



WILD SEND-OFF FOR FUTURE PRINCESS

Bride of the year, screen actress Grace Kelly, right, was the centre of one of the wildest press conferences on record as she left New York aboard the S.S. Constellation. More than 300 newsmen and publicity agents crowded into the tiny ship cafe and Jinx Falkenburg, left, friend of Grace, ran interference for her to get her to the microphones for interviews. She will be married to Prince Ranier of Monaco on April 18.

WOMEN

Tues., April 10, 1956 The Guardian, Page 9

KEEP IN TRIM

That's Not Muscle, Mister... That's Fat

By Edy Joan Katz

Excess fat is never "normal," may be really life or death." Dr. Dudley White's blunt comment that ten excess pounds constitutes obesity must come as quite a jolt to some thirty million adult Americans who are totting at least ten excess pounds.

Fact is, until recently the average man has been inclined to regard an added ten pounds or twenty as "good healthy fat" or "mostly muscle." Many a soldier citizen will remark casually, "I've weighed 190 pounds for years, and my weight never changes—so I guess that's normal for me at my age."

What about such stock arguments? If your present weight is too heavy according to accepted standards, it's not normal. The fact that your weight doesn't change indicates that the amount of food that satisfies your appetite is the amount that maintains your present weight. Regarding birthdays, after 30, if you continue to pile on pounds, chances are they'll cut down on the number of birthdays you'll have.

The best gauge of ideal weight is height and frame. For men, here's a rule of thumb: Allow 110 pounds for 5 feet and 5½ pounds for each extra inch. If you have a wide frame with big bones and heavy muscle, make allowance for this by adding 10 percent to this figure to determine your normal weight zone.

What to do about the excess? Cut out the extras. Today's letter from a former heavyweight who reduced 57 pounds by this method will be an eye-opener.

"I am a man of 36 and was much overweight for years—in fact, since I was 21. About 5 years ago I decided to do something about it. I knew my trouble was entirely due to being a heavy eater of sweets and a nibbler. I am 5 feet 10 inches and weighed 225 pounds. In five months I was down to 168 pounds, which is my ideal weight. This was done entirely by eating to lose weight. After the first two weeks it became a game to see my weight steadily drop 2 to 3 pounds a week. I have maintained my normal weight by avoiding rich desserts, candy, nuts and soft drinks—not entirely, but as a rule.

During the holidays, I tend to gain—this year close to 10 pounds. So January is my month of adjustment. I go back to reducing fare then, and to be sure I don't slip, I keep a graph to show the weekly loss. One month is all I need to get back on an even keel. "I hope this will encourage other overweights who, like myself, have a weight problem which to them

breeding grounds. Oh say not so! Those sounds that flow in murmurs of delight and woe, come not from birds. This is the cry of souls, that high on tolling, beating pinions fly, seeking another clime."

Early one morning I heard a small bird singing and knew that spring was on its way although it comes and goes, reversing snows in cloud and sun, first lost then won. Draws back, gives way blowing soft one day, is uncertain then warm. Persists, returns—pale shoots, cold ferns; then sudden thing, somehow it's spring. The birds come on spring and it is sweet on awaking in the early morn to listen to the small bird singing on a tree. No sound of voice or flute beauty and bread. The meadow thrush, the call of crow, mist hanging in the moon—they all meant everything to him.

I remember that he knew the secrets of wood and hill: when trout were hungry; where the ripest berries grew. Who loves the land and drives his furrows deep becomes a name humanity should keep. In the springtime we remember him, when the call of the wild geese is heard again as they fly to their feeding grounds. In the early spring, during the period of migration, on a calm, clear night, if you take your stand beneath the starlit sky, where there is no other noise to disturb, you will hear the almost constant fanning of wings high in the heavens, as the birds sweep on silently to their northern

SECRET OF NATURE
My father who loved the land, tended his acres from spring to fall so that the earth which he owned might bring forth good harvests, that his share of fields give beauty and bread. The meadow thrush, the call of crow, mist hanging in the moon—they all meant everything to him.

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ELEANOR ROSS

Some Hints On Washing Terry Cloth Garments

Terry cloth is more popular than ever. Sturdy, useful and attractive, the more it is used the fluffier and softer it seems to get. Almost any terry cloth garment can take a dive into the washing machine. If it is very colorful, use moderately hot instead of very hot suds, soap or detergent. Deep colors should be washed alone the first time, using several rinsings to remove excess dye. After the color is "set," the garment can probably be safely washed along with other colored things.

Try not to set deep creases into terry cloth during laundering. Use a spin cycle in an automatic or spin-type washing machine, a loosely adjusted wringer in a conventional washing machine.

