



HEADED GLITTER

No matter the current millinery success, the jeweled evening hat is always with us, sometimes, though, not very elaborate, content with just a few rhinestones. In keeping with the mood is this one by Dajon, a high toque of black velours and satin. It is heavily embroidered with rhinestones and crystal jewels all topped off by an aigrette type plume.

MRS. GORDON MacMILLAN

## A COUNTRY GARDEN

### YEAR'S END

Chill, ceaseless rains  
Sweeping the weeping grasses:  
Trees bare, forlorn, that mourn  
For one grown dear who passes:  
Seen through black tracery of  
boughs  
Sunsets whose crimson pall en-  
dows  
The dying year with majesty:  
And in the high,  
Cold solitary places,  
Great winds that round  
The heavens awake and sing:  
As when a King dies and for a  
new King  
The trumpets sound.

Gibbins.  
**HAPPY NEW YEAR TO YOU ALL!** I wish to thank you for the messages received in this happy holiday season, and now we can really think about our spring gardens and plan for them through the weeks ahead. The days will be longer and brighter although we may have stormy weather for a few weeks and then the lovely springtime!

Come in, New Year and bring me again the soft south wind or er green hills, sunshine on yellow daffodils; the brown wrens ecstasy that fills white lilacs in the rain. Old roads and new to traverse through long summer days; mown fields and quiet waterways; red roses dipped in dew. Looking back over the year we recall many happy hours in the garden.  
Interesting garden visitors from many lands came to the garden and we shared our little triumphs and trials with them. I count up in this song of cheer, the blessings of a busy year; a roof so low I lose no strain, no ripple of the friendly rain. A chimney where, all winter long the logs give back the wild bird, a song. A field — a neighborly old ground — which year by year without a sound, lifts bread to me and roses sweet, from out the dark below my feet. This my rosary of hours interwoven of the snows and flowers — the year that runs from young to old, a glint of green, a glow of gold.

We are full of thankfulness "For the precious things of Heaven, for the dew and for the deep that courseth beneath, and for the precious fruits brought forth by the sun, and for the precious things put forth by the moon, and for the chief things of the ancient mountains and for the precious things of the lasting hills."

In the garden we are conscious of all these precious things — how the universal heart of man blesses flowers! They are wreathed around the cradle, the marriage altar and the tomb. The Persian in the Far East delights in their perfume, and writes his love in no-days while the Indian child of the Far West claps his hands with glee as he gathers the abundant blossoms, the illuminated Scriptures of the Prairies. The Cupid of the ancient Hindoos tipped his arrows with flowers, and orange-flowers are a bridal crown with us, a notion of yesterday. Flowers garlanded the Grecian altar, and hung in votive wreath before the Christian shrine. All of these are appropriate uses.  
Flowers should deck the brow of the youthful bride, for they are in themselves a lovely type of marriage.

They should twine round the tomb, for their perpetually renewed beauty is a symbol of the resurrection. They should festoon the altar, for their fragrance and beauty ascend in perpetual worship before the throne of the Most High.

**A GARDEN HYMN**  
Give me a lovely garden, and the rest of the world you can take, give me the songs of the earth, each morning when I awake. Give me the earth's bright rainbow of petals alight at my feet, give me a lovely garden, in exchange for a busy street.  
Give me the laughter of nature, which breaks into colored smiles, give me one foot of flower — filled

earth in exchange for shoplit miles. Give me the gold-splashed sunshine and shady nooks, green-dim, and give me the soft rain falling like cool notes of a peace-filled hymn. Planning the garden for "next year" is one way to help in growing old because youth is not a time of life... it is a state of mind. It is not a matter of ripe cheeks, red lips and supple knees; it is temper of the will, a quality of the imagination, a vigor of the emotions; it is a freshness of the deep springs of life.  
Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over love of ease, and what better way to adventure than in making a lovely garden. Nobody grows old merely by living a number of years; people grow old only by deserting the ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.  
Worry, doubt, self-distrust, fear and despair — these are the long years that bow the head and turn the growing spirit back to dust.  
Whether seventy or sixteen, there is in every being, a heart the love of wonder, the sweet amazement of the stars and star-like things and thoughts, the undaunted challenge of events, the unflinching child-like appetite for what next, and the joy and game of life, you are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your despair.  
In the central place of your heart there is a wireless station; as long as it receives messages of beauty, hope, cheer, courage, grandeur and power from the earth, from the men and from the infinite, so long as you are young.  
Above all, January is the month of promise, the glory of the growing year lies before us keeping us interested and young. The sun itself lies before us. The sun itself tells us that by Twelfth night everyone knows that the change has come. It makes no difference how deep the snow may lie, how chill the wind may bit — light has come again. And light means growth, so to all my garden friends I send this wish for the New Year.  
I wish for you abundant health. And then your share of wordly wealth:  
Long sunny hours when you may see  
The beauty in each flower and tree.  
And if perchance a cloud should



Merry Christmas  
And greetings of the season! We hope that you and all of our loyal customers enjoy this wonderful Yule to the very utmost  
**West End Nurseries Ltd.**  
22 RICHMOND ST. DIAL 3526  
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# WOMEN

Lena Caroline McLure, Women's Editor, Phone 8508  
Page 8, The Guardian Monday, Dec. 24, 1956

## HAPPENINGS

Lois Marshall, when first beginning her career, was sponsored by the Local Council of Women, Toronto. Now the Council has had the great luck of getting soprano Lois Marshall for a concert, which takes place in Eaton Auditorium on January 7. And of course the members are telling every one what good Christmas presents a pair of tickets would be!

Captain, the Reverend and Mrs. Gordon Darrach of Quebec, with their sons, Alastair and Ian, arrived Saturday night to spend the holidays with Captain Darrach's parents, Mr. and Mrs. Neil Darrach, East Royalty. Captain Darrach was a padre in Korea for a year. He returned to Canada early in October.

