



ELEGANT KNIT DRESS

This fashion picture is photographed in Charlotte Amalie, on St. Thomas, Virgin Islands. It features travel-happy knit by Goldworm of 100 per cent Acrilan acrylic fiber... an ideal outfit for cool comfort while strolling down the colorful, flower-laden streets of Charlotte Amalie in the Virgin Islands. The dress, part of the Chanel

## Rhodes Scholar's Career Reads Like A Story Book

The following article on Mr. Roy Leitch will be of interest to older residents in this province. Mr. Leitch was a son of Mr. and Mrs. Wallace Leitch, Charlottetown. Mr. Wallace Leitch was one of the early bankers in the Savings Bank when it was in the Post Office Building. The article from a Halifax paper is as follows:

Roy Leitch, graduate of Dalhousie University, Rhodes scholar but better known to many Halifaxers as "Mr. Storm" died recently in his clubroom home in Spryfield. He was 75.

In good weather and bad, summer and winter, slightly built and kindly, Mr. Leitch was a familiar figure in business and professional offices as he made his rounds with his "Storm" publication, carried by knapsack on his back.

His career reads like that of a story book character. He fought with the Serbia Army in World War I and it is said he arose to the rank of General. Broken in health, he returned to Canada and then in the late '30s, friends rallied to his side, raised funds to enable him to fight in the Spanish Civil War against France.

Many people did not agree with his ideas and philosophy but he stood by his convictions. He considered himself a citizen of the world and not of any one country.

His controversial articles in "Storm" ranged from civic to international politics and the religious field.

In his articles Mr. Storm bitterly attacked all forms of government. He particularly opposed lawyers and the clergy, but today a group of Halifax lawyers are making arrangements for his funeral from the Halifax Funeral Home.

Mrs. Gordon Leitch of Charlottetown, is the only surviving relative. Roy Leitch graduated from Dalhousie University in 1907. He was a Rhodes scholar from Prince Edward Island and a member of the Oxford hockey club. During his studies at Dalhousie, Professor Leitch played on the football team.

When World War I broke out, Mr. Leitch sold his farm in Prince Edward Island and went to Europe where he joined the Serbia Army as a "gentleman volunteer."

He served with distinction for the Allies and it is said that he became a general or top-ranking officer. He was a member of a group from the Serbia Army which carried the King of Serbia to safety over Mountains when the Germans moved in.

Broken in health, Professor Leitch returned to Canada after the war. Because he was not formally a member of the Canadian or any army he was not entitled to benefits from them on he became embittered with the democratic and other forms of government.

During the early '30s he managed to attain odd jobs in the city and then in 1937 a group of friends provided him with funds to go to Spain to fight in the Civil War.

During the past 20 years Professor Leitch had been actively engaged with his small publication, which he printed in his own home. He had a small hand-printing press and was reporter, editor and publisher. After printing each edition, Mr. Storm would deliver his publication by bicycle.

During his residence in Spryfield, Mr. Leitch was a staunch supporter of youth activities. He formed a group of boys similar to the Boy Scout organization and took them on fishing and hunting trips, teaching them woodlore.

On many occasions, boys in need were cared for in Professor Leitch's modest dwelling, which he built largely himself in a clearing remote from other houses.

### WOMEN FLYERS RACE

MCALLEN, Tex. (AP)—Women pilots climbed into 15 planes and took off Monday on a four-day handicap race to Cuba. The race is sponsored by the Cuban tourist commission and the Florida chapter of the Ninety-Nines, an international organization of women pilots.

### OLD FARMERS

Sardinia, Italian island in the Mediterranean, was a big grain-growing area in the days of ancient Rome.

### MORNING SMILE

Wife: "Jim, I'm ashamed of how you live. Papa pays our rent

heritage, sheds its jacket for hot days or dressy occasions. This elegant knit dress will pack in a thimble space, shed wrinkles, wash quickly and easily and need no ironing.

## Disabled Singer Poses On Stool

By BOB HOMAS  
HOLLYWOOD AP — Connie Boswell, who has been singing from a stool for umpteen years, laughs when she comments, "This is the stool age."

And surely it is. It may have started when Mary Martin and Ethel Merman did their famous duet on the Ford golden anniversary spectacular. Now they all use them on TV — Dinah Shore, Perry Como, Frank Sinatra, Pat Boone, Eddie Fisher, etc.

