

Happenings of The Week

Mrs. T. W. L. Prowse will be "at home" on Wednesday afternoon at Government House.

Mrs. Gordon Foster entertained informally at luncheon on Monday in honour of Mrs. E. G. Cannon.

Mr. and Mrs. Gordon Quigley left on Monday by air on return to their home in Calgary.

Hon. R. E. Anderson and Mr. C. Wright of Waterford, Ont., are guests at the Charlottetown Hotel.

Mrs. Alban Farmer entertained friends at bridge Wednesday evening at her home on Hillcrest Ave.

Mr. and Mrs. Wilfred MacLeod had as their recent guests Miss Shirley McCoy of Windsor, N. S., and their son Donald MacLeod, of Kingston, Ont.

Among those entertaining in honour of Mr. and Mrs. Gordon Quigley during their visit here were Mr. and Mrs. W. A. Beer, 22 Brighton Road, Mrs. Quigley was the guest of honour at a tea given by Mrs. Ralph Manning last Friday afternoon.

Mr. and Mrs. E. G. Cannon and daughter left Thursday morning to return to their home in Wellesley, Mass., following a brief holiday spent here, when they were guests at the Charlottetown Hotel.

Mr. M. J. Barkhouse and Mr. D. W. Beardsley of Halifax have been guests at the Charlottetown Hotel this week.

Mr. Peter Mellish, who is at present confined to his home through illness, will return to his studies at Rothersey Collegiate School, Rothersey, next week.

Mr. and Mrs. John B. Andrew entertained at dinner and Canasta for Colonel and Mrs. Fred Andrew, Major and Mrs. Wallace Andrew on Tuesday evening.

Mr. and Mrs. Reginald Cullen and Bobby have returned to their home in Billerica, Mass., after spending the Christmas holidays with Mr. Cullen's parents, Mr. and Mrs. Arthur Christmas, Mount Edward Road.

Mr. and Mrs. J. Lecke of Montreal are guests this week at the Charlottetown Hotel.

Miss Hilda Brown has returned to Toronto after spending the Yuletide season at her home, 2 Grafton St.

Mr. Thomas Conway, who has been spending his holidays with his family in Charlottetown, left last Friday for Chapeau, Ont., to resume his duties as teacher of mathematics at Chapeau High School.

Mrs. J. W. Sheen of Kensington, who is spending the winter months in Toronto and the southern United States, is at present visiting in Tampa, Florida.

Mrs. H. W. Davison, who has spent two weeks visiting her sister and brother-in-law, Mr. and Mrs. M. S. Hubley in Brighton, Mass., and also friends and relatives in Framingham, arrived home Tuesday evening.

Mr. and Mrs. J. M. MacFadyen arrived home Tuesday evening from Providence, R.I., and Haverhill, Mass., where they spent New Year's.

Mrs. Douglas Hill, Mrs. T. Gillies and Mrs. Emma MacPherson will be the hostesses at the Charlottetown Curling Club this evening.

Miss Catherine Campbell, daughter of Dr. and Mrs. Donald Campbell, entertained at a square dancing party last evening.

On Sunday, January 4th, David Alan, son of Lieut. Cmdr. Alan Bartlett Cosh, R.C.N., and Mrs. Cosh was baptized in the Chapel at Headquarters Supreme Allied Command Atlantic (SACLANT) in Norfolk, Va. The baptismal rite was administered by Cmdr. Smart, U.S.N. Capt. D. W. Piers, R.C.N., of Halifax, and Mrs. Piers stood proxy for the godparents, Mrs. Alan Macmillan of Charlottetown and Mr. John M. Adams of Margareville, N. Y. Among the guests attending the small reception held afterwards in the Mess were several Canadian officers attached to NATO headquarters and their wives.

Miss Noreen MacGuigan returns Monday morning to Toronto, where she is taking a post graduate course in dietetics at St. Michael's Hospital, after spending her vacation with her mother, Mrs. J. L. MacGuigan.

