

Here's A Program For Keeping Young

By Ida Bailey Allen

I paid a visit to the Annual Jobby Show for Older Persons sponsored by the Health and Welfare Council of New York City.

The exhibitors were up to 90 years of age and their exhibits were fascinating. The men were in for painting, wood carving, toy building and metal work. The women exhibited beautiful tie-dye panels, lace and embroidery tablecloths and the most charming and original aprons and pot holders I've ever seen.

Tomorrow's Dinner: Sautéed scallops; hot or cold vegetable juice; baked fried chicken; flaky brown rice; green peas; wilted lettuce or tossed salad; pineapple - strawberry ambrosia; hot or cold coffee or tea or milk.

All measurements are level recipe proportions to serve 4 to 6.

Baked Fried Chicken (Courtney Mrs. C. Ward Crampton) Clean and split 1 (2½ lb.) broiling chicken. Cut in 4 portions. Season with 1 tsp. pepper, 1 tsp. salt and

1 tsp. garlic powder to taste. Beat 1 egg and 1 c. commercial sour cream together. Pour into a wide flat dish.

Put 1 c. cornflakes into a clean polyethylene bag. Roll with a rolling pin. Put in a wide flat dish. Do a flat good-sized baking pan with butter. Dip the tricolor sections first into the sour cream and egg mixture. Then roll in the crushed cornflakes. Place in the pan.

Bake 40 min. in a moderate oven, 375 degrees F. Pour any unused sour cream over the chicken. Continue to bake 5 min. more.

Pineapple - Strawberry Ambrosia: In individual dishes, layer equal parts of sweetened halved strawberries and shredded fresh or canned pineapple with canned flaked coconut between and on top. Chill before serving.

Trick of the Chef: Use canned vegetable juice instead of tomato juice when making aspic.



MISS LOUISE COX REV. D. JOHN S. PRICHARD

TO BE MARRIED

To be married at the Metropolitan United Church in Edmonton on August 3rd, Miss Katherine Louise Cox, daughter of the late Mr. and Mrs. Russell N. Cox, to the Rev. David John Stanley Prichard, B.A., B.D., B. Ed., son of Mrs. Joseph T. Prichard and the late Mr. Prichard, The Rev. Mr. Prichard is the minister at Chalmers United Church, Edmonton.

Hartz's parents, Mr. and Mrs. A. J. Hartz, Kent St.

LAURA BAIN W.M.S.

The Laura Bain Missionary Society of the Summerside Baptist Church held its closing meeting on Monday evening at the home of Mrs. C.B. Jelly. The devotional opened with singing "The Church One Foundation." The Scripture was read by Mrs. Ted Poole. Mrs. Meggison, the president, read an interesting article entitled "Little children and Jesus." Devotional closed with a hymn.

A letter of thanks was received from Mrs. Ellsworth MacNeil for flowers received when she was ill, also a letter of thanks from Mrs. Allen for ending a White Cross box to India. The annual picnic is to be held on July 14 at Mrs. C.B. Jelly's cottage. 14 members answered roll call. Mrs. Frank Jenkins and Mrs. Ernest Morrison were appointed delegates to attend the convention at Wolfville, N.S. in August.

NEWTOWN CROSS W.I.

The regular monthly meeting of the Newtown Cross W.I. was held on July 3rd at the home of Mrs. Michael Naddy.

Roll call was answered by seven members. The minutes of the last meeting were read and approved. It was decided to send a donation to the Salvation Army Campaign. Arrangements were made to have the interior of the school washed and painted during vacation. The treasurer reported a good balance on hand with all bills paid. A member passed in returns on lottery.

Next meeting is to be at the home of Mrs. Francis McKenna. Programme committee Mrs. McKenna.

Lunch was served by the hostess assisted by Mrs. M. Morrissey. A contest put on by Mrs. M. Morrissey and won by Mrs. F. McKenna brought the meeting to a close.

THREE RIVER W.I.

The annual Convention of the Three Rivers Women's Institute was held in Cardigan Legion Hall on June 25th. With Mrs. Alban Brothers presided.

