



RAIN OR SHINE

The coat whose fabric is processed to withstand showers and is smartly tailored to shine sardonically on a sunny day is an indispensable item especially for the traveler. Peter Conte has done a beauty, an ideal spring choice.

Swedish cotton tweed is the fabric and he had handled it well, using a high, narrow and handsome back yoke that gives way to a deeply pleated back panel — straight and slim in repose, graceful in motion.

ELLEN'S DIARY

Mayflowers And Violets - We Love Even The Names

So a bouquet of sweet was brought home from a far barnyard, in last evening's twilight. In an outing by marsh and sleigh along the fields for a little boy to remember. And it was as well that it was done then, because this was no day to foster such a trip. A moody day this has been, more like winter than spring through though snow flurries and the cool March mists peering the hills one was aware of the erow-call.

And we said softly "It will be April soon" and beyond the snow and mist saw the mayflowers and violets of spring. "It says here 'Granddaughter looked up from browsing on 'Nature's Wonders' with its colored illustrations and fund of interest for young and older. 'In New England they call it the Mayflower, but by whatever name you know it, the trailing arbutus is the choicest wildflower of early spring. 'Its white or light pink blossoms appear while the earth is still frozen hard and its stems lie flat on the ground often hidden by fallen leaves. The tips of even its largest evergreen leaves seldom reach more than an inch into the air.' And" she nodded, "this is the reason they are so rare: listen!"

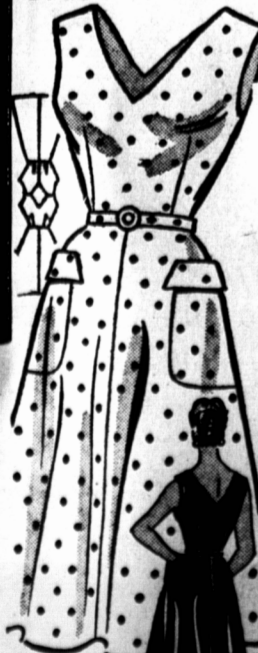
"About two-thirds of the plants in any patch are males and produce no seeds, while the remainder are females and produce the berries. These are odd little white fruits with several hundred small seeds scattered over the surface of each one, somewhat like the seeds of a strawberry. The juicy pulp of the fruits is so eagerly eaten by birds as well as ants, that most of the seeds never get a chance to grow."

"So that's it!" she offered. "And this is what it says about the violets," she continued: Meadows, marsh, edges and open woods where the soil is rich and moist are the haunts of the sweet white violet. This is one of the violet species whose regular blossoms never produce seeds. Instead its seeds are formed inside a set of short-stemmed flowers that never open. Scientists call these ("I'll have to spell the word.") 'cleistogamous flowers, and they are hidden among the plant's leaves where no one is able to find them without a careful search. "We must look for some of these this spring," she commented.

"And it says: 'You can count yourself lucky when you come upon a sweet white violet, one of the choicest of its tribe. . . . Then we are fortunate!' she smiled. 'Because in season there's never any scarcity of them about here. I think I like the blue ones best — or do I?' she stopped a moment to consider the matter. "No, I guess not — the white ones are scented so sweetly."

The clearing at sunset then made a bright lattice on the wall above the couch where she sat. And it was easy to imagine every loveliness of spring on the countryside — the gold and blue and white of the blossoming, the fragile ferns, the lacy greens of the trees, the velvet of meadows. "I think," James smiles boyishly to Blackie the dog lying close by his armchair, "it's about time for us to have a bite of lunch!" Until tomorrow — — — Diary — — — Goodnight. . . .

DAILY PATTERN



4661 SIZES 14½-24½ by Anne Adams

It's The Ounces That Add Inches

SASKATOON (CP) — Anyone will get fat if he or she eats more calories than is needed, and no one particular food is necessarily fattening.

Dr. D. L. Gibson, head of the dairy department at the University of Saskatchewan, explained in an address here that it's calories that count. "When you put on weight," he said, "don't blame just the fats you eat. Weight depends on caloric intake. "A person needs approximately 15 calories per pound of body weight to maintain health."

Dr. Gibson had criticism for "fad" diets. No one should attempt to diet unless under medical supervision, he said. "There are too many unfounded conclusions drawn today and published before they are proven."

