

Jenkins-MacEachern Wedding



Mr. and Mrs. Stewart Jenkins with their attendants are pictured above following their wedding in Charlottetown. Left to right are Mr. Sterling Jenkins, best man; Mr. and Mrs. Jenkins, and Miss Alberta MacEachern, bridesmaid for her sister. The bride is the daughter of Mr. and Mrs. Gay A. MacEachern, Mermaid. (The groom is the son of Mr. and Mrs. Robert H. Jenkins, Mount Albion.—(Photo by Meyers Studios).

That Body Of Yours

By James W. Barton, M.D.

THE FOOD NEEDS OF THE ELDERLY

Generally speaking, we think of men and women 50 years of age or over as being old, and those under 50 years as young or middle-aged. However, now that we see so many men and women of 50 years and over, there is a feeling that we should put the "old" age limit at 60 years instead of 50.

In "Practical Food Economics" some months ago, the American Diabetic Association home economist, Gertrude Blair, lists some of the particular food needs of the elderly. She says that the elderly group are: quietness and serenity at mealtime; smaller meals served more frequently; emphasis on protein (meat, eggs, fish); fewer cereals, sugars and fats; and plenty of attention to vegetables and fruits.

I believe most physicians will agree with these suggestions, particularly that these old people should eat some protein food daily, as there is a popular but false idea that they should eat nothing but soft foods. Some protein is needed daily even if meat has to be chopped or tenderized.

Miss Blair states that the 60, or 70, or 80-year-old should have, each week:

- 2½ pounds of green and yellow vegetables.
- 2½ pounds of citrus fruits and juices, tomatoes, melons; fresh or frozen strawberries and peaches.
- 2½ to 3 pounds of potatoes.
- 2½ pounds of other fruits and vegetables.

In his book, "The Patient Past Fifty," Dr. Ernst P. Boas, Associate Physician, Mount Sinai Hospital, New York City, Chairman of Committee on Chronic Illness, Assistant Clinical Professor of Medicine, Columbia University, states, "that in planning the diet of the middle-aged and elderly we must concern ourselves not with calories alone but with the composition of the diet to insure an adequate representation of foodstuffs containing the protective vitamins and the needed minerals particularly iron, calcium and phosphorus."

Vitamin A is found particularly in milk, butter, cheese, liver and green leafy vegetables; vitamin B in whole wheat bread, vitamin B₂ in milk, fruits and leafy vegetables; vitamin C in fruits, especially oranges, lemons and lemons, tomatoes and melons.

Just as important as the food is the manner of eating. It is important that every aging person has dentures that will enable him to chew all kinds of food. If an old person can eat, chew and digest only soft foods, he is not getting an adequate diet.

Ladies, Do You Know How To Buy?

By Mary E. James
(Toronto Globe and Mail)

The housewife is Canada's chief purchasing agent, yet nothing is done to prepare her for her important job, Mrs. H. E. Vautelet, Montreal, newly elected president of the Canadian Association of Consumers, declared recently.

"What has education or society or even public thinking done to prepare the housewife for the immense power that her hand on the steering dollar of the household budget exercises?" asked the new CAC head who all her life has worked for the advancement of women.

Early Training

"I have often wondered," she said, "why universities and schools have not begun before this to train girls who will do the nation's spending, in a greater awareness of what their dollar can do to the Canadian economy."

Failure to prepare the housewife for her big task "has made education of the consumer in our economically troubled times one of the most important forms of adult education," she said, and the CAC, which has consumer education as one of its main concerns.

Experienced CAO Head

Mrs. Vautelet brings to her new post as CAC head a wealth of knowledge and experience in the women's field. Since she was 17, when she first campaigned for the suffragist movement in Quebec she has battled for women. She was one of three leaders in the 18-year-old flight in Quebec to get the franchise for women and founded the Women's Voters Group.

She was the only woman mem-



Mrs. H. E. Vautelet

ber of the Economic Advisory Board of Quebec, a postwar planning board created by the Quebec Government. During the war she made a six months' survey of women's economic position and legislative needs in the Province of Quebec for the government. It is still being used, is the only work of its kind in the province and is requested by foreign governments and associations.

