

WOMEN

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Hosiery Manufacturers Are Unjustly Blamed, Says CAC

By OLI DAUM
Canadian Press Staff Writer

TORONTO (CP)—The Canadian Association of Consumers, an 18,000-member women's organization which studies consumer problems for solutions, says Canadian hosiery manufacturers are unjustly blamed in complaints that stockings don't wear as well as they did a few years ago.

Women who find stockings don't stand up to expectations may, says the CAC, be wearing them on heavier occasions than those for which they were designed.

Women would not wear evening gowns for housework, or dancing slippers for hiking. Stockings are subject to the same common sense rules, the CAC says. There are hose for every occasion.

NOT EXPENSIVE

A stocking wardrobe with hose for every occasion is not as expensive as it might seem, the CAC says. The average woman spends more than enough each year on hosiery to maintain a complete stocking wardrobe but, by wearing her sheerest hose at inappropriate times, gets less value for her money.

Gauge and denier, terms manufacturers use to tell the consumer how sturdy or fragile the hosiery is, often are ignored by the consumer in her eagerness to get sheerness and color, the CAC says. The consumer's purchases should be based on the denier. It is the weight of the yarn used in hosiery.

ELLEN'S DIARY

On Old Scottish Proverb

"A house without a dog, a cat, or a little child is a house without joy and laughter". These words of an old Scottish proverb come to mind as we take stock of the scene hereabout. At the moment Blackie, the big, shaggy black dog and faithful friend of the family rests on the floor within reach of James' hand where he naps on the couch. The cat a plump black creature, white of vest and with witchy green eyes is curled in the depths of the old arm chair which James only lately vacated. Forty winks she too will have here in the quiet kitchen before she goes out to play hide-and-seek with the mice in this or that building about.

No "little child" do we have with us at present, but granddaughter was here in the late afternoon to snuggle down in a couch-corner as might a kitten in an attitude of comfort, and lose herself at some reading. We remember that the sun westering then, came in at the window behind, to bless the bended young head, before the light faded and she took herself off home in the gathering dusk to her supper.

Mack called later. He loves to be with the farmers at the night-choring, and according to his grandfather is "one of the smartest lads and knowings" at this work of the farm. Before homing to the house across the lane, he came in, the round noon at his shoulder as climbing above the barn it smiled down upon our world about.

Winter has the fields covered freshly, wrapped whitely again to help the farmers with their haulings and to lend good assistance at other seasonal affairs.

Taking us back to what was an ordinary happening in winters of the machineless years, we at Alderlea, were visited this evening

Mary Haworth

Girl Can't Talk To Fond Parents

About Ambitions

DEAR MARY HAWORTH: I am a girl 18 fairly good looking and rather smart. I am not an only child and have no family troubles. My parents are very good to me and I know they love me very much. I am shy around strangers and don't seem able to make friends. I have only one real friend and can't discuss things with her.

Now for my problem: I am afraid of the future. My mother wants me to go to college but I hate school though I make good grades. I can't face any more of it yet I don't want to hurt her feelings.

Ever since I have been able to think for myself I have wanted to be an actress. But mother doesn't understand me. Her ambitions for me are of a more practical nature and this is about to drive me crazy. I am afraid that I will be stuck in an office all my life. And I hate office work.

LOSES PATIENCE

Some girls want to be nurses; some want to be dancers. I want to be an actress; and there is nothing I can do about it. I have tried to renounce the idea of being an actress but it's no use.

When I am reading or at the movies or at the theater I seem to forget my troubles. But when it is over my troubles are back again. I can't get away from them—so I would like to know how to handle them. I have spells as my mother calls them when I treat everyone like dirt; and these spells usually debut after I have read a good book or seen a good movie.

I pray for help but God doesn't send me any. I know that being an actress is just a job like any other; and that it is hard hard work. But I will work my head off at work. I like. How can I tell my mother what my true feelings are? And what should I do about my desire to be an actress? Don't say "forget it." I can't.

P.G.



Royal Photo At Buckingham Palace

This photo, taken in connection with the Queen's visit to Nigeria, she wears the Order of the Garter shows her in the blue drawing and miniatures of other decorations.



Kate Aitken In Ski Togs

Kate Aitken, radio and television commentator, poses in ski togs on the slopes near her Toronto home. Mrs. Aitken, who gets in some skiing every winter, is going to attend the Olympics at Cortina d'Ampezzo, Italy. She is taking her skis along to get in some practice on the Italian slopes. (CP Photo).