Mr. and Mrs. T. W. Boyles, 85 Ambrose St., were pleasantly surprised on New Year's eve when about twenty friends dropped in for a house-warming party. Mr. and Mrs. Boyles were presented with a set of lamps, and the good wishes of all for many years of happiness in their new home were extended to them.

Mrs. R. A. MacDonnell has had as her guest Miss Ethel B. Mullen of New York, who returned home this week.

Mrs. Hazel Court entertained Thursday afternoon at her home on Greenfield Ave., at afternoon tea in honour of Miss Edith Lea

of Washington, D.C., who is visiting her brother, Dr. G. R. Lea and Mrs. Lea.

Mr. and Mrs. Gordon Hughes returned from Montreal on Tuesday where they spent the holiday season with members of Mr. Hughes' family.

Miss Dorothy Callbeck, who has been spending the Yuletide vacation with her parents, Mr. and Mrs. George A. Callbeck, Summerside, left Thursday by plane for Cornwall, Ontario, to spend a few days with her sister, Mrs. H. L. Speers, before resuming her duties on the staff of Branksome Hall, Toronto.

Miss Dorothy Ellis, who spent the holidays with her parents, Mr. and Mrs. R. E. Ellis, Summerside, returned to Sackville to resume her studies of Fine Arts at Mount Allison University.

Mr. and Mrs. C. P. Johnson left this week by train to their home in Rexford, Kansas, after spending the past two months with their son-in-law and daughter, Mr. and Mrs. Charles Linklater.

Miss Barbara Delaney, R. N., and Miss Cathie Ramsay, R.N., left Summerside Monday by plane for Montreal after spending the Yuletide holidays with their relatives.

Mrs. J. G. Storey entertained a number of friends informally at her home in Summerside at the tea hour on Friday of last week.

Mrs. Walter E. Darby, St. Eleanor's, was hostess to the Oiko Club on Thursday afternoon.

The Summerside Curling Club hostesses on Saturday evening were Mrs. R. A. Horne, Mrs. Raugh Tinney, Mrs. W. E. Jenkins, and Mrs. William Hayward.

Mrs. G. S. Haver of Summerside is visiting relatives in Chatham, N. B.

Mrs. J. Wilfred Lecky, Summerside, is visiting in Mahone Bay, N. S., the guest of her son-in-law and daughter, Mr. and Mrs. Murray Hirtle.

Miss Dolly Matthew, who spent the Yuletide holidays with her parents, Mr. and Mrs. Vernon Matthew, Summerside, left Saturday on return to Toronto.

Mrs. R. L. Willet entertained on Monday afternoon at her home in Summerside, when bridge was in play.

Mrs. J. Garth Toombs of Summerside has just returned from the New Year's holidays, Miss Ruth Ross of Charlottetown.

Mrs. John E. Fraser has returned to her home in Montague after visiting her daughter, Mrs. J. G. Storey, Summerside.

Mrs. Ernest L. Walker left Summerside Thursday for Sackville, N. B., where she will be the guest of her daughter and son-in-law, Dr. and Mrs. J. F. Frank.

Morning Smile

Good Form

A pretty and well-made actress was receiving golfing lessons from a professional. To his amazement he soon discovered that she could play quite well.

At last he said: "Well, it's a strange thing, but although your stance is shocking, your form is pretty good."

"It is," said the actress smiling coyly. "I'm so glad you think so. But you'd hardly believe how hard I have to try to keep like that."

Cook's Corner

GRAPE ICE CREAM

A pleasant change from the more familiar ices. Grape flavor is appealingly fresh and the ice cream is smooth and creamy.

Yield—six servings. 1 rennet tablet 2 tablespoons cold water 2 cups milk 2/3 cup granulated sugar 1 cup grape juice 1 tablespoon lemon juice 3/4 cup whipping cream

Crush and dissolve the rennet tablet in the cold water. Combine the milk and sugar; heat to lukewarm, stirring constantly until the sugar is dissolved. Remove from heat immediately; quickly stir in the dissolved rennet tablet and pour immediately into freezing tray of mechanical refrigerator. Let stand at room temperature until set.

