



**JOHNSTON - FISHER WEDDING IN TORONTO**

One of the lovely autumn weddings was that held in Toronto recently of Mr. and Mrs. Roy Johnston. Mrs. Johnson was the former Miss Bernice Fisher. Pictured above are: Standing L to R: — Wm. Monaghan, Jas. Kearney, Bernard O'Donnell, Roy Johnston, Mrs. Roy Johnston, Anita Johnston, Earl Fisher, Bernice O'Donnell. Photograph by the York Studio, St. Clair Avenue West, Toronto.

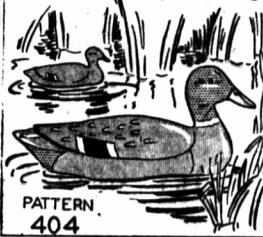
**Discuss Fibers  
At Home Ec.  
Guest Meeting**

The Prince Edward Island Home Economics Association met at the Queen Charlotte High School Wednesday evening, October 17th. President, Mrs. Robert Acorn presided at the business session after which members and their guests, representatives from C.A.C., and University Women's Club, were addressed by Miss Beth Crosby, Dupont representative, on newer fibres and fabrics. Miss Crosby showed that each class of fibers—natural, semi-synthetic, chemical and mineral has special uses and needs special care. She emphasized the chemical fiber fabrics such as Nylon, Dacron, Terylene, Orlon, Dymel are washable, unshrinkable, crease resistant, have strength combined with light weight, are versatile and beautiful, yet many persons expect too much to these so-called miracle fibers.

The following were some recommendations made: White nylon should be washed in soft water, should be washed with a good soap or detergent and if possible dried on plastic hangers. Wringing tightly causes wrinkles. White nylon may be bleached. It should never be washed with colored clothing. Orlon sweaters should be turned inside out for washing. Labels

stretch arms up overhead. Movement: Holding the up-stretch, bend to the right side as you sit down to the left side. Still holding the stretch, by sheer strength pull come up, knees again and bend to the left side as you sit down to the right. It's not really cheating on this exercise if you sit down on heels, rather than clear down on the floor. This is really a disciplinary exercise and can work slimming magic.

**DUCK DECOYS**



PATTERN 404

**THEY MIGHT FOOL YOU**  
These decoys are "big as life and twice as natural" beautifully rounded and water-proofed in realistic colors. Yet, they are easy to make by building up wood sections that are no trick to cut. Pattern 404, which gives actual-size guides and shows every step, will be mailed for 35 cents. It is one of five patterns in the Sportman's Packet for 1.50.  
Guardian Workshop Patterns, 443 West 8th Avenue, Vancouver, B.C.

The oldest-known specimens of cotton fabric have come from centuries-old tombs in Peru.

should be studied and special directions followed. Helenka and Banlan are trade names for stretch and crimp nylons and Miss Crosby concluded her instructive talk by saying that as time goes on names of newer fibers will be legion but the chemical name would be yet more confusing. Mrs. Lawson of the local branch of the C.A.C. thanked Miss Banlan on behalf of all present. A 15-minute hour followed and the ladies had an opportunity for questions and discussions.

