

**KEEP IN TRIM**

**Get In Shape For Swim Suit Season**

By Ida Jean Kalm

Modern swim suits are skillfully designed to flatter the figure. And flatter they will—but only if you are in fair shape. So a spring toning routine is just the tonic needed prior to the swim season.

Here's a routine designed to reach important figure contours:

**Position:** Standing or sitting. Bend elbows and place palm of one hand in palm of other hand, with hands at chest level.

**Movement:** Press palms to gether forcibly, holding to a slow count of six, breathing between each count. Then, resisting with right hand and pushing with the left, push hands to the right, pushing toward the left, again resisting. This not only strengthens the pectorals, but helps slim the waist and curves across the collar bones.

This stretch-hind slims midriff and waist, while toning inner thigh muscles.

**SMOOTH STRETCH**

**Position:** Stand on knees, arms arched overhead. Pull up-and-in strongly with middle muscles and tighten buttocks. This centers the pelvic girdle.

**Movement:** Stretch right leg out to side, pointing toe. Bend slowly to right, pulling long and smooth along the left side and hold to a slow count of four—one, breathe, two, breathe and so on—slowly release and return to position. Reverse position of legs and bend to the other side. Four times, alternating sides, is ample. Make this a smooth stretch, a held movement and a slow release of movement.

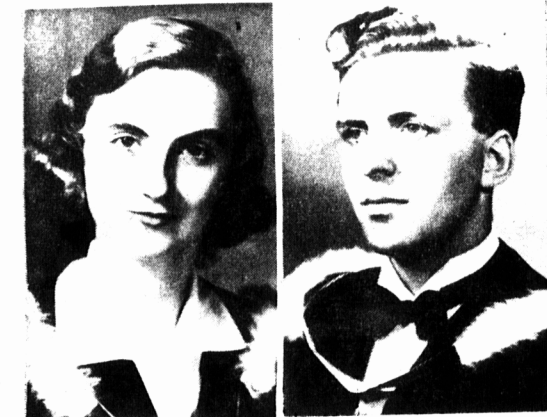
To discipline the front-line: **Position:** On hand and knees. Have hips and knees in perfectly straight line.

**Movement:** Forcibly contract the abdominal muscles by pulling up and in and rounding small of back. Repeat 3 times, always holding, but do not hold breath.

Roll for smooth hips: **Position:** Sitting on floor, lean slightly back to bring weight to bear on hip spread. Have palms of hands on floor at sides.

**Movement:** Roll across buttocks and over to the right, then slowly and to the left. Make this a slow roll.

Most swim suits can't keep a secret, so banish bulk and bulges with a little daily muscle toning.



**ENGAGEMENT IS ANNOUNCED**

**MISS MARGERY MACLEAN** and **MR. R. A. CROOKS**

The Reverend and Mrs. A. Frank MacLean of Charlottetown, Prince Edward Island, announce the engagement of their daughter, Margery Jean, to Robert Alexander, son of Mr. and Mrs. George Crooks of Sydney, Nova Scotia. The wedding will take place in J. Wesley Memorial United Church, Halifax, Nova Scotia, on May 18th.

**ELLEN'S DIARY**

**Twin Calves At Alderlea**

Whether the arrival of a pair of calves with the dawn, or the going out of the pair of children to present with their classmates of the River Road, their choruses at the annual Festival of Music in town, was of more moment to the family at Alderlea today, we can not determine since both events claimed their share of importance.

Perhaps as James would say, when we attempt to weigh such balances, "if we go down to the rock-bottom of things" the former was of more importance. In that on a farm even the acquiring of machine and gas required to bear the small ones thither is dependable upon such happenings in stables and sties and folds, though certainly to have music in ones make-up in voice at fingertips and in heart is a priceless gift, and one to be everywhere encouraged.

The first event was in the making when the farmers came to a stable at early morning, quite in time and needed, to assist a calf to this likeable "world of sighs." And taken up busily with this well-known, James, like Mack recounting the intriguing sight of a fox in a meadow recently, said, "I just happened to turn my head, and there was another!" So when he chanced to glance about he saw the first-born of the pair in a manger close by, to make an unusual happening at Alderlea. Never before in its history of farming calves born to the place.