Canadian Consumer News

"Powdered Milk Given the 'Once-Over' by C.A.C." This is a heading taken from the Vancouver Province of September 30. In the article Miss Charlotte Black of Vancouver, B.C., reports at the first fall meeting of Canadian Association of Consumers in B. C. on powdered, skim, and whole milk.

Skim milk powder is becoming more and more popular for use on the home since it is economical, easy to use, easy to store and is a nutritious food. This fine white powder is skim milk from which practically all of the water has been removed. One eight-ounce cup (1-4 lb.) of the powder dissolved in one quart (5 cups) water has the same food value as one quart of fresh skim milk. In skim milk Vitamin A is lost, but this will not impair the health of those who get Vitamin C through other foods. However the calcium, riboflavin, protein and other important nutrients present in whole milk are retained and to those who are watching their figure, skim milk has a lower caloric value. Skim powdered milk keeps better after opened than powdered whole milk and sells at a lower price.

Powdered milk is easy to use in cooking and gives good results excepting in junkies or cottage cheese. If it is placed in a cool spot for a period after liquefied, few people can distinguish it from fresh milk. One of my members in our local C.A.C. gave me this recipe for topping for pudding or cream. It is easy to be used in place of whipped cream in a pineapple cream or other jello desserts. Put 1-4 cup cold water and 2 teaspoons lemon juice in a bowl and place in the refrigerator to chill. Sprinkle 1 cup powdered skim milk on the water and lemon juice add 3 teaspoons of sugar and whip up—flavoring if desired. This is well worth trying. It is economical, easily digested and of low caloric count and delicious.

C.A.C. is trying to help the consumer with his or her food budget without impairing the health of the family. Wise and careful buying and good management in the home can work wonders with the family budget.

Benjamin Franklin once said: "If you know how to spend less than you get, you have the philosopher's stone."

Helen Lawson, Prov. President

How Can I... By Anne Ashley

Q. How can I clean the glass in the oven door when it becomes blackened and it is difficult for one to see the food in the oven?

A. It can be brightened and cleaned by use of a little baking soda, rubbed on the same manner as a soap powder.

Q. How can I make a wall brush substitute?

A. Cover a broom with a clean piece of flannel and brush the ceiling and walls with a downward stroke. As the covering becomes soiled, replace it with a new one. This will prove as effective as a brush.

That Body Of Yours By James W. Barton, M.D.

WHY EXERCISE IS VALUABLE IN REDUCING WEIGHT

In their effort to induce overweight to follow their method of reducing weight, such as the use of some drug or special food, copywriters for advertising agencies point out that exercise to reduce weight is a slow and weary way. One writer quotes a high nutrition authority who states that to lose two pounds by walking, the average person must walk ten average miles daily for a week without increasing the food intake.

It must be admitted that exercise such as walking would take a long time to get satisfactory results in reducing weight, but the average healthy individual wanting to reduce weight takes more vigorous exercise in walking outdoors. Covered with heavy sweaters, he can get rid of two pounds in one hour's exercise in a gymnasium; in fact, a heavy-weight wrestler gets rid of 10 to 15 pounds in a one-hour bout.

However, vigorous exercise cannot be taken safely by some overweight because of a heart or other ailment, so that weight must be reduced by reducing the intake of food. This copywriter states that two pounds can be lost by cutting down the food intake by 1,000 calories for the week.

My thought is that while exercise may be a slow method of reducing weight, it really gives better results physically than by simply cutting down on the food intake.

Why? When exercise is taken, the body

Roper-Cook Wedding



Mr. and Mrs. Franklyn O. Roper are shown above with their attendants following their wedding which was solemnized by the Rev. J. D. Davison at the Charlottetown Baptist Church. Standing back row, from left to right are Mr. Charles Frizzell, usher, Mr. Roper, Mr. Joseph Dunning, usher, and Mr. Harry Cook, brother of the bride, groomsmen. Standing in the bridesmaid, Miss Lydia Simms. Seated is the bride, the former Florence Elizabeth Cook, daughter of Mr. and Mrs. Edwin H. Cook of Parkdale. The groom is the son of Mr. and Mrs. Russell Roper of Central Royalty.

