



Around the flower bedecked and of the Junior League of the Char- hat bedecked table are members lottetown Hospital who sponsored the Spring Bonnet Tea. On the ex-ern, the president of the Junio- treme left is Mrs. Jack MacEach- League.

### AH! 'TIS SPRING!

#### ELLEN'S DIARY

### Summer Gladness Is On The Way For Islanders

As someone — it was Patience Strong, we believe — has said in lines which came to mind this evening when we watched the day go by: "There's a deep and ancient wisdom

In the voices of the earth. Summer gladness, autumn sadness. Winter sleep and spring's rebirth. There's a sermon in the stream That threads the mountainside. And a quiet benediction. On the hills at eventide."

So the hills about and the snowy fields received a parting blessing and solemn this evening, yet notwithstanding were a little forlorn over Winter's return. And we were grateful when at length the dusk-shadows veiled them dimly and a wind of twilight — time lulled them to sleep.

"And doesn't it beat 'b's!" our sparrow-friend said this afternoon snuggling close to the shelter of the window. Behind in the rose-bush we noticed the red of the swelling buds of the leaves. But they were damp and bedraggled as was the sparrow, though both were sheltered by the wall of the house.

"Just when we get to thinking that Spring is here to stay" he chattered, "back comes the Winter! And without warning! Now the first of the week..."

"The first of the week" we nodded "was so springlike we wondered if we shouldn't be digging the trench for the sweet peas. Instead of doing ends of house-cleaning."

"What I was about to say when I was interrupted" he offered precisely "was that it was a day to make one forget there ever was a season called 'Winter.'" So pleasant "That's when the thoughts reach ahead to the Summer, but never once look back to bleak days. It's like us to do that, isn't it?"

"Yes, like us" we smiled. "When we have good times, we think we are never going to see another poor day; when we have a spell of happiness, that we'll never know a dreary hour again."

"Ya-as Ma'am" he nodded, "ain't that the way of us! But dreary me" he shook his head soberly "will it ever be Spring!..."

Today gave the farmers the morning choring was in order put them to weighing their fat hogs, in prospect of a marketing soon.

"Don't know as they pay their way these times" one observed, surveying the company.

"It's a question" the other agreed. "But we have to raise something."

And May is a petulant lass at the moment. But how lovely she will be presently, all dimpled and

smiling. Until tomorrow — — — — — Goodnight. . . . .

#### MARY HAWORTH

### Bride Married Jealous Man

Dear Mary Haworth: I am 23, my husband is 22 and we have been married three months. I was frank with Dick before marriage about being under a doctor's care, and wanted to wait until I am in better health to have children. Also, I said I would like to see my friends, go shopping and have them as guests once in a while. Dick said it was okay with him. Also I told him that if he wished to go out once a week or have his friends in, it would be okay with me.

Two weeks after we married, a childhood friend of mine called to ask us to dinner, and I invited her to drop in some evening with her husband. But Dick informed me that we weren't going, and that he'd make them and me sorry if they came here; and that it wasn't to talk to her again on the phone. So when she called back, I made excuses which she saw through, and now she doesn't speak to me at all.

NO PHONE TALK Recently another friend and I went shopping one afternoon, and I got home 10 minutes later than Dick. He was in a rage and said I had to choose between him and the friend. From then on, I was to be home when he got in; also when he is home I'm not to talk to anyone on the phone, not even my brothers or sisters. So now if he's here when the phone rings for me, he tells me I'm out.

Right now I am sicker than ever. My doctor has told me to get lots of rest and see him twice a week, and advises against early pregnancy, as Dick knows. Still Dick says he's not going to pay any more doctor bills; yet he insists on my having a child. And he thinks I should keep the house spic-and-span and do all the weekly laundry in one day's time; which I can't.

If I disagree with him on anything, he says he is going to kill himself, so now I do just as he wants. Also he has been hitting me in the face if I disagree with him. I feel like a slave and can't do on this way. But what can I do? Please advise, A.B.

Dear A.B.: Your long letter, here condensed, makes clear that you carefully tried to educate Dick, before marriage, to your ideas of mutual fair plan in double harness. And he seemed to agree; at least, he gave no argument.

It is only since marriage that he shows himself to be a sick-minded sort of petty tyrant, in the role of husband-who figuratively chains you to the door post.

It occurs to me, as I study the implications of the story, that you knew intuitively before marriage that he was a bad risk and a poor bargain—and that's why you were trying to "teach" him rules of good behavior in advance.