The meeting opened with the singing of the Institute Ode followed by the Creed in unison. Roll call was answered by eight institutes. There was a large attendance of Institute members and visitors.

Minutes of last convention were read and adopted.

An address of welcome was read by Mrs. Peter Sullivan and replied to by Mrs. D. MacIntyre of Montague.

A question period on Education was conducted by Mrs. Malcolm MacLeod and various problems facing the School District Solutions were brought to the attention of the convention, each Institute having different problems. After a lengthy discussion it was decided to go on record as being in favor of a Royal Commission, to investigate the Education crisis of the province. New Perth Institute then staged a comic play which was very much enjoyed.

The secretaries of each Institute then gave the reports of their Institutes.

Dr. Lloyd Shaw gave a talk on Education. He stressed the fact that the Provincial Government has made a big increase and expenditures on Education in the last ten years. Some of this money is spent in subsidizing student's school books. The vocational school

also takes a large amount. There were 620 enrolled last year in day and evening classes. There were grants to school boards to improve school buildings. There are still 85 schools with no indoor sanitary toilets, but generally speaking the schools are improved.

More young men and women are taking teacher training at P.W.C. than in former years but there is still a shortage of teachers in the schools. Some teachers hesitate to take a school if there is not a suitable place to board.

There is certainly not enough difference in supplement and salary between the Second Class and First Class teacher. Only when the public understand and want improvement will it be obtained.

The Women's Institute is the strongest organization and can shape public opinion in this matter." Dr. Shaw declared: "We can not go ahead, while the ungraded school is still with us."

Mrs. T.G. Ramsay, Convenor of Cultural Activities then spoke. She congratulated Cardigan on their display of handicraft and declared it the best she had seen and hoped to see some of the items entered in the Handicraft Exhibition at Old Home Week. In discussing projects for districts she suggested a scholarship for the pupil making highest marks in entrance who wishes to take teachers training. She urged the institute to support their provincial activities, such as the Drama Festival and Music Festival.

Mrs. Manning then gave a short talk urging members to take advantage of the bulletins she had with her. She hoped that some would like to enter the Tweedsmuir competition.

Mrs. Payne then brought in the resolutions which were moved and adopted. Jobs were assigned for next year's convention. The business ended. The convention then enjoyed refreshments, and closed with the singing of "God Save The Queen."

BRACKLEY W.I.

The monthly meeting of Brackley W.I. was held on July 11th, at the home of Mrs. Harvey Jenkins, 9 members and 3 visitors were present. The meeting opened with the singing of the Institute Ode followed by the Creed in unison. The minutes were read by the assistant secretary for the Salvation Army drive and money was given to the secretary to forward a yearly subscription to the Polo Post was sent, the recipient being the recipient. District Sign Boards were ordered to be purchased.

On motion, by Mrs. Earl Clark, the members agreed to dispense with the August meeting.

Mrs. George Jackson is to be the hostess for the September meeting when roll call is to be answered by a pickle recipe.

The sick committee reported a new baby in the district and a gift was to be sent by the new committee. School committee for August member, Mrs. Willard Prowse, sick committee, Mrs. Vernon Proude and Miss Marion Youker, Lunch committee, Mrs. Hedley Stewart and Mrs. Guy Pierce.

Bills were presented and on motion, ordered paid. The program consisted of the following: 1. Solo, Peggy O'Neill, by Jeanne Jenkins 2. Duet, My Bonnie Lasse, by Luella Clark and Bernice Ewson, accompanist Mrs. Earl Clark. 3. A musical contest program in honor, Mrs. Guy Pierce. This was won by Bernice

WOMEN

ELLEN'S DIARY

Visiting Island Scenes

The future looks into the starlight and the bright of the new moon—and dawns and sunsets to come. The past looks back into Memory Land, where ennobled by distance, graced by Time's passing, enriched by the wisdom which explains many a why and whereof of living, lie the trails and treads of time-past. The present bridges the two, spanning them subtly as does the bright sheen of moonlight now on the pond, the present—was that not this today?

