

Happenings of The Week

Members of the Queen Mary Needlework Guild were graciously entertained Wednesday afternoon at Government House by their patroness, Mrs. T. W. L. Prowse.

will proceed to Miami, Fla., where she will be the guest of Mrs. R. R. Conroy and Miss Margery Conroy.

Mr. and Mrs. R. R. Bell entertained friends at a supper party Sunday evening.

The Summerside Ladies' Curling Club entertained the players of the MacDonald-Brian Championship Bouspiel at a banquet on Tuesday evening with Mrs. Harold Schurman, convener, and assisted by Mrs. Gerald Sheen, Mrs. Richard Hinton, Mrs. William Hayward, Mrs. William Smallman, Mrs. Vincent Grant, Mrs. Emma Holman and Mrs. Shirley Simpson.

Mr. and Mrs. J. C. Saint and their children, Alan and Susan, are leaving tomorrow by car for Daytona Beach, Florida.

The many friends of Mrs. Murray Willet, who has been a patient in Prince County Hospital, will be pleased to learn she is now convalescing at her home in Summerside.

Mrs. E. M. Found entertained friends Thursday and Friday evenings at supper bridge at her home on North River Road.

Mrs. Gladys MacQuarrie, Mrs. Willard MacDonald and Miss Lillian Hogg, were joint hostesses at Mulberry Lodge, Summerside, on Wednesday evening at a dinner shower honouring Miss Dorothy Callbeck, whose marriage will take place in the near future.

Mrs. R. E. Sellar entertained at luncheon on Sunday in honour of Miss Patsy Barrett, whose marriage to Mr. Albert Allen of Hamilton, Ont., takes place later this month.

Miss Callbeck, previous to her departure from Toronto, was guest of honour at many social functions. Among those entertaining for her were Mrs. Mary Shinton, Mrs. Howard Parks, Mrs. James Holt, Mrs. Hugh Peacock and Mrs. Scott Peacock.

The Exempla Chapter, Beta Sigma Phi, met Wednesday evening at the home of Miss Marion Shaw, when a very interesting program was conducted by Mrs. George Walters. Mrs. Carl Burke and Miss Eileen Burke assisted the hostess in serving refreshments.

The Staff of Branksome Hall, Toronto, entertained at a tea at the home of Mrs. Basil Partridge, when Madame Karl Perry made the presentation to Miss Callbeck. Former Prince Edward Islanders in Toronto also entertained for Miss Callbeck at the home of Mrs. Frank Leslie (Gordene Clark), who was assisted by Mrs. Elgin Goutis (Helen Muttart), Mrs. Murray Huriburt (Shirley Smith), and Miss Miriam MacDonald. Mrs. Robert Martin entertained at a buffet supper at her home in Toronto, honouring Miss Callbeck. She was assisted by Miss Gwen Boyes and Mrs. Francis McLellan.

Mrs. W. H. Poole entertained friends at bridge on Wednesday.

Mr. and Mrs. James E. Thompson left Summerside recently on a visit with relatives and friends in Massachusetts and other parts of the United States.

Mrs. J. C. Saint and the Misses Jean MacMillan, Irene McInnis and Elizabeth Stewart held a china and linen shower Wednesday evening at Mrs. Saint's apartment in honour of Miss Patsy Barrett.

The Summerside Curling Club hostesses last Saturday evening were Mrs. Carl Crockett, Mrs. Betty Prentiss, Mrs. Shirley Morrison and Mrs. J. E. Morrison.

Mrs. Loman Newsome of Winnipeg, Man., is visiting her sister-in-law, Miss Mabel Newsome, Ambrose St.

Mr. and Mrs. A. S. Hopkins of Summerside have as their guest, the latter's mother, Mrs. Leslie Eaton of Wolfville, N. S.

Brig and Mrs. W. W. Reid are entertaining friends at bridge this evening.

Miss Betty MacMurdo of Summerside is visiting with Miss Fernie Bell in Halifax, N. S.

Mrs. John A. Simmonds entertained her bridge club Monday evening honouring Miss Dorothy Keenan who left for Halifax Thursday to take up a position with the income tax department. The guest of honour was presented with a travel clock by club members. She was also guest of honour at a dinner at the home of Mr. and Mrs. Roger Simpson on Tuesday where she was presented with a pair of earrings.