"A male and a female" Mack announced later. "And half pure-breds." "We smiled over his terms," "and red like their mother." "Strange isn't it, Ellen, when you come to think of it the first twins," James commented at breakfast. "Not in all the years of our farming, or for as far back as I can remember there has ever a pair born here. The old folks never wanted to see the like in their stables—it was an ill omen, they said, boding no good. Queer too, the old superstitions they had. 'Not much to them now, pretty well forgotten. The young generation know 't'le about such signs and tokens. Well, he chuckled glancing at the clock and reaching then for his cap, "all luck or good, they could do with some breakfast now—I'd better be off to help with it."

The afternoon took the children to the Festival of Music. Granddaughter with last year's experience at a shoulder to make it pleasantly routine. Mack, a novice, was a little awed and shy in a sea of strange faces; nevertheless, as it turned out, he enjoyed the adventure and is seasoned now for any future presentations. Both are proud, as we are sure is the district, that the musical instruction in class brought if not high-

**ANNE ADAMS PATTERNS**



**SUMMER CLASSIC**

Two pretty views to this summer fashion — shirtwaist front; graceful yoke in back, with gay monogram-like embroidery. You'll find the step-in style so cool, comfortable, flattering to wear — in 3 sleeve versions too!

Pattern 4524. Misses Sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 5 1/8 yards 35-inch. Embroidery transfer included.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send **THIRTY-FIVE CENTS** (35 in coins (stamps cannot be accepted) for this pattern. Print plainly **SIZE, NAME, ADDRESS, STYLE NUMBER.**

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**HOUSEHOLD HINT**

After washing a household brush in hot soapy water, rinse it in clean water, shake it to straighten the bristles or fibers, and hang it to dry.

**MORNING SMILE**

Son—Papa, how much does it cost to get married?  
Dad—That, my son, depends on two things: How much you've got and how long you live.

**WOMEN**

Page 8, The Guardian Friday, May 11, 1956

**HAPPENINGS**

Sir Ernest MacMillan was guest of honour at a reception given by the Principal and Faculty of Prince of Wales College in the College Library after the Robertson Lecture on Monday evening. Dr. and Mrs. Frank MacKinnon received the guests and introduced each in turn to Sir Ernest. Many local musicians and executive members of the musical Festival Association and Community Concert Association there had an opportunity of meeting the dean of Canadian musicians.

Other distinguished guests were His Honour the Lieutenant Governor, the Premier and Mrs. Matheson, the Mayor and Mrs. Stewart, and the four festival adjudicators, Dr. Leslie Bell, Mr. Boris Roubaikine, Mr. Weldon Kilburn, and Mr. H. Mitchell.

The college library was decorated for the occasion with a profusion of snapdragons and tapers in spring colours. Pouring coffee and tea were Mrs. E.L. Wannacott, Mrs. R. T. Matheson, Mrs. Aben MacLeod, and Miss Catherine Fraser. Miss Catherine Bethune and Miss Eleanor Love, members of the College staff, wives of the staff members and members of the Musical Festival Association assisted in serving.

The Wo-ho-Lo club is one of the Prince Edward Island organizations which continues to give splendid public service to the community. This club was first started in Charlottetown in 1932.

It derived its name from a motto of a C.G.I. group to which one of the members had belonged. This motto had been work, help, love, and from this came the double acrostic name Wo-ho-Lo.

The Wo-ho-Lo members have used their talents, energy and enthusiasm in working for the Prince Edward Island Hospital Nurses. During the war years they made a notable contribution to the Red Cross.

This Saturday afternoon May 12, the Wo-ho-Lo club is holding a tea at the Cundall residence, and it is a much anticipated social event.

Mrs. H.J. Kennedy, Mrs. L.H. Kennedy, her son Haldane, and Mrs. George Douglas left this morning on a two weeks holiday trip to Toronto.

Mr. and Mrs. Noel DeBlois leave on a motor tour this week-end to the New England States and Montreal. They will visit their family, Dr. and Mrs. Clarke Fraser and Dr. and Mrs. John Henry.

Mrs. Leigh Warren and Mrs. J. Taylor were visitors in Mount Stewart on Sunday, guests of Rev. H.R. and Mrs. Bell at the United Church Manse. Mrs. Warren was soloist at the morning service.

Mrs. Maria August Trapp, an Austrian baroness and mother of the Trapp family singers, has been named Roman Catholic mother of 1956. The Trapp family has lived in Stowe, Vt., since 1942 when it fled to the United States after the Nazis overran Austria and seized their medieval castle and all their assets.