In a happening somewhat rare, since at Alderlea under present management it seems the farming must be full-staffed during the workaday week, it fell to us to enjoy together a day's excursion away from scenes hereabout. If James' conscience and justifiable yearning felt some stirrings over leaving a barn in the process of being moved to another village, he was delayed scuffling and weeding, with the hay-time now pressing, he nevertheless made one of the congenial party which went on an extended outing to visit distant island scenes today.

There were six of us in all: a city couple who live in a fine old home set picturesquely remote from its bustle amid flowers and trees; a daughter holidaying from a position of importance in an American University and a one-time city girl now a farmwife and motherhood in the pleasant countryside which from the city lies "across The Bridge", made with us the company that set forth at mid-morning, car's wheels setting a comfortable pace as it headed

away from Alderlea into the north. Cape Tryon was to be our Mecca, and we planned to arrive there by indirect route. By road and highroad we travelled, between farmlands smiling in today's rich sunlight, haylands dimpling in their fulness—along valley, over hilltop, by farmhouse and cottage and pictured village.

"The most beautiful places" we would visit: the vantage points attractive in themselves and overlooking engaging scenes and also we would stop at those of historical significance. But how could we hope to include all of these in the mean time between mid-morning and dusk when The Island offers so much of interest and beauty around every bend of road, atop every hill? So with Cape Tryon as our objective, we stopped, lingered enjoyably, wherever fancy led.

We stopped first at MacEdward Manor, that inviting white house set down in beautiful surroundings of lawn and orchard and wood. From its eminence of countryside, it commands an extensive and most attractive view of the winding river and nesting village below and the fine farmsteads rising now in their blossoming fields and crops on the opposite slope to the sky-line. A quiet, wholly peaceful spot with the serenity and freshness of morning still upon it, it was with some regret that we had to leave again to the by-gone glenments of "the open road" we had chosen. But the shore called us—the delight of Island shores. And it was Rustico. . . .

Good-night. . . .

ewson 4. Group singing of the Island Hymn. 5. Report of W. I. Convention by the delegate Mrs. Guy Pierce. The meeting adjourned and lunch was served by the hostess and refreshment committee.

W.M.S. RALLY

A very successful summer rally was held in Brackley United Church approximately seventy delegates answering roll call. Several Presbyterian officers were also present.

The opening devotional exercises were led by Mrs. Leonard Cudmore of Winslow North Auxiliary, Mrs. John MacInnis giving the meditation and Mrs. Reeves the prayer. The hymns used were: Come, Let Us Sing of a Wonderful Love and Go Labor on.

Mrs. W.B. Creed of Highfield was presiding officer. Mrs. Ben Newton, Brackley, gave an address of welcome to which Mrs. Gideon MacLaughlin of West Covehead replied.

Mrs. W.B. Cutcliffe, Fredericton, P.E.I. Presbyterian president, gave a brief sketch of the recent, held Branch meetings. She spoke on the theme "a new day—a vis-

ion—and a challenge. Mrs. Cutcliffe stated that our world is changing, our mission work is changing, and that we must educate our youth to cope with these changes.

Mrs. L.W. Saunders, Charlottetown, gave a brief report on Dominion Board meetings recently attended.

Mrs. Helen Sturdy, Winslow South, presented the Question Box. She was assisted by Mrs. Cutcliffe so answering the problems placed in the question box by the delegates.

Roll call of Auxiliaries, by Mrs. Hardy, was followed by a solo rendered by Miss Jeanne Jenkins of Brackley, and a chorus by Brackley Mission Band Girls.

The guest speaker was introduced, Mrs. Alexandra MacKay, Kensington, Her topic was "The fold and Christ's, other sheep." Her definition of this was as follows: The Fold—those within God's Church; Christ's other sheep—our mission work around the world.

Announce New Way To Shrink Painful Piles

Science Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special) — For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and relieve pain. Thousands have been relieved—without resort to surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make astonishing statements as "Piles

have ceased to be a problem!" And among those sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne)—the discovery of a famous scientific institute.

Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

This new healing substance is offered in suppository or ointment form called Preparation H. Ask for individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

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Ballet Teacher Says Career Is Demanding

By OLI DAUM
Canadian Press Staff Writer
TORONTO (CP) — Perhaps an Pragh, an attractive expert on ballet, says it's quite impossible to tell whether or not a child has what it takes to become a ballet dancer.

"This is a controversial subject," she said. "The ballet dancer's life is extremely exacting. The dancer must have certain physical and mental qualities which are not always apparent during childhood."

On the other hand ballet dancers must start training at an early age—at about 10 or 11 years—while muscles are still pliable.

Miss Van Praagh, who has taught Margot Fonteyn, Maira Shearar and Robert Helpmann, is here from London to teach at the National Ballet Company's summer school.

NEED GOOD FIGURE
For 15 years with the Sadler's Wells Ballet, the last 10 as ballet mistress, Miss Van Praagh said physical requirements for female dancers include a good figure.

"There was a time when it was not so important but now people expect it," she said. The ideal height is between five feet and five-eet, four inches. "If a girl grows taller she has to be exceptional to be a success," said Miss Van Praagh. "And how can you tell how tall a child is going to grow?"

Interviewed just after a class Miss Van Praagh, clad in a sleeveless yellow sweater and full black slacks, included a good figure, she said. "There was a time when it was not so important but now people expect it," she said. The ideal height is between five feet and five-eet, four inches. "If a girl grows taller she has to be exceptional to be a success," said Miss Van Praagh. "And how can you tell how tall a child is going to grow?"

"More than any other theatrical art, ballet requires complete dedication," Miss Van Praagh said. "A dancer has to give up social life and train every day. It takes a great deal of self-discipline." A deterrent to a ballet career is its short life.

"A dancer must look attractive and her career is not much longer than 20 years," said the expert. "She makes her debut at 17 or 18 and usually stops at 35. Of course she can always teach later."

Miss Van Praagh, who is to go to Denmark shortly to stage The Sleeping Beauty for the Royal Danish Ballet, said that unlike early ballet dancers today's performers don't think of their career as life-long.

"Dancers used to stay with a company for 10 or 15 years," she said. "Now they stay two or three, get married and quit."

"The ones that really stick to it, however, get to the top."

WILL LIVE IN CHARLOTTETOWN

After their wedding in Charlottetown an Island couple were surprised by a shower in Halifax.

Mrs. Henry McGurik, Dromore, and the late Mrs. McGurik. The wedding was at the Sacred Heart Church, Mount Ryan on the morning of June 25, 1956. The Rev. T.B. Butler performed the ceremony. They will reside in Charlottetown.

give the reward. The speaker said that simple Christian witness may go on into eternity in some one else. We do not know where our influence may linger.

Mrs. MacKay stated the greatest need was for prayer and material needs. In speaking of changing conditions in the world, the speaker pointed out the need of skillfully trained missionaries—not just to carry the Christian message but they must also give leadership to the people of other lands.

Press secretary, Mrs. Dunning and Supply secretary Mrs. Hardy spoke briefly for their departments. Mrs. Creed, Literature secretary, gave resume of books and literature available.

Mrs. Stanley Thompson, Charlottetown, extended the gratitude of those present to the guest speaker, the soloist, and to the Mission Band members, as well as to all those who contributed to the success of the rally.

Mrs. Heber Hardy led the closing worship period, scripture read from Luke 12: 13-21, hymn, Take My Life and Let It Be, being sung. Meditation theme was Stewardship and Talents. She admonished her hearers to be faithful in the stewardship of our time, talents and opportunities.

Prayer and Benediction by Mrs. Alex MacKay closed the Rally. Members of Brackley W.M.S. served refreshments immediately following the rally.

When a Fort Lauderdale father received a summons because his 4-year-old son had been caught driving his car, he protested that the boy had been driving for two years.

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There's many a failure who'd quickly advance if someone would give him a kick in the pants.

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