Mr. and Mrs. Charles Linkletter and Mrs. Wendell Muttart were joint hostesses at the home of the former in Summerside on Friday of last week at the tea hour, honouring Mrs. Percy Keyes, who has taken up residence in Kensington. Mrs. Alan Holman presided over the tea cups. The guest of honour was presented with a farewell gift by the hostesses.

Friends will be interested to learn that Mrs. Elizabeth Wood, formerly of Charlottetown, is visiting in St. Louis, Missouri, with her son-in-law and daughter, Mr. and Mrs. E. P. Short. Later she

Mr. and Mrs. Harold L. Millean had as their guests the latter's parents, Mr. and Mrs. Walter New-

ELLEN'S DIARY

By An Island Farmer's Wife

"No, I don't believe there's anything I need today from town," James replied to our query. He stopped in the yard to regard the blue of the sky and the way of the wind blowing in sunny then from the west.

"Not even a Valentine" we laughed. He smiled a bit and then offered, "Do try to be back early, Ellen. Don't loiter; buy what you're going to buy and be through with it. The evening choring will be coming up."

And so we came to town, boarding the little truck at lane's end and travelling along roads that were good. Among other necessities James needed a new cap and the younger fellow overalls to replace those which of late, were showing the wear and tear of his vigorous round.

If the toy gun which Jamie bought on his own account despite our protest that "they shouldn't manufacture dangerous playthings like that" and the bright ball Gage demanded in a gesture to spring; received more interest in their selection than these, it was we know only one phase of the many that appear during the normal development of such lads.

"I know I have one at home!" the little lad exclaimed in a tone which caused the woman-shopper close by to eye us with some speculation, cogitating perhaps on our apparent inadequacy to cope with the whims of this child of our gray hairs. It made the salesgirl say: "That's how it is nowadays—when they want something they want it—and," she smiled "you may as well buy it for him first as last!" So we found the required pennies and smiled to remember another much older with whom we had shopped or "just looked" on an afternoon of the long ago.

"There, Ellen," she had exclaimed stopping at a shop-window, "you have more dresses now than you can wear."

"Well," she deliberated a moment, "I guess you're right—but it is sweet, isn't it—and just my colour too!" And later it was "See those hats, Ellen! Aren't they ducky! I've just got to buy one of those!"

"A hat!" we laughed. "Haven't you one for every day of the week?"

"Yes, that's so," she agreed. "But Continued on page 11"

That Body Of Yours

By James W. Barton, M.D.

OVERWEIGHT AND THE AGING PROCESS

Now that there are more old men and women than any other one group in the population, research physicians are studying the problem of the aging process. One of their definite findings is that aging and high blood pressure are often found together and that when the lining of the blood vessels accumulates deposits of cholesterol (atherosclerosis) the blood pressure rises and the individual shows other evidences of aging. While a diet rich in fat has been considered by many to be the chief cause of fat deposits in the blood vessels, this has not really been proven as many men and women of middle age who live on a mixed, not a fat, diet may accumulate these cholesterol deposits to the same extent as those who eat more fat.

In Geriatrics, Dr. Campbell Moses discusses various diets, various glands—thyroid, sex, adrenal and others. Thus ATCH, the secretion of the adrenal and pituitary glands, may alter the rate of development of experimental atherosclerosis.

"It is generally conceded that the death rates among the very obese (50-to-100 pounds overweight) from heart and blood-vessel (cardiovascular) disease are considerably higher than the rates of individuals of normal weight." Thus in Archives of Internal Medicine, Dr. S. L. Wilens reports that in a large series of necropsies (examinations of bodies after death) that in the coronary arteries (blood vessels feeding the heart muscle itself), almost twice as many of the poorly nourished groups, as the obese groups, have little or no atherosclerosis but other research workers found that obesity increased the percentage of cases with diabetes and hypertension.

Closely related to the problem of obesity and atherosclerosis is the

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combe who returned to their home in Port Hill on Thursday.

Mrs. W. P. Callaghan has returned to her home in Summerside after visiting relatives in Montreal.