Connie can afford to laugh now. But there were times when selling the stool was a tough and often losing battle.

The New Orleans songstress had polio at three and lost the use of her legs.

"People don't realize how tough it is to have to make your way in show business with something like this," she remarked.

She pointed out that many entertainers have handicaps, but most are not noticeable while they are performing. Some like Jane Froman, who was incapacitated for years after a plane crash, were handicapped after they made names for themselves.

Connie had to make allowances for her inability to walk from the start of her career. Then she was singing with her two sisters. There was no problem when they appeared on radio. For theatre dates, they could open the act with the curtains parting on her at the piano with her sisters around her.

Eighteen years ago, the Boswell sisters split up.

"With me, it was a real thrill to get out and sing," Connie explained. "My sisters were never like that. They were just as happy to settle down and get married."

MARRIED AGENT

Connie herself married their agent, Harry Leedy, and with his help, determined to continue her career.

"It wasn't always easy," she commented. "There was an immediate resistance of many night club owners the minute they saw the wheelchair. They just wouldn't book me. And there were some comedians who wouldn't have me on their shows."

The stool was the solution to her problem. If she worked from a wheelchair in a nightclub, she couldn't be seen in the back rows. But the stool put her up high enough to be seen. The stool is mounted on a platform with wheels, so she can be brought onstage during a blackout and placed in position quickly.

How to get offstage? With her strong arms, she lowers gracefully into a wheelchair and glides off.

## Being The Wife Of A Prime Minister Is Fun

PRINCE ALBERT, Sask. (CP)—Being the wife of the possible next prime minister of Canada is exciting, says Mrs. Olive Diefenbaker. "And it's fun."

The wife of the Progressive Conservative leader, whose party won Monday's federal election but didn't gain an over-all majority, said Thursday:

"It's an interesting and stimulating experience, but unbelievably demanding. It is a great burden of responsibility and your whole order of living becomes changed. The only thing you can do is to decide which things are of first importance, concentrate on them and let minor matters go until opportunity occurs to deal with them."

Like any other housewife, Mrs. Diefenbaker says she likes best to be in her own home. Her only regret is that, right now, she is unable to be home in Prince Albert often.

She said she found the election campaign tiring. With her husband, she travelled 20,000 miles in the last few months. Many nights she had no more than four

hours sleep. But it had been a "wonderful experience."

Like her husband, Mrs. Diefenbaker had nothing to say of politics during the present period of uncertainty. But she did say:

"John has promised that women would not be overlooked in any cabinet which he might form, which is some proof of his interest in the woman's point of view."

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# Women

Lena Caroline McClure, Women's Editor. Phone 8508

Page 8 The Guardian Wed., June 19, 1957

## HAPPENINGS

Notre Dame Academy is having many visitors for the Centennial which is being celebrated this year from June 21st to June 24th inclusive. Mrs. John Reardon, who was the first president when the alumnae was formed twenty five years ago, is arriving from Miami, Florida.

Mrs. Reardon in Boston will be joined by her niece Mrs. T. J. Hammon, by Miss Helen Sweeney of Boston, and Miss Clare MacDonal, daughter of Lieutenant Colonel L. F. and Mrs. MacDonal, 200 Hillsboro Street. The visitors will be guests at the MacDonal residence.

Mrs. W. E. Hunt of Malden, Mass., arrived by plane Tuesday evening to attend the Notre Dame Centennial. Mrs. Hunt is the daughter of the late Mr. and Mrs. Benjamin Rogers and lived with her parents at Fairholm.

Mrs. Belle Fraser and her daughter Miss Anna Marie Fraser, R.N., are arriving to attend the Notre Dame Academy Centennial. Mrs. Fraser was the former Miss Belle Gillis and during all her school

days attended Notre Dame Academy. Her daughter has just recently graduated from the Vancouver General Hospital. As a graduation gift Mrs. Fraser is giving her daughter the trip to Prince Edward Island to attend the Notre Dame Academy Centennial. They will be the guests of Mrs. Ethel MacDonald, Great George St.

Miss Margaret Cameron, daughter of Mr. and Mrs. Allan Cameron, Caledonia, was among 24 graduates receiving diplomas from the School of Practical Art in Boston on May 24th.

