

WOMEN

Lena Caroline McLure, Women's Editor, Phone 8508

Page 8 The Guardian Monday, Jan. 14, 1957

HAPPENINGS

Mr. and Mrs. A. H. Mann and family, Kensington, Mr. and Mrs. Russell Dalton and daughter Fairlie Ann, U.S.A., were recent visitors at the home of Mrs. Hiram Harrington.

Mr. Frank Willoughby, Jr., who has recently joined the Navy, left on return to Cornwallis, after spending five days visiting his grandmother, Mrs. James O'Brien City.

Mrs. Milton Bell is leaving for Moncton tomorrow where she will leave with the Flying Curlers for Scotland. Mrs. Bell was guest of honour at the home of Mrs. Wallace Higgins, where her afternoon bridge club presented her with a going away gift. She was also a

guest of honour at the home of Mrs. W. West, West Street, when the Evening Bridge Club presented her with a gift.

At the Governor General's reception, Jan. 7, 1957, Senator Elsie Inman wore a gown of crimson brown heavy corded silk trimmed with pearl embroidery. The bodice was fashioned with a portrait neckline and the skirt, slim in front, had back fullness extending to a slight train. She wore pearl jewelry.

At the opening of Parliament Senator Elsie Inman wore an imported Honan Delft-blue silk suit designed with V-neckline, skirt. She wore aquamarine jewelry.

KEEP IN TRIM

Wedding Bells Ring For Successful Dieter

By Ida Jean Kain

An incentive can be a powerful motivating force in any endeavor. This is particularly true in reducing. In the beginning stages of dieting, there are few measurable results. But a strong incentive engenders the enthusiasm necessary to tell on. To illustrate this truth, here is an inspiring story. You've met this reducer before. A few years back I received a letter from this discouraged overweight. She wrote: "Two years ago you sent me your diets and calorie charts. . . I am ashamed to tell you that I have let time slip by and I am still FAT. Now, my reason for this letter to you, my daughter who is lovely and slim is getting married in three months. I have suddenly awakened to what a mess I will look like at the wedding. I am 5' 2" weigh 189, and wear size 20 1/2. I want so much to be able to reduce so that I can wear a size 16 1/2 for that important day. I am desperate!"

Again your dietician sent a protective reducing diet, and we devised a plan so that our reducer would report by mail regularly. For additional moral support, she joined the locals TOPS (Take Off Pounds Sensibly) Club.

And then the triumphant letter: "I am so happy to tell you that I was able to wear my 16 1/2 dress for the wedding. Although I did not completely reach my goal, I weighed 171 and, surprisingly, the dress did fit. Fortunately it had an eight gore skirt which left ample room for my more than ample hips. I was thrilled!"

Wisely, our model was not content with this loss of 18 excess pounds. Her ultimate goal became normal weight — and she continued through to success. As she explains it:

"Little did I ever know that I would arrive at 132, the same weight I looked so well at 10 years ago. How many years I wasted just wishing I could lose those excess pounds. Going to size 12 is such a thrill. People I have not seen in years look at me with unbelieving eyes and say 'Is it really you?' To be a grandmother and yet look young and trim enough for that child to be scope slides.

Irene's studio is in the University of Toronto's biology building and her work is used by professors to illustrate lectures.

As the only scientific artist in the university's biology department, Irene's canvases range from six feet by 10 feet to full wall-size.

Though only in her 20s, she has become securely established in her field and has won praise from centres throughout Canada and the United States.

Born in the Ukraine, Irene's talent was first noticed when she was a high school student in Prague. Later her family moved to Austria and she studied art at the University of Innsbruck. She was offered a scholarship to study in Rome but her parents had decided to leave Europe and six years ago they arrived in Canada.

Irene resumed her studies at the Ontario College of Art in Toronto and her work won the attention of university officials.

Art is also her hobby but not the only one. She has created a blouse and sheepskin vest, both finely embroidered, which she wears to Ukrainian festivals here.

SPRING VALLEY W.I.