She was also one of two women named to the War Savings Board and was president of the Block Plan during the war. At present she holds office in several organizations, having founded some of them with the CAC since its beginning and led the movement in Quebec as national French vice-president, also provincial president.

Better English

By D. G. Williams

1. What is wrong with this sentence? "One distinctive feature of the book is the fact that its data is correct."
2. What is the correct pronunciation of "inopportune"?
3. Which one of these words is misspelled? Imaginary, illiterate, idolatrous, itinerant.
4. What does the word "vindictive" mean?
5. What is a word beginning with dic that means "overbearing"?

ANSWERS

1. Say, "One distinct feature of the book is the fact that its data are correct." 2. Pronounce the u as in unit, not as in rude. 3. Illiterate. 4. Disposed to revenge; retaliatory. "He has a vindictive nature." 5. Dictatorial.

The Stars Say --

By Genevieve Kemble

For Tomorrow

LET calmness and serenity be your bywords this day. You may have some minor annoyances, especially during the morning hours, but if you will make up your mind to restrain emotional impulses and to curb a feeling of irritation toward others, you can easily overcome all obstacles.

For the Birthday

If tomorrow is your birthday, you should find the coming months marked by unexpected changes and increased business responsibilities which should eventually bring about a considerable improvement in your financial status. Be alert to opportunities during December, since the achievements of that month will have a profound influence on your affairs during 1954.

While you may experience some tension between the middle of October and the middle of November, when Mars and Venus conjoin Neptune in your Sun Sign, there is no reason for alarm. Control your emotions, keep plugging at the goals ahead and the restrictive period will pass, leaving you in full control of both business and personal affairs. Domestic and social matters are under fine auguries for several months to come.

A child born on this day will be self-confident, ambitious and endowed with a lovable personality.

Modern Etiquette

By Roberta Lee

Q. How does a married woman sign her name to a business letter?

A. She signs her letter without any title, using her Christian name, as "Helen D. Stuart," and in the lower left-hand corner of the letter she writes her name as she wishes the replier to address her envelope, viz., "(Mrs. Donald R. Stuart)."

Q. Should a hostess provide new cards for use at a bridge party?

A. If the cards she has are not perfectly clean and smooth, she should furnish new ones.

Q. What jewels, if any, should the bride wear for the ceremony?

A. Only any gift of jewelry that the bridegroom may have given her as a wedding present.

ELLEN'S DIARY

By An Island Farmer's Wife

"But I always consider it worse for an older man to indulge in the weed," we recall Aunt Kitty Mahoney once declare of the subject. "You see by rights, he should know better! Ladies' sakes, did his gray hairs teach him no wisdom! Whether or not wisdom is always a gift of age we do not know. In any event we confess to a feeling of relaxation when we see the like of Pat into a leisurely pipe-smoke. 'An' would ye lak to strike it for me?' Pat queried of the little fellow.

"Or," he held out his hand, "better maybe to give it here. I might only be leadin' the lak av ye into harm's way. For sometimes lads an' bratches don't go too well together!"

"There now!" he presently settled back with a twinkle, "she draws not bad at all, at all... Yes," he said, the smoke now rising in fetching cloudlets "the fire smells good on a night lak this."

Edged with that keenness which indicated frost in the air, the night was, and cool the weather had been all day, spells of sunlight alternating with the damp of the showers dropped from the gray of thin hovering clouds. Though we may still have days warm and sunlit... beautiful in gold, and fair beneath the blue, it does not take such tokens as the sight of a farmer at his plowing or opening his drills of potatoes to tell that summer is over and a colder season now lies about. Experiencing the change it seemed as if right away the "new broom" of Autumn was intent upon "sweeping clean."

Once more our farmers had suffered a disappointment over the further delay to their threshing though as James said, "It won't leave us without work at all; we still can find plenty to do." And they took up the seasonal fencing, which at this time of year extends summer boundaries to include patches of new pasture here and there along the fields according to the design of their farming.

