



LOVING CARE

Miss Elizabeth Macdonald, R.N. is shown in this beautiful picture which is on the cover of the United Hospital sixteenth annual report 1956. Miss Macdonald smilingly, holds a glass of milk for her little patient. The latter is "sipping" (not) cider through a straw but, of course, milk. She looks at her nurse with a roguish and adoring smile.

Elizabeth was chosen from the United Hospital, Boston at Post Road, Port Chester at City of Tye, to represent the Hospital on the annual report cover. This United Hospital is approved by the Joint Commission on Hospital Accreditation and is a Member of the

American Hospital Association, New York State Hospital Association, Greater New York Hospital Association and Westchester County Hospital Association. The hospital in which Elizabeth Macdonald nurses serves at Port Chester, Rye, Harrison, Purchase and Mamaroneck, N.Y. Elizabeth is a graduate of St. Joseph's convent, Prince of Wales College and the Charlestown Hospital. She nursed at the Sanatorium and won a scholarship to study at Kentville Sanatorium. She also nursed at Camp Hill Hospital and is now at Port Chester Hospital. Her mother is Mrs. R. J. Macdonald, Hillsboro Street, Charlestown.

KEEP IN TRIM

Dieting Homemaker Must Keep Up Strength

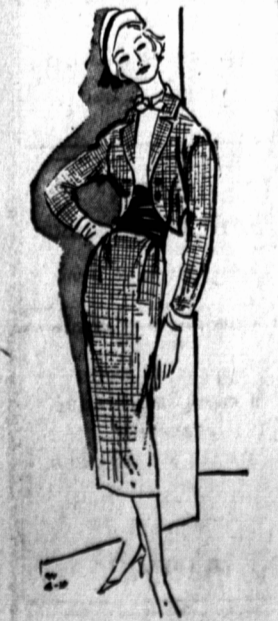
By IDA JEAN KAIN
It's the "little woman" who has the most difficulty controlling her weight. One young mother writes: "I am only five feet tall and weigh 175 pounds. The weight has been growing on me since the birth of my first child, 12 years ago. I'm not looking for excuses, but I do need energy to take care of my husband, home and four children. Please help me get started on the road to a trimmer, happier me."

All short - stocky homemakers who take on weight easily, tune in here. Set your goal for pleasing plumpness. Allow 110 pounds for feet, and 5 1/2 pounds for each inch over 5 feet. Add 10 per cent of total weight for a stocky frame. At 121 pounds, our 5-foot model will be pleasingly plump but not overbearing.

Here's the slimming program: Plan three moderate meals a day around the protective foods, limiting calories to between 1,000 and 1,100. Include a protein food with each meal, starting with breakfast. Add 4 o'clock energy boost daily. "Slim" measurements with stretching and side-bending for waist whittling.

To change food habits, learn to regard foods which furnish "empty" calories as doing nothing for you except to add fat. These include: fat of meat, rich gravies, cream sauces, fried foods, sweet buns and poor quality baked goods, as well as pastries and rich desserts.

Have daily 5 ounces of LEAN meat, fish or chicken; a pint of skim milk or buttermilk or 6 tablespoons of dry skim milk powder, used in soup, cooking or as a beverage; 1 or 2 eggs, or 1



By VERA WINSTON

BOLERO SUIT

This is certainly the season to invest in a suit. Every housewife designer has contributed something of a novelty or interest to make selecting a suit as pleasant as rather difficult chore - for there is so much from which to choose. Good values, too! Pale check wool in gray or brown and white is used for this jaunty bolero number. The jacket has a notched collar and goes in for satin-bound buttons in black or ivory. The skirt is made of a matching wide and narrow, is optional and a leather belt may be substituted when a simpler suit is desirable.

Women

Lena Caroline McLure, Women's Editor, Phone 8508

Page 8 The Guardian April 1957

HAPPENINGS

Mr. Justice Mark R. MacGulgan, Mrs. MacGulgan and daughter Roberta returned this week from a six weeks motor trip to all points of interest in Florida. On their way home they spent five days at the Sheraton Astor in New York City. They were joined there by their son Mark, Junior, who flew from Toronto to spend the Easter holidays with them.

Mr. and Mrs. E. S. Matheson, North River Road, are entertaining this evening at bridge.

