

WOMEN

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ALL SET FOR APRIL SHOWERS

Next month when April showers come her way, Miss Helen Stewart will be ready to meet them in a dashing red raincoat with matching hat. The wide belt and buckle cov-

KEEP IN TRIM

A Morale Booster From This Jubilant Dieter

By Ida Jean Kain

Let's be reasonable about this business of weight reducing. There is no blinking the fact that you'll have moments of discouragement, of wondering whether the tussle to train an undisciplined appetite is worth the struggle. Sometimes your enthusiasm flags simply because you've forgotten many of the pleasures of being ideal weight . . . the joy of feeling light on your feet and full of a surging vigor.

To show you how rewarding a reducing program can be, here's a wonderfully inspiring report from a jubilant reducer.

"At long last I feel certain that I have so changed my eating habits that I can and will stay at my desired weight. Shortly after Christmas, I weighed 151 pounds—bust 38", waist 32", hips 41". I stuck out in every direction. Suddenly I could not endure myself. So I ate not more than 100 calories a day for six weeks. Here I am now—weight 127 pounds, bust 36", waist 27", hips 38". I have regularly taken at least five minutes of exercises every day.

"This self-control has improved my morale almost more than it has my appearance. I now wear the young looking, inexpensive size 15. My shoes seem prettier without that fat bulge over the instep, and my feet never hurt. All in all, I feel 10 years younger, full of confidence, and have that grand 'I can do anything' feeling.

"Your wise column played a large part in planning my sched-

ule, and I want to thank you. Your Take Your Choice Diet made it easy for me to play my reducing menus—and I really feel 'well fed' with this plan.

"Here's a mental trick you may wish to share with your readers. Whenever I see a fattening dessert—luscious cherry pie with ice cream or deep dish blackberry cobbler with rich custard sauce (a favorite at our house)—I have taught myself to look at it very carefully and picture it splashed on my hips or spread around my waist. I get a mental caricature of my would-be dainty self with blobs of ice cream, smeared with pie, and gooey with chocolate cake on each hip. Horrible, isn't it? But in that light, the high calorie foods lose their appeal.

"Please send me your waist and hip whittling exercises. If I maintain my present weight until Easter, I have promised myself a very swanky new suit."

Heartiest congratulations! Setting a goal is smart psychology. So here's a goal for all would-be reducers—in becoming a bathing beauty by the 4th of July. Reach that goal—and you'll have true cause for celebration!

RANKS THIRD

Mexico's Mount Citlaltepec is 18,700 feet high, compared to 19,850-foot Logan in the Rockies and 20,300-foot McKinley in Alaska.

ANNE ADAMS PATTERNS



YOUNG CHARMERS
Two pretty parts in this summer fashion—a cool sundress, a cute overblouse to add in "separates" effect! Prize-winning combination for the little miss; with a grownup styling she'll love! Sew-easy; you'll want to make several mix-match sets!

Pattern 4852: Children's Sizes 2, 4, 6, 8, 10. Size 6 dress, 2 1/2 yards 35-inch; overblouse, yard.

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

Send **THIRTY-FIVE 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.

CCL WELCOMES PLAN
OTTAWA (CP)—The Canadian Congress of Labor Wednesday welcomed the government's new plan to grant immigrants \$60 for each child during their first year in Canada. Donald MacDonald, CCL secretary-treasurer, in a statement suggested that the payment be made retroactive for the benefit of families which have come to Canada during the last year.

COMMUNISTS SENTENCED
CLEVELAND (AP)—Five Ohio Communist leaders convicted of conspiring to teach and advocate violent overthrow of the government were sentenced Friday to five years in prison. A sixth, a woman, drew a term of 3 1/2 years.