LET'S EAT

Entertaining Short Cuts For A Teen-Age Hostess

By Ida Bailey Allen

"A teen-age girl I met yesterday" I said to the Chef. "said she was scared because she had to entertain her club of 24 members. Mother's out-of-town," she said, "so it's up to me. That's an awful lot of people!"

"What did you suggest madame?" asked the Chef.

ENORMOUS CAKE

"An enormous cake, made from a mix and topped with plenty of yummy mocha-marshmallow frosting. And with it, quarts of frothy hot chocolate."

"That won't take so long, my teen-age girl friend calculated. I can use the electric mixer for the cake, and while it's baking I can make the frosting. Do I frost the cake while it's warm?"

"No," I replied. "It should be cooled."

"Can the frosting have short cuts, too?"

"Yes, such as semi-sweet chocolate morsels, instant coffee and marshmallow cream."

Mocha-Spice Cake: Prepare home-spice cake from a large double package of mix. Turn into a prepared pan 12" x 8" x 2".

Bake according to label directions. Cool in the pan. Spread with mocha-marshmallow frosting, made by the recipe below.

Mocha-Marshmallow Frosting: Put 1 c. (6 oz. pkg.) semi-sweet chocolate morsels, 2 tsp. instant coffee, 2 tsp. water and a few grains salt in the tip of a double boiler. Melt over hot, not boiling water and remove.

Add 1 jar (7 1/2 oz.) marshmallow cream, beat until smooth. Spread on the cake. 24 serving squares.

MONDAY DINNER

Hot or Cold Tomato Juice
Braised Smoked Tongue with Parsnips
Parsnips
Pickles
Pineapple Snow
Milk
Coffee
Pineapple Snow: Stir 1 envelope unflavored gelatin into 1/4 c. cold water. Melt over steam.
Stir in 1/4 c. canned pineapple juice, 3 tsp. sugar and 1 tsp. lemon juice. Refrigerate until beginning to thicken.

TRICK OF THE CHEF

Did you read something new in the preceding recipe? It's there, big as life!

Don't bother to beat egg whites and gelatin separately when making a gelatin snow or whip. Just add the unbeaten whites to the slightly thickened "gel," then beat well.

You save about 5 minutes beating time and dish-washing as well.

MADE WITH A MIX. Mocha-Spice cake has a quick frosting that takes instant coffee with chocolate morsels, marshmallow cream.

Happenings

Congratulations are in order for Squadron Leader John T. Murchison being the first R. C. A. F. legal officer to receive the degree of Master of Laws from McGill University. This student of International Law of the skies is a splendid record as a Spitfire pilot in the United Kingdom in the Second World War. He is the eldest son of the Rev. J. M. Murchison and Mrs. Murchison, formerly of Saint John, N. B.

HUNTER RIVER W. M. S.
The January meeting of the Auxiliary of the W. M. S. of Hunter River United Church was held at the home of Mrs. W. I. Bowman. The president, Mrs. O. Sellar, opened the meeting by reading a "New Years Message." Hymn: "Jesus Thou Divine Companion" was sung, followed by the Bible Study period, taken from the Missionary Monthly, led by the president and assisted by several of the members. The circle of Prayer, Hymn 206, "Behold us Lord," and Prayer by Mrs. C. R. Moase, closed the devotional period.

The minutes of the last meeting were approved as read. It was decided to start the "Traveling Agent" on its rounds. Social calls totaled, 25 home and four hospital. Mrs. O. Sellar was appointed to attend the Presbyterial, Substitute Mrs. C. D. Montgomery.

The annual reports were given by the officers present. A splendid report of the past year's activities was given by Mrs. J. S. MacLeod, the retiring president. Much was accomplished during the year under her capable leadership. The Treasurer Mrs. L. W. Ripley reported what had exceeded our allocation. All other reports were very encouraging. The February meeting to be held at the Manse. Roll call to be word "Dedicate." The meeting closed by repeating the Lord's Prayer in unison.

AUGUSTINE COVE W.I.
The regular monthly meeting of Augustine Cove W.I. met Thursday evening, Jan. 5th at the home of Mrs. Vernie Webster with the president in the chair.

Meeting opened by repeating the Creed in unison. In the absence of the secretary, Mrs. Eldon Dawson was appointed to take the minutes. Roll call was responded to by five members paying for their waist measure.