MILK PERFECT FOOD Milk is one of nature's most perfect foods, Dr. Gibson said. "People who condemn butter fats say there is a higher incidence of circulatory disease here. However, figures show Canadians consume one-third more butter fats than the U.S., but have a coronary rate one-half that in the U.S."

"What we should do is stop eating so high off the hog. We should cut down on dried foods, deep-fat frying and thick gravies. "Milk is decreasing life expectancy, why did the Almighty make it the only food that could be consumed from the cradle to the grave?"

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506 Page 8 The Guardian Friday, March 29, 1957

HAPPENINGS

Dr. and Mrs. O. M. Solandt were guests of honor at a supper party, Thursday evening, at Dr. and Mrs. Frank MacKinnon's home, prior to Dr. Solandt delivering the Robertson Memorial Lecture at the Prince of Wales College.

An evening with music—madrigals, recorders and four hand piano playing — is all for your delight in the programme being sponsored by the Women's University Club at the Charlottetown Hotel on April 12.

Mr. and Mrs. John Whitehead of Clifton were receiving congratulations from a wide circle of relatives and friends on Wednesday, 27 March. The occasion was the fiftieth wedding anniversary of Mr. and Mrs. Whitehead. The reception was held at the residence of their son Mr. Arnel Whitehead and Mrs. Whitehead.

Mr. and Mrs. R. R. Bell are entertaining at a supper bridge Saturday evening at their residence, Brighton Road.

Mr. and Mrs. Stewart MacKay have returned from St. John's, Newfoundland. They made the trip by plane and were away about two weeks. While in Newfoundland they were the guests of Mrs. MacKay's brother, Special Constable Charles Ross of the air division of the R.C.M.P. and Mrs. Ross.

The marriage of Miss Phyllis Lutes of Moncton and Dr. Angus Greenshields of Paisley Scotland, is of wide interest in the Maritimes. Miss Lutes was at one time a Lab. Technician at the Provincial Sanatorium. She was a member of the Beta Sigma Phi sorority. Upon leaving this province Miss Lutes was working in Oklahoma. She was a delegate from that state to an international Beta Sigma Phi congress in Edinburgh. There she attended the Lord Mayor's Ball and there she met Dr. Greenshields — and her happy fate. They were married last Saturday in Moncton and left by the ship Thursday morning from St. John for Scotland.

Mrs. Harper MacNeil was a guest last Saturday at the Greenshields-Lutes wedding in Moncton.

Mrs. J. W. Moreside and Mrs. L. S. Cox held a very pleasant neighborhood party recently at the coffee hour in honor of Mrs. D. R. Brown. The party was at Mrs. Moreside's residence, 45 York Lane.

Dr. and Mrs. D. R. Brown were the guests of honor at a supper party given for them by Dr. and Mrs. J. K. L. Irwin and Dr. and Mrs. T. A. Laidlaw. The party was held at the Irwin residence, Crestwood Drive.

L. A. C. John Mitchell arrived from Ottawa, Wednesday evening, on embarkation leave. He will be visiting his mother, Mrs. Marian Mitchell, at Fortune Bridge. He will sail from Quebec on April 17, to join no. 440 squadron in Gros Tonquin, France.

The March meeting of the Ebbsfleet Women's Institute was held at the home of Mrs. Joseph Doucette. Meeting opened with the Ode and an Irish song.

It was decided to hold a card party with members donating the prizes. Next meeting will be held at the home of Mrs. Josephine Gallant. Lunch committee, Mrs. Gallant, Mrs. Emmett Wedge and Mrs. John Carragher. Program committee Mrs. Earl Murphy and Mrs. Gerald Tremblay.

A guessing contest was put on by Mrs. Fred Desjardis and Mrs. Annes Doucette. Following the meeting old Irish songs were enjoyed with Mrs. Raymond Perry at the organ. A delicious lunch was served by the hostess and committee in charge.

Questions were read by Mrs. Neil Darrach. Mrs. Albert MacDougall read a letter from Mrs. W. M. Read. Hymn 399. Meeting closed with benediction. Lunch was served by the hostess and committee in charge.