Mary Haworth

Mother Finds Her Child Estranged From Her Now

Dear Mary Haworth: I shall try to be brief. I am 23, my husband is 40, and we have three children. Their ages are four years, one year, and two months, respectively. The problem concerns our eldest daughter Mimi. When Mimi was eight months old I took her to my mother's to stay—as I wanted to go to school to learn typing. After five months, my husband brought Mimi back to stay with us, but she got sick and the doctor advised us not to live in that city, as the climate wasn't good for Mimi, he said.

So, when Mimi got better, she went back to my mother's and there she has been ever since. Recently we have moved to the town where my mother lives, and we intend to settle here. We have been here five months and have rented a house, and I want Mimi to stay

with us—but she is old for her age and doesn't want to come.

WON'T COME HOME

She only spends the night with us when she says she wants to, which is very seldom; and my parents won't make her stay with us. Don't you think she should be made to live with us, whether she says so or not? She calls us mama and daddy and addresses my parents as 'I do—as mom and dad. She is rather spoiled, as you may gather—a granddaughter. I have a younger sister at home, age 10; also several brothers all past 21.

My husband, who is much older than I, isn't exactly the kind of husband I thought he would be—which probably has a bearing on the situation. I can't talk to him about important matters. Also he stays out nights, and sometimes I wonder if it isn't best to let Mimi stay with my parents—as I feel at times that I would like to get away from it all. Or should I try to raise Mimi with her brother and sister, and make the best of whatever happens?

I am good to my husband but can't understand him and I love

him. Please advise me. I need it desperately. Thank you, B.J.

EARLIER RIFT

Dear B.J.: You don't mention the nature of Mimi's illness that developed when she came back to you at the age of 13 months. But as the doctor advised a change of climate for her, I surmise she was having a respiratory difficulty, maybe on the order of asthma or bronchitis.

And as this condition (especially in children) is apt to be psychosomatic in origin, fostered by an unconscious acute anxiety—that disturbs the nervous system which governs the body's instinctive functions—I would further guess that she was an unwelcome responsibility to you at the time. And had been from the first, before you left her with your mother, so that you might learn typing.

I would infer that her illness, at 13 months, was a sick reaction to the sudden shift from the sunny atmosphere of her doting grandmother's care, back to the comparative gloom and chill of your downhearted and uncertain brand of mothering. In short, I gather that your firstborn was a "rejected" child in relation to you—and that

she has felt safer and happier with your parents.

FORCE UNWISE

If such was the case, no doubt she has benefited by staying with them, and you've done well to leave her there, even if your motives were mostly self-serving—a first. Also, your parents are acting wisely now, in letting her come to you gradually, of her own volition, for overnight visits. It strikes me that their attitude is impartially benevolent; that they are conscientiously disposed to do "the right thing" to repair the rift in relationship—but that they feel it isn't right to force the child, in which I agree.

To compel Mimi to rejoin your household would do more harm than good to her feelings about the whole family. And furthermore, I am not sure that you are emotionally in condition at present to constructively assume full care of her, even if you had her in custody. As you sense, your marriage itself somehow affects your problem about Mimi.

It seems you married in childish expectancy of father-care, then found yourself burdened as never before—and tied (by love) to a man who doesn't share much of himself

with you. Perhaps your resentment of him (your disappointment in him) suffused your first feelings for Mimi; and it is only now, when you are older, and mother of three, that you are beginning to move towards really maternal interest in her.

MORNING SMILE

To get your bearings all around, you ought to have a few heart-to-heart talks with a family relations expert. Fortunately, your community is plentifully supplied with the best in this field, M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

HOUSEHOLD HINT

If you have an old iron trivet stowed away somewhere, get it out, clean it up and hang it on the wall near the range. It's high style in kitchen decor!

Rules On Wedding Invitations And

Announcements

Wedding invitations and announcements are governed by some of the strictest unwritten laws of custom and tradition.

There is very little room for variation, except in the choice of lettering and the small, informal wedding where handwritten notes are in order.

The invitations should be ordered three months before the wedding day, and mailed out about one month before. You probably will receive the envelopes first so you can have them all addressed in time.