Mr. and Mrs. Charles Llewellyn with their sons, Grant and Gary, of Fredericton, N. B. spent the week-end with relatives in Summerside.

Mrs. Leslie Simmons was hostess at bridge at her home in Summerside on Monday evening.

Mrs. W. Arthur Allen has returned to her home in Summerside after visiting in Washington, D. C. with her son-in-law and daughter, Major and Mrs. Victor Inman, and in Ottawa with her son, Mr. Lowell Allen and Mrs. Allen.

Mrs. Keith Lapp and Mrs. Ferno Rogers were co-hostesses at the home of the former in Summerside on Thursday evening when five tables of bridge were in play.

Mrs. Robert Tabor and son Bobby, returned Monday to their home in Moncton, N. B., after spending ten days in Summerside, guests of the former's sister, Mrs. Layton Dunning.

Married In Oshawa, Ont.



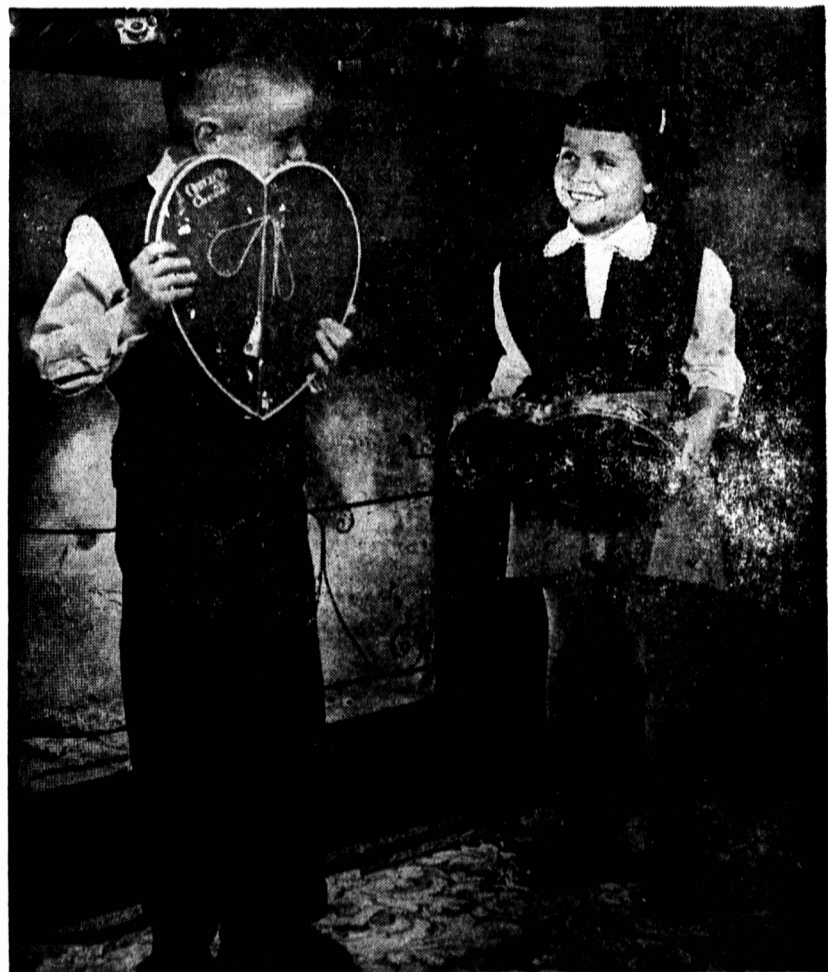
Shown above with Mr. and Mrs. Wilson are their attendants, left, Mr. James Wilson of Syracuse University, and right, Miss Jane Johnstone of Charlottetown.

The marriage of Maureen Margaret, daughter of Mr. and Mrs. H. C. Bohaker of Oshawa, Ont., formerly of Charlottetown, P.E.I., to Robert Charles Wilson of Danbury, Conn., son of Mr. and Mrs. Abraham Wilson of New York City, took place on December 22. The ceremony was performed by the Rev. Canon David M. Rose in the chapel of St. George's Memorial Church, Oshawa, which was decorated for the occasion with bouquets of white chrysanthemums.

