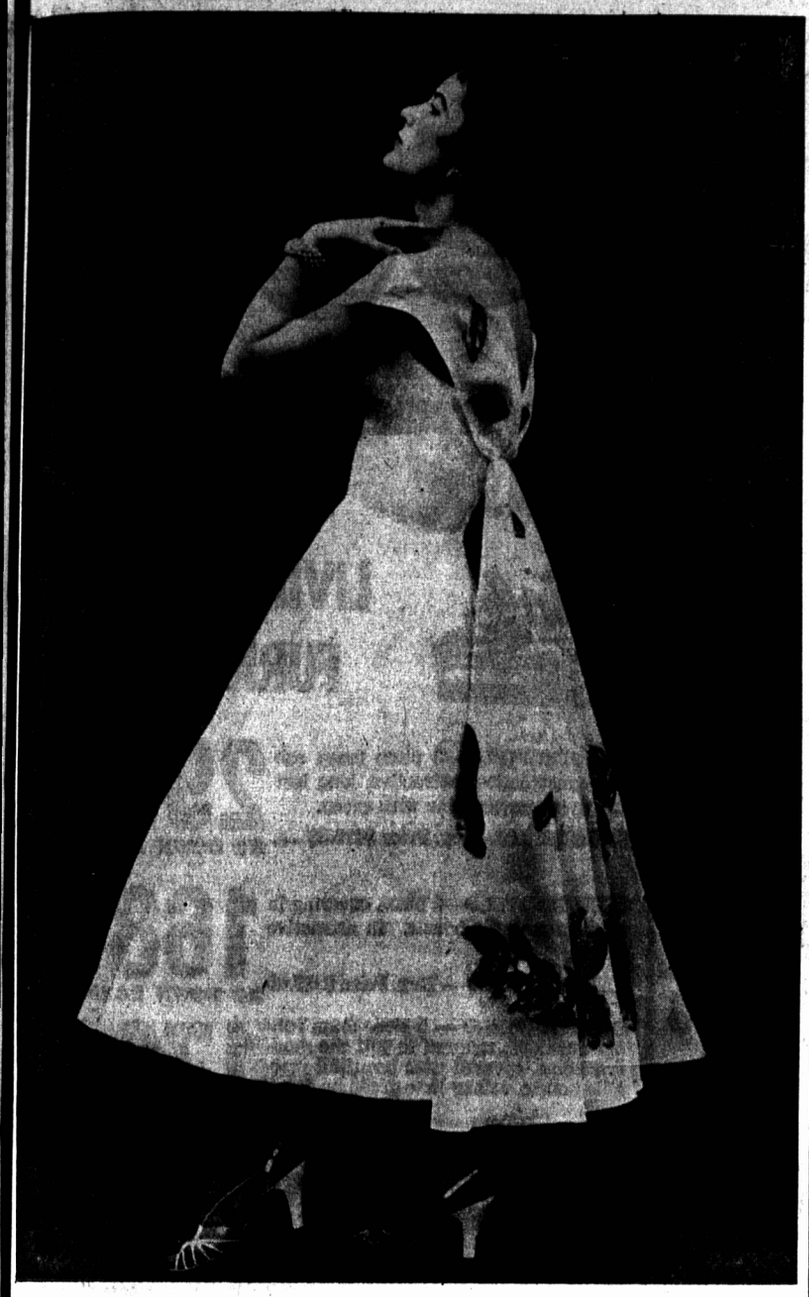

Delicate Dance Dress By Canadian Designer

Lightly appliqued with rosy leaves, a floating panel is caught high in the back to give an empire line to this short summer formal designed by France Davies. The smoothly-fitted dress is of frosty white terylene pique topped by terylene sheer and is included in the spring-summer collection of the Association of Canadian Couturiers. First showing by the couturiers' group was held in Toronto February 14 and other showings will follow in London, Montreal and Ottawa.

LET'S EAT

A Luncheon Served By Y. W. C. A. Group

By Ida Bailey Allen

"Such a delightful day, so many lovely ladies," remarked the Chef.

