanksgiving Meeting of Trinity Evening Auxiliary met in the Church Parlor on Oct. 6th at 8 p.m. The meeting opened with the worship service on Thanksgiving by Mrs. Eric Sheen assisted by Mrs. Harold Milligan and Mrs. Elmer Moore. These ladies also presented a chapter from the Study Book "African Culture is Disturbed" which dealt with the changes in customs and the obstacles to be met by the African people. The business period was conducted by the president Mrs. Henry Moyle. The minutes of the meeting were read and approved. 34 members answered roll call. The Thankoffering was received and dedicated by singing Hymn 374. Mrs. Moyle thanked the committees who so capably assisted at the Rally on Oct. 3rd. Mrs. Wm. Roach, Christian Stewardship Secretary after giving

her report read a poem based on Matthew 40: 25 verse. Mrs. Harold Harkness reported for the Baby Band and Mrs. Eric Sheen for Community Friendship. Members were reminded of the parcel to be packed at the November meeting for overseas. Mrs. John Scott gave a very interesting summary of the Rally for the members who were unable to attend. Meeting closed with prayer.

Within your life span there is a relatively consistent sequence of events which gradually adds up to a physiological "rusting-out."

Watch a boy of ten at play. How filled with energy and enthusiasm he is! How clear and bright his eyes appear. Yet the lenses of those young eyes have

already begun to lose elasticity. By the time the boy is twenty, a slow continuous decrease in the volume and acidity of the digestive juices begins.

Each individual, however, can help slow down his own rusting. Much of the deterioration seen in human aging is not necessary. Authorities studying new ways to ward greater longevity think that man perhaps has the potential to live 150 years. They believe 100 years is a figure to which gerontologists may reasonably aspire. In the United States about 1 person in 33,000 actually does live that long.

Theoretically there is nothing to prevent others from doing so. But consider this appalling fact: One man out of every 60, now dies of a heart attack, many of the victims before they have gone even halfway to the 100-year mark.

WHAT PRICE IS SUCCESS? You're only thirty, you say. Your nerves are steel and your stomach is cast-iron. Fine! Keep them that way with proper food, adequate rest, and regular physical examinations to guard against the diseases that sneak up on you.

Work hard if you like, but ease up a bit as you grow older. Play a little, relax a lot, and no doubt you will live to be a hundred! Unless...

The director of the University of Arizona Department of Art, Dr. Harry Wood, is speaking:

"Americans have the ugliest faces in the world. They show the marks of strain, tension and inner conflict that you don't find elsewhere. And these form marks of ugliness."

According to Dr. Wood, New York is the worst city of all for faces marked with this particular type of ugliness. Why? New York is the busiest, most hectic city in the world.

There are at least 15 million Americans with these faces—the harassed executive, straining every nerve to keep abreast of competition; the teacher, on whose shoulders rests responsibility for the future generation; the statesman, who decides the fate of the nation, and the actor, who lives by his emotions.

One hour of living on sheer emotion is equal to five hours of labor.

The tensions of modern business are prevalent wherever a man has to keep driving hard in order to get ahead, and harder still to stay ahead.

So you are only thirty, but years pass. So swiftly that you hardly realize the changes that occur. Ten years... twenty... twenty-five... Can this be you? It can't be!

This tense and hurried man, with the consuming ambition that will never let him rest until it destroys him? This man who has all the money he needs, but won't take time to enjoy it? Who at his present tempo, won't even live to enjoy it? Yes, it is you, and you, and you.

Your name is legion.
A HEALTHY—OR A SICKLY OLD AGE

There are four common ailments that spell the differences between a healthy and a sickly old age. They are in this order:

1. Disorders of the heart and circulatory system: hypertension, hardening of the arteries, coronary thrombosis, and apoplexy.
2. Cancer
3. Arthritis
4. Nervous and mental disorders

Heart disease tops the list of causes of death in the United States. In spite of all the modern medical facilities available for detection and amelioration, heart ailments caused 45 percent of New York's 81,588 deaths in 1955.

Of all heart diseases, the No. 1 killer, coronary thrombosis, is the most preventable. It occurs when one of the heart's two arteries becomes clogged with rough materials on its inner wall. A blood clot forms, and the artery is blocked or closed. The result: blood cannot get through to feed the heart, just as water is unable to flow through old, rusty pipes when they finally become clogged.

Doctors and scientists are doing research on two theories advanced to explain hardening of the arteries and the coronary thrombosis that follows ultimately in its wake. According to the first theory, which shows definite promise, hardening of the arteries is due to a diet containing too much indigestible cholesterol and fats in combination with high-starch foods. In other words, we can prevent the hardening of our arteries by what we eat—and how we eat it.

The second theory is that the arteries suffer from sheer mechanical strain, or wear and tear. We try to accomplish too much in too little time, and wear ourselves out doing it. This is the

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HP SAUCE "Improves all meals!"

Can this be you? It can't be!

MORELL W. I. held their October meeting in the high school. The president Mrs. Wm. Alward was hostess. Meeting opened with collect in union. Roll call was responded to by 18 members. One visitor was present.

Minutes of previous meeting were read and approved. Cancer Fund collectors reported having \$67.00 to date. The president reported that JoAnn Phelan was the winner of the W. I. district convention scholarship.

Donations of yard goods from Eaton's, Simpson-Sears, a yard from Condon's were distributed to members to make into articles for bazaar.