DOROTHY DIX'S COLUMN—

Ungrateful Spouse

Wife, Paying Husband's College Study, Finds Him With Co-ed

DEAR MISS DIX: By holding a very good job, I have been helping my husband attend graduate school. He has made a fine college record, but lately I meet him after classes I find him playing bridge with very attractive young ladies, who are also students at the college. Recently I went into the school library and found him sitting in a secluded spot with a young lady. He had cut a class to spend the time with her, and their attitudes, when I spotted them, were far from disinterested.

I don't particularly care for the job I have, but since it offers more money than the work I would really care to do, and money is important in my husband's educational plans, I have continued the job. I feel somewhat let down to find out he is spending his time in the pursuit of girls rather than in study. We were quite happy until he developed this "sophistication." Am I being overly jealous?

ANNA M. ANSWER: Of course you have a ready weapon to stop your husband's philandering. Threaten to give up your job unless he buckles down to work and gives up such extra-curricular activities.

Even married, graduate students are not exempt from the smart-alecky trends of so many college men; feminine conquest is to some of them as important as theses. Whether your husband is indulging in casual flirtation to prove that he is "one of the boys," even though married, or is seriously interested in one of the girls is a matter you must judge for yourself. The chief danger of the former premise is that it can very easily lead to the latter. In either case, you apparently have cause to be jealous—an emotion that is not always to be condemned.

Since you are paying for your husband's education, you have the same privilege of expecting him to decide at it as a parent who is sending a son through college. By casual treatment of his marriage vows he is forfeiting the right to the co-operation you have so generously extended. If he is doing no outside work himself, to eke out the family income, you should insist that he help out at least to this extent. You've been making things too easy for him; he has been absolved of all family obligations and naturally feels free to enjoy college life, as well as his unfettered freedom to introduce a resolution that since there is so much trouble in the world, the confines of the club are to be closed to complaints and any member airing grievances must pay a fine. Since your little rift in the lute will be the chief offender, she may resign out of consideration for her pocketbook. Let's hope so!

DEAR MISS DIX: We are a club of eight girls, including one we would like to see drop out. How can we tell her? She borrows us with complaints of her mother-in-law and all does—other in-laws; and we have never heard her say anything good about anyone. She is very conceited, tries to dress better than anyone else and brags about every little ability she has—which isn't much.

DISGUSTED ANSWER: When she complains about her relatives, tell her point blank that the rest of you are not interested in such conversation. Or, you could, at an opportune moment, decide to introduce a resolution that since there is so much trouble in the world, the confines of the club are to be closed to complaints and any member airing grievances must pay a fine. Since your little rift in the lute will be the chief offender, she may resign out of consideration for her pocketbook. Let's hope so!

DEAR MISS DIX: Three years ago I met and fell in love with a boy from out of town. He is a solid one that he loves me, but sometimes I don't hear from him for months. Now I haven't seen or heard from him for three weeks. I think of him all the time. How can I get him off my mind?

RUTH T. ANSWER: The best way to get someone off your mind is to substitute your thoughts of him for something else. Unless the boy has some very unusual reason for acting as he does, and it's up to you to ask him what it is—he certainly doesn't behave like a boy in love. Obviously, then, you are wasting time thinking so much about him. Get into all available activity in your town, and you'll find new friends providing material for your thoughts.

not only uses up some of the surplus, but, with no increase in muscle plus fat but strengthens the muscle-tissue, he has no special desire to lose, in fact, exchanges fat for muscle-tissue, whereas one who has exercise tissue. Cutting down on the changed fat tissue for muscle tissue food means that some of the body finds himself more willing to move fat gets burned or used but no about. He feels so much stronger extra strength of blood and muscle that exercise is really inviting. My thought is that while exercise may be a slow method of reducing more "valuable" muscle tissue is weight is to cut down by 25 per cent on the food intake, and the blood enriched, cut on starches and fats (no particularly by outdoor exercise, duction in meat, eggs, or fish) and An overweight depending on loss some gym exercise three times a of fat tissue to reduce his weight, week and a few minutes exercise may feel a little lighter in body, daily at home.