Thank-you notes were read from

Velvety Beauty



Luscious velvet, inky black or richly colorful, is having a fashion bon both indoors and out and is especially liked for smart separates. Here are handsome velvet separates that carry a festive look, youthful yet sophisticated. The fitted top has a halter neckline and the full skirt features ribbon ruchings framing lattice inserts. The combination adds up to a perfect outfit for home entertaining or whirling around the dance floor.

KENSINGTON W. M. S.
The regular monthly meeting of the Kensington United Church W. M. S. met on Wednesday afternoon, February 1, with the president, Mrs. Alexander MacKay, presiding.

"To share in God's purposes for his children everywhere involves for us, service to others through personal acts and through our citizenship." was the theme of the Worship Service developed by the president, with Scripture readings on the topic by Mrs. D. MacKenzie, Mrs. J. L. Davidson and Mrs. P.J. Kennedy.

The program dealing with New Canadians and the church's work among the Indians was entertainingly carried out by Mrs. Horace Glover, Mrs. W. D. Profit and Mrs. Ernest MacEwen and featured the story of "Sally," a little Indian girl and also the work of Miss Meava, a post worker at Montreal and Miss Mary Clark R.N., a Missionary Nurse.

A complete and inspiring report of the W.M.S. Presbyterial held in Charlottetown in January was given by Mrs. Horace Glover. Those in charge of the program for March will be Mrs. W. F. Taylor, Mrs. George Brown and Mrs. Waldon Davidson.

A vote of thanks moved by Mrs. George Brookins and seconded by Mrs. J. Y. MacFadyen was extended to Mrs. Glover for her report. Several members volunteered to assist with refreshments for the Explorer and Mission Band Valentine Parties and also to help at the C. G. I. T. Banquet.

Plans were discussed for the Women's World Day of Prayer Service which this year will be held in the United Church on February 17. Mrs. L. M. Murray was appointed to lead in prayer. Mrs. George Duggan reported that 49 home calls and two hospital calls had been made during the month and that 21 treats, 34 cards and two gifts of flowers had been sent. Sixteen books were read in January.

Mrs. J. Y. MacFadyen, Mrs. D. MacKenzie and Mrs. Robert Gardner were appointed to secure a Missionary Film for showing probably in March. On motion it was decided to make a quilt for the spring box of clothing and each member is requested to bring a completed 18 in. square to the next meeting. The meeting closed with the "Lord's Prayer" in unison.

Authentic Urge?

DEAR P.G.: You write from a mid-western small city from a section of the country where the native populace tends to conform to a modest routine way of life—seemingly ordained by "practical" considerations as being inevitable in that particular environment. Of those born to the pattern few ever quit it to write their own ticket. And those who do leave are catapulted out mostly by the explosive force of their pent-up discontent with the traditional status quo.

Someone has said "Genius is skybor." and will arise—a truth about the artistic temperament to keep in mind. If you have a vital spark of authentic urgency to be an actress, plus the courage, strength and faith to follow this lead, you will find the road to your goal somehow.

But the \$64 question in your case is, do you really want to be an actress? Or is this just an escapist idea, just an excuse for rejecting the tough grind of getting down to work at the job at hand, whatever it may be. Whether college study, or stenographic wage earning or helping in the kitchen at home.

MORE SCHOOLING
The weakest statement in your letter is (paragraph 4): "I want to be an actress; and there is nothing I can do about it." What does this mean?—that if your parents won't go your way, you feel you can't go it alone? That's infantile psychology. Do you think of success as stepping out on a red carpet unfurled for you by somebody else?

Your snarling reaction to every-day life, after being absorbed in a book or a play, has the earmarks of escapist day dreaming. A person soberly dedicated to the theater would embrace life as well as art—as the kindred stuff from which great plays and great acting are formed. An actor hoards real life experiences and impressions for future reference, to use when creating believable roles on stage.

My advice, to get your feet on the ground, is to go on to college, and test your theatrical aspirations in its drama courses. You may learn something of value there, and meantime you'll be growing a bit more adult. I hope—better able to live self-reliantly.

M.H.

IRONIC NOTE

MIDDLESBROUGH, England (CP)—A woman hairdresser in this Yorkshire town whose shop was burgled just before Christmas put this message in the window: "Notice to burglars—nothing left. Merry Christmas."