Mrs. Lester B. Mellish arrived in Charlestown a few days ago having spent Easter with her son Dr. Harold Mellish and family in New Brunswick. Mrs. Mellish has a most enjoyable winter in U.S.A. A particularly delightful week was spent at Ventnor, Atlantic City, at the beautiful home of her niece, Mrs. Frank L. Dyer. The latter, who is now a widow was the former Eliza (Lily) Jane MacEachern Martin, daughter of Mr. and Mrs. Joseph MacEachern, Mermaid.

Mr. James Saunders, medical student at Dalhousie University and Mrs. Saunders, accompanied

by Lieutenant-Commander and Mrs. Roy Clark and two children, Mary Lou and Tommy, spent the Easter holidays in Kensington at the home of Mr. Saunders' parents, Mr. and Mrs. James L. Saunders.

Mrs. Mary MacLeod has returned to her home in Mt. Hope, Prince Edward Island. Mrs. MacLeod enjoyed a pleasant two months visit with her son-in-law and daughter, Mr. and Mrs. Thomas Obea, Townsend, Mass., and with other friends and relatives in and around Boston. Before her departure for the Island, Mrs. MacLeod was entertained by her niece and nephews at the homes of Mr. and Mrs. John A. Pope and Mr. and Mrs. James Cahill.

Misses Phyllis Yeo and Isabel Stead of Charlottetown left Monday morning to visit friends and relatives in Oshawa and Toronto.

Mr. and Mrs. Frank Duplessis and children Elizabeth and John, spent Easter holidays with Mrs. Duplessis' parents, Mr. and Mrs. Harold Leturgey, North Bedouque.

"Fair April, Symbol Of The Resurrection"

ELLEN'S DIARY

Saturday is passing now - going out on some ebb tide of Time. Washing afar in ever-receding ripples toward some changeless shore of the past. Beyond the windows the night is dark. Hushed, cool and damp with the shower which now in setting drops bejewels the panes.

Spring-rain is good. It comes to wash away the bleached bones of Winter and cleans and sets in order the reaches of valley and hill. This will be the tops of the spruce, wash the fir twigs. And searching low on sheltered woodland banks bathe with every tenderness the opening buds of the mayflowers. Spring-rain is not cheerless like that of the Fall. There is a gay song and dance in its patter, the promise of many a delight in its fall. And the scent of the fresh-washed earth.

"This should be a good morning to fish," we said at breakfast, catching sight of young fishers, leaning down along the hillside with high anticipation in their steps.

"There'll be no fishing until the stream has cleared. It's always been that way," James offered. The deep sound from the spillway indicated the increased flow of the turbid spring-thawings.

Nevertheless this was a week of "The fishing", a number trying first luck in the neighbourhood. Homing without a fly taking, though doubtless well pleased with the outing, happy to find Winter's reign at last past.

Trouting the week gave, and many other sights and sounds of the springtime: wild geese on wing in numbers, voices hailing the

earthbound housewives, watching from the yard, or polishing a window in the seasonal cleaning; laughing down teasingly at n't you like that? And where shall we land you?"

Wild geese . . . and robins once more into the fulness of the old Spring refrains, song sparrows tuning trills from a verandah; and in the quiet of the day which awaited rain, blue jays call from the old orchard tree.

Many a pleasant surprise the week brought to farm-folks, man a joy and delight of season, before our eyes or just around a corner to add a splendor to our days. How fast the months of the New Year slip by! Presently May the gentle maiden of month will dawn. But tonight it is still April who writes in jewelled script of rain-drops on the panes.

April's everywhere. It is visible on tree and hedge and in the grass. While grass grows green in places where she lingers. She coaxes mayflowers out with tender glance. She's fond of sudden showers with sunshine after.

And, in the sky the vivid rainbow With wily ways and warm persuasive laughter She brightens up the sombre spruce and larch. Hangs tassels gay on alders by the river. Brings redbud bloom to lavender perfection.

Soon on the fields, young grain will lift and quiver - Fair April, symbol of the Resurrection - Until Monday - - - Diary - Goodnight. . . .

Champion. During intermission, sale of Candy and Polar Bars. Junior Girls Choir "Father We Thank Thee". Piano Solo by Jean Murray. Piano Solo Margaret Musical, by Margaret Murray. Chorus "The Hunt Is Up" by High School.