Mr. and Mrs. Ivan MacArthur, Kingston, with their children Deborah and Scott arrived by plane Saturday to spend the Christmas season with Mr. and Mrs. Geddie MacLeod, the Kirkwood, and with Mr. and Mrs. Carl Burke, Mt. Edward Road. Mr. Geddie MacLeod who has been visiting Mr. and Mrs. MacArthur returned home with them.

Miss Marion Stevenson, Niagara Falls, arrived by plane to spend the holiday season with her parents, Mr. and Mrs. Edwin Stevenson, New Glasgow.

Mr. and Mrs. Charles Darrach, Shediac, New Brunswick, are spending the holidays in Charlottetown with Mr. Darrach's mother, Mrs. Annie Darrach, Queen Street.

## COOK'S CORNER



**NEW LONDON W.I.**  
Mrs. Lorne Campbell was hostess to New London W.I. on Dec. 11, 1956. Meeting opened with singing "Silent Night" and repeating Mary Stewart Collect in unison. 19 members and 1 visitor answered Roll call with an exchange of a Christmas gift.  
Minutes of the last meeting were then read, approved and signed. The secretary gave a report of the Leadership Course. Each member was asked to make 2 lb. of sugar into candy to sell at Christmas Concert on Dec. 19th. The school and pre-school children are to be remembered with a Christmas treat, also the shut-ins to receive their treat and a patient in the Sanatorium to be remembered. Sick committee reported no calls.

**NUT MUFFINS**  
2½ cups sifted flour  
3 tsp. baking powder  
1 tsp. salt  
3 tbsps. sugar  
½ cup butter  
1 egg beaten  
¼ cup milk  
¼ cup chopped nuts.  
Sift flour once, measure; add baking powder, salt and sugar and sift again. Cut in butter with a pastry blender or two knives until mixture is as fine as meal. Add nuts. Combine milk and egg and add to dry ingredients. Stir only until the flour is moistened. Fill well greased muffin pans two-thirds full of batter and bake in hot oven, 425 deg., for 15-25 mins. depending on their size. Makes 12 large, 116 medium or 24 small muffins.

stray  
To dim the brightness of your day  
I wish you faith that falters not,  
A trusty friend to share your lot,  
May pleasant memories brightly  
glow  
And those less happy quickly go,  
My wish for you, dear friend, of  
mine  
Is happiness for all the time.

**KEEP IN TRIM**  
**Fit Of Your Skirt Band Is A Good Figure Test**  
By IDA JEAN KAIN  
How's your skirt band? Feeling a mile tight these days? Women who take measures to prevent a gain in weight, watch the fit of the skirt as much as they watch the pointer on the scales. The very day the waist band feels a bit snug and the skirt pulls across the abdomen, slimming measures are taken promptly.  
Actually it is the abdomen that spreads first, but the gain is felt first at the waist merely because that is where clothes are fitted. At any rate, refusing to give the waist an inch as a proven way to prevent the middle spread, at any age.  
To see what goes on, encircle the waist with forefingers and thumbs, have forefingers almost touching in front, and the remaining fingers widely separated, fanning out to span the front-sides of the abdomen. Right there is where the spread first threatens.  
If you will restore tone to these oblique muscles this action can work streamlining miracles. Because of their curved position around the side-front of the figure, made. The school committee reported nothing needed, only to have school scrubbed. Miss Elva MacAllister, Mrs. James E. Cole, Mrs. Oscar McKay, Mrs. Morton Adams volunteered to do some. It was then decided to buy a hot plate for the school, also to have the hall wired soon. And to get a 1,000 cod liver oil capsules.  
It was moved and seconded that all bills be paid. Correspondence consisted of several letters. It was moved and seconded that \$5 be sent to T.B. League, Red Cross knitting, and sewing was then distributed among the members.  
Mrs. Fred McEwen invited the members to her home for the January meeting. Roll call is to be answered with a New Year's verse. Collection amounted to \$1.75 and 1 membership.  
Program followed with Miss Linda Bernard and Miss Isabel Campbell singing a duet followed by Christmas carols. Meeting closed with the Queen. Lunch was then served by hostess and committee in charge.

**ST. GILBERT'S**  
Monthly meeting of St. Gilbert's Altar Society was held at the home of Mrs. William Arsenault with 13 members present. Various reports were heard.  
A cordial invitation to all residents was extended for them to attend Christmas school closing Dec. 18th. A bingo was to be held at the home of Mr. and Mrs. Fiddle Arsenault to keep a needy family.  
Next meeting to be held at the home of Mrs. Agno Maddix. Roll call to be a Pantry Sale. Following closing of the meeting, a vote of thanks was extended the hostess.  
**SUCCESS W.I.**  
Mrs. Lorne Wigginton entertained the members of the W.M.S. of Trinity United Church, Montague, at her home, Tuesday, December 18th. 11 members answered roll. Mrs. L. A. Johnston presented a lovely Christmas devotion and Mrs. Bert Haneveld sang carols very sweetly in English and Dutch. Following the reading of minutes

**ANCIENT SITE**  
The ground where Cardiff Castle stands in Wales was first fortified by the Romans in AD 75.  
**Clean, Freshen Refrigerator with SODA**  
Just sprinkle soda on a damp cloth and wipe inner surface. Wash ice trays in soda solution — 3 tablespoons to a quart of warm water. Leaves no soapy odour. Recommended by leading refrigerator manufacturers.  
**COW BRAND BAKING SODA**  
PURE BICARBONATE OF SODA

and in two weeks' time you'll see a noticeable improvement in the fit of your skirt.  
Do these two exercises daily

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