As of now, Dick's threats to kill himself, during disagreements, are symptomatic of the same morbidity of mind that drives him to jealously cut you off from family, friends and all other such normal sociability. He is emotionally sick with chronic rage, inferiority feelings, self-pity and, more recently, with a sense of guilty anxiety about his mistreatment of you. I suppose

SAVE YOURSELF Since he didn't dispute your exploratory ideas, when you were trying to establish a prior "working agreement" about marriage, he lured you into the partnership under false pretences, actually, and his present brutal browbeating attitude is a serious menace to your health. It seems—judging by the doctor's concern and your "atterday 'sicker' state. So it's possible that you have legitimate cause to obtain release from the destructive alliance.

My advice is to get first-hand professional help at once, to determine how to proceed, to save yourself. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

NATIVE HEALTH Canada had 18 federally-administered hospitals, 33 nursing stations and 45 health centres for Indians and Eskimos in 1954.



#### OTTAWA SYMBOLS

Tulips, the Peace Tower and a pretty Civil Servant are symbolic of Canada's Capital City — especially during the last half of May. Over a million tulips will be in bloom during Ottawa's annual Canadian Tulip Festival from May 13 to 30. Masses of the flowers are planted to please and surprise the viewer wherever he goes in Ottawa.

#### ELEANOR ROSS

### Put That Space To Work By Making Storage Room

Where there's a will, there's a way to get more closet and storage space. If there is wall space, there is usually a way to use it tastefully, if not for cabinets, then at least for narrow, but useful, shelving.

Place the hooks at varying heights on the walls, so even the youngest member of the family can reach them without stretching. You'll be rewarded with a tidy bathroom instead of a carpet of damp, used towels!

#### NEW ANNAN W. I.

Mrs. Stewart Moase was hostess for the April meeting which opened with the Institute Ode followed by the Creed. Owing to the absence of the president, the vice-president Mrs. Richard Wall, capably presided. Nine members answered roll call by paying a cent for each inch of their waist measurement.

Minutes were read and approved. Correspondence was read and discussed. It was decided to send \$2.00 to help the crippled children. Sick committee reported 5 treats taken to the sick. Secretary reported getting mass cards in memory of the late Mr. John McInnis.

In the absence of Mrs. Delbert Rayner, the meaning of Easter was briefly described by Mrs. Dan Schurman. Red cross work was handed in to convenor, Mrs. Charles Waugh, and more taken out by members. Collection amounted to 90 cents.

Next meeting to be held at the home of the president, Mrs. Robert Moase with Mrs. Elmer Moase and Mrs. Dan Schurman on lunch. Roll call to be answered with an exchange of plants, or seeds. Sick committee—Mrs. Richard Wall and Mrs. Stewart Moase; School committee—Mrs. Elmer An address on Mother's Day by Mrs. Edson Dabiel.

After two interesting contests, a delicious lunch was served by the hostess assisted by committee. Meeting closed with the Queen.

#### GRAHAMS ROAD W. I.

The monthly meeting of Success W. I. was held at the home of Mrs. John McGregor, Thursday evening, April 11. Meeting opened singing the Island hymns and repeating creed. 20 members and visitors were present. Roll call was answered with an Easter thought. The minutes of the last meeting were read and approved.

\$47.50 was collected in the district for Red Cross. Packing women at Earle Campbells, April 15. Bill for articles for school, was paid. Red Cross work was given out and 4 dresses, 3 pe overalls, 2 sweaters, 1 nightgown and 1 pr ankle socks passed in.

Correspondence read and discussed. Secretary was asked to write local and federal representatives urging their support in providing

Even if you possess a refrigerator with automatic defrost, don't forget the refrigerator should be cleaned occasionally. Two or three tablespoons of baking soda in a quart of warm water is about the best cleaning solution.

# Women

Lenia Caroline McLure, Women's Editor, Phone 8508

Page 8 The Guardian Wednesday, May 8, 1957.

## HAPPENINGS

Mrs. H. H. Horne and Miss Margaret Horne have returned from a pleasant winter in St. Petersburg, Florida. They are staying at Canoma Lodge, Number One, Grafton Street.

Mr. M. Alban Farmer, Q.C., and Mrs. Farmer are in Halifax to attend the graduation of their daughter Mary at the School of Social Studies.