Mrs. Gordon Stearns of Medford Mass., arrived last evening to spend the summer with her sister, Mrs. Joseph Douglas and Mrs. John Stearns of Charlottetown.

Mrs. Evald Lewin left Saturday morning on return to Norwood, Mass., after spending the past week in Summerside the guest of her sister, Mrs. Wallace C. Harding. She was accompanied on her return by her niece, Miss Vera Rogers, who is on a two weeks holiday.

## ELLEN'S DIARY

### What—No Fire Insurance Just Can't Believe It!

We caught the pungent scent of spruce-smoke today, from some distant island fire it could have been, or even from that on the mainland. And James recognizing its veil over the farmlands commented, "Folks should be extra careful with fire these days, now that everything is tin-dry. Watch out when you burn those lime and fertilizer sacks" he remarked his sons. "See that when you set them the wind is away from the woods. Let it catch there this time of year," he nodded ominously "and there's no halting it in my time they are terrifying sights. It's had enough to suffer from an accidental fire — no one wants to set one."

And we set ourselves tasks about "Ellen, pick up that oily rag" left in the wake of some tractor repair. And "catch that paper blow-in" dar befo' some one flip a live cig' into it. It's what 'yo' yo' mus' bake dat cake dis mawin' an' de win' so high in de chimney? Yo' sho' knows bettah!" And not risking the event of a chimney fire we defer our baking into the calm ahead.

"What—no fire insurance!" James exclaimed this morning to a farmer neither young nor old who had dropped by briefly, when they noted the smoke against the hills.

"No," the other laughed at his obvious dismay. "And we've never had a fire yet!"

"But you might have had!" James nodded, "and what then?"

And all the time June so lovingly moves the folks on these farms steadily nearer the end of the cropping. The farmers speak of "the last of the spreading" now in sight, and "that last piece of grainland" to be presently seeded. Then only the rootcropping will remain to be done. This year as in recent ones our potato acreage will be

small. As a matter of fact at Al derlea plans make allowance only for the needs of the households.

"I did intend to mow the lawn" Mack said this evening looking wistfully at the mower awaiting his pleasure by the old stone door-step.

"But how can I?" he grumbled. "I have to study for my school tests. It's tests 'till I'm sick and tired of them!" he commented shaking his head. "I wish..."

"But just think of it — holidays next!" we chuckled.

"And then," he smiled — child hood's cares are so quickly dispersed — "September Island — and play every day!"

However, homework done there was time for some mowing before the twilight fell.

"Smells like the haying" we called to him and were glad that Spring-time was still on the hills.

When the machine moved away we could hear the water dropping through the spillways in a silken evening sound. An angler as still and solitary as our hero, waited a bite in the shadow of the public bridge on the stream. We heard James call the cows from pasture. They came lowing, anxious to meet again the calves they had left indoors at morning. On a near hilltop the pasturing horses, posed prettily against the silvery backdrop of night. How enchanting it all was!

"She's out of gas" Mack said bringing back the machine to us on the old stone doorstep. "It's time to stop anyway. The grass is getting dewy. There'll be another day!"

Yes, another full of blossoms and loveliness. We must gather them to mind — every flower-covered tree and shrub, to keep like remembered roses against the white December days.

Until tomorrow — — — Diary — Goodnight. . . .

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## LET'S EAT

### Plan Meals With Eye On Family's Weight

By IDA BAILEY ALLEN  
Dieting is a popular topic of conversation. If you are overweight, or underweight, better consult the most reliable guide—the doctor.

But if you and the family are inclined to be plump, it's up to you, the meal planner, to revise the everyday menus and prevent excess weight with its frequent consequences — an "inferiority" complex, hypertension, diabetes, atherosclerosis and cardiac disease.

#### CUT FAT CALORIES

For a good start, cut about one third of the fat calories. When making gravies remove all fat. Forget rich sauces. Instead use tomato juice, vinaigrette, parsley or dill sauce, or thin white sauce (made with equal parts whole and skim milk).

Try herbs for interesting seasonings. Serve lemon wedges with meat, poultry and fish. Use at least one third more lean meat or poultry (not fried). Remove all visible fat before or after cooking or while eating.

Use one third more fish—any way except fried. Include one third more fresh vegetables cooked in minimum water to save flavor and nutrients. Serve white potatoes once a day (not fried).

#### NO RICH DESSERTS

Instead of rich desserts, use sherbets, fruit cups, gelatines, fruit gels, whips and fresh fruit. Have more cottage cheese—less whole milk and cream cheese; a choice of buttermilk or reconstituted non-fat dry milk for adult drinking; whole milk for youngsters.

Use one third more fresh fruit; a whole orange a day for each person.

One egg a day per person is a good rule (including those used in cooking). Serve whole grain or fortified cereals with whole milk.

At each meal, include enriched or whole grain bread with a little butter or margarine, or plenty of cottage cheese.

The Chef and I have applied these easy rules in planning this week's menus.

**TOMORROW'S DINNER**  
Lettuce-Carrot-Scallion Slaw  
Beef-Steak Pie with Potato Top  
Asparagus with Green Corn Kernels  
Strawberry Bananas  
Hot or Iced Coffee or Tea  
Milk or Buttermilk

**Beef-Steak Pie with Potato Top:**  
Cut 2 lbs. lean beef into 1" cubes. Roll in 3 tsp. flour mixed with 1 tsp. salt, 1 tsp. monosodium glutamate, ¼ tsp. pepper and ¼ tsp.

thyme. Add 3 sliced peeled onions. Stir in 1 (No. 2½) can tomatoes and 1 c. liquid from 1 lb. cooked or canned snap beans. Cover. Simmer 2½ hrs. or until tender. Add the snap beans and 1 tsp. chopped parsley.

Transfer to a low 2-qt. baking dish. Top with sliced potatoes. Brown under the broiler.

**Riced Potatoes:** Put 6 medium-sized boiled potatoes through a potato ricer or a coarse sieve directly onto the food in a serving dish. Do not stir.

**Strawberry Bananas:** Allow 1 sliced ripe banana for each person. Top with juicy, sliced, sugared strawberries.

#### ST. ANDREWS C.W.L.

The June meeting of the St. Andrews sub-division of the Catholic Women's League was held in the St. Andrew's Hall on June 9th, with a fair attendance. The president, Mrs. James A. MacDonald presided and Reverend George McCormac opened the meeting with the League prayer.

The minutes of the annual meeting were read by the secretary, and approved as read. The treasurer, Mrs. Harold McDonald gave her report. Mrs. George McCormac kindly offered to look after

## Put yourself on SCHEDULE

Overcome constipation due to lack of bulk. Millions have, why not you? Kellogg's All-Bran restores natural laxative bulk missing from many modern diets. (Yours perhaps!) Eat a bowl a day. Enjoy the old-fashioned bran muffin flavor of All-Bran. Delicious, wholesome, inexpensive, Kellogg's—the original ready-to-eat bran cereal. Put yourself on schedule with All-Bran inside of 10 days. Must satisfy you or return empty carton and get twice what you paid.

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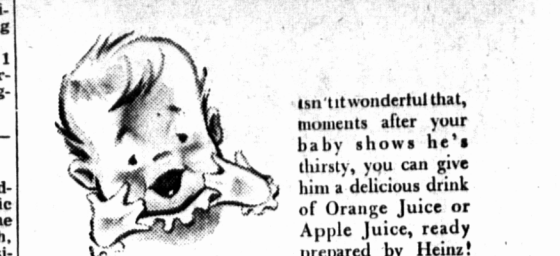
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the canteen for the month of July. The ladies of Pisiquid East and West are asked to clean the church on Saturday, June 15th. A bingo committee was appointed consisting of Mrs. D. L. Mullen, Mrs. Wilfred Arnieck and Mrs. Charles Campbell. Rev. Father McCormac spoke briefly on a recent meeting of the provincial executive. The meeting closed with prayer.

## HEINZ FRUIT JUICES

so handy... so nourishing!



Isn't it wonderful that, moments after your baby shows he's thirsty, you can give him a delicious drink of Orange Juice or Apple Juice, ready prepared by Heinz!

You just open the tin and pour it into cup or bottle. Yes, Heinz fruit juices are so finely strained they go through a nipple without clogging.

Vitaminized! Heinz Apple Juice is fortified with Vitamin C for extra nourishment, and Heinz Orange Juice is made from select oranges at the season when their Vitamin C content is highest. Both provide your baby with an excellent dietary source of this vitamin.



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