The members of the Spring Valley Women's Institute met at the home of Mrs. Andrew Caseley on January 2nd. The Vice-President, Mrs. Roy Tuplin presided and meeting opened by singing "Oh Dear What Can the Matter Be" followed by the creed. Twelve members answered roll call with "New Year's resolutions." Two visitors were present. Minutes were read and approved. Correspondence was read and discussed. Members reported a canvas was made in the district for a gift for the "Mail Courier." Bills for all Christmas gifts and treats

of which would respond to your need of first-hand help I'm sure. M.H.

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

LET'S EAT

Processed Foods Offer Many Good Food Buys

By Ida Bailey Allen
"It is a foregone conclusion that unless you look for good buys in food you may miss many dollars' worth of good buys," observed the Chef.

"The people of the United States do not seem to understand the value of small amounts of money, Madame."

"Par exemple, the careful way many homemakers buy foods, they do not need, just on impulse, instead of from a planned list. Many do not read the label before purchasing canned or other processed foods to find how many portions each package provides."

"A restaurateur would soon go bankrupt if he were to run his food business that way. And what else is the buying, preparation and cooking of family food for a household business?"

"If the homemaker chooses carefully," I replied, "she can find some processed foods that are real 'thrift buys.'"

"For instance, Chef, that can of beef tongue on the test - kitchen table contains one and a half pounds ready - to - eat - meat enough to cut about 20 slices. How large an uncooked smoked tongue would you buy to get, when cooked, 1 1/2 pounds of waste-free first quality meat?"

"A 3 1/2 to 4 - pound tongue, Madame," he said, "at 49 cents a pound - this would cost from \$1.72 to \$1.96. This canned beef tongue costs about the same. So it is a good buy, as well as a ready-to-eat convenience food."

"It is excellent served cold, sliced with a macaroni-vegetable salad as in Denmark. Men enjoy tongue, hoseradish and rye bread sandwiches in the lunch box. And for an entree, tongueiches saute with hot Virginia salad, deserves

P.E.I. SOCIAL CLUB

The regular monthly meeting of the P.E.I. Social Club of Halifax, took place at the Women's Council Rooms, Young Ave., Monday, Jan. 7th, with the President, Edward Doucette in the chair.

During the routine business of the meeting had been attended to, the election of officers was carried out by Mr. A. F. McIsaac.

Officers elected for the coming year are: President, Edward Doucette; Vice President, Mrs. Nina MacEachern; 2nd Vice President, Anthony Perry; Secretary, Mrs. John Wood; Treasurer, Pauline MacDougall; Entertainment, Anthony Perry; Ways and Means, Mrs. Ruth Brown; Sick, Kay Wedge; Publicity, Mrs. Edwoud Doucette; Membership, Mrs. John Wood; Auditing, Miss Kay MacLeod.

WIFE PRESERVERS

The Red Cross convenor gave out knitting and sewing. Two contests were put on followed by a "Dummy Spelling Match."

The February meeting to be held at the home of Mrs. Hubert Caseley. The programme committee are, Mrs. Keith Harrington, Mrs. Roy Tuplin, and Mrs. Charlie Cole. Meeting closed with the "Institute Ode." A delicious lunch was served by the hostess.

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Within the realistic clinical atmosphere, patients developed imaginary pains. One student portrayed the adamant patient who invariably believes that she, and not the doctors or nurses, knows what's best when it comes to taking medicines and treatment.

IN KITCHEN, TOO
Working on three, eight - hour shifts, students also selected and supervised cooking foods for their patients, working from recommendations made by the dietitians.

Students on ward duty had to contend with other student nurses who posed as relatives and visitors, and all the other problems that real nurses must learn how to handle.

The patients themselves gathered some helpful hints, too.

"When you've felt the discomfort of sleeping with crums in your bed, you know the importance of smoothing out a patient's bed," one nursing instructor said.

Nursing education directors have asked the students to evaluate the experiment. The senior nursing instructor felt the program was constructive and profitable for those taking part.