**HARVEST VALUES AT SHAMA'S**

<b>SAVE ON MEAT'S</b>	<b>SUGAR, 10 lbs. ....</b> 87c
<b>"BOILED DINNER SPECIALS"</b>	Broken Pekoe
Corned—Sweet Pickled	<b>TEA, lb. ....</b> 79c
<b>SPARE RIBS, 4 lbs. ....</b> 59c	Square Deal
Boneless—No Fat—No Bone	<b>PEAS, 15 oz.—2 Tins ....</b> 29c
<b>CORNED BEEF, lb. ....</b> 39c	Giant
<b>BEEF LIVER, lb. ....</b> 53c	<b>OXYDOL, Pkg. ....</b> 81c
Shoulder—Steer	Snowflake
<b>ROAST BEEF, lb. ....</b> 39c	<b>SHORTENING, 2 lbs. ....</b> 45c
Corned Shoulder	York
<b>PORK, lb. ....</b> 43c	<b>PEACHES, 20 oz.—2 Tins</b> 55c
— GRADE "A" —	
<b>CAPONS, lb. ....</b> 47c	Tenderleaf
<b>FOWL, lb. ....</b> 37c	<b>TEA BAGS, 60's ....</b> 85c
<b>FISH — FISH — FISH</b>	
"Fresh Frozen"	Nestles
<b>COD FILLETS, lb. ....</b> 25c	<b>QUIK, 1 lb. tin ....</b> 59c
<b>HADDOCK FILLETS, lb. ....</b> 35c	Heinz - Gerbers' - Aylmers
<b>HALIBUT, lb. ....</b> 59c	<b>BABY FOOD, 12 tins ...</b> \$1.19
Kipperd	Salada
<b>HERRING, lb. ....</b> 35c	<b>COFFEE, lb. ....</b> \$1.27
Corned	Icing
<b>MACKEREL, each ....</b> 29c	<b>SUGAR, 3 pkgs. ....</b> 35c
<b>SALT COD, 2 lbs. ....</b> 75c	Perfection
<b>SALT HERRING, 3 for ...</b> 35c	<b>MILK, 6 tins ....</b> 79c
<b>SMOKED FILLETS, lb. ....</b> 39c	Sunkist
Fresh	<b>ORANGES, 2 doz. ....</b> 59c
<b>SMELTS, lb. ....</b> 29c	McIntosh
<b>ALL KINDS OF SOAP DEALS</b>	
<b>ALL KINDS HALLOWE'EN CANDY</b>	
Rob'n Hood	25 Lb. BAG
<b>OATS, 5 lb. bag</b> 55c	<b>\$1.73</b>
Dial 8224	FREE DELIVERY
	211 Euston Street

**ELLEN'S DIARY**

**All Babes Are Bonnie**

"What did I tell you the other evening, Ellen? Remember? I said that Rome wasn't built in a day—and you looked a bit skeptical, didn't you? Well, just look at this!" The matron smiled up proudly when we entered very softly and with curiosity the near piggy this morning. The nightlights still burned there, though the sunrise was setting the new of its gold in eastern windows and the day was clean and sweet and beautiful without.

"Count them!" she whispered. "There's eleven, I think."

There were. All snug and momentarily asleep along that warm bosom that is their haven of home.

"Not bad, eh?" she smiled, somewhat wearily.

"It's good—good!" we beamed. "But just look in here, Ellen!" she in the adjacent pen called softly. "Didn't I say last evening that I had a feeling? Well, count mine! I confess," she sighed, "I don't feel equal to it myself at the moment. I get up to ten and then . . . oh my, it's too much for me. I become mixed up and bewildered."

These too, obviously not long to come to the vicissitudes of this old world smugged in content against the warm and nourishing security of their fond mother.

"I think I heard one of the men say thirteen. . . but dear me, I'm sort of in a dream" she whispered. "I seem to think. . ."

It's apple-blossom time in the orchard! we nodded. "And the petals are falling in white perfumed showers to the new of the grass below. Or is it Summer you see with the daisies as bright as the birdsong and the sweet of low clover about?"

"Yes. . . yes. There's so much to a Summer spent in an orchard, isn't there, Ellen? Not I mean as regards time, for it really flies by, but in lovely sights and scenes and peaceful."

"There'll be other Summers" we said smiling down.

"I hope so" she replied. "And aren't these bonnie? All babes are, aren't they, Ellen, wherever you see them? Always cuddly and innocent. . . and 'Mighty lak' a 'ose"—so sweet."

And along country lanes where

the shades of the season lie beneath and about our passing footsteps; past stubble where the crickets are into last tunings; along pastures whence most summer-flowerings are fled; skirting bare and baring hardwood trees of the woodlands, October takes us now along his final stretch of way.

Until to-morrow . . . Diary—Goodnight. . . .

**MORNING SMILE**

The young Indian stood before the Judge and reaffirmed his desire to have his name changed.

"What is your name now?" the Judge asked.

"Shrieking Loud Train Whistle," the Indian replied.

"And what do you wish your name to be?" asked the jurist.

"Toot," the Indian said.

**HOUSEHOLD HINT**

To remove starch from the sole plate of your iron, clean it with a clean dry cloth.

**SWIFT DROP**

Japan's birth rate has dropped faster than any other nation in recent times, to 19.4 per 1,000 of population in 1955.