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WHEATLEY RIVER W.I. The March meeting of the Wheatley River W. I. was held at the home of Mrs. Walter Ling with an attendance of 11 members. The president, Mrs. Harold Burtain, presided. The meeting was opened with the singing of "When Irish Eyes Are Smiling", followed by the creed. Roll call was answered by telling a "joke".

Minutes of last meeting were read and approved. Secretary reported that material for the Red Cross canvassing had been received. This was given out to the collectors appointed. It was decided to repeat the community concert when road conditions were fit, also decided to sell candy at same.

School committee reported nothing needed same committee appointed for next month.

New committees appointed are the following: Sick: Mrs. Harold Buntain, Mrs. Preston Louch, Lunch—Mrs. Leonard Ling, Mrs. Cora Ling and Mrs. Reagh Barrett; Program—Mrs. John Ross. Correspondence consisted of receipt for \$5.00 sent to March of Dimes. T. B. bond received.

Letters from citizenship convener Mrs. Anthony Soudet and Agricultural Convener—Mrs. Charles Jones were also received and around among members.

Some discussion took place on sending away woollens. It was left till later to see if there would be enough for a group shipment.

Next meeting to be in the new kitchen of the hall, Mrs. Gordon King is hostess. Roll call is to be a "House-cleaning hint." Collection 65 cents. Meeting closed with the queen.

Contests by Mrs. Leonard Ling were enjoyed by all. They were won by Mrs. Walter Ling and Mrs. Harry Ling. A delicious lunch served by the hostess and committee in charge.

CANOE COVE W. M. S. The March meeting of W. M. S. was held at the home of Mrs. L. E. MacKinnon. The president Mrs. Albert MacDougall presided. Call to worship: "Make a Joyful noise, unto the Lord, all ye lands, noise, unto the Lord with gladness come before his presence with singing." Hymn 435. Scripture reading, acts Eh 28 v1-23 was read responsibly. Prayer was by Mrs. Duncan MacConnell and Miss Annie MacRae. Roll call was answered with a verse of scripture containing the word "Grace" by 16 members.

Minutes of last meeting were read and approved. Offering \$4.20. A collection of 75 cents was taken and given to the friendship secretary, Treasurer's report \$62.22. Letters were received from Mrs. Lillian Dixon, and passed on to read, Miss Diana Diamond read the study book, Mrs. Glen MacFadyen has charge of it for next meeting, to be held at the home of Mrs. Ruth Diamond. Lunch committee will be Mrs. Roy and Mrs. Dan MacPhee.

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Outpost Nursing Provides Challenge, And Interest

CUMBERLAND HOUSE, Sask. says "I was really surprised to find Cumberland such a neat little place."

Cumberland has 700 Metis, Indians and whites, who live mainly by trapping and fishing.

Nurse Pesch finds the challenge lies in keeping men, women and children healthy in an environment that often is ruthless.

Miss Pesch learned, however, that the majority of the people in the community had a lower standard of living than those outside.

"Here are people with big families living day after day in poor conditions with ways so different from our own that I do not believe they consider themselves badly off."

She believes her biggest job is in health.

"I want them to learn to come to the hospital early instead of too late," says Nurse Pesch. Recalling her first week, Nurse Pesch says she had a real "baptism of fire." There were four maternity cases in four days. Two were within half an hour of each other and required special attention.

One of the major tasks facing Nurse Pesch is to improve nutrition in the community. "Lack of knowledge about the need for an adequate diet seems to be one of the main problems confronting the natives," says Nurse Pesch.

Not eluding herself on what conditions would be like at an outpost hospital smack in the middle of nowhere, Nurse Pesch

in the absence of the Director, the meeting opened with the League prayer by the president, Mrs. Aeneas MacDougall. The minutes of the last regular meeting were approved as read. Correspondence was read from: Provincial magazine convener; provincial convener of social welfare; national convener of lay retreats and Catholic Action; provincial convener of immigration; Miss Estelle Bonness re Education Week; Red Cross re Blood Donor Clinics.

The sick committee reported making several visits. Articles for layette were passed in to social welfare convener, Mrs. Courtney MacDonald. It was decided to write to Shur-Gain Amateur Cavalcade to have program for next series. It was decided to buy flowers for Altar at Easter.