Vocal Solo by Margaret Murray. Dance "Double Tap" Vicki Cooke and Pearl MacInnis. Chorus "At the Fair" by High School Pupils, The Queen.

WATERVALE SCHOOL. The following is the report for March for Watervale School. Grade IX: 1. Marjorie Wisener. Grade VIII: 1. Anita Curley; 2. Albert Hayes; 3. Theresa Trainor. Grade VII: 1. Marion Quinn; 2. Edna MacLeod; 3. Vincent Walsh. Grade VI: 1. Sheila Quinn. Grade V: 1. James MacLeod; 2. Gerard Grimes; 5. Vernon Trainor. Grade III: 1. Maureen Walsh. Grade II: 1. Helen Quinn; 2. Danny Quinn. Grade III B: 1. Betty Quinn; 2. Trudy Wisener.

Grade II: 1. Theresa Hayes; 2. Eddy Trainor. Grade I: 1. Maurice Walsh; 2. Vincent MacLeod; 3. Brain Wisener. Highest average in senior grades: Marion Quinn - 93 per cent. Highest average in junior grades: Maurice Walsh - 95.3 per cent. Teacher - Eleanor Walker.

MORNING SMILE. The people who are most easily shocked by scandal in the newspapers seem always to be the first ones to find it.

QUAKE KILLS 19. ISTANBUL (Reuters) - Ten persons were killed and 80 were injured when an earthquake shook Fetive, southern Turkey, Wednesday night. Fetive is a Mediterranean port about 50 miles northeast of the island of Rhodes. The governor said 80 per cent of the buildings in the town, which has a population of about 4,000, were wrecked by the 4.5-second

MARY HAWORTH. Widow Loves Drinking Man.

Dear Mary Haworth: I am a childless widow, 46, happy and contented in my successful business, I've had several opportunities to re-marry but didn't care enough to take the step.

However, for the past year I've been dating Henry, a widower whose wife died four years ago. I had known them both for 10 years previously, though not intimately.

Henry is kind, generous, thoughtful, civic minded and successful, and we have many interests in common. Family and mutual friends have urged me to accept his marriage proposal, but we are in conflict about his drinking, and things came to a head recently.

On several occasions I've observed his inability to handle liquor. I've explained that while I don't object to a few drinks, one can handle them - I think he should recognize his limitation and learn to stay within it.

Henry takes the attitude that he is entitled to a little fun and if a woman loves a man (as his wife loved him, he intimates), she will overlook the lack of balance and take care of him.

When we were dining out not long ago his drunken behavior embarrassed me considerably, but we didn't discuss it then, due to his condition. Some days later we were to dine out again, and when he called for me, he was glassy-eyed and weaving. I was disgusted and annoyed and said I was sorry but couldn't go with him in his condition, because frankly I fear embarrassment and humiliation.

He hasn't called me since, nor tried to make amends, which does not disturb me. But I am wondering how other women would have met the situation. Many must have to meet, from what I observe in today's society. . . .

GOOD SENSE SHOWN. Dear V.P.: Actually there is no constructive middle ground on which to meet the problem drinker who refuses to face his handicap and treat it realistically. Either you get illogically involved in his



MacKay-Gouchie

A quiet but pretty wedding was solemnized Saturday, March 16th at the Baptist Parsonage at 7:30 p.m. in Amherst, N.S. when Rev. S. Holmes, in a double ring ceremony, united in marriage Marjorie Winnifred, younger daughter of Mr. and Mrs. Stephen Gouchie, Amherst, and David Allan, son of Mr. and Mrs. Allan MacKay of Charlottetown, P.E.I.

The lovely young bride given in marriage by her father, wore a fitted suit of pale blue tweed with pink accessories. Her corsage was of talsman roses and lilies of the valley.

Miss Carolyn Porter attended the bride, wearing a suit of grey and yellow tweed with yellow accessories, and corsage of yellow roses.

The best man was Richard MacKay, brother of the groom. The bride's mother wore a grey dress with white shawl collar and blue accessories. Her corsage was of pink carnations.

The groom's mother was attired in a grey suit with pink accessories, with corsage of pink carnations. Following the ceremony a reception was held at the home of the bride's parents for some sixty relatives and close friends. Baskets of daffodils, tulips, tea roses and mums decorated the room.