Elevator Associations Have Become Artists' Societies

WINNIPEG (CP)—Close to 400 exhibitors throughout rural Manitoba have displayed a wide interest in art and handicrafts through entries in the annual rural folk festival sponsored by Manitoba Pool Elevators.

Edith Shields, an employee of the elevator pool, who organizes the show, said knowledge is spread through 211 local elevator associations.

"It's wonderful to think how educationally through this project, and the enjoyment they are having through their creative efforts."

Men, women and children submit work ranging from embroidery to paintings, cabinets and carving. There are no prizes offered.

"The exhibitors do this work just for the love of creating something beautiful," said Miss Shields.

"Rural people like it purely for their own enjoyment, and for the feeling it gives them of being part of a worthwhile province - wide venture. There are no special standards set."

OPEN TO ALL
"Any man, woman or child is free to send in work. Exhibits must be in our office by a certain date. Qualified persons examine the work and make an appraisal of each exhibit."

"I take notes of these and after the festival write a letter to each entrant, enclosing the appraisal."

"The project has grown so big that it involves a great deal of work," said Miss Shields. "If we are late in sending out our appraisals some exhibitors write and ask when they are coming."

"They are anxious to get their appraisals, see where they can make improvements in their work and get started on entries for next year."

The festival, started in 1947, stemmed from a library service that the Manitoba company once ran. When this was given up as government agencies stepped into

KENSINGTON

Mr. and Mrs. Robert Pierce and daughter, Marilyn, left by motor car on January 3rd for their home in Halifax, N.S., after spending the Christmas holidays with Mrs. James Wall, Baltic.

Mr. Joseph Woodside returned home on January 1st after spending the Christmas holidays with his daughter and son-in-law, Mr. and Mrs. Claude Hogg, Toronto.

Mrs. Gohdon Cousins entertained the members of Baltic Women's Institute for their January meeting on Wednesday evening. The president, Mrs. Bruce Crozier presided. Ten members and two visitors were present.

Miss Roberta Hogg, Kelvin, was a recent visitor of Miss Majorie McArthur, Kensington.

Miss Lillian Anne Hogg, Wilmot Valley, spent a pleasant holiday with Miss Marjorie Riley, Baltic.

Mr. and Mrs. Preston Ramsay, Hamilton, left recently for Hamilton, Ontario, where they will visit their daughter and son-in-law.

A large number of relatives and friends gathered at the home of Mr. and Mrs. R. Walker, New Annan, on Wednesday evening, to tender a miscellaneous shower in honor of their daughter Joan. To the strains of "Here Comes the Bride" played by Mrs. George Ramsay the bride to be was escorted to a prettily trimmed chair by Miss Edwina McMurdo. The heavily laden baskets were carried in by Miss Paula Curley and Erma Stafford, while Mrs. Jackie Schurman and Miss Kay Poole opened the gifts. While the verses were read by Mrs. David Walker and Miss Pauline Moase, Miss Hurry and Mrs. MacLennan arranged the gifts. Joan very fittingly expressed her thanks after which all joined in singing "For She's a Jolly Good Fellow." A social hour followed with Mrs. George Ramsay and Mrs. Hansen as pianists.

His many friends in Kensington were saddened to learn of the sudden death of William Higgins, which occurred as the result of a fire at his home in Sturgeon Falls, Ontario, at the age of forty-one years. The late Mr. Higgins was a son of the late Mr. and Mrs. William Higgins (Sr.) of Kensington, and leaves to mourn besides his wife and three children,

MURRAY RIVER W.I.
The January meeting of the Murray River Women's Institute met at the home of Mrs. Fred White on Jan. 7th. The president, Mrs. Albert Gallant was in the chair. Roll call was answered with a cookie recipe by ten members and one visitor.

It was decided to contact our local Shur-Gain dealer, to see about sponsoring an amateur contest, which are on television this year.

Mrs. G. O. Whiteway had a reading for the program and Mrs. Fred White had a contest which was enjoyed by all.