ELLEN'S DIARY

By An Island Farmer's Wife

We recognized the neat handwriting, knew too, the distinctive shape and texture of the envelope, as yesterday while the dinner was cooking we sat with young Ellen's missive in hand. . . . And alone at the moment smiled to remember that James who professes to "get the bills only" always makes a ceremony over opening his personal mail, sometimes piquing our woman's curiosity over-much by the leisurely operation!

"Now who can this be from?" he will say, scrutinizing a letter with respect, deciphering, it may be, the postmark before he comes to the actual sitting of the envelope and opens the contents. . . . On the last day of the Old Year, we read, in a Canadian city, home to her and a host of Islanders, Ellen became the wife of an Island boy, the man of her choice.

We sat there with the open letter in hand, trying to reconcile the announcement with the face of the little girl who not many years ago spent her holidays at Alderlea. "Before this year is out," she had written in a summer-letter, "I shall be a full-fledged Technologist! And wife too!" And very happily, we are sure, she and her husband set forth into the New Year. . . . hand in hand to face the years ahead. May fair skies smile on them and on all newly-weds who meet the New Year thus!

Beneath mild and lowering skies which indicate rain pending, the coverlet of snow so lately blanketing our world about is fast disappearing. Patchily bare already are the fields and the children complain because "all our tobogganing is gone!" The farmers too, are disappointed, and James gave voice to the hope that in the thawing, "it won't leave a glare of ice behind."

This week, taking advantage of the excellent hauling by sleigh obtained, logs were drawn from the woodlands, on the first lap of their way to the mill, and there were repeated haulings of firewood to a heap by the barnyard. . . . And on an afternoon of this week when the winter sun set diamonds agleam along the snow and the air was pleasantly frothy, we drove by sleigh with James and the children as far as the quiet farm, enjoying much the outing.

A little wind of west moved there we remember, sighing softly in the tops of the lawn-trees, in orchard boughs and a wide silence lay about. Only the merry band of sparrows disturbed the quiet as in a brownish drift they settled on a piece of bare ground in the lee of a barn. A lad of the two from the neighborhood who had joined ours for a brief spell of play, noticing remarked: "They say when you see them like that—down close to the earth in winter, it means a change in the weather shortly."

So our January days pass . . . happily, each step guided and "known."

"Oh dear," we recall a girl of our young years mourn, "here I am laid up, with an annoying cold and I can't go to that party tomorrow night! And I with a new dress and slippers too! Could there be anything worse than that Ellen? Dear, dear," she shook her head despairingly, "it seems as though nobody cares about what happens to me!" But it is true, "God ever cares! Not only in life's summer, When skies are bright and days are long and glad; He cares as much when life is draped in winter, And heart doth feel bereft and lone and sad.

God ever cares! And Time can never change Him— His nature is to care, and love, and bless; And in the darkest, emptiest days afford Him But means to make more sweet His own caress." Until Monday . . . Diary . . . Good-night . . .

Better English

By G. G. Williams

1. What is wrong with this sentence? "This is the most beautiful state of any we have visited."

2. What is the correct pronunciation of "italic"?

3. Which one of these words is misspelled? Nonentity, nonpareil, nonchalance, nonpartisan.

4. What does the word "intolerant" mean?

5. What is a word beginning with "s" that means "bending in and out"?

ANSWERS

1. Say, "of all we have visited." 2. Pronounce first "i" as in "ice," not as in "ice; accent second syllable. 3. Nonpareil. 4. Manifesting a refusal to endure others' opinions, religious beliefs, etc. "Such people are inevitably intolerant of what is new." 5. Sinuous.

Anne Adams Patterns

SMART SLANT!

