

No Rest For Ballet Troupe

WINNIPEG (CP) — There was no rest for most of the members of the Royal Winnipeg Ballet who returned recently after completing an extensive tour through Western Canada and Washington State.

The travel-weary artists left almost at once for summer employment in New York, Miami, Seattle and Toronto. The ballet troupe itself will not return until the start of a new season next September.

Most of the dancers left for New York, where there are opportunities for both study and employment in television. Others returned to their families.

The western tour, which began Feb. 3, was successful, but it had its trying moments.

Schedules became mixed at one point, and a result the company spent two nights in a little town in Washington State, reading and practicing, while a gala official reception had been planned for them at Seattle.

And in a small Saskatchewan town earnest residents thoroughly waxed the stage before the company's performance. Injuries to the dancers were prevented by the quick application of solvent. The company carries its own supply of solvent for just such emergencies.

From Siberia To Toronto

TORONTO (CP) — Usually, Canadians hear of people being sent to Siberia. But Anastasia Pelychata, 73, emigrated to Canada from Siberia.

She arrived recently and now is living with her daughter, Mrs. Stephen Demiak, in Unionville near here. Mrs. Pelychata had not seen her daughter for 28 years. Mrs. Demiak emigrated to Canada in 1926.

Mrs. Pelychata lived in Poland during the Second World War. The Russians overran the country and shipped her to a coal-mining town, Bukachach, in northern Siberia, along with her sister-in-law and five children.

Mrs. Demiak lost all track of her mother after the war, and then a year ago, she received a letter from her in Siberia.

Panic-stricken, Mrs. Demiak applied to the Russian embassy here to bring her mother out, and sent parcels and food. She made arrangements through a travel agency for the trip.

Now, Mrs. Pelychata, small, thin and tired, just rests, sleeps, eats, walks a little and enjoys her daughter's company.

PLAN SIX-DAY WEEK

OTTAWA (CP) — The government gave notice Monday that the Commons will sit six days a week starting this week, an apparent drive to complete as much business as possible before dissolution of Parliament, expected within three weeks.



TO CHICAGO

Mr. Arthur Muttart, R. N., who has been convalescing at his home, has accepted a position as supervisor of Nurses aids and orderlies on the staff of Pinegrove Memorial Hospital, Chicago, Ill. He leaves on Wednesday to take up his duties. Mr. Muttart goes to his new position with a background of skilled training and wide experience in Nursing.

Art is an active member of the L. Y. C. Holy Redeemer Parish. He is the son of Mr. and Mrs. Hubert D. Muttart, 103 upper Queen St., city.

MORELL, C. W. L.

The monthly meeting of the Little Flower Sub-division of C. W. L. was held March 10, 7 p.m. The meeting was opened by the Spiritual Director Rev. Fr. Robin, with league prayers. Mrs. J. E. Rossiter presided. In the absence of the secretary, Mrs. Cecil McCarthy, she was appointed in act secretary for meeting. Roll call was answered by a large number of members.

Correspondence read consisted of letters from following conveners: Mrs. W. J. P. MacMillan re Immigration; Mrs. Allan MacDonald re Spiritual Activities; Mrs. Arthur Cain re League Magazines; Mrs. Cecil McCarthy re Social Action; Mrs. Wilfred Perry re Girl Guides; Miss Estelle Bowness re Education.

Financial report was read by Mrs. J. B. Jay which showed following donations paid: Our Lady's Missionaries, Ten dollars; League Magazines, eight dollars; T. B. Scholarship, two dollars; Hungarian Relief Fund, ten dollars. With all bills paid there is a substantial bank balance.

A note of thanks was read from Mrs. Louis Kelly, also a letter from Fr. Walsh, Toronto. It was moved and seconded of pay for cleaning of the parish hall. A very interesting talk was given by Rev. Fr. Robin.

Mrs. Reginald MacAdam was

appointed chairman of nominating committee with Mrs. Eugene Larkin and Mrs. Gerald Barry on the committee for purpose of electing a new slate of officers for the next year.

Meeting closed with usual prayers.

CLYDE RIVER W. M. S.

The March meeting of the Clyde River W.M.S. met at the home of Mrs. Roland Buchanan. Due to the absence of the president, Mrs. John Beer, Mrs. John MacNeil was in charge of the meeting. Call to worship was taken from Psalm 100. Hymn 265 was then sung.

Scripture reading was taken from Acts 28, verses 1-8. Prayers were offered by Mrs. Roland Buchanan and Mrs. Foster MacKinnon. Seven members answered Roll call, with a verse containing the word, "Grace".

Minutes of the previous meeting were read and approved. Offering for the evening amounted to \$3.15. The Bible Exposition was read by Mrs. Mervyn MacPhee. An acknowledgement for a message of sympathy was read from Mrs. Vickerson, also a thank you letter was read from Mrs. Lorne Dockerty.

Readings were given by Mrs. Roland Buchanan and Mrs. Davis Ward. Mrs. Foster MacKinnon invited the members to her home for the April meeting. Lunch committee will be: Sandwiches, Mrs. Mervyn MacPhee and Mrs. Foster MacKinnon; sweets, Mrs. Arnold Beer, Mrs. James Beer and Mrs. John Docherty.