Next meeting to be held at the home of Mrs. E. A. MacDonald. After singing The Queen a delicious lunch was served by the hostess.

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HEIRESS WAS SCARED
MONTREAL — Baroness Barbara von Cramm, better known as Woolworth heiress Barbara Huton, is shown with her husband, the former Davis Cup tennis star, at Montreal airport. They were passengers on a plane that to circle the airport for an hour because of a defective landing gear indicator and were on their way to Mexico for a holiday. The Baroness confessed that before the plane landed safely, she kept "thinking about the way I was going to die."

ELLEN'S DIARY

Steps Crunch In Snow

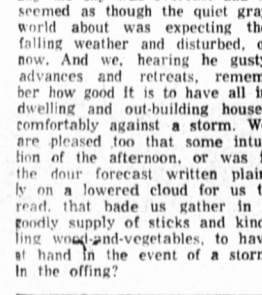
And it was a brand new week of a nice new year that came in over the cool hills of this morning, its palish amber light, and indeed the twilight before it, engaging once more the machinery of our workaday round.

Steps crunch along the yards these frosty mornings. And the houses at Alderlea, first smokes billowing, hail each other across the lane with: "How cold is it on your glass? It's . . . over here! Not too summery, is it?" We chuckled.

But how silent and lovely it is in the new morning, before the world about comes to life! The snow-powdered firs of hedgerow and woodland, and down along the river still, the hushed and white along the reach of the valley. All so serene and peaceful that to think even of wars and bickering is to dwell in alien words.

This morning was calm and serene. But a blustery night follows. A wind of the dimness, ominous, we suspect bears down from the sheltering hills, to mourn about the rooftops and blow snowfall against the panes. And "We're in for an old-fashioned no-easter" James says. All day the sky was overcast and it seemed as though the quiet gray world about was expecting the falling weather and disturbed, of now. And we, hearing he gusty advances against the panes, remember how good it is to have all in dwelling and out-building housed comfortably against a storm. We are pleased too that some intuition of the afternoon, or was it the four forecast written plainly on a lowered cloud for us to read, that had us gather in a goodly supply of sticks and kindling wood-and-vegetables, to have at hand in the event of a storm in the offing?

DAILY PATTERN



NEEDLE FAVORITE

Swedish weaving — a handicraft favorite—it's so easy, fascinating to do. Seven different designs in this pattern—add color to pillows, aprons, towels, baby bibs.

Pattern 7307: Charts, directions for 2 baby motifs; 3 borders that can be used in variety of widths. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 30 Front St., W., Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Two free patterns—printed in our Alice Brooks Needlecraft book—stunning designs for yourself, for your home—just for you, our readers. Dozens of other designs to order—all easy, fascinating handicraft. Send 25 cents for your copy of this wonderful book right away.

HOUSEHOLD HINT

When finishing seams with bindings, be sure they are nylon or a pre-shrunk fabric. Well-finished seams will help to preserve the beauty and durability of a fabric. Fasten stitches at the beginning and end of each seam by retracing for several stitches or tying the thread ends.

ANCIENT GAME

Tennis was played in aristocratic circles in France and England before the 14th century.

MARY HAWORTH

Shys Away From Girls

Dear Mary Haworth: I am a fellow who hates to get up in the mornings and face my problems. I think and worry about so much that I become bitter and hateful to those who love me.

What bothers me most is how to meet and make friends of girls, without acting foolish or awkward. It seems that girls have to make the first move, before I will do or say anything; and if they don't nothing happens.

I don't go to dances or parties where most girls hang out, because I don't dance or skate. Mostly I just drive around, and think about picking up some girl I've seen, or know slightly, and trying to get better acquainted—but I don't do it, for fear of being rejected.

WORRIES ABOUT LOOKS

There are lots of working girls, still in high school or young in town, whom I would like to know and date; but I don't think it would look right to associate with girls younger than me.

Also I worry too much about my appearance. My hair has to be combed just-so, and my clothes have to fit and look just right, or I feel uneasy around girls; and go out of my way to avoid meeting them.