But now, Rob was about the choring, James, his much appreciated assistant, who not so young as once is sometimes heard to observe of his assistance at the farm-work, "I'm neither hindrance nor help!" Nevertheless, we noticed that his steps were fairly brisk as, in the brightness of the lights about he moved on missions of feeding between feed-house and pigsty and abroad to this or that building or pasture which quarters odds and ends of the porcine overflow, about.

Rob, as it happened, was alone at the milking, which is not the chore of once but still has its incidentals of calf-feeding, turning the cows to their night-pasture up along the farm-lane; and in the evening his is the clearing-up of cream separator and utensils in a passable make-do until the morning-milking returns the chore once more to feminine hands.

A thin but to the initiated, familiar sound emanating from the front meadow, where these days along with horses, cows and calves, a parcel of sows pasture, interrupted for the moment the conversation indoors. Pat smiled.

"It's the sows," he offered, "they but lookin' for their supper. 'Ee chuckled then over a memory and we waited for the tale we expected would follow.

Until tomorrow -- --Diary -- -- Good-night

Dancer Wins 18 Medals Despite Heart Ailment



A year ago, 10-year-old Beve's Ann Burke was told she would never dance again because of a heart ailment. But the Toronto girl carried on, and in the past year has won 18 medals and four trophies in national dancing contests in Canada and the U. S. The plucky little girl danced off with high honors at the ONE and Brookline, Mass., competitions.

—SNS Photo

Bringing Up Baby



Hints Collected by Mrs. Ben Carter (Mother of 5)

A baby, about to sample his first spoonful of cereal is both amusing and a bit pathetic. He screws up his little face (he may be pleased, indignant or just plain puzzled) and often spits out the cereal on contact. You can hardly blame baby, since the taste and texture of the food, the feeling of the spoon are strange. But patience does pay rewarding dividends, especially if you follow these simple suggestions: don't force. Serve only the tiniest amounts, placed as far back on the tongue as possible. If baby doesn't respond, wait a few days before trying again. Before you know it he will have mastered the art of swallowing and start to enjoy solids.

Introductions made easy. Starting baby on cereals will be simple transition if you offer Gerber's Cereals. (They're made by the specialists who know how to make the smooth textures that feel extra-nice on little tongues.) And Gerber's five different Cereals have the bland, pleasing flavor infants prefer... are enriched with calcium, iron and the B-Vitamins so important to growing bodies.

Color Cue. As baby advances in eating adventures color becomes increasingly important. Many a baby cater has turned into a seaming "second-helping" eater when offered foods that look good as well as taste good.

Vitamin C—for the new baby! Once baby (or babies) arrives, it will be no time at all before he's ready for that all-important Vitamin C. Gerber's Orange Juice, prepared just for tiny infants, is the answer. For Gerber's Orange Juice is made from tree-ripened oranges, selected for high Vitamin C content and mild, natural flavor. It's specially pasteurized and extra-finely strained to go through nursing bottle nipples.

Household Scrapbook

By Roberta Lee

Greasy Soup

You can remove all grease from the top of your soup by throwing a lettuce leaf into the pot. This will absorb all the grease, and may be removed as soon as it has served its purpose.

Clogged Pipes

Clogged pipes can often be cleaned in this manner: Force a mixture of washing soda and salt (a handful of each into the top of the pipe and leave for a half-hour, pour down a kettleful of boiling water.

Waterproof Shoes

Children's shoes can often be made waterproof in this manner: Melt together two parts of beeswax and one part of mutton fat. Apply a very, very thin coating of it while hot to the leather with a small brush. Give it two coatings and leave it for a few hours to dry.

The town hall of Stratford-on-Avon, England, records an unbroken sequence of town officials from 1533.



After each shampoo or home permanent

add the fresh color and lustre of LOVALON

the modern hair beauty rinse

- Leaves hair soft, easy to manage • Blends in yellow, grey streaks • 12 flattering shades
- Removes shampoo film • Gives sparkling highlights



Anne Adams Patterns

JRS! FIGURE-PRaise!

Oh, what this molded middle does to whittle your waist, pare down your hips! So very glamorous, they're raving about this silhouette in Paris! Lucky Junior, have this as a casual dress in novelty rayon, cotton, wool—or as a date dress in swishing taffeta.