Mrs. Frank Dunn gave a vivid report of the Annual T.B. meeting.

Correspondence included a letter of appreciation from Marion Taylor for contribution to Retarded Children's Association. Letters from conveners were read and discussed. Questionnaires on Radio and T.V. programs were

stress theory. Since 97 percent of the victims of coronary thrombosis suffer from arterial difficulty prior to their attacks, I shall point out in subsequent chapters the effects of faulty diet and stress and how to eliminate these factors. As between diet and stress, the first is the easier to control. Diet depends on you; stress involves many external factors, and your reaction to them.

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FASTEETH, a pleasant alkaline (non-acid) powder, holds false teeth more firmly. To eat and talk in more comfort, just sprinkle a little FASTEETH on your plates. No stummy, soapy, pasty taste or feeling. Checks "plate odor" (denture breath). Get FASTEETH at any drug counter.

Backache is often caused by kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest or that tired-out and heavy-headed feeling may soon follow. That's the time to take DODD'S Kidney Pills. DODD'S stimulate the kidneys to normal action. Then you feel better—work better—work better. Get DODD'S Kidney Pills now.

Men say it with flowers to the girl with an Exquisite Form!

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You can be even more alluring in your most enchanting moments in CIRCULO-FORM by Exquisite Form... The bra with Floating Action, that holds you and moulds you in rounded uplifted curves, even when you twirl, bend or stretch.

White cotton bandeau—Style 372 Also luxurious white satin—Style 395

Sizes: A—(30-36) B—(32-38) C—(32-42) Price 2.50

EXQUISITE FORM BRASSIERE (CANADA) LIMITED

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MR. AND MRS. GARLAND R. HARRIS

Harris - Wagner Vows Are Pledged In Montreal, Que.

The St. John's Lutheran Church, Montreal, was the scene of a pretty wedding on August 22, at 5 p.m., when Rosemary Wagner, daughter of Mr. and Mrs. R.G. Wagner, Montreal, became the bride of Garland Reagh Harris, son of Mr. and Mrs. Allison Harris, Summerside, Rev. J. Peters performed the double ring ceremony. The church was beautifully decorated for the occasion with standards of white gladioli and miniature mums. Mrs. J. Peters was organist.

The bride, given in marriage by her father, was lovely in her wedding gown of imported French lace and net over tulle. The lace bodice featured a boat neckline and long tapering sleeves. The bouffant skirt of net over tulle had an interesting back detail which formed two wide floating panels with round appliques of lace with sequin trim. A tiara of sequin trim held in place her fingertip veil, edged with matching lace, and she carried a cascade of red roses and stephanotis.

Miss Gertrude Wagner, sister of the bride, as maid of honor, and Mrs. Elizabeth Kappeli, sister of the bride, as bridesmaid, were identically gowned in deep blue and light blue nylon sheer, respectively. The gowns were sleeveless with a deep V-neckline, back and front, and featured very full skirts. They wore

white feather hats and white accessories and carried cascades of pink carnations.

Mr. Garth Harris, twin brother of the groom, was the best man. Messrs. Fred Wagner, brother of the bride, and Donald Gay, were the ushers.

Mrs. Wagner chose for her daughter's wedding a beige sheath and duster ensemble, with tangerine accessories and a corsage of Orange Delight roses. The groom's mother was attired in blue with white accessories and a corsage of white carnations.

A reception for fifty guests was held in the Aviation Building, Montreal, where pink and yellow mums were used to decorate the tables, and the bride's table was centred with a three tier wedding cake, topped with a vase of lilies of the valley. Telegrams were read from relatives and friends.

For a honeymoon trip to Prince Edward Island, the bride travelled in a two piece beige dress with white accessories and a corsage of pink and white carnations.

Mr. and Mrs. Harris will reside in Montreal.

Out-of-the-province guests were Mr. and Mrs. Allison Harris, Mr. and Mrs. Vance Harris, Mr. Garth Harris, Summerside; Mrs. Leigh Donald, Charlottetown; Miss Frances Sweet, O'Leary; Miss Gertrude Wagner, Seattle, Washington.

ELLEN'S DIARY

It's A Sorry House That Doesn't Have A Woman

"Fetch in a stick for the fire—like a good woman, Ellen" James called from the old armchair this evening—to us as we lingered a minute on the back verandah watching... listening, there to the play of Autumn-rain in the stillness. Against the bright of a yard-light, it fell steadily and solemnly on the sere leaves of willow and birch already lying along the paths about. Beyond the circle of light, out in the darkness, farmhouse lights twinkled companionably up the valley and farther. Welcome this rain

was, it would, if continued a while, replenish the wells and springs and brooks of farms, inconveniently low of late. It would of course delay all harvestings, but all in good time, October would return the sunshine and blue skies again.

"A bit of fire feels good this rainy night," James commented when we laid the stick on the coals.

"It surely does" a visitor from another district agreed. "And isn't it surprising how quickly the Fall days are coming on."



TUPLIN - ADAMS WEDDING

Mr. and Mrs. Thomas Tuplin following their recent marriage in Central, Lot 16 United Church Manse. The bride, the former Bertha Adams, is the daughter

Mr. and Mrs. Lloyd Adams, Darnley, and the groom is the son of Mr. Thomas W. Tuplin and the late Mrs. Tuplin. (Photo by D.W. Sears)