**ALBERTON W.M.S.**

Mrs. Arthur Wright was hostess to the October meeting of the Alberton Auxiliary of the W.M.S. and there were fourteen members present. The opening worship service on the theme "Destined to Be Sons" was conducted by Mrs. Charles Johnston. After the opening hymn, prayer was offered by the leader and selected verses from Ephesians chapters one and three were read.

Due to the absence of the president, the business meeting was conducted by the vice president, Mrs. C.H. Weeks. A card of appreciation was read from Mrs. Jessie Matthews.

It was decided to change the hour of meeting to 2:30 p.m. beginning in November. The Worship leader for the November meeting will be Mrs. George Ramsay, and the study will be presented by Mrs. Wm. Aubrey. Plans for the W.M.S. Thankoffering service to be held on November 4 at 11 a.m. were discussed.

In the absence of Mrs. Bonyman the Community Friendship report was given by Mrs. Fred Leard as follows: Home calls 19, Hospital calls 10, Cards 10, Treats 3, Flowers 6. The committee for packing the box containing 80 pounds of good used clothing was shipped.

The first chapter of the new study book "East from Burma" was given in condensed form by Miss Annie Leard and the new study promises to be very inter-

**KEEP IN TRIM**

**New Fall Styles Demand That Spare-Ribbed Look**

By IDA JEAN KAIN

With current styles featuring the tapered silhouette, high waistline and accentuated midriff, most of us feel we'd like to turn ourselves in on a new model, one that is willowy and slim. That spare-ribbed look is de rigueur this season.

These styles demand slimmness and tautness, and there is nothing for it but suppling exercise movements, so here we go . . .

Start with an elongated stretch. As you stretch think of the part of the figure you are aiming to discipline, and concentrate all action there.

Position: Standing with feet slightly apart, arms at side.

Pull slim through the entire midriff. Pull up with the front muscles and do not arch small of back.

Repeat, swinging left arm forward and stepping back with left leg, again centering all the action through the midsection. Continue stretching smoothly 6 to 8 counts.

Now pull against resistance . . .

**USE A DOOR**  
Position: Stand in a doorway with right side pressed against door frame, right arm upstretched clasping door frame, left hand clasping door frame at shoulder level.

Movement: Pull up with lower abdominal muscles, and resisting with both arms pull away from door as you bow out to the left. Keep pushing until you feel a strong pull on the lateral muscles that bound the sides of the silhouette. Come back to position and repeat three times, slowly and strongly. Change sides and again pull against resistance. This waist-bender is positively slimming.

The final exercise reaches all the midsection muscles and is particularly toning for girdle muscles.

Position: Stand on knees and

**COOK'S CORNER**



**COCOANUT MACAROONS**  
Whites of two eggs beaten stiff  
1/2 cup of white sugar. Beat in double boiler, add 1 1/2 tsp. of corn starch. Stir briskly until crust begins to form, take off and add 1 1/4 cups of coconut and 1/2 tsp. vanilla. Drop on buttered pan, bake in oven at 350 degrees for 15 minutes or until done.



**Wife Preservers**  
Keep acid foods such as tomatoes, and lemons out of direct contact with the enamel sides of the refrigerator. Then you are sure it is safe.

**softer, safer  
your best tissue value**

**WHITE SWAN**

— your best value in towels and serviettes, too

Quality you can rely on —  
**THE S. & EDDY COMPANY**

**The "growth" food your baby needs**

**Heinz Strained and Junior Meats keep baby happy . . .  
make feeding time happier and easier for you, too!**

Meat is important as a "growth" food. It provides baby with a valuable supply of the high quality proteins and iron so important to a growing child.

Heinz uses only the highest quality lean meat, processes it with painstaking care to bring you Strained and Junior Meats of the finest standards.

And so, when your doctor tells you baby is ready for Strained or Junior Meats, you can rely on Heinz for the very best nourishment—in the purest and easiest-to-serve form! And you can serve Heinz Meats for far less than you could buy and prepare meat for baby yourself. Remember, when you shop for Strained or Junior Meats, shop for Heinz—Canada's most famous name in Baby Foods.

**HEINZ MEATS FOR BABIES**

More than 100 kinds of STRAINED AND JUNIOR MEATS • BABY CEREALS • STRAINED AND JUNIOR FOODS • TEETHING BISCUITS