When washing terry by hand, squeeze out the moisture instead of twisting it. It will save your energy, too!

LONG-DRYING FABRIC
Hang it out-of-doors preferably, because it's normally a fairly long-drying fabric. Dry terry right side out and shake it vigorously before hanging. This gets rid of creases, fluffs up the short-pile surface and helps straighten the fringe often used to trim terry fashions.

Ease a knitted terry cloth garment into shape before hanging, just as you would a knitted dress or sweater. Stretch along all lines of machine stitching before hanging, so that seams and trim won't be puckered or have that "rough-dried" look.

STRETCH IT
If there's trimming like cotton binding, edging, fringe, or braid, be sure to stretch this trim by pulling it between the fingers. Fasten buttons and hooks before hanging up a fairly heavy terry cloth garment. Place robes on a shaped hanger; shorts, skirts or pedal pushers on a skirt hanger; arrange stoles straight across the line. While it is drying, give the garment a vigorous shaking occasionally to fluff it up.

DRY IN THE SUN
Dry white terry cloth in the sun, because sunlight has a natural bleaching action. All colored fabrics are best dried in the sun. Indoor drying can be speeded up with the aid of an electric fan, placed so that it blows on the garment.

Terry cloth doesn't need ironing. But a perfectionist might like to spread the garment over the iron.

CHOICE WIVES
BRANTFORD, Ont. (CP)—Mrs. Kazuko Nakamura of Tokyo, touring Canada, said here that choice wives in Japan are girls who can make dolls and miniature gardens, arrange flowers and serve tea.

SPECIAL TRAINING
VANCOUVER (CP)—Miss Kay Hoskins is one of only four persons in Vancouver with special training in surgical photography.

Country Garden

Continued from page 8

on the amaryllis, seven and a half inches in width making a striking flower which can be grown by any good gardener, there were many other colors to open later. Fragrant oleanders with soft pink clusters of bloom and a pink cactus covered with flowers were enjoyed. Cyclamen and primulas also added their color to the scene, and twenty five hundred pansies in flats made us think of the summer time. Many seedlings of Columbine and delphinium also rhododendron and azaleas from seed brought from the Royal Horticultural Society will bring much loveliness in the coming years.

Collections of Cacti and African violets were on display and for eating, good sized tomatoes and oranges and lemons.

The most wonderful plants to me were the Gloxinias with very large healthy looking leaves and covered with flowering buds. These were planted from the collections that were sold from the Nursery and certainly they would sell themselves over and over to all who might see such beautiful plants.

It is a happy day for all who are interested in gardening when it is spent over at the Nursery before the terrific spring rush is on and if you have not sent in your order for this season, do not delay as orders will be filled in the order they are received.

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HAPPENINGS

Continued from page 8

calls. It was moved and seconded that each member bring a parcel next meeting, to be sent to Miss Ratz, port worker in Halifax. Collection amounted to \$1.77.

Christian Stewardship secretary gave a reading and the Citizenship secretary gave an interesting temperance reading. Mrs. Harold Watts invited the members to her home for the next meeting. Mrs. Lloyd Vessey and Mrs. Richard Vessey on the lunch committee.

SPRINGTOWN W. I.

On Wednesday evening, April 4, 1956, the members of Springtown W.I. met at the home of Mrs. Ewen Lamont. The president presided, and the meeting opened with the Mary Stewart Collect in unison. Roll call was answered with four members. There were two visitors present.

The minutes of the last meeting were read and approved. Correspondence was read by the secretary regarding blankets for old woollens from K and R Store, but was decided not to get any. Letters from the following were read and discussed, Michael Bros., Mrs. R.L. Burge and Mrs. MacGregor.

It was moved by Mrs. Duncan MacIntosh and seconded by Mrs. Don Dickson that the following bills be paid, \$2.30 for lumber and \$20.00 for repairs on School. Collection amounted to 40 cents. Money for cards and capsules sold was handed in. After some discussions it was decided to see if we can get "The Smiling Bill" show in Fredericton Hall. Members to make four lbs. of candy each, and 20 lbs. will be purchased, also to try to get Breadbabe Concert in Hartsville Hall, when 15 lbs. of sugar will be purchased.

It was reported that enough woollens had been gathered to send a shipment to Fairfields and they will be packed at Mrs. Ralph Thompson's on Tuesday afternoon, April 10. Mrs. Thompson invited the next meeting. It was moved by Mrs. MacIntosh and seconded by Mrs. Lamont that meeting be adjourned, after which lunch was served by the hostess, assisted by Miss Iris Lamont and Mrs. D. MacIntosh. A social hour was enjoyed.

NORTH RUSTICO C.W.L.

The North Rustico Sub-Division of Catholic Women's League held their monthly meeting in the hall on April 2nd. The vice-president, Mrs. Cassidy opened meeting with prayer. She asked the secretary to read the minutes of last meeting which were approved as read. The treasurer's report showed a substantial balance after bills were paid.

The different committees brought in their reports. Entertainment, Social service, School Magazines and Spiritual. The spiritual committee reported Soullans and Surpluses bought for some of the new altar boys. It was decided to donate to our honorary members.

Mrs. Stanley Doucette is to take charge of entertainment for the balance of the year. Card parties are to be held for the month of April, also a play to be held during the month to be sponsored by the C.W.L., and refreshments to be served.

Chaperones were appointed for the month of April for School socials. The chairman then appointed three ladies as nominating committee for the annual meeting to be held this month. Next meeting annual meeting, lunch will be served. Meeting adjourned and closed with prayer.

GREENVALE W. I.

Mrs. Alfred Carew entertained the members of the Greenvale W.I. at her home on April 3rd. The vice-president, Mrs. Gamester presided and opened the meeting by singing "The Institute Ode" followed by repeating the Collect in unison. Roll call was answered by seven members and two visitors were present. Minutes of last meeting were read, adopted and signed. All committees gave reports. Correspondence was read and Institute news passed out, also books from our adopted Institute in England. Secretary is to write Eaton's and Simpson-Sears for a donation of cotton remnants. It was decided to hold a pantry sale at Noye's Store on April 14th, if suitable and if not to be held on 28th.

Mrs. Weeks read the paper from the Convener of Home Economics, followed by a people and food contest. Next meeting will be held at the home of Mrs. David Andrews. Meeting closed by singing "God Save The Queen," after which lunch was served by hostess, assisted by Mrs. Silliphant.

IRISHTOWN W.I.

The April meeting of Irishtown Women's Institute was held at the home of Mrs. Ellis Profit, with the president, Mrs. George T. MacLeod in the chair. Meeting opened with the members singing, "The Call Came Back" and repeating the Creed in unison. Roll call was answered with a flour bag or 35 cents. The treasurer Mrs. Clair Campbell reported a balance on hand of \$35.00. Correspondence, read by the secretary, Mrs. Harold MacLeod included letters from Michael Bros., Charlottetown, Mrs. Burge and Mrs. MacGregor.

The district convention for this group is to be held June 12 at New London. Members were reminded of this year's project which is cushion covers. Mrs. Robert Stavert reported clothing sent to Unitarian Services, and card received in reply.

Appointed on the April sick committee were: Mrs. Clair Campbell, Mrs. Archie Johnstone and Mrs. Robert Stavert. School Committee

Mrs. H. B. MacLeod and Mrs. Clayton Stavert.

The members agreed to a suggestion for a talent competition for April and May. Each member to be given one dollar from the funds, to be invested. Prizes will be given for greatest increase, for most novel methods used, and for most amusing account of transactions. Dollar and profits are to be returned to Institute funds at June meeting.

Mrs. Thomas Campbell invited members for May meeting. Mrs. E. W. Johnstone read a paper on Ceylon.

Mrs. Daniel Hickox suggested that the Institute invite Mr. Archie Johnstone to show films in the month of May. Remnants were sold by auction to the members. A grab bag sale was held. Program included a reading by Mrs. E. W. Johnstone, a contest—know your Dates by Mrs. Daniel Hickox, and humorous verses—The night the remnants came, written by Mrs. George MacLeod.

LUNCH was served by the April Committee.

The regular monthly meeting of the Churchill W.M.S. was held at the home of Mrs. Ritchie MacPhee on Wednesday evening, March 14. The meeting opened with Our Theme Witnessing.

In the absence of the secretary, there were no minutes, eight members answered roll call with a Verse of Scripture containing the word "Witnessing". "Take My Life" was then sung; offering was taken amounting to \$2.20. Scripture Bible exposition, Witnessing was read by Mrs. Kelsie Buchanan. Mrs. Nicholson then led in prayer, followed by singing hymn 270. Readings were given by Mrs. Ritchie MacPhee and Mrs. Donald Nicholson. Mrs. Orwin Carney read from the study book.

Next meeting is to be held at the home of Mrs. Harry Wheeler. Roll call to be answered with a Verse of Scripture containing the word in the

"Risen" Lunch was served by hostesses.

Men of the Evening Auxiliary met in the church vestry for the April meeting which was conducted by the president. A hymn was used for the opening. Roll call was heard and minutes of previous meeting read and adopted.

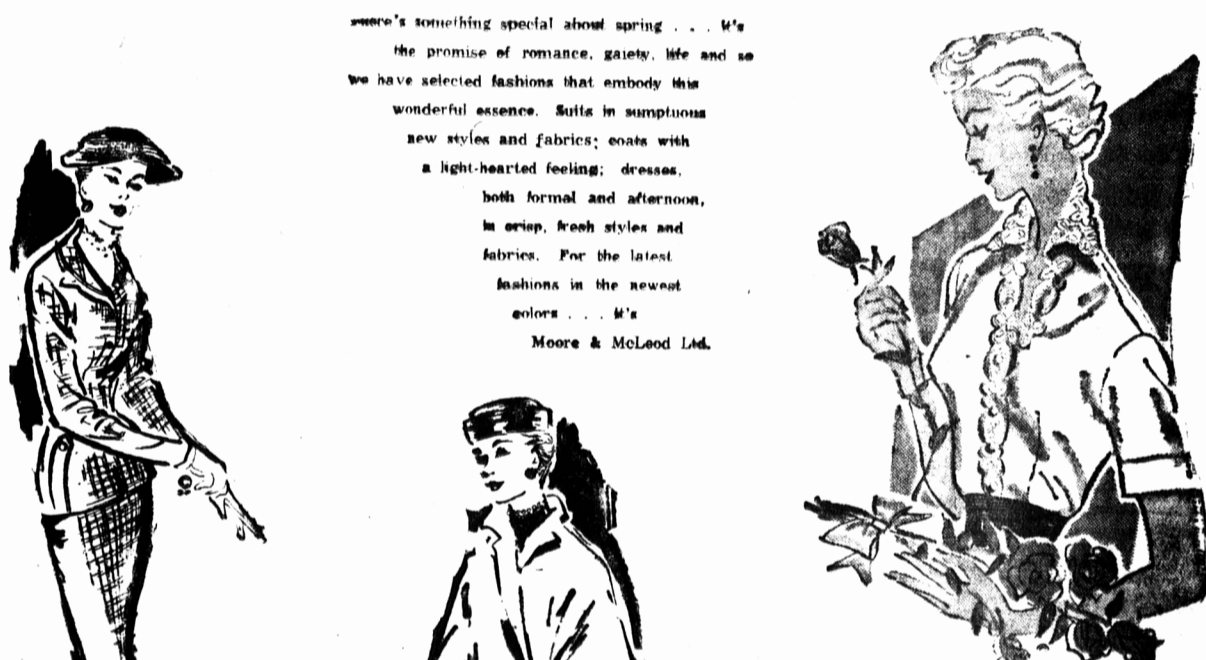
It was moved by Wilda Kahout, seconded by Florence Dixon that \$2.00 be sent to Dr. Ross Eaton for the renewal of our membership in the Temperance Federation. Luella Lund, Stewardship secretary, read an article relating to the work done by our missionary, Miss Laycock, taken from "Missionaries Reporting."

The next place of meeting was undecided. Lunch committee to be in charge of worship and lesson. A hymn and the Mizpah benediction were read. The meeting was a close. Lunch was served by committee.

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POLIO IMMUNIZATION CLINICS For Charlottetown Preschool Children And Charlottetown Expectant Mothers

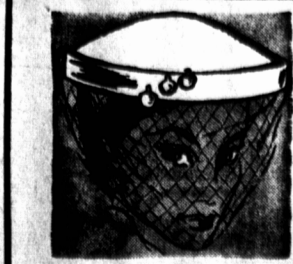
Will be held at the FIRST BAPTIST CHURCH—cor. Prince & Fitzroy TUESDAY and WEDNESDAY — April 10 and 11 9:30 - 11:30 A.M. and 1:30 - 4:30 P.M. for all PRESCHOOL CHILDREN BORN BEFORE JANUARY 1st, 1955 and for EXPECTANT MOTHERS—who will be required to present a doctor's certification of pregnancy.

To avoid crowding at the clinics will parents please co-operate by bringing their children to the clinics according to their sections of the city, as follows:—

Tuesday morning—North of Grafton and West of Great George
Tuesday afternoon—South of Grafton and East of Great George
Wednesday morning—North of Grafton and East of Great George
Wednesday afternoon—South of Grafton and West of Great George

No child will be inoculated without the parent's signed request. 2 inoculations will be necessary—given four weeks apart. The charge will be 25c and includes a 3rd inoculation at a later date.

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