White, ivory or cream are the acceptable colors for the paper. The invitations usually are engraved, but lots of folks get by with a good printing job. Many people give invitations the thumb test to see if they are engraved, but a form of printing called plateless engraving also gives the embossed

effect to touch. Various scripts and type styles are acceptable.

FORMAL FORM

For a very formal and large wedding, the invitation is engraved on the first page of a large, folded sheet. The reception invitation is on a smaller card. Church, pew and at home cards also may be included. Each card is put into an unsealed envelope, and this in turn into a larger outside envelope which should be hand-addressed.

Only one envelope and a smaller, folded invitation is needed for a formal or small home affair.

Hand-written notes, either from you or your mother, should be sent for a very small informal wedding.

The form of the wedding invitation depends, in part, on who is giving it, where it will be held, and the number of persons invited to the ceremony and the reception.

Words Of The Wise

Tact is the knack of making a point without making an enemy. —Howard W. Newton

LOAD YOUR BASKET WITH OUR . . .

EASTER SPECIALS

SALE DATES **MARCH 27th to 31st (Inclusive)**



Join the parade of thrifty shoppers . . . take advantage of our low food prices and give your budget a real break. Day in and day out, you'll save money on all your food needs when you shop at R. M. A. And the quality is just as high as the prices are low!

Maple Leaf Bologna . . . lb. 28c

Maple Leaf Shankless Picnic HAM . . . 1 lb. 45c

Maple Leaf - Tenderflake LARD . . . 2 lbs. 39c

MONARCH WHITE CAKE MIX and BROWNIE MIX BOTH FOR . . . 55c

MOLASSES "Pure Barbados" 32c

MARVEN'S MILK LUNCH Pkg. 25c

YORK 20 OZ. FANCY QUALITY Tomato JUICE, 2 tins 33

YORK 15 OZ. PRUNE PLUMS . . . 2 tins 37c

ROYAL RUSSET 20 OZ. Apple JUICE 2 tins 25c

BEDEQUE 20 OZ. DICED BEETS . . . 2 tins 25c

SWEET MIXED OR MUSTARD 24 OZ. PETER PAN PICKLES 33c

SWEET JUICE ORANGES

FLORIDA 252's . . . 2 doz. 79c

SUNKIST 288's . . . 2 doz. 75c

WINE SAPS OR DELICIOUS APPLES . . . doz. 39c

ONIONS . . . 5 lbs. 33c

CELERY, lge. crisp . . 17c

CHEER or DUZ 2 for 81c

Easter EGGS . . lb. 39c

Robin Hood Flour 25 LB. PAPER BAG . . . 1.75

100 LB. COTTON BAG . . 6.45

CHEESY BEAN RAREBIT 2 for 39c

HEINZ OVEN BAKED BEANS Heinz Prepared MUSTARD 6 oz. 13c 16 oz. 25c

WHITE Beans . . 3 lbs. 35c

FRESH, BULK Dates . . 2 lbs. 25c

DEVON BACON . . . lb. 49c

JAVEX 32 OZ. 29c

SURF SURF PKG. 41c

QUIX . . 2 pkgs. 63c

SUNLIGHT SOAP . . 3 cakes 35c

PICTOU 20 OZ. PEAS . . . 2 tins 29c

BURFORD 20 OZ. PEARS . . . 2 tins 39c

AYLMER'S 14 OZ. CORN NIBLETS 2 tins 31c

RALEIGH 12 OZ. CORN BEEF LOAF, tin 33c

LIPTON'S CHICKEN NOODLE SOUP . . . 2 pkgs. 25c

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- Customers of General Stores (R. M. A.), are advised to watch for "unadvertised specials". Dry Goods, Footwear, Hardware, etc.
- COLLECTIVE PURCHASING INDEPENDENT MERCHANDISING BUY AT YOUR R. M. A. STORE.**