Amram Scheinfeld in the May Cosmopolitan magazine has an article entitled "The American Male." The introduction states: "An expert takes a revealing look at the biggest, richest, healthiest male in history, and finds that momentous changes in his attitude toward women, money and religion have

given him an insecurity he often finds it difficult to cope with." The whole article will be of interest to Mr. Scheinfeld's international following, but it is worth reading for his opinion as expressed in the final paragraph "stress on clear thinking, human warmth and kindness, fairness, decency and refinement—qualities which far from being feminine traits, are evidences of an advanced state of civilization. These are the qualities which the American male is developing—and they make him more of a man than ever."

Even one who is not a psychologist might add that Mr. Scheinfeld reveals his own character in what he admires and holds up as an ideal. Mr. Scheinfeld and Mrs. Leo Frank are brother and sister.

## WE AND OUR NEIGHBOURS

### New York's Summer Show Of Fashions In The Spring

Ruhamah S. Frank

I may or may not be a Rolling Stone (last week's column) but Spring called to me and I flew to New York and lucky me—I found blossoming fruit trees and green leaves small and shining and the fragrance and excitement of spring along with the mellow warmth of Summer! There had been cold days, and the last week has been a coat week, but for a while New Yorkers revelled in light weight suits and summery dresses.

The warm weather (besides supplying sunshine vitamins) gave me a wonderful preview of what women will wear during the summer. For with the temperature 75 degrees and over, they went shopping and to lunch and dinner in their lightest and prettiest clothes. I strolled along Fifth Avenue (in a black silk dress, a white scarf around my neck — and no hat) and just looked and smiled with pleasure —

The dresses worn were mostly of the classic short-waist type-fitted bodice buttoned down the front, round or collar, gathered skirt — perhaps a bit longer than last year (but any length was seen). There were some silk prints but colors were usually plain navy, black, taupe, grey — with a startling burst of pink here and there. And breath-taking were the tall and lovely ladies (there are scores of them on Fifth Avenue) actually wearing the very latest in gowns — the sheath gown — and looking like (ling-stemmed partly opened gladioli).

As in the past, however, suits outnumbered dresses even on the warmest days. The straight jacket has definitely come into its own — more than half of the women are wearing them in preference to the molded style. But straight or fitted, jackets are shorter — many above the skirt, belt. The skirts themselves are narrow and very tight across the hips. As in dresses, the most popular colors are black, navy, taupe, grey — of any material at all (silk, wool,

cotton, etc.) Yesterday and today the less hardy women wore coats. Some looked like the short straight suit jackets — and probably were (I have one that doubles as a coat). The long coats were full and straight — not the ugly tent-like affairs of two years ago. They were generally light in color — cream, light grey and of a loose weave.

Next week, I hope to go window shopping with you with special attention to hats, shoes, etc. WORLD TRADE FAIR I was fortunate in coming here a few days before the World Trade Fair closed at the huge new Colosseum. Of course I went and pushed myself through the dense crowd to the Canadian exhibit. There a handsome young man from a small place near Amherst, Nova Scotia smoothed down my resentment that Prince Edward Island wasn't specifically named in the colored slides of Canadian tourist attractions (Cape Breton was the only place mentioned) or in the color-ful berries were among them — and I felt that these at least should be labelled from P.E.I.!

(Though none of the products — frozen fish, fresh fish, furs, maple sugar, etc., was labelled.)

The only "live" exhibit were in glass cases — also without labels. I asked and was told the two or three milk skins were of the wild variety from northern and western Canada. There were some beautiful shoes, a tartan bonnet and some glass ware from Montreal — and a fine piece of pottery — Segun ware — from Ontario.

England had exquisite woollens on display — Ireland had the loveliest tweeds I have ever seen. Space forbids mentioning products from other friendly countries.

#### SOUTH PINETTE W. I.

The ladies of the South Pinette W. I. met at the home of Mrs. Stewart MacRae for their regular meeting on Friday evening, May 3rd. The vice-president, Mrs. R. A. MacKenzie presided, and meeting opened by singing the Institute Ode followed by the Mary Stewart Collect in unison.

Secretary-treasurer, Mrs. Lloyd Morrison read the minutes of last meeting followed by the treasurer's report. Roll call was responded to by an exchange of plant slips. Communications and bills were read and discussed.

It was decided to help encourage to provide some measure of educational and institutional facilities for the Mentally retarded children of the province.