The bride was attended by Miss Jane Johnstone of Charlottetown as maid of honour, who wore a gown of shirring coloured tulle with underskirt of matching satin, and a brim cap of the same shade. Miss Johnstone carried a bouquet of shirring carnations. Mr. James Wilson of Syracuse University, brother of the groom, was best man. Mrs. Bohaker wore a gown of black velvet with a corsage of deep pink roses, while the groom's

mother chose for the occasion a red silk dress, with which she wore a corsage of Talisman roses. A reception for members of the immediate families was held at the bride's home, 650 Simcoe St. North, after which Mr. and Mrs. Wilson left on a motor trip through the New England States, the bride wearing an orchid wool dress under a light blue coat, with a close fitting hat of grey velvet. They have taken up residence on Kenosha Ave., Danbury, Conn. Among the out-of-town guests at the wedding were Mr. and Mrs. A. Wilson of New York City, and Mr. John Grez, Mr. Lewis Hurwitz and Mr. Rodney Jendrich, all of Danbury, Conn.

Something For A Sweet Valentine



Age means nothing when the wishes of the heart may be expressed so easily. Above the young gentleman shyly tells the sweetheart of his choice about his feelings. But the shyness of youth is evident in his whispering them to her behind the protection of the Valentine box he has brought to her home. The little lady smiles at the words she knew she would hear in front of a romantic fireplace. And with two strings to her, and Cupid's bow, she already has a Valentine, perhaps from another beau. She is little Audrey Grant, daughter of Mr. and Mrs. Lloyd Grant, while her welcome visitor is Stephen MacLean, son of Mr. and Mrs. J. C. MacLean. They were caught prior to the big day by the camera of photographer L. F. McInnis. Tomorrow Miss Grant may open the box on St. Valentine's Day and then know the affection in which she is held.

Modern Etiquette

By Roberta Lee

Q. Is it proper for older women to refer to groups of their friends as "the girls," even though they're long past the "girl" stage?

A. This is not so much a question of propriety as of good taste. Maybe if these over-aged "girls" realized the impression they are giving, they would discontinue the practice.

Q. If a girl is sitting out a dance with a man and is away from the dance floor, is it all right for another man to ask her to dance? A. No; she should wait until she is dancing again.

Household Scrapbook

By Roberta Lee

Razor Strips To keep the razor strip in good condition try applying a few drops of sweet oil to it occasionally. Dipping it in hot water after stropping is also recommended.

Knives If steel implements such as knives are to be stored away, they should be slightly oiled and wrapped in tissue paper to prevent their rusting.

The Doughnut Box Place a slice of bread in the box in which doughnuts are kept and it will keep the doughnuts soft and moist.

How Can I!!!

By Anne Ashby

Q. How long should artichokes be soaked? A. Before cooking artichokes they should be soaked, heads down, for thirty minutes in two quarts of cold water, to which two teaspoons of salt have been added.

Q. How can I keep oils from becoming rancid? A. Oils, such as olive or vegetable, should be kept in the refrigerator. They are liable to become rancid when opened, unless they are kept chilled.

Q. How can I gain weight? A. Cream, taken after meals, is excellent in many cases for increasing the weight.

Lush Valentines Outdated But Sentiment Remains

(By The Canadian Press)

Those who like to celebrate St. Valentine's Day with dancing and merry-making have had to move their plans ahead a little this year. The great day for sentimentalists falls on Sunday, and many of the usual parties are being held Saturday night. If they haven't taken note of the Sunday date, a lot of sentimental missives are going to be delivered a day late. The lads and lassies of all ages who exchange Valentines nowadays don't send many of the lush old-fashioned type. Some of the old-time cards, cherished in families for generations, were massive works of lace and tassels, heavily scented and embossed in gilt.

Typical cards exchanged 100 years ago were ornate affairs of imitation gold and lace trimming with a fancy tassel, a fat cupid with bow and arrow and the words "I love you; think of me." Another showed an angel playing a harp with the words "I fondly, truly love thee."

But if the style has changed, the sentiment is the same, even if the traditional Valentine cards nowadays are mixed with a host of comic or even cutting verse. The annual observance gives the bashful suitor a chance of putting his message across and if the cards had outlasted their usefulness they would not be sent in such numbers.