Mrs. S.L. Leftly is on a month's visit to her father, Mr. Thomas Michael, Weymouth Street, and other members of her family.

**NEARLY WATERPROOF**

The sleek brown fur of the otter is almost 100 per cent proof against penetration by water.

A recent arrival at the Davenport, Iowa, county jail was a man who had just walked five blocks from the courthouse to hand over a court order which sentenced him to three days in jail for drunken driving.

**KIDNEY ACIDS Rob your Rest..**

Many people never seem to get a good night's rest. They turn and toss—blame it on "nerves"—when it may be their kidneys. Healthy kidneys filter poisons and excess acids from the blood. If they fail and impurities stay in the system—disturbed rest often follows. If you don't rest well get and use **Dodd's Kidney Pills**. Dodd's help the kidneys so that you can rest better—and feel better.

**Dodd's Kidney Pills**

**MOTHER'S DAY SPECIALS**

<b>SEAMLESS HOSIERY</b>	<b>ORIENT HOSIERY</b>
Regular \$1.50	51 Gauge 15 Denier Regular \$1.35
<b>SPECIAL \$1.39</b>	<b>SPECIAL \$1.08</b>
<b>PHANTOM HOSIERY</b>	<b>\$1.39</b>
60 Gauge 15 Denier Regular \$1.50	<b>SPECIAL ...</b>

We have a full range of—LINGERIE, BLOUSES, SWEATERS FOR MOTHER'S DAY.

**THE FASHION SHOPPE**



**AT HUNT**

**PRINCESS MARGARET**

Princess Margaret doesn't seem to mind if her royal coloufure is blown about by a brisk wind. She is obviously enjoying herself while attending a meeting of the West Norfolk hunt at Spurl, near Sandringham, England.

**MOTHER**

Across the years I see her smiling face.  
I see her hands that move with gentle grace.  
Their tender touch I have so often known.  
Those gentle fingers laid upon my own.

I feel her presence in my little room,  
Like golden sunlight shining through the gloom.  
I hear her voice that soothed each childish fear,  
And brought a thousand smiles for every tear.

I hear her singing softly, sweet and low,  
The old, old lullabies of long ago,  
Still rings the silvery echo of each word,  
And treasured memories in my heart are stirred.

Her smile most comforting and kind I see,  
The smile that has so often soothed me,  
I see her eyes, so calm, so full of love,  
As steadfast and as true as starlight from above.

And softly as the murmuring of the sea,  
Across the years my Mother speaks to me,  
"Because my love surrounds you,  
Come what will,  
Be happy, I am with you still."  
Constance J. Heckberk Summerside

**COOK'S CORNER**



**EASY ORANGE DESSERT**

Peel and slice 2 or 3 oranges crosswise. Arrange in glass mixing bowl. Then take 1/2 cup marmalade with 1/4 cup pineapple or grapefruit juice and pour over oranges. Chill and sprinkle with shredded coconut.

**LET'S EAT**

**Are Your Children As Well Fed As Your Dog**

By Ida Bailey Allen

What are your most valuable assets? The new house, the car, life insurance, bank account, bonds? Your most priceless assets are your children.

Do you give them appetizing meals, three times a day, prepared with gaiety and served with a smile? Are these meals nutritionally balanced for good health, as well as your dog's meals are, for instance?

**LEFTOVERS AND SCRAPS**

For years, dogs lived on leftovers and scraps. But now, after exhaustive nutritional research, prepared dog foods containing necessary nutritive values are available.

Just take a look at the vitamin and mineral values listed on a typical package of dog food. You'll find it goes something like this: vitamins A and D; B complex including thiamin, riboflavin and panthothen; pyridoxin, niacin and vitamin E. Reading on you will see a list of minerals including calcium, iodine, iron, phosphorus and manganese.

Now think a minute. Are your children as well fed as your dogs? Check up on the vitamins, add orange juice for vitamin C, which dogs do not need, and you have it.

**CHILD'S RATION**

Be sure to include at each meal, a protein food, a green or yellow vegetable, sometimes a potato, enriched or whole grain bread with butter or margarine, citrus juice, fruit, a little sugar, jelly or sharp knife cut out the sections.

**Wedding At Pleasant Valley**

A pretty wedding was celebrated at Pleasant Valley United Church on Thursday, April 26.