Reports of standing committees were given. The program for the evening was planning for the

#### SAVES ME 22¢ A PINT!

### AEROWAX

is Double-Rich in Wax!

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FLOOR WAX

## KEEP IN TRIM!

### How Much Progress Do You Expect On A Reducing Diet?

By IDA JEAN KAIN On a low calorie diet many over weights lose with pleasing promptness, perhaps five pounds the first week and four the second. Their enthusiasm knows no bound and they happily start figuring the date at which they will be down to beautiful normal weight.

Then they stop losing. The third week of the diet no weight is lost, not even a half pound. And perhaps the fourth week they lose only one pound. This seems slow going after a dramatic start, and naturally the disgruntled dieter is tempted to give the whole thing up and go back to her regular habits of eating.

Hold on . . . that progress is quite normal. First off, if you lose rapidly at the beginning of a diet, do not expect to continue to lose at that brisk clip. After the soft watery fat has been lost and you get down to the hard dry fat, so to speak, the rate loss will be considerably slower . . . but from then on it will all be in solid fat.

WATER WEIGHS MORE What happens is this . . . the fact initial weight loss is partly due to the release of water from the tissues, along with some fat loss. To lose one pound of body fat it is necessary to burn 3,500 stored calories. A little quick arithmetic will reveal that you couldn't possibly burn enough stored calories to account for so

great a weight loss at the beginning of your diet. The difference is in water. And since stored water weighs more than fat, when released from the tissues the result on the scales is good news for the dieter.

As a rule, the more overweight you are, the more you can expect to lose at the beginning of the diet—5 to 7 pounds the first week is not unusual.

DON'T BE DISCOURAGED A fast initial weight loss is just the opposite of water retention. Some overweights fail to lose a single pound the first week or so on a low calorie diet. In fact, the scales may show a gain! With these dieters, as fat is lost, water is stored in the tissues, and not until the water balance re-adjusts will the fat lost be registered on

the scales. However, when the water is finally released, the pointer will plunge with seeming suddenness.

The point to keep in mind is that water balance always adjusts, and in the long run, if you refuse to be discouraged and stick to the diet, you'll lose the right amount. By the way, water's storage has nothing to do with water consumed, since this fluid is physiologically outside of the body tissues. It is only the water retained in the tissues that postpones the registration of weight loss on the scales.

#### GUELPH TO BE SECOND

GUELPH, Ont. (CP) — C. S. Keith, Bell telephone manager here, said Monday Guelph will be the second Canadian centre to have "direct distance dialing," telephone service to other Canadian cities and towns. The service comes into effect in the spring of 1958. Equipment for this long distance service is being installed in a new building in Toronto.



### Egg-and-bacon breakfast "just like Dad!"

Now, baby can start the day just as daddy does — with a delicious, nourishing egg and bacon breakfast made especially for baby, to agree with his young digestive system.

Heinz Strained Egg and Bacon Breakfast is so smooth even a little baby can swallow it. Later, try Heinz Junior Egg and Bacon Breakfast—the right texture to encourage chewing. Your favourite store has both—now.



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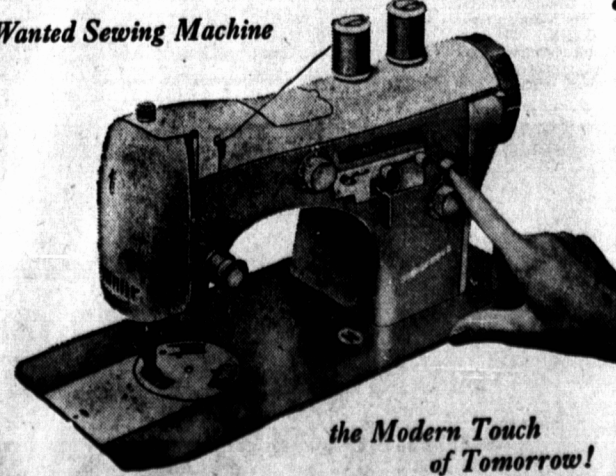
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## R. T. HOLMAN LTD.

Summerside

Charlottetown



by VERA WINSTON

### DAINTY DRESS

Tucking tells the story of this pretty daytime dress, a nice summer dress. The fabric is wrinkle resistant cotton batiste which means that it is cool and easy to wear. A simple turn back collar is situated above the waist band.

The tucking at the waistband is to fall in line with the skirt. The dress is made in a dainty blue.