ASYMMETRIC LINE and the blended step-in closing give a slenderizing effect! There's figure flattery too, in the softly tailored bodice, in the gracefully slim skirt with two pleats at side. Choice of two sleeves! Perfect for fall, wool — from now-into-spring!

Patron 4615: Women's Sizes 34, 36, 38, 40, 42, 44, 46. Size 38 takes 3 1/2 yards 39-inch fabric. 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, care of The Guardian, 60 Front Street West, Toronto, Canada.

The Stars Say . . .

By Genevieve Kemble

For Tomorrow

UNDER a congeries of difficult, defeatist and disheartening astral forces, it might be just as well to "knock off" for the week end in an effort to find safety, relaxation and private contacts. Those in influential positions are as easily duped or involved, and could be swayed by high-standing propositions. Certain of these unprincipled schemes may be smoked into the open stirring up bitter strife and contention. Personal and business life may fall for sinister involvements and commitments. A child born on this day may have a complex and difficult nature to understand and direct. Secretive, duplicity, want of forthright behavior and principle may drive it to covert doings or queer machinations unless it receives proper guidance.

Day After Tomorrow

The horoscope holds excellent promise for a pleasant day. All aims and aspirations should flourish and give much satisfaction. Creative forces are enhanced, high hopes and wishes should objectively. Deal with superiors, ask favors, draw inspiration in religion or philosophy. For the Birthday

Those whose birthday it is may plan for an expansive, growing, happy and rich year of fulfillment with all affairs reaching advanced goals of gratification and achievement.

ments. Those in place and power may be readily approachable and may be generously inclined in their attitudes toward ambitious propositions. Promotion, preferment, friendships from "on high" should be cultivated. Long journeys, politics, "big deals" may be confidently developed.

A child born on this day is richly blessed with character, aspirations and creative ability to an influential, prosperous and happy life.

Alice Brooks Designs

NEW! TWO stoles in this pattern—shawl-style or rectangular (not shown). Knit them in warm, soft sport yarn—sheer luxury to wrap 'round your shoulders. Simple stockinette stitch with diamond motif trim, and deep fringe. Be in fashion, send for Pattern 7316. Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.



Modern Etiquette

By Roberta Lea

Q. When you have been introduced to a person, and upon leaving, this person says, "I hope I shall see you again sometime," what should your response be?

A. Thank you, I hope I shall see you again, too."

Q. Is it all right for the casual dinner guest to follow the hostess out to the kitchen while the latter is preparing the meal?

A. Not unless specifically invited to do so.

Q. Is it proper for a child to address a young aunt as "Helen," instead of "Aunt Helen"?

A. Yes, this is quite all right, if the aunt prefers it or requests it.

20% OFF Balance of SKI SUITS, SKI PANTS and JACKETS 1/3 OFF Balance of WINTER STOCK THE MISSES HOLMES and BRADLEY 159 Queen Street Phone 92

THE STORY OF THE Crown Jewels & KINGSLEY SUTTON The Sovereign's TWO SCEPTRES HELD BY THE SOVEREIGN AT THE CORONATION THE SCEPTRE WITH THE CROSS—A JEWELLED ROD OF GOLD, SYMBOLISING REGAL POWER AND JUSTICE. IT DATES FROM CHARLES II AND HAS REMAINED UNCHANGED EXCEPT FOR THE ADDITION OF THE GREAT STAR OF AFRICA. THE SCEPTRE WITH THE DOVE—THE ROD OF MERCY, SYMBOLIC OF THE HOLY SPIRIT, ON THE TOP IS AN ORB OF GOLD, SURROUNDED BY A BAND STUDDED WITH DIAMONDS. FROM IT RISES A GOLD CROSS, ON WHICH PERCHES A WHITE ENAMELLED DOVE. TOGETHER WITH THE ANCIENT SCEPTRES AND OTHER REGALIA DESTROYED BY THE COMMONWEALTH, WAS THE CROWN OF ALFRED THE GREAT—THEN NEARLY 800 YEARS OLD. THE CORONATION OF ALFRED THE GREAT TOOK PLACE OVER A 1,000 YEARS AGO.