The lottery for the bedspread made and donated by Mrs. Hannah MacDougall was drawn for and realized a goodly sum. The lucky ticket was drawn by Catherine Martin, the winner, Paula Watts.

The meeting closed by prayer by president. Lunch was served by hostess.

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Mrs. George Dunning returned to her home after spending the past week with her aunt, Mrs. B. W. Taylor, Summerside. Mr. and Mrs. Lester Chappelle was the guests of the latter's parents, Mr. and Mrs. Reuben Chappelle on Sunday.

Mr. and Mrs. William Andrew, New Glasgow, were visitors to N. Granville on Sunday.

Miss Helen Wall, Summerside, spent the weekend at her home. Mr. and Mrs. Fred Thomas is spending a few days in Found's Mills, guests of their daughter and son-in-law, Mr. and Mrs. Orville Taylor.

Miss Mary Thomas, Breadalbane, is visiting Mr. and Mrs. Orville Taylor.

Mrs. Orville Taylor returned to her home after spending a few days with her grandmother, Mrs. Graham Gamster, Breadalbane.

Mrs. Theo Taylor, N. Milton, is visiting Mr. and Mrs. George Dunning.

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Better Food Buys

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Drop In At Your Local Store Where You will Receive Personal Attention, Excellent Service, and the BEST OF FOOD BUYS.

HONEY, 1 lb. pkg. - 29c	GRADE "A" CHICKEN, lb. - - - 49c
BACON, lb. - - - 65c	BEEF LIVER, lb. - - - 39c
CREAMERY BUTTER, 2 lbs. - - 1.25	COD FILLETS, lb. - - - 23c
COTTAGE CHEESE, pkg. - - - 25c	HADDOCK FILLETS, lb. - - - 39c

ROBIN HOOD FLOUR 25's 1.79

ROLLED OATS 5 Lbs. Pkg. 59c

MAGIC BAKING POWDER, 1 lb. - - - 39c

BROKEN PEKOE TEA, lb. - - - 79c

GRAPEFRUIT, 3 for - 29c

TOMATOES, pkg. - 25c

PERFECTION CAKE ROLL - each - - - 29c

CORNER LONGWORTH & EUSTON MICHAEL'S GROCERY DIAL 6421

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the Lingerie you want... for spring

WALTZ-LENGTH GOWNS \$2.95 — \$12.95

Pyjamas \$3.95 to \$12.95

BABY DOLLS \$2.95 — \$8.95

GOWNS \$1.95 — \$14.95

PETTICOATS \$2.95 — \$7.95

SLIPS \$2.95 — \$10.95

LADIES WEAR — SECOND FLOOR

MOORE & McLEOD Limited

MY FAMILY LOVES THIS RASPBERRY Double-boiler Pudding!

Grease upper pan of double boiler generously. Measure into it:

1 1/2 c. (10 oz. can) canned raspberries and syrup

1/2 c. granulated sugar

2 tps. corn starch

Mix well and set aside.

Sift together:

1 1/2 c. once-sifted pastry flour

or 1 1/2 c. once-sifted all-purpose flour

1 1/2 tps. Magic Baking Powder

1/4 tsp. salt

Cream

3 tps. shortening

Beat in:

1/2 c. granulated sugar

2 eggs

Combine:

1/2 c. milk

1/2 tsp. vanilla

1/2 tsp. grated lemon rind

Add dry ingredients to creamed mixture alternately with flour, etc., combining lightly after each addition. Turn into double-boiler over raspberries. Cover closely and cook over boiling water until butter is cooked — about 1 1/2 hours — add remaining ingredients if necessary, to suit pan.

Turn hot pudding out onto a deep serving dish. Pass chilled custard sauce or pouring cream. Yield: 4 or 5 servings.

MAGIC protects all your ingredients. Get lighter, finer-textured results... buy MAGIC Baking Powder today.

HALF-SIZE STYLE

Beautiful basic — the perfect dress for now through summer. A smart sun-style, with simple lines so flattering to the shorter, fuller figure. Easy-sew too — you'll want to make several in pretty print and solid colors. Proportioned for perfect fit without alteration!

Pattern 4661: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3½ yards 35-inch fabric.

This pattern easy to use, simple to make several in different colors. Send FORTY CENTS (40¢) in coins (stamps cannot be accepted) for this pattern. Please print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian.