

# WOMEN

Page 10 The Guardian Thursday, May 5, 1955

## ELLEN'S DIARY

by an Island Farmer's Wife

Mack returned from town today, whither he had been with his parents, bearing the crew-cut style of masculine hairdo, which he had been planning for of late. It quite changed his looks for the moment to that of some strange little boy.

"Oh, it's funny-looking!" his Grandfather teased with a fond chuckle.

"No, it's good!" Mack amended shyly.

"But there's nothing left of it at all!"

"Yes, there is," Mack said. "There's this," he offered touching the silken feather of forehead remaining. "It's to be brushed up like this," he indicated. "I like it," he smiled. "Do you?" he asked turning our way.

"Yes... it's exactly the way you've been wanting it, isn't it? Then that's the best in all the world!"

For Granddaughter, after school our guest in her family's absence, there were new ribbons for the braids she tells us will be "cut off some day but not yet for a while."

"Pretty!" we said, coming to sit beside her on the couch where she opened the parcel, to admire them. We touched respectfully (There is so much for children—and grown-ups in this day and age, so much of privilege, of marvel and wonder that we cannot take for granted) the supple shining lengths. "Lovely, aren't they?" we smiled.

Once upon a time on a summer day of a year long gone we were remembering we too had been gifted with a piece of hair-ribbon. That was a long day, similar to those which odd times kept us or a loved one ill with the hours slow in passing, for this one had taken our parents to town. It was, we knew, a lengthy drive although we had not then ever experienced the trip. But more than once we searched that stretch of road that had taken them away in the

morning to gain a first glimpse of their returning though we well knew that only the evening shadows could bring them back to complete the family circle again.

Yes, a long day... We could still see in mind the sparkle of the Strait beneath the lovely summer sky and in the ripening near hayland the red of the clovers.

How long could a day be? Mid-morning, noon, supper... and then the cows came up the lane from shoreward to the milking. The sun poised a moment above an horizon; then the afterglow was come, pooling odd fields in pale gold. And the shadows of dusk came up from the Strait bringing the evening hush, weighting the eyelids of the younger ones who now awaited with much longing the parents' return.

And soon with their coming our long day was at an end. How complete for us all was now.

"And here, Ellen is something for you!" we could fancy yet the brisk tones of Mother-tous, as our turn came in her wide circle remembered. In hand was the shining piece of red hair-ribbon we took gratefully, loved with a smile, and carried off to place among other treasures of those years in our sewing box on the bureau in "the lookout room." For Sundays it was—to wear, and smooth carefully, and again put away.

"Lovely, aren't they!" we smiled to Granddaughter. And hoped that one day she would look back through the years to remember her gift with grateful memories as we.

Until tomorrow ——— Diary  
Good-night ———

While most women wear wash-with-out-ironing apparel next to the skin, they should be sure to have a spool of mending thread handy of the same fiber. Sometimes these garments split at the seams, and ordinary thread is not strong enough for holding together the long-wearing material.

Household Hint  
A square board mounted on casters can be a housecleaning help. Put your scrub pail and supplies on it. If you attach a cord to the side of the board, you can roll your scrub pail around where you want it instead of lifting it.

Wife Preservers  
While most women wear wash-with-out-ironing apparel next to the skin, they should be sure to have a spool of mending thread handy of the same fiber. Sometimes these garments split at the seams, and ordinary thread is not strong enough for holding together the long-wearing material.

Cook's Corner  
SPRING RELISH  
1 lb. onions  
2 pints cut rhubarb  
1 can tomatoes  
1 c. brown sugar  
1 c. vinegar  
1/2 pkg. pickling spice  
Salt to taste  
Cook slowly until thick.

MORNING SMILE  
He: "Say, Mabel, may I come over tonight?"  
She: "Sure, John, come on over."  
He: "Why, this is not John."  
She: "This is not Mabel, either."

ROUX SHAMPOO TINT  
It's quick glory for your hair with ROUX Shampoo Tints. 24 shades—one to exactly match your need. Each package contains two applications. You will be amazed at the result. Ask at your beauty parlor, drug or department store.

Barbour's MUSTARD  
Zest for ALL palates!



## Engagements Announced

Mr. and Mrs. Ernest L. Moar of New Perth announce the engagement of their daughter, Alice Beatrice, to Reverend Henry Clow Macdougall of Murray Harbour, son of the late Mr. and Mrs. Henry C. Macdougall of Scotland. Marriage to take place in June.

The engagement is announced of Ida May Gaudet, Ottawa, daughter of Mr. and Mrs. A. F. Gaudet, Miscouche, to Louis J. Croken, Toronto, son of Mrs. Cornelius W. Croken and the late Mr. Croken, Emerald. The marriage will be solemnized in St Joseph's Church, Ottawa, Monday, May 23.

Household Hint  
A square board mounted on casters can be a housecleaning help. Put your scrub pail and supplies on it. If you attach a cord to the side of the board, you can roll your scrub pail around where you want it instead of lifting it.

## Crockett-MacArthur Wedding Yesterday At Victoria West

On May 4, 1955, at 2 p.m. Victoria West Presbyterian Church was the scene of the marriage of Pauline Belle, daughter of Mr. and Mrs. W. Burns MacArthur, Northam, P. E. I., to Eric Parker, son of Mr. and Mrs. Carl E. Crockett, Summerside. The ceremony was performed by Rev. David Mawhinney.

The church was decorated for the occasion with beautiful spring flowers. Music during the wedding was played by Mrs. David Mawhinney and the soloist was Mr. Roy Phillips, who sang "Because".

The bride, who was given in marriage by her father, chose for her wedding a gown with strapless bodice and peltum of Chantilly lace with a silk tulle over tulle skirt. Her finger-tip veil of silk illusion with Chantilly lace fell from a Juliet Cap, and she carried a bouquet of Lester Hibbard roses.

The maid of honor was Mrs. Sterling Cotton and bridesmaid was Mrs. Cornelius MacArthur, who wore similar ballerina gowns of sierra blue and marigold respectively. Both were styled of Chantilly lace and nylon tulle with lace appliques on the skirts. They wore matching lace boleros and headresses, and carried nosegays of Queen Elizabeth and tawny gold roses.

## Words Of The Wise

An honest politician is one who when he is bought, will stay bought.—(Simon Cameron).

## KEEP IN TRIM

### You'll Have More Bounce

By Ida Jean Kain

Many of you who are burdened with excess pounds would go ahead enthusiastically and reduce if you knew you need not go hungry while reducing, and were sure you would not lose your bounce while cutting calories. Here is reassurance from a successful dieter.

"I think what finally gave me the courage to start was your statement that one did not have to go hungry or feel dragged out in order to slim down. I started last September and weighed in at 175 pounds. I followed a 1200 calorie diet only roughly, but was careful to trim all fats and avoid gravy and did not eat rich desserts. I stopped nibbling candy and snacks between meals.

"At the start I wore size 24½ dress and it was tight on me. I now weigh 142 pounds and wear a size 18 dress and it is not too tight. I feel wonderful! I will continue to 130 pounds and hold my weight there. Thanks for all your encouragement."

All those interested, get aboard! By using the science of nutrition, all the essential nutri-

ents can be included in optimum amounts within reducing calorie limits. The scientifically planned diet is the very essence of protection, and it is satisfying, due to careful planning and the protein included at each meal.

Overeating doesn't make for extra energy, for food eaten in excess of requirements goes into fat storage. Moreover, too many pounds are a drain on energy, for they are a burden which you have to carry. You know how weary you feel after lugging even ten pounds of groceries any distance. How many excess pounds are you constantly carrying?

On scientifically planned diet, you draw on stored fat for part of your fuel needs, but with all protective nutrients furnished in normal amounts — not in reduced amounts — body functions go along normally and you feel fine. As excess pounds are lost, you have increased energy.

If you feel dragged out while dieting, it is not because you are lessening the load, but because you are not including in the daily menus adequate amounts

or the foods which furnish materials needed for tissue repair and body regulating.

A scientifically planned calorie diet furnishes the nutrients in optimum amount through a judicious choice of foods. Every food included in safe reducing diet furnishes full share of repair and regulating material. Here is the calorie food pattern by which you can lose 1 to 2 pounds a week and have more energy.

For Protein and Minerals

Lean meat, 4 to 8 ounces (trim off all fat)	300-350
Eggs, 1 or 2	75-
Buttermilk or skim milk, 1 glass	80
Yellow cheese, 1 oz. Or 2nd glass of buttermilk	100

For minerals & Vitamins

Vegetables, always 1 green leafy or yellow, plus 1 starchy vegetable or another choice	150
Raw vegetables: salad, including dark green leaves	25
Fruits, 1 citrus or juice (Orange or grapefruit)	75

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Yes, Mother is always thinking of her family first... always there when you need her... endowed with a magical quality of putting her heart in the home. She knows too how to save on groceries and that is why you will always see Mother shopping at PIERCE'S. Come with her today.

FRESH FULL OF FLAVOR  
FIG BARS  
Lb. 29c

- "LIBBY'S JUICES"  
48 OZ. TINS
- ORANGE, tin ..... 37c
  - BLEND, tin ..... 35c
  - GRAPEFRUIT, tin ..... 33c
  - TOMATO, tin ..... 39c
  - PINEAPPLE, tin ..... 45c
- YORK 20 OZ.  
DICED BEETS, 2 tins ..... 29c
- YORK 20 OZ.  
DICED CARROTS, 2 tins ..... 29c
- BRIGHT'S  
PEACHES, 2 tins ..... 45c
- KELLOGG'S  
ALL BRAN, pkg. .... 29c
- QUAKER INSTANT  
ROLLED OATS, pkg. .... 43c
- PICTOU  
PEAS, 2 tins ..... 33c
- EVAPORATED  
APPLES, 1-2 lb. .... 29c

- YORK TOMATO SAUCE  
PORK & BEANS, 2 tins ... 39c
- YORK ASSORTED 3 OZ.  
CORNED BEEF SPREAD, 2 tins 27c
- YORK 3 OZ.  
DEVILED HAM, 2 tins ... 33c

- HERE WE ARE AGAIN!  
TALISMAN  
ORANGE MARMALADE  
BLEND MARMALADE  
DAMSON PLUM JAM  
CRABAPPLE JELLY
- YOUR CHOICE  
3 JARS \$1.00

- EXTRA SPECIAL!  
SMOKED SHANKLESS  
PICNICS  
Lb. 45c

- FRUITS & VEGETABLES
- FLORIDA (Full of Juice)  
ORANGES, 2 doz. .... 75c
  - NEW TEXAS  
ONIONS, 2 lbs. .... 19c
  - FLORIDA WHITE  
GRAPEFRUIT, 6 for .... 39c
  - FRESH  
RHUBARB, lb. .... 29c
  - FRESH  
GREEN BEANS, lb. .... 29c

- NEW AND DIFFERENT  
MACARONI AND CHEESE  
LOAF, lb. 49c

- GIFT FOR MOTHER —  
ATTRACTIVE  
FRUIT BASKET \$1.49

GREAT GEORGE STREET, CHARLOTTETOWN, P.E.I.  
DIAL 5524-5525

Pierce's CASH and CARRY  
"ONE STOP TO SHOP"  
FOR ALL YOUR FOOD NEEDS  
DELIVERY SERVICE

# MONARCH CAKE MIXES EXTEND SILVER-DOLLARS-FOR-PACKAGE-ENDS OFFER TO MAY 30TH!

MANY STORES SOLD OUT OR SHORT OF MONARCH PRODUCTS.  
NEW STOCK BEING RUSHED TO YOUR GROCERY STORE RIGHT NOW!

YOU GET ONE SILVER DOLLAR FOR EVERY 20 MONARCH PACKAGE ENDS

NO LIMIT TO THE NUMBER OF SILVER DOLLARS YOU CAN HAVE!

Here's wonderful news for everyone intending to cash-in on Monarch's Silver Dollar Pay-Off, especially those of you who've found stores without a complete selection of the qualifying Monarch products.

Now you can shop several times more to stock up with Monarch Cake Mixes, Monarch Pie Crust Mix, Monarch Tea-Bisk, Monarch Wheatlets, Monarch Corn Meal, Brex and Red River Cereal.

Each bundle of 20 package ends will bring you a silver dollar! Every package has 2 ends!

ATTENTION LADIES' CLUBS, CHURCH GROUPS, BOYS' AND GIRLS' GROUPS

Encourage your group to put on a special drive starting now so as to take full advantage of this 14-day extension. Every extra bundle of 20 Monarch package ends means another silver dollar coming your way—and remember there's no limit to the number of dollars your group can obtain this easy way!

This offer is open to residents of Quebec and the Atlantic Provinces.

HOW TO SEND IN FOR SILVER DOLLARS!

- 1 Cut off both package ends. (The portions detailed in the drawing.)
- 2 From 10 packages, make a pile of 20 package ends. They all may be from the same product, or from different products, but all must be from the qualifying products—listed at lower right.
- 3 Secure each pile of 20 package ends with string or an elastic band.
- 4 Print in block letters on a plain sheet of paper YOUR NAME AND ADDRESS IN FULL—and be sure to enclose this with your mailing.
- 5 Either use an envelope or make a parcel and address it to: MONARCH SILVER DOLLARS PAY-OFF, BOX 98, POSTAL STATION "B", TORONTO 9, ONTARIO.
- 6 IMPORTANT. Obviously with such a sensational offer as this, Monarch cannot accept delivery of any envelope or parcel that has not been stamped with sufficient postage. Therefore, this offer is made contingent on your entry having sufficient postage, and you are urged to have your entry checked for sufficient postage at a Post Office before mailing it.

QUALIFYING PRODUCTS

- MONARCH WHITE CAKE MIX
- MONARCH CHOCOLATE CAKE MIX
- MONARCH GOLDEN YELLOW CAKE MIX
- MONARCH FRUIT CAKE MIX
- MONARCH CHERRY POUND CAKE MIX
- MONARCH ANGEL FOOD CAKE MIX
- MONARCH TEA-BISK
- MONARCH PIE CRUST MIX
- MONARCH BREX CEREAL
- MONARCH RED RIVER CEREAL
- MONARCH WHEATLETS
- MONARCH CORN MEAL
- MONARCH GINGERBREAD MIX

DOES MORE DISHES AT LESS COST THAN ANY OTHER DETERGENT POWDER OR LIQUID!

GAY

OUTRE TOUGHTEST GREASE!  
LOTION-MILD TO HANDS!

8 OZ. BOTTLE

LIQUID DETERGENT