We settled into our seats in the train en route back to New York from a personal appearance with one of our films in New Britain, Connecticut, at the Young Women's Christian Association.

WELL ORGANIZED

"I am much impressed with these young Y. W. wives, Chef," I said. "They have their housework so well organized they can meet each week at the Y.WC.A. to study the subject or hobby they like most. This keeps them on their toes!

Some are enthusiastic over flower arrangements, tailoring and sewing or millinery; others enjoy ceramics or jewelry making; still others, interior decorating or even auto mechanics."

"And I met several who were studying conversational French, Madame."

SOCIAL PERIOD

"Their plan of serving coffee, tea and cakes before a party meeting instead of afterward is especially good, Chef. It provides a social period and a light luncheon for busy young mothers who didnot have time for a bite before they left home. Between 2 and 5 P.M they leave their children in the nursery to be cared for by trained women."

"The little ones evidently enjoy it, Madame. There's not a sound from the nursery until the mothers went up to take them home. Then, what howls!"

Here is the menu the Chef and I enjoyed at a luncheon given for us by the "Y. W. Wives" party meeting in New Britain. Our hostesses included: President Mrs. Ralph Edwards, Special Hostess Mrs. Kenneth MacKenzie and Program Chairman Mrs. Paul Tuttle.

TOMORROW'S DINNER

Vegetable Juice Lemon Garnish
Beef Tenderloin Casserole
Whipt Potato Buttered Carrots
Chocolate Cream Whip
Colorful Winter Salad

Beef Tenderloin Casserole:

Coffee Tea Milk

Order 1½ lbs. tenderloin of beef, (second grade, that is, from grass-fed beef). Slice thin; cut in 1 in. squares.

In a large skillet, heat 2 tbsp. cooking oil.

Add 2 sliced onions, ½ crushed peeled section garlic, ½ c. thin slices celery, 1 (4 oz.) can sliced mushrooms and liquid.

Slow heat-and-fry 3 min. Then add the beef. Fry and turn until lightly browned.

Add 1½ tsp. salt, 1 tsp. monosodium glutamate, ¼ tsp. pepper, ½ tbsp. lemon juice and ½ c. each tomato juice and water.

Stir in 1 tsp. broth powder and 6 sliced stuffed olives.

Cover and simmer 1 hr. top-of-range or transfer to a casserole and bake in a moderate oven, 350 deg. F.

Do not overcook or the beef will be toughened.

Colorful Winter Salad: In a salad bowl, put 3 heaping cups coarse-shredded crisp lettuce, ¾ c. crisp red cabbage cut in ½ in. strips, 1 shredded seeded green pepper, 8 sliced scallions and 1 c. coarse-cut chicory. Toss with not-sweet French dressing.

TRICK OF THE CHEF

Heat canned vegetable juice with a little oregano. Garnish with quarter-slices lemon.

Winter Bridal At Borden

The marriage of Miss Shirley Marion Noonan, daughter of Mr. and Mrs. Austin Noonan, Cape Traverse, and Mr. Donald Somers, son of Mr. and Mrs. James T. Somers, Summerside, took place at Sacred Heart Church, Borden, P.E.I. on January 25, 1956. Rev. Preston Hammill officiated. Miss Noreen Duffy was maid of honor and Mr. Keith Dunning was groomsman. Following a reception at Birch Hill, the couple left on a wedding trip to Maine.

(Photo by D.W Sears).

ELLEN'S DIARY

Spring Token In February

"Like March," we said of this morning. There were in it tokens of spring. The placid blue sky offered pleasant voyaging to the colorful clouds,violet orange, crimson and rose that boated away from the sunrise. Diamonds of hoar-frost sparkled along the yards and near meadow, as the sun's beams stole with a warming radiance into our valley.

And counting off the remaining days of winter to James at breakfast we felt a regret that withal its storms and strange changeful weather, the season is so short. Not nearly long enough for the housewives to take advantage of the quiet it affords-to read, to take up new interests in study, in handicraft or the housewifely arts. Or maybe as we just "settin' round" sometimes by a window overlooking the serenity of the winter-white days.

"A farmer had laid by his crop", one writes in a farm-paper, "but still persisted in getting up before daylight each morning though he didn't seem to do much but sit around the house all day. A neighbor, who noticed this early rising finally asked the reason."

"Well a while back when I was so busy in the fields I got behind with my settin' round,'" explained the farmer. "I'm gettin' up early now to catch up on it!' "

So this may be our excuse-the bustle of other seasons on the farm, which lets us idle with a bit of mending or reading these restful winter-days.

Old friends and fine of our reading-world we must do without, now that the years have taken toll: Maud M. Kerr has left her "Thoughts By The Way" always inspirational and good to go to, we fancy, a Heavenly desk. Ann Batchelder too has gone from known and admired pages, to beat in her engaging sayings with ambrosial mixings-lifting appreciative eyes, we doubt not to the fresh green of watered pastures and the loveliness of the Hills of an everlasting Home.

Leaving a world of white for that strange land whence none returns, of late a widely known and respected farmer of our county too has gone, leaving his loved ones to mourn, and neighbors and friends far and wide to voice regrets at his passing. He was one who farmed well. And also one who acquitted himself faithfully and well of those duties which fell to him when for years he shared in the cares and burdens and offices of the legislature of his Province.

A politician? Not we would say as the word has come to be regarded. Statesman rather: "A man versed in the principles and art of government.one who shows wisdom in treating or directing public affairs.one influential in shaping its policy." Such a man then this was.

And now that for him, "Life's fitful dream is over," with its successes and laurels-and he won many, it comes to mind that his good name is a fine, and enviable bequest to leave behind-a name for honesty of conviction and purpose, and all those traits of fineness which contribute to make his world say with regret at his passing. "Here was a man!" Nor are such words given lightly in this day and generation. Well earned, merited they must be to be bestowed.

Such was this farmer-statesman now called away from his Island homestead, with its sunny sheltered fields and wide woodlands, its orderly croppings and pictured herd, to take up orders in a far country. Far? Nearer than once, now that so many of our loved ones sojourn there.

Until tomorrow---Diary---Good-night.

KEEP IN TRIM

Thin Girl Should Gain Weight

By Ida Jean Kain

Al right, thin girls, today's column is to help you add six needed pounds. If you are painfully thin, six rounded pounds can make all the difference in your looks and your outlook.

If nothing you eat helps you to put on pounds, then you are eating too little, not eating enough of the right foods, or because of over-fatigue or stress and strain, not making good use of the food eaten.

Let's start with your food habits and examine them from the angle of both quantity and quality. Since you eat all you want, you probably think you eat enough. . .but under-eatiny can be habit. Or it may be you do eat enough food, but fail to eat the right kind. Balanced meals are so important because the good nutrients in foods work better together. That is, the protective materials furnished in foods are best assimilated when other nutrients are present.

MISTAKEN IDEA

Protein is stressed for reducing, so you may have the mistaken idea that the protein foods—meat, fish, fowl, cheese and eggs—will make you thinner. Remember that protein is the basic essential for repairing all the living cells of the body and that a protein food is needed at every meal. The mineral calcium is best assimilated when protein is present, and it is helpful to have a glass of milk with the meal. Fruits and vegetables round out the meal by furnishing vitamins. These foods, together with proteins and minerals, make combination-teams that keep the body running smoothly.

To gain weight, the calories must add up to more than the amount needed to furnish energy for daily living. An easy way to boost calories is by adding a slice of good bread and butter and a glass of whole milk to each meal.

Since your food capacity is smal, it is necessary to eat three meals a day, starting with a well rounded breakfast. Regularity in the meal hour helps nature normalize your appetite. You know that when you go past your meal hour, you lose the desire to eat.

Over-fatigue is often a factor in underweight. Try to go to bed an hour earlier, at least until you build up an energy reserve so you will be able to start gaining on good food. Don't "hurry" to bed. Make all preparations leisurely and relaxed. Reading an inspirational book at the end of the day will help you to slip peacefully into blessed sleep.

Words Of The Wise

To accept a favor from a friend is to confer one.

—(Churton Collins)

Accidental poisoning caused 38 deaths of children up to four in 1952.

DANCERS HELP

WAINFLEET, Ont. (CP)—Teenagers in this town near Welland donated proceeds from a dance to the minor hockey league club, which threatened to disband for lack of funds.

BASILICA C.W.L.

The monthly meeting of the Basilica sub-division of the Catholic Women's league was held Friday evening Feb. 10th in the Knights of Columbus home with Mrs. Matthew Lee presiding. The Rev. Director was present and opened the meeting with the league prayer. Before the business meeting Mrs. J.E. Fleming played "O Canada" after which the minutes of the last meeting were read and adopted.

Correspondence read by Mrs. L. L. Noonan in the absence of the secretary was as follows, Mrs. O. Nightingale, secretary Basilica altar society; Red Cross Society, per Miss I. Arsenault per Mrs. Thomas Linkletter, provincial Girl Guide convenor. Musical Festival association re scholarship fund, also group membership; Miss Catherine Sheridan, executive secretary; Canadian Institute of Blind per Mrs. B.C. Bower; Sisters of the Precious Blood Monastry; Mrs. L.L. Noonan, provincial convenor of standard report forms; from Duffy McCarthy and Murray families for sympathy extended in bereavement Miss Isabel MacDonald and Mrs. L.L. MacDonald for expression of good wishes while ill.

The treasurer reported a substantial balance on hand, all bills voted to be paid. The following convenors were present and gave brief reports of work done during the past month Spiritual, Mrs. J. L. McGuigan; Citizenship, Mrs. L. Noonan; Social Service, Mrs. J.E. Fleming said that considerable amount of serving had been done during the month; Report forms, Mrs. John Beaton; Finance, Mrs. Leo Murray said that a cake sale would be held at S.A. MacDonald's store Friday, February 17th and asked all members to send donations of cake, bread, rolls etc. Institution, Mrs. W.J.P. MacMillan; Sick Visiting, Mrs. R. J. MacDonald. Mrs. MacDonald said she visited all sick members and the usual get-well cards sent to all who were hospitalized during the month; Program, Mrs. Maurice Griffin said that a film would be shown after the meeting. It was moved and seconded to purchase an electric sewing machine for the social welfare rooms. Mrs. Annie Stewart and Mrs. John Beaton reporting for study clubs told the meeting that the study clubs formed last fall were progressing favorably. With a good attendance each week.

Rev. Father MacDonald congratulated the members on the good work they were doing and also spoke words of appreciation that the Basilica C.W.L. was carrying out the wishes of His Excellency the Bishop re study clubs and asked the members to make a special effort during lent to do penance and, attend the different services set aside by the church during this Holy season.

A sincere vote of thanks to Rev. Father MacDonald was moved by Mrs. Maurice Griffin and seconded by Mrs. R. J. MacDonald through those efforts the films shown after the meeting were made possible. On motion of Mrs. J. L. McGuigan the meeting adjourned.

PERSONAL MARK

Coin-sized plates bearing personal initials, to fit into the handle of an umbrella, are a novelty at the 1956 British industries fair.

KELLYS CROSS W.I.

Kellys Cross Womens Institute met at the home of Mrs. Stephen Smith on Feb. 3rd with a good attendance of members. In the absence of the president, the past president, Mrs. Ambrose Monoghan, ocupied the chair and conducted the meeting.

The pattern for the quilt for the lottery was discussed and forwarded to the president. The smaller room of the school has been painted and the bills concerning the work have been paid. At the next meeting plans will be made for the opening of this room for an institute room.

The March meeting will be held at the home of Mrs. Maurice Bradley. The lunch committee will be the hostess and Mrs. Joseph Kelly. The school and sick committees were re-appointed. The collection for the evening amounted to $1.10. Lunch was served by the hostess, assisted by the committee in charge. The meeting adjourned.

MORELL C. W. L.

The February meeting of Little Flower Sub-div. of C. W. L. was held in vestry Feb. 5th, at 7.30 p.m. The president, Mrs. J. E. Rossiter, opened the meeting with League prayer. In the absence of the secretary, Mrs. William Alyward was appointed secretary for the meeting. Due to the inclemency of the weather only fourteen members answered roll call. Minutes of previous meeting were read approved and signed.

Correspondence was read consisting of a letter from National Scholarship and one from Mrs. Noonan and Mrs. Linkletter conveners of Report Farms and Girl Guides respectively. It was moved by Mrs. McCarten and seconded by Mrs. Keefe to send usual donation to National Scholarship Fund.

It was moved by Mrs. Walter MacAdam and seconded by Mrs. Dunn to order a new priest's surplice from Precious Blood Monastery. It was decided to carry on Card parties under present system. A discussion on donation to March of Dimes followed and was left to be decided at future date.

The treasurer, Mrs. J. B. Jay, gave the financial report which was very satisfactory with all bills paid. Proceeds of card parties to date $280. As there was no further business the meeting was closed by usual prayer.

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Baby's Own Tablets gently clear out harmful wastes and help re-establish daily movements without cramping or griping

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Baby's Own Tablets bring prompt relief to fretty feverishness and gas due to irregularity. Help induce restful comfort.

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Baby's Own Tablets quickly help cool little bodies fevered by irritating materials in the bowels.

Tummy Upsets
Baby's Own Tablets speedily act to sweeten up sour stomach and relieve gassy cramps.

Simple Colds
Baby's Own Tablets cooperate with Nature's effort to throw off little colds by re-establishing regularity and encouraging repose.

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* Grey Kidskin Coats ..... from $198
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* Black Dyed Persian Lambs from $395
* Dropped Muskrats (Dyed) from $495
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Fish STICKS, pkg. 39c
Old or New Island CHEESE, lb. . . 49c
SMELTS, lb. . . 25c
Salt HERRING 2 for 25c

STEAK ROUND JUICY TENDER. LB. 55c
ROAST BEEF SHOULDER TENDER JUICY. LB. 35c
RIB BOILING MEAT TENDER - MEATY 2 lbs. 57c

DOMESTIC SHORTENING 2 Lbs. 53c
PREM TIN 39c

CORNED PORK HOCKS Lb. 15c
CORNED SPARE RIBS 4 lbs. 59c

Rib ROAST, lb. . . 45c
Sirloin - T-Bone STEAK, lb. . . . 57c
Rump ROAST, lb. . . . 49c
Beef LIVER lb. . . . 35c

THURSDAY, FRIDAY AND "ALL" DAY SATURDAY

Lantic SUGAR, 10 lb. bag 83c
Broken Pekoe TEA, lb. 79c
SALADA TEA, ½ lb. 59c
Tasty Pack PEAS, 2 tins 39c
Tasty Pack STRING BEANS, 2 tins ... 37c
Aylmer — 24 Oz. MARMALADE, 2 jars 69c
PEANUT BUTTER, 16 oz. .. 43c
Raggedy Ann PEACHES, 2 tins 39c
Oakleaf CORN, 20 oz., 2 tins 39c
PERFECTION MILK, 6 tins 79c

Chocolate Mallow COOKIES, lb. 39c
Fancy Mixed COOKIES, lb. 39c
Rackwana TEA BAGS 12's for only $1.29
Purity ROLLED OATS, 5 lb. bag 45c
York — 20 Oz. PORK & BEANS, 2 tins ... 39c
Libby's Fruit COCKTAIL, 28 oz. tin 49c
Lowney's MARSHMALLOWS, lb. bag 39c
Jello INSTANT PUDDINGS, 2 for 25c

FRUIT AND VEGETABLE DEPARTMENT

BANANAS, 2 lbs. 29c
SUNKIST ORANGES Large 252's, 2 doz. 75c
Large Crisp LETTUCE, each 25c

Sunkist LEMONS, doz. 59c
Washed CARROTS, 3 lbs. 29c
Large GRAPEFRUIT, 3 for 25c
McIntosh APPLES, 5 lb. bag 35c

MAPLE LEAF FLOUR 24 IB. BAG $1.59

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