

Alberta Has Own Grandma Moses

CALGARY (CP) — Alberta has its own Grandma Moses. She is 90-year-old Mrs. Frank Winchell of the Dog Pound district, 60 miles northwest of Calgary, who has just had a week-long exhibition of her paintings at the Coste House, centre of cultural activities here.

A tiny, white-haired woman, Mrs. Winchell still lives on the original family homestead in Water Valley. When she isn't busy with housework chores around the farm, she sits down at the dining room table and, by the light of a coal oil lamp, paints pictures. "Her work could probably be classified as primitive," said Archie Key of Allied Arts Centre. "I believe much of it is copy work, rather than original composition, but it is wonderful for a woman of that age. She must have a bright mind and a lively interest in life."

BUSY LIFETIME
Painting is not a recently acquired hobby for Mrs. Winchell. She won second prize in a national exhibition held in Calgary in 1908 with her copy of Landseer's Stag. That painting was among those on display here. Her life, however, was such a busy one that she had to steal moments from her everyday duties to work on her art. Now, with a little more time on her hands, she is able to enjoy oil painting — and without the aid of eye glasses.

She was born at Oak Grove, Wisc., on Nov. 11, 1866, and was married at 16. She and her husband pioneered in northern Wisconsin before moving to North Dakota, parents of four girls and a boy.

Later she married Frank Winchell, and came with him to Alberta. During the First World War (Mrs. Winchell kept sheep, and Mrs. Winchell learned to card the wool and make clothes for her family.)

Always interested in wild life, she once took a correspondence course in taxidermy, and has mounted many birds, small animals and even big game for hunters in the district.

of the W. M. S. of the United Church of Canada met in the church hall Wednesday afternoon, Jan. 2.

Officers are: President, Mrs. A. C. Green; Vice-president, Mrs. C. H. Weeks; Secretary, Miss Annie Leard; Treasurer, Mrs. James Hodgson; Secretary of Christian Stewardship and Christian Citizenship, Mrs. William Aubrey; Associate Members' Secretary, Mrs. George Ramsay; Community Secretary, Mrs. J. R. Bonymann; Missionary Monthly and Literature Secretary, Miss Sophie Ramsay; Mission Band Leaders, Mrs. Roy Leard and Mrs. Winston Currie; Baby Band Leaders, Mrs. Frank Weeks and Mrs. Wesley Hardy.

At the beginning of the meeting a New Year's worship service was led by Mrs. James Hodgson. Three new members were welcomed. The next meeting will be at the parsonage with Mrs. C. H. Weeks as devotional leader. Mrs. C. H. Weeks and Mrs. William Aubrey were named delegates to Presbytery which meets in Summerside January 22 and 23. Annual reports of various officers showed that good work had been done by the members during the past year.

In her presidential message Mrs. Green mentioned a number of reasons why we need a new year and closed by saying that we shall have a new year if, with hearts full of gratitude to God, we bind ourselves anew to Him with the cords of vision, prayer and service. In the dedicatory prayer she offered the service and gifts of the year for the promotion of God's kingdom on earth, and asked God's blessing upon the members and all of His children every where during the coming year.

TRINITY UNITED J.U.A.
The Junior Women's Association of Trinity United Church held its annual meeting in Hertz Hall on Monday evening, January 7th. The meeting opened with a short devotional period conducted by Mrs. Eva MacMillan. Reports from the different groups, and a review of the year's work showed that this organization had a most active and successful year under the guidance and inspiration of its capable president, Mrs. Ralph P. VanAlstine. The organization assisted materially in several church projects, and also raised a considerable amount of money during the year and was thus privileged to assist financially in many worthy causes including the Trinity Church Organ Fund, Protestant Welfare Work, Missionary and Maintenance fund of the Church, Donations to Dr. Sydney Gilchrist, Mount Allison Committee, Atlantic Christian Training Centre, Boy Scout and Girl Guide Movements, Trinity Mission Band, etc.

A new slate of officers was brought in for the year 1957, as follows: President, Mrs. Ralph P. VanAlstine, President, Mrs. George J. Tweedy, First Vice-President, Mrs. Sheldon Carson, Second Vice-President, Mrs. J. Norman MacLeod, Treasurer, Mrs. John MacEachern, Secretary, Mrs. Frederic A. Large, Press Secretary, Mrs. Edward S. Chandler, Organ Fund Representative, Mrs. Ewen Anderson, Representative to Rainbow Club of Sunset Lodge, Mrs. O. K. Presby. These officers were all present and were all dedicated to office through a short but impressive installation service conducted by Rev. A. Frank MacLean. Following the meeting a social hour was enjoyed.

ALBERTON AUXILIARY W. M. S.
Mrs. J. D. MacFarlane, a past president of Prince Edward Island Presbyterial, installed the officers for 1957 when Alberton Auxiliary

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8508
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HAPPENINGS

Mr. and Mrs. James MacDonald has just arrived home from Toronto after spending the holiday season with friends and relatives there. They were accompanied home on their return trip by Mr. and Mrs. Josh Hebrew who expect to return home the last of January.

Mr. and Mrs. J. MacLean, City, had as their guests for the holiday season, Mr. and Mrs. Jackson Horton and family of Chilliwack, British Columbia. Mr. Horton is a member of the Canadian Army and will resume his duties on January 21.

Mr. Vernon Richards left Saturday morning to resume his studies at Dalhousie University after spending the holiday season with his parents, Mr. and Mrs. Gilbert Richards, Elm Avenue.

Mr. and Mrs. Earle Ling, Sarnia, Ontario, were recent visitors of friends and relatives in Charlottetown. They left by plane January 9th. From here they are going to Florida to spend the winter months.

Mr. and Mrs. Francis O'Keefe, Charlottetown, were recent visitors to the R.C.A.F. Station, Summerside, during the holiday season. They were the guests of L.A.C. and Mrs. Windsor Worth and family.

Mr. Charles Smith has returned to St. Mary's College, Brockville, Ont., to resume his studies after spending the holiday season with his parents, Mr. and Mrs. Charles Smith, Spring Park Road.

The holiday guests of Mr. and Mrs. L. MacLeod are as follows: Mr. and Mrs. Jack Snives, Trenton, Ontario, Mr. and Mrs. Elijah Goghes, New Toronto; Sally and Jean MacLeod, Ottawa, Ontario; Mr. Brock Brockwell and family; also Mr. and Mrs. Carter Thompson of Niagara Falls, Ontario; Mr. and Mrs. MacLeod left with Mr. and Mrs. Jack Snives where they will stay for the winter months.

Dr. and Mrs. J. P. Lantz entertained at a delightful dinner party, Monday evening, January 6th. The dinner party was in honour of Mr. and Mrs. Bramwell Chandler.

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KEEP IN TRIM One Day At A Time Is Best Way To Diet

By IDA JEAN KAIN
One of life's difficulties is learning to live one day at a time. It takes a philosophical approach to accomplish this simple miracle. The human tendency is to allow the problems of yesterday and tomorrow to mar the present day. Since yesterday has gone and tomorrow hasn't arrived, today is all we have. When we really grasp this idea, it can have transforming power.

What has all this to do with slimming down? Well, a busy homemaker who is truly a philosopher has found that dieting one day at a time is the way. I want to share her letter with you, for it will be an inspiration. "I was 40 pounds overweight and, with six children to care for, I felt discouraged and frustrated. I never had any time to myself. But since I have been taking my new morning newspaper, I just simply let everything go for 30 minutes while I enjoy my low calorie breakfast and relax with your column. You make me feel as if I have company, and it gives me courage and strength to carry on."

This is my plan. I