The meeting closed with hymn 519, followed by the Lord's Prayer and Mizpah Benediction. A social hour followed during which lunch was served by the hostess and committee in charge.

N. RUSTICO C. W. L.

The monthly meeting of the North Rustico C. W. L. took place March 8th with a fair attendance. Minutes of the previous meeting were read and adopted, also the treasurer's report. The different reports were brought in by the spiritual, education, membership and social service committee.

Correspondence read included letters from the following: Public Health by Miss Mona Wilson; Sacred Heart program, Father Walsh; Immigration, Mrs. W. J. P. McMillan; re-education week, Miss Estelle Bowness; Drama Festival, Mrs. Frank Ross; Girl Guide, Mrs. Wilfred Perry; provincial service, Mrs. Cecil McCarthy; and the National convener, Mrs. T. A.

WIFE PRESERVERS

When you are shopping for material to make slip-covers, beware of fabrics that are too flimsy or sleazy, as they are hard to fit and will pull out at the seams. Choose cretonne, chintz, sail cloth, nantoeen, eon, damask or sturdy broads.

At 102 It's Late To Bed, Up Early

MARIA, Que. (CP) — Early to rise and late to bed is the formula observed by Mrs. Madeleine Guite, 102.

Mrs. Guite, born at nearby Perce on the tip of the Gaspé Pen-

Marshall for spiritual, lay retreats and Catholic Action.

A donation was made for prizes for the school for Education week. Next meeting being the annual meeting a nominating committee of Mrs. Urbain Doiron, Mrs. Laurence Doucette and Mrs. Edmund D. Gallant were appointed.

NEW ANTISEPTIC DEODORANT safely stops perspiration 1 to 3 days

Clinical tests prove that ARRID, now with Perstop, is 1 1/2 times as effective as other leading deodorants. Arrid's antiseptic protection keeps underarms dry and odourless.

1. Safely stops perspiration and odour.
2. Will not irritate normal skin.
3. Protects clothes from stains and clinging odours.
4. Soft, gentle vanishing cream. Never dries out.
5. Easy to use! Rub Arrid in, rub perspiration and odour out.

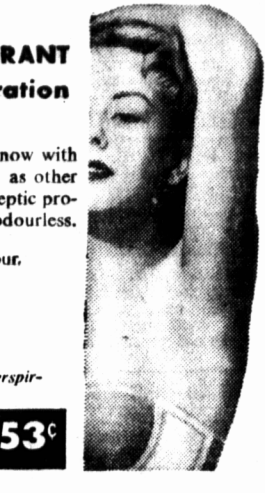
More Canadians use Arrid than any other deodorant.

Inside in 1854 gets up as early as 4 a.m. and listens to the midnight news broadcast before going to bed. She admits she takes "a little nap" after lunch.

Married at 24, Mrs. Guite had 11 children, seven of them girls. Her husband died in 1917 and she lives now with a married daughter.

Preparing food for the lively centenarian is no problem. "Eat what you want and leave the rest to your stomach," she advises. "If you worry about whether you can digest something you can be almost sure you won't be able to."

In excellent handwriting she carries on a heavy correspondence with her children and with tourists she has met who send her letters from all parts of Canada



and the United States. She likes to listen to the radio but enjoys a game of cards even more.

Longevity runs in Mrs. Guite's family. Her father died at 95 and her grandmother lived to 99 after raising 24 children.

Bringing Up Baby

HINTS COLLECTED BY Mrs. Jean Gerber (MOTHER OF 8)

A baby can judge the world only by the gentleness and punctuality with which his wants are met. When you make your baby's world comfortable and friendly you help him develop security that will stand him in good stead through a lifetime.

Equal rights. I heard a doctor once say that the only trouble with bottle-feeding is that the mother can see the amount left in the bottle and her natural instinct is to try to make baby finish it. Surely a bottle-fed baby should have the same right as the breast-fed baby—the right to stop feeding when he's had enough.

Nutritionally sound thinking. Vitamin C, so necessary for sound gums, teeth and body tissues, is usually added to baby's diet in the early months.

Gerber's Strained Orange Juice provides baby with this important vitamin in a pleasant, refreshing way. It's made from tree-ripened oranges, specially

selected for mild flavor, pleasing color and a high vitamin C content. Most of the peel oil is removed for easy digestibility.

Clever, these mothers. I'm thinking about the one who slips large-size plastic bowls covers over baby's carriage wheels after each outing. Claims they really spare the rugs when she rolls the carriage into the house.

Five for your adorable one. Gerber's five cereals—Rice, Barley, Oatmeal, Wheat and Mixed Cereal make it easy to give baby the variety he'll soon learn to want. They're all pre-cooked and have a wonderfully smooth texture when mixed with milk or formula. For a nutritional "plus" they're fortified with iron, calcium and B-vitamins.

Isn't it reassuring to know that when you start your baby with Gerber you can depend on the same brand throughout babyhood? Gerber has a type of food for every baby need. Over 75 varieties of Cereals, Strained and Junior Foods, Gerber Baby Foods, Niagara Falls, Canada.