The bride's table was centered with a two tier wedding cake topped with wedding buns and flanked with silver candelabra with lighted tapers.

The toast to the bride was proposed by Lieut.-Col. F.W. Fullerton of Moncton, uncle of the bride and was fittingly responded to by the groom.

Mrs. Harry Fawcett of Sackville Aunt of the bride, presided over the tea service. Miss John Carter, Aunt of the bride, Mrs. Joseph O'Byrne and Mrs. Gertrude Boudreau replenished. Those serving were Misses Sharon Allen, Gwen Lewis, Norma Estabrooks, cousin of the bride, also took charge of the guest book.

The bride and groom left later in their honeymoon car, a different point in New Brunswick and Prince Edward Island. On their return they took up residence at 68 Church Street, Amherst.

The groom is employed with the F.W. Woolworth Co., Ltd., and the bride with C.S. MacLeod Co., Amherst.

Out of town guests attending the wedding were Mr. and Mrs. Cecil Fullerton, Yarmouth; Lieut.-Col. and Mrs. F.W. Fullerton, Douglas Hicks, Carl MacDonald, George Webber, Mr. and Mrs. Charles Fullerton and Miss Janna Fullerton, all of Moncton; Mr. and Mrs. Harry Fawcett, Sackville; Mr. and Mrs. John Carter, Amherst; Miss Beverly Anderson, Amherst; Miss Mackay, Charlottetown and Miss Jo-Marie Sweeney, Halifax.

HOUSEHOLD HINT. For best results, be sure to apply paint to a clean, smooth surface.

problem with him, or you see it objectively and keep yourself out of it. In which case, he is likely to be in the office at your unfeeling detachment, and seek other more glibly (allegedly more congenial) social propos.

So don't underestimate the good common sense of your blunt reaction to Henry's glassy-eyed appearance the other evening. You met the situation as it should have been met, all things considered.

As for what other women might have done, who feel obliged to strive for harmony with problem drinkers - it is one thing to try to adjust when lashed to the mast of necessity; and another thing to have freedom of soul and free scope, in dealing with a potential nuisance. Fortunately you are in the latter category as regards Henry - since you aren't his wife, don't respect him, and can't love a man who you don't respect (you say).

FADE-OUT A COMPLIMENT. The fact that Henry faded out and stays away, making no effort to patch things up, is rather to your credit, I think. It suggests that he is a weak and as wrong as you hold him to be - in wearing blindfolds about his drink problem. And that he has found you to be a consistently admirable character - hence he has no comeback.

The average problem drinker has a chip on his shoulder about his weakness; and being weak, he tends to be difficult in his sentimental relationships - tenacious, tyrannical and quarrelsome if opposed. He tends especially to be aggressively disagreeable if faced with disapproval; thus Henry's silent retreat from your annoyance is a real compliment to your personality, I think. It implies that you have considerable stature in his eyes.

If Henry wants coddling of his frailty - and he evidently does - you aren't the woman for him. This isn't to say that you aren't the protective type; but only that you'd have to figure the man was worth your sacrifice. And you do not feel that Henry is worth the price he asks; which means that he isn't, in your psychological budget, M.H.

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

Fisher-Cobb Wedding Solemnized In Oshawa

A very quiet wedding was solemnized in Simcoe Street United Church parsonage on Saturday, April 13, when Joan Frances Cobb and Arthur Edward Fisher were united in marriage.

The bride is the daughter of Mr. and Mrs. John A. Cobb, Morell, P.E. Island and the bridegroom is the son of Mr. and Mrs. A. H. Fisher Killarney, Manitoba. Rev. J. K. Moffat performed the double ring ceremony.

The bride was given in marriage by her father, Mr. Daniel C. MacKinnon. She wore a waltz-length dress of silver-grey taffeta sprigged with blue and pink flowers and fashioned with a cross-over bodice, empire waistline and elbow length sleeves. Her hat and

accessories were white. Her flowers were pink rosebuds and pink and white carnations arranged as a corsage.

The bride was attended by her aunt, Mrs. Daniel C. MacKinnon, who was in navy blue taffeta with a navy and pink hat and pink accessories. Her corsage was of pink rosebuds.