Sometimes I pal around with fellows younger than I, but mostly I keep to myself. When these fellows have dates and I see them with their girls, it makes me miserable. It makes me bitter that they can get dates and have love and companionship that I lack. And I wouldn't want to be looked down on by having someone get me a date.

I am all mixed up. I don't know what to do or how to act. But I do know that I want—that I've got to be loved and wanted, instead of rejected, as I am. Please please give me advice. S.R.

EMOTIONALLY SICK

Dear S.R. You are emotionally sick and the nature of your sickness is self-contempt. This demoralized condition is brought on by habitual threatening severity and unreasonable nagging, on the part of parents or guardians who didn't love the child for himself in childhood.

Instead of loving the child, and nourishing him into admirable growth, firm discipline (not to be confused with "punishment"), etc. these misfit parents make a battle of child rearing. They take an impatient, or martyred, or belligerent attitude toward the child's natural childishness.

And it is "the nature of human nature" for a child's innermost image of himself—his unconscious feelings about himself—to be a carbon copy of his parents' feelings about him, as he "feels" their attitude to be, day-in and day-out. This image-of-self sets the tone of his personality, and dominates his involuntary reactions to social encounters, outside the family.

Thus you can see how a potentially quite wonderful person might get an indelible wrong idea of himself in childhood, from wrong headed parents, who (due to problems of their own) never gave him decent consideration, when he was wholly at the mercy of their actions and opinions. I gather that something of this sort happened to you.

You urgently need first - hand help, over a period of weeks or months, from a psychiatric specialist—a doctor, or psychologist or family relations counselor. As he (or she) hears your "problem," much as you have told it here, he will enable you to review the record with clear detachment—and by "creative" listening, and co-operative attitudes, give you the pitch of healthy self-esteem.

SOURCES OF HELP

As of now, you are something of an invalid—hence in no condition to give a good account of yourself socially. But later, after you've gained self - respect, you should learn to skate, dance, etc. (getting professional instruction, maybe), to ease your way into date-situations.

In the town through which you write, there is a Family Service unit, also a Veterans Administration Mental Hygiene unit, either

PARKDALE W.I.

Parkdale W.I. held their monthly meeting on Jan. 2 with eleven members in attendance. The treasurer gave an encouraging report, the convener of the school committee reported fifteen nicely decorated for the Christmas Concert by some members of the Home and School Association.

Treats were given to school and given to school and pre-school age children. A report of the work of the Scouts and Cubs was heard, the Cubs had given a concert and party with their mothers as guests.

The hall committee had rented the hall, several catering projects netted a nice sum, and some of the ladies met to house-clean the kitchen, while their good men made some minor repairs to the tables.

The convener of the sick committee reported fifteen boxes of fruit, candy, etc. sent to the students of the community, also a box for two children who had suffered the loss of a devoted mother recently.

A wedding reception is booked for Jan. 12 convener by Mrs. H. Douglas and Mrs. A. Seaman. Mrs. F. Ross reported sending cards to former members residing overseas, and in Canada, also cards sent to sister Institutes in England and Australia.

New Committees: School, Mrs. A. Fournier, Mrs. J. Hogan, Mrs. B. MacDonald, Mrs. B. Westhaver; Sick, Mrs. F. Gallant, Mrs. W. Burns.

Social evenings are to be resumed at the homes of Mrs. Douglas, Mrs. Ross, Mrs. Burns on the fourth, twenty-first and twenty-eighth respectively. Refreshment committee for February are Mrs. C. Pickard, Mrs. G. Newman, Mrs. L. O'Brien and Mrs. Nichol. Meeting adjourned.

Pretty Artist Paints Only Bugs

TORONTO (CP)—Pretty artist Irene Nosyk paints nothing but bugs in the course of her work. She paints portraits of the weird creatures that wriggle on microscope slides.

Irene's studio is in the University of Toronto's biology building and her work is used by professors to illustrate lectures.

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