Pattern 4821. Jr. Miss Sizes 11, 13, 15, 17. Size 13 takes 4¼ yards 39-inch fabric.

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 of The Guardian, 60 Front Street West, Toronto, Canada.



4821 by Anne Adams

DELICIOUS

Every family needs the extra Vitamin "C" in Minute Maid.



Fresh Frozen! NOW at your grocers

Cook's Corner



WHITE FRUIT CAKE

- 1½ cups butter (creamed well)
- ½ cup sweet cream
- 1½ cups fine white sugar
- 1 teaspoon salt
- 6 eggs (beats 2 eggs at a time 5 minutes)

Then add to mixture:

- 3 cups flour
- 1 teaspoon baking powder
- 2 teaspoons vanilla
- 1 teaspoon (small) almond
- 1 teaspoon lemon
- 3 lb. seedless raisins (light colored)

- 1 package currants
 - ¼ lb. citron, cut coarsely
 - ½ lb. mixed peel
 - ¼ lb. almonds
- Cook in a slow oven in a funnel pan.

—Mrs. George Robbée, Tryon, W. I.

Morning Smile

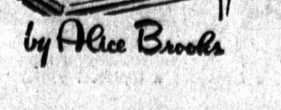
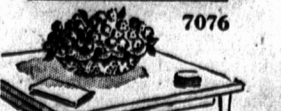
"Gee, it's dark," said the first man.

"Sure is, sort of spooky," said the second man. "Do you believe in ghosts?"

"No, do you?" said the first man.

"Yes," said the second man, and vanished.

Alice Brooks Designs



JEFFY CROCHET!

Useful! Decorative! Display this attractively-shaped oval basket on a table or buffet—use it for candy, fruit rolls!

Pattern 7076: crochet directions for sugar-starched basket, 9 x 14 inches in straw material or 3 strands heavy cotton.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print Plainly Name, Address and Pattern Number.

How Can I!!!

By Anne Ashley

Q. How can I prevent baked apples from bursting while cooking?

A. They will not burst if the skin around the top of the apples is pricked with a whitish, or if a ring is cut around the center.

Q. How can I remove indelible pencil marks from fabrics?

A. These can often be removed by dipping the cloth in alcohol, then washing the article in soap and water.

Q. How can I prevent starch from putting a whitish cast on black and dark-colored clothes?

A. Try putting a small amount of leftover coffee into the starch.

No other detergent gives you value like

NEW BREEZE

1. FAMOUS CANNON TEA TOWEL OR FACE CLOTH IN EVERY PACKAGE!

You get a gorgeous Cannon Tea Towel or Face Cloth inside every package of new Breeze! This generous bonus is such a hit with women—they're jumping sales of new Breeze sky-high! They know it's the greatest package bonus of all time!

2. NEW BREEZE IS A WASHING WONDER!

Gets things so dazzling white! And new all-purpose Breeze washes everything with ease — shirts, sheets, blouses, lingerie, dishes. Now there's no need to buy different products for different jobs—stick to wonderful all-purpose Breeze and save money!

WASHES EVERYTHING

"SCOTT'S every day"

"Mom's helping to make me strong 'n healthy by giving me Scott's every day... says it's like gold from the sea for me." Mothers—remember Scott's Emulsion helps build real stamina and maintain normal resistance. Children thrive and grow strong on Scott's. It contains Vitamins A&D in oil with added minerals. And it's four times easier to digest than cod liver oil! Acts fast and tastes better. Get Scott's today—at all drugstores.

SCOTT'S EMULSION HIGH ENERGY Tonic

How Can I!!!

By Anne Ashley

Q. How can I prevent baked apples from bursting while cooking?

A. They will not burst if the skin around the top of the apples is pricked with a whitish, or if a ring is cut around the center.

Q. How can I remove indelible pencil marks from fabrics?

A. These can often be removed by dipping the cloth in alcohol, then washing the article in soap and water.

Q. How can I prevent starch from putting a whitish cast on black and dark-colored clothes?

A. Try putting a small amount of leftover coffee into the starch.

7076

by Alice Brooks

8453C