Ireta Olivia Stevenson, daughter of Mr. and Mrs. William E. Stevenson of Fredericton, P.E.I. was married to Norman Best Thompson of Georgetown, son of Mr. and Mrs. Gordon W. Thompson, Cornwall, P.E.I. The ceremony was held at three in the afternoon.

Rev. Alexander MacDowell, Elmsdale, performed the ceremony, assisted by the Rev. S.M. MacDowell of Trenton, N.S. Both clergymen are uncles of the bride.

Miss Joan Rodgeron sang "O Perfect Love," "The Lord's Prayer," and Mrs. Harry Weeks was organist. The church was decorated with baskets of chrysanthemums, potted plants, lighted tapers and ferns.

The bride, who was given in marriage by her father, wore a gown of pale blue crystallette over a black, ballerina length skirt fully gathered, with portrait neckline fitted bodice, and matching jacket with shirred three-quarter length sleeves and matching mitts. She wore a pale blue pill-box style hat with matching shoulder length veil. She carried a cascade bouquet of American Beauty roses.

The maid of honour, Miss Dorothy Townsend, wore a gown similar in style to the brides in coral, matching bandeau style headpiece, and carried a nosegay of yellow.

The best man was Mr. Joseph Johnston, Mr. Gordon Stevenson and Mr. Gerard Burge acted as ushers.

A reception for 56 guests was held at the bride's home, which was decorated with peach and white streamers and white wedding bells. The table was centred with a three-tier wedding cake, tipped with a miniature bride and groom. Miss Joan Stevenson was in charge of the guest book.

The bride's mother wore a charcoal grey shantung two-piece dress with navy and white accessories

and a corsage of pink roses. The mother of the groom chose a navy suit with blue accessories and set off with yellow roses.

For travelling, the bride wore a rosewood tweed suit with navy accessories and corsage of American Beauty roses. The honeymoon included a trip to New York and Niagara Falls.

The couple will reside at Georgetown.

Out-of-town guests included Rev. and Mrs. S.M. MacDowell, Trenton, N.B., and Lloyd Cutcliffe, Amherst, N.S.

**THROAT SORE?**

For common ordinary sore throat

**JUST RUB ON MINARD'S LINIMENT**

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**Myers - Doucette**

The Immaculate Conception Palmer Road was the scene, of a pretty wedding on Wednesday, April 18 at 8:00 o'clock a.m. when Lydia Doucette daughter of Mr. and Mrs. Cyril Doucette St. Louis became the bride of Johnny Myers son of Mr. and Mrs. Maurice Myers St. Louis.

Rev. Patrick Welsh, performed the ceremony and celebrated the Nuptial Mass. The bride entered the church on the arm of her father and was attended by Miss Marie Doucette, sister of the bride. Mr. Clovis Doucette was groomsmen.

The bride wore a ballerina length gown of light blue net over satin with matching lace bolero with long sleeves coming to a point over the wrists and small collar which was embroidered with pearls. Her fingertip veil fell from a tiara of seeded pearls and she carried a bouquet of red roses.

The bridesmaid wore a ballerina length gown of pale green net over taffeta, with matching bolero, mitts and headress and carried a nosegay of pink carnations.

The brides mother wore, a blue dress with white accessories and a corsage of pink carnations.

Mrs. Myers mother of the groom chose a turquoise dress with matching accessories and a corsage of white roses. The wedding breakfast was served at the home of the bride to a large number of relatives and friends and their parish priest Father Walsh.

Amid showers of confetti the happy couple left on a honeymoon trip through N.S.

For travelling the bride wore an aqua taffeta dress, topped by a nylon shortie, matching accessories and a corsage of pink carnations. They will reside in St. Louis.

**FOR MOTHER**

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single cake gift boxed .75

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crystal flacon in elegant gold and white gift box 1/2 oz. 6.50

**Quartette Jr.**

In gold and white filigree gift box 3.75 the set of four

**Fabergette Ensemble**

1 deam perfume filled Fabergette gift boxed with matching 1 oz. alogone 4.75 the set

**Bubble Bath Powder**

lustrous fabric topped gift box with pastel lamb's wool puff 10 oz. 4.50

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Tea Council

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Now... you can give your home exterior a colourful new outlook. In addition to a wide range of ready-mixed shades you can now choose from 90 exclusive Maestro decorator colours from your Pittsburgh Paint dealer's Maestro Colour Selector.

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