Mr. Harlan James, Oshawa, acted as best man. A wedding supper was held for members of the family at the Commercial Hotel, for which the bride changed into a grey afternoon dress with red accessories.

Mr. and Mrs. Fisher are making their home at 22 McLaughlin Blvd. Oshawa.

ELEANOR ROSS

Pink Colours Started A Fashion For Kitchen

How did pink find its way into the kitchen after the long and undisputed reign of white?

We asked a famous decorator just how this happened and her answer is interesting.

She told us that color consciousness does not result from seeing a color in just one industry; it comes in the repeated use of that color in many industries. FASHION STARTS IT

Usually, the whole cycle starts with fashion. Paris made pink dresses. Soon, the shirtmakers began to concentrate on pink shirts to go with the ubiquitous gray flannel suit. Then the motor industry introduced pink tones in cars; then came pink in furnishings with display rooms in different shades of the color.

Finally kitchen manufacturers used the color for everything from the ranges to garbage cans. Pink, in other words, was the style!

But our decorator friend tends to disagree pretty much with the theory that all there is to color is that it is in style. She thinks that the way a color is used is what makes it the style. In other words, the color must be used with distinction, but effortlessly

to succeed.

DECORATING JOB. When a good decorator tackles a job, color doesn't come first - indeed, the way a household functions, the individual type of living of its occupants, the type of house, the room itself are all under scrutiny before the decorating job is begun.

A dining room is a good showcase for color. It isn't used constantly, it is a focal point for entertaining so it can take brilliant color and contrast.

LONG-RANGE PLAN. Young homemakers should have a long-range plan unless they have a large fund for decorating. It is suggested that architectural features should be removed or improved before the real decorating begins. Otherwise, the best part of the job has to be devoted to disguising these faults, rather than to the pleasant task of creating a beautiful setting.

This decorator is a great believer in built-ins. One reason is that they keep the lines of a room clean. She believes, too, in choosing the right color in paint to provide the proper background for furnishings and accessories.

LET'S EAT

Lamb And Dried Beans Thrifty And Appetizing

By IDA BAILEY ALLEN

"There are two reasons why the combination of lamb and dried beans is a favorite dish in France, Madame," said the Chef. "These foods are especially appetizing when combined - also thrifty. You do not need so much lamb, which costs more, when it is served with dried beans, which cost less."

"Let's tell our readers how to prepare it at home." "Roast Bone Shoulder or Leg of Lamb with Beans: Order a 4-lb. leg or shoulder of lamb boned and rolled. Rub the exterior with a mixture of 2 tsp. garlic salt or 1 1/2 tsp. powdered garlic, 2 tsp. salt and 1/2 tsp. pepper. Roast about 1 hr. in a moderately hot oven, 400 degrees F. Turn to brown all over.

Surround meat with drained savory beans. Add 1/4 c. of the bean liquid. Roast about 1 hr. longer at 375 degrees F. Baste twice with the liquid from the roasting pan. If necessary, add more of the bean liquid.

Serve dusted with chopped parsley, or with a combination of parsley and lightly sauteed chopped onion.

Savory Beans: Place 1 lb. dried white beans (or any kind), in a large saucepan. Cover with boiling water. Let stand 50 min. Then add 1 bay leaf, 2 tsp. salt, 1 thin-sliced scraped carrot, 1 sliced peeled onion, 1 tsp. minced parsley and 1/4 c. sliced celery. Simmer 1 hr. or until the beans are almost tender.

Then stir in 1/4 c. sauteed diced salt pork and 1 tbsp. tomato paste. Simmer 30 min. or until most of the liquid evaporates.

TOMORROW'S DINNER. Tossed Cress Lettuce Salad. Roast Bone Shoulder or Leg of Lamb. Savory Dried Beans. Spiced Red Cabbage. Strawberry-Toast Cake. Coffee.

All measurements are level; recipes proportioned to serve 4-6. Spiced Red Cabbage: Cut a 2-lb. red cabbage into 10 wedges and wash. Place in a saucepan. Add 1 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. each ground allspice, ginger and cloves, 1/2 c. prepared horseradish, 2 c. boiling water, 1/4 c. vinegar and 1 tsp. sugar. Cover. Simmer 25-30 min. or until fork-tender. Drain. Serve hot.

Strawberry-Toast Cake - This is especially good when prepared to order at the table. For each person make 2 slices well-buttered enriched bread toast. Keep it hot.

Put together, shortcake fashion, with sugared sliced fresh strawberries that have been allowed to stand at room temperature 30 min. to become juicy. Or use almost-thawed frozen strawberries.

Top with sweetened whipped cream, or with dairy sour cream, or serve as is. TRICK OF THE CHEF. Toast when making strawberry - toast cake.

Home Workshop. The April meeting of Birch Grove Women's Institute met on April 4th at the home of Mrs. Austin Scales. The president, Mrs. Cecil Reeves presided, and the meeting opened with the Institute Ode and the Mary Stewart Collect repeated in unison.

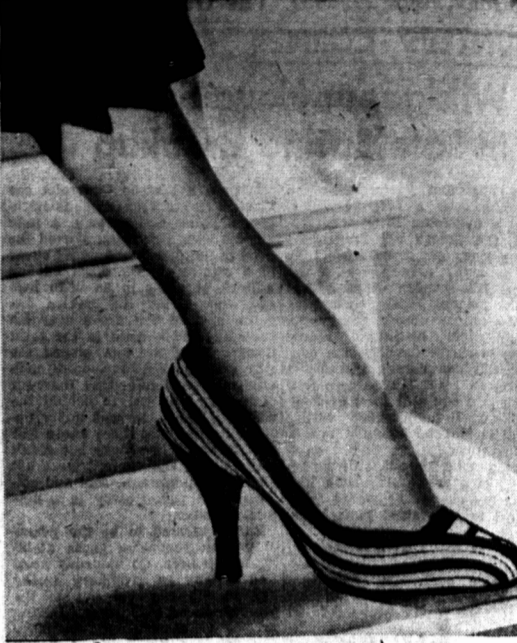
Thirteen members were present. The roll call was answered with a timely house cleaning hint. The minutes were read by the secretary, Mrs. Hubert MacNeil, were approved and signed.

Correspondence received since last meeting was read and discussed. It was decided to send \$5.00 to the crippled children's fund.

New committees appointed are: Visiting - Mrs. Scales and Mrs. Perry; School committee - Mrs. C. Paynter, Mrs. H. MacNeil, lunch - Mrs. J. Lewis, Mrs. H. MacNeil. A birthday cake was passed around, it proved to be a very delicious - and also added to the funds. A contest put on by Mrs. John Lewis was very much enjoyed. It was decided to have a party sale at the next meeting, which is to be held at the home of Mrs. Robert Schurman. Meeting closed with the national anthem.

Teenagers Shocked By Parents' Habits! Today's youth are shocked by the "indecent" way their parents used to act: cutting in at dances, dating another boy's girl. (Now kids are apt to think of matrimony by their A/A data!)

WIFE PRESERVERS. In making marriages, add the oil very slowly and beat in each addition thoroughly to prevent separation.



IMPRESSIVE FOOTWEAR

Fashions under foot for the warm weather months have very cleverly gone in for chic combined with coolness in all the latest models. And the shoes shown are a striking example of this happy trend.

They are of striped Swiss straw in contrasting bands of black and

white which are stitched on an airy nylon base. The pumps feature the popular new pointed toes and slender graceful heels.

SEVEN MILE BAY. Seven Mile Bay held their monthly meeting in the church Sunday afternoon at 3 o'clock. The president presided and opened the meeting with the League Prayer.

The secretary read the minutes of previous meeting also correspondence which consisted of letters from the following: Dr. Hubert MacNeil, president of Catholic Welfare Agency, re annual meeting April 28th, from Mrs. B.W. DesRoche re assistance to Dorothy Cullen re Catholic Girls' Scholarships, also moved and seconded that bill for Easter flowers be paid. Some Red Cross material was turned in. Collection was taken and an motion meeting adjourned.

It was decided to observe the Feast of Our Lady of Good Counsel, our Patroness, on the first Sunday in May instead of April 26th. All members to receive Holy Communion in a body.

It was moved and seconded that ten dollars be sent to Catholic Girls' Scholarships, also moved and seconded that bill for Easter flowers be paid. Some Red Cross material was taken and an motion meeting adjourned.

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