St. Valentine himself never wrote any love songs, but Charles Lamb called him "the great immortal go-between," and under his banner sentimental love has blossomed for centuries. Actually there were several saints called Valentine. The one who is most closely connected with the centuries-old tradition is the saint who was beheaded in Rome Feb. 14, 270 AD. He is traditionally believed to have been a match-maker who secretly heard the marriage vows of young lovers, thereby incurring the wrath of the emperor who had banned wartime marriage by Roman soldiers.

The association with St. Valentine was probably purely accidental, but through the years the tradition of St. Valentine's Day developed as a spring-time lovers' festival. Ever since, the sending of more or less anonymous "love tokens" has been an annual event.



COCONUT BALLS

2 eggs (beaten) Add 1 cup brown sugar 1 teaspoon melted butter 1 1/2 cups chopped dates 1 cup chopped walnuts 1 teaspoon baking powder Flour to thicken Roll dough into small balls and roll in coconut until firm. Brown in a quick oven.

—Mrs. John MacLeod, Vernon River W. I.

Better English

By D. C. Williams

1. What is wrong with this sentence? "Here are a pair of stockings, which I think are somebody's else." 2. What is the correct pronunciation of "affluence"? 3. Which one of these words is misspelled? Punctilious, punctritudinous, pursuance, petrefaction. 4. What does the word "stability" mean? 5. What is a word beginning with em that means "to make beautiful as by ornaments"?

ANSWERS

1. Say, "Here is a pair of stockings, which I think is somebody else's." 2. Pronounce af-flu-ens, a in at, u as in unit, accent first syllable, not the second. 3. Punctilious. 4. State or quality of being firmly established. "The stability of the new government was to be proved." 5. Embellish.

DOROTHY DIX'S COLUMN-

Is She A Flirt?

Girl's School Chums Frown On Her Dating Two Boys

DEAR MISS DIX: I live in a small town where the custom is that you go with one boy who is known as your steady, and have no other dates. My problem is that I am in my class at high school, the other is in my class at another high school. They dated them both, and, in fact, have class rings from both of them, the other kids in school are mad at me. FLOSSIE

TWO CLASS RINGS

ANSWER: I can understand your wanting to date two boys, but when it comes to having two class rings, I suspect a bit of the flirt in you, Flossie. Either return both rings, or make your choice and keep one. Two is rather cornering the market. Most communities have the same attitude toward dating—either you go steady or you just don't go. It's not an ideal arrangement by any means, but until a better one comes along, you take it or leave it. Just make up your mind.

DEAR MISS DIX: About 10 years ago I met Mark. We have broken up and gone together again several times. I love him very much but wonder if he's taking me too much for granted. Apparently he is fully aware that I'll always be waiting for him.

ANSWER: Naturally, he takes you for granted. What other idea could he possibly have? Whether or not you're wise to be so available, depends upon the type of boy he is, and the nature of your continual argument.

DEAR MISS DIX: I have been attending college for the past three years but, because of my low standing, I left. Now I have a very good job with a fine future. However, my girl friend was so distressed about my leaving school, that she has broken off with me. I think her parents had something to do with it. I love the girl and would like to convince her that there's more to life than a college education. D. M.

ANSWER: I'm a firm believer in every young person's acquiring Continued on page 11

Anne Adams Patterns

ALL SIZES LOVE IT!

Look bright and fresh for spring—it's so easy with a crisp casual like this. Flaring collar, graceful skirt, adapt beautifully to a lively check or print cotton! Get this on your sewing machine—enjoy it season after season! Pattern 4622: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40. Size 16 takes 4 1/2 yards 35-inch; 1/2 yard contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Morning Smile

A young husband did not like hash. His wife acquired a French cook, his best giving many recipes for using left-overs. The next evening one of the fancy mixtures in a covered dish appeared on the table. The husband reached over and raised the cover, but his wife said: "Why don't you ask the blessing first, dear?" Replied the husband: "I don't believe there's anything here that hasn't already been blessed."

4622 SIZES 12-30-40 by Anne Adams