SHIP AHOY

Here's a costume that was picked in Nassau but it would be as appropriate for anglers in tropical climate since the outfit is designed for good fit and plenty of action.

The costume consists of a sleeve-

less blouse and matching walking shorts. They are both made of the finest linen and are guaranteed color fast and crease resistant. There is a hand-stitched scalloped pocket on both shorts and shirt and they come in a wide variety of colors.

LET'S EAT

Salmon Steak Platter Is Worthwhile Specialty

It seems impossible that less than a hundred years ago this modern city of Seattle was little more than a village," remarked the Chef.

The streets were muddy and unpaved. Industries were just starting and there were no home conveniences. Brides were so scarce that Monsieur Asa Mercer organized an expedition to sail 50 New England girls from New York around South America to Seattle to become brides and establish homes here.

"You too, Chef, have evidently been reading 'Cargo of Brides,' that tells the story," I laughed. "Did you know that the author is a young woman from Seattle? The only thing I have seen that reminds me of that year 1865 is the big old-fashioned coffee mill in the lobby of the Benjamin Franklin Hotel. It points the way to the Coffee House."

"We just have time for lunch before starting back to California and then New York," reminded the Chef. "I understand this hotel makes a specialty of sea food."

Arrange the spinach on a platter; top with the salmon steaks. Surround with boiled French potato balls and sauteed sliced fresh mushrooms. Garnish with sliced lemon and parsley. Pass Northwestern Cucumber Sauce: Chop enough peeled cucumber to make 1 c. Add 1/4 tsp. salt. Cover. Refrigerate 1 hr. or more. Drain and mix with 1 tbsp. sugar, 5 tsp. fresh lemon juice, 1/2 tsp. ground white pepper and 1/2 tsp. powdered dry mustard. Fild in 1 c. dairy sour cream.

TRICK OF THE CHEF To give mashed rutabaga a delightful fresh flavor, whip in a cup of grated peeled raw apple.

The more meat the merrier



Show us a healthy, happy baby and we'll show you a baby who's been brought up on a menu which includes meat every day... it's so easy and inexpensive the Heinz way.

When baby first needs body-building, protein-rich meat, you can buy Heinz Strained Beef, so fine it can even be mixed in formula.

When extra iron is needed Heinz offers Strained Beef Liver and Strained Beef Heart. And for a change of flavour, there are Heinz Strained Chicken, Strained Lamb and many others.

And when tiny teeth want to practice on something solid, there are Heinz Junior Meats. They're just the right texture to help make the leap from baby food to family fare and all of them are products of Heinz, the world's most trusted name in foods.



HEINZ STRAINED AND JUNIOR MEATS FOR BABIES

OVER 110 KINDS OF STRAINED AND JUNIOR MEATS BY CANS - STRAINED AND JUNIOR FOODS - TRYING BEGINS

WELLNER'S GIGANTIC PRE-EASTER SALE

For 89 years Wellner's have been serving the people of Prince Edward Island. This year we are offering bigger and better bargains than ever for our Big Pre-Easter Sale, which takes place March 28 to April 6th inclusive.

BUY NOW AND SAVE

<p>EXTRA SPECIAL</p> <p>5 SILVER TEA SERVICES</p> <p>REGULAR \$50.00 TO \$65.00 VALUE</p> <p>Your Choice \$38.95</p>	<p>EXTRA SPECIAL</p> <p>5 SILVER TEA SERVICES</p> <p>REGULAR \$20.00 TO \$25.00 VALUE</p> <p>Sale Price \$14.95</p>	
<p>CHINA</p> <p>ALL STOCK PATTERNS OF CHINA AT 10% discount</p> <p>ALL FANCY PIECES OF CHINA AT 10% DISCOUNT</p>	<p>500 PIECES OF SILVERWARE</p> <p>INCLUDING BUTTER DISHES, CAKE PLATES, BREAD TRAYS, RELISH DISHES, ETC.</p> <p>REGULAR VALUE \$5.00 TO \$6.00</p> <p>Sale Price \$3.59</p>	
<p>WATCHES</p> <p>at Special Discounts</p> <p>Now Is The Time To Buy.</p>	<p>EXTRA SPECIAL</p> <p>25 LONGINES-WITNAUER WATCHES</p> <p>REGULAR PRICES \$79.50 TO \$110.00</p> <p>Sale Price \$61.95</p>	<p>DIAMONDS</p> <p>at Big Savings</p> <p>Buy Now and Save</p>

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<p>NOVELTY JEWELRY</p> <p>A LARGE ASSORTMENT</p> <p>REGULAR \$1.00</p> <p>Sale Price 49 cts.</p>	<p>Ladies' and Gents' Watches</p> <p>OUR ENTIRE STOCK AT 20% Discount</p>	<p>Our Own SILVER POLISH</p> <p>REGULAR 35c</p> <p>FOR THIS SALE TWO JARS For 59 cts.</p>	<p>Playing Cards</p> <p>CONGRESS CARDS</p> <p>REGULAR \$1.25</p> <p>Sale Price 98 cts.</p>
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