DISTINCTIVE FOOTWEAR

Leather-soled sandals were an expensive luxury in ancient Egypt

COOK'S CORNER

COCONUT CRISPS
1 cup white sugar
1 cup shortening
1 egg
1/2 cup coconut
1 1/2 cups flour
1/2 tsp. salt
1/2 tsp. soda
1 tsp. baking powder

Drop by spoon, on greased cookie sheet. Press down with fork. Bake 15 minutes at 350 deg.

Words Of The Wise

Our blessings are the least heeded because they are the most common events of life.
—(Hosea Ballou)

ALL OUT

NOTTINGHAM, England (CP)—Students Paul Sinker and Kathleen Evans were the only pair left after an elimination dance contest at the University Hall. Then they eliminated themselves by slipping to the floor.

KEEP IN TRIM

Short Figure Needs This Waist Suppling Exercise

By Ida Jean Kahn

While overweight is not inherited times. These exercises hit the right spots and slim the waist and hips.

But back to "where" the fat comes on. One reducer writes: "My family is all short and of equally build. Ten years ago I reduced from 152 to 120 pounds for my 5' 2", and slimmed 5 inches off bust, 7 off waist and 5 off the hips. I now measure 35 bust, 27 waist and 38 hips. I have taken the exercises you sent last spring, but haven't been able to slim my waist to 26 and hips to 35 which I would like. Will I ever be able to reach these measurements?"

For those of us who have a short-waisted figure, it's a struggle to keep the waist within bounds. By keeping supple through the middle measurement, the waist will be slim enough. In the above case, if our model would take off 2 to 3 pounds, exercising the while, she will come close to the desired measurements.

The suppling technique is to stretch up, and holding the stretch, bend deeply. The following exercise works streamlining wonders, but is only for those with a normally strong back.

Position: Standing, feet well apart, arms upstretched overhead.

Movement: Pull waist up away from hips, hold the upstretch (twist gently at the waist, and bending down, touch fingers of both hands to floor by the heel of right foot. Come back up, pull slim, twist at waist and again bend down this time to the left side. Repeat 6 times, always holding the elongated stretch through the middle measurement.

Now the hips... the following exercises really streamline.

Position: Lying on right side, palm of left hand braced on floor in front of chest, legs straight down. Movement: Raise left leg enough for clearance, and make wide circles from the hips, leading with the heel. Circle slowly 5 times in one direction, then 5 in the other. Change sides and again circle. From this same position, swing top leg forward, then briskly rearward, holding the movement on the rear swing. Swing 15 counts, change sides and swing another 15

HATFIELD'S
Special Process
Canada Krisp
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If your child catches more than one cold a winter—SHE NEEDS RELIEF

RELIEF from suffering that

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She needs Vicks VapoRub—the proved medication that acts 100 ways at once.

When you rub it on, VapoRub quickly relieves muscular soreness. At the same time, VapoRub's medicated vapors bring relief with every breath. Soothing vapor medication travels deep into your child's nose, throat and large bronchial tubes. Congestion starts breaking up. Coughing eases. Warming relief comes. Lasts for hours.

So when colds strike, depend on—

VICKS VAPORUB
Rub it on. Relief. Breathe in Relief.
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ANNE ADAMS PATTERNS



YOUR ENSEMBLE
Full circle skirt on this charming young frock—matching fitted jacket makes it a pretty "suit" ensemble! Simple sewing for you, mother; make several in colorful check and solid colors—choose a fine linen as her Easter outfit!

Pattern 4536: Children's Sizes 2, 4, 6, 8, 10. Size 6 dress and jacket take 2 1/2 yards 35-inch fabric; 1/2 yard contrast.

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

Send THIRTYFIVE CENTS (35 cents in coins—stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. W., Toronto, Ont.

MORNING SMILE

Boss—Where is the bookkeeper?
Clerk—Gone to the races, boss.
Boss—What? In the middle of our annual audit?
Clerk—Yes, sir. It was our only chance to balance the books.

HOUSEHOLD HINT

It is easy to dry an arlon sweater promptly if you spread it over a sheet of plastic on the bed. Wash, rinse and squeeze out the excess water, then shape the sweater with your hands and, when dry, it is ready to wear.

National Council President Presents Brief

Mrs. A. Turner Bone, left, president of the National Council of Women, presents a brief to Prime Minister St. Laurent from the

council asking the federal government to finance the establishment of central institutions for treatment of sex offenders and drug addicts. Right is Mrs. F.F. Worthington, wife of Maj.-Gen. Worthington, federal co-ordinator of civil defence, and honorary correspond-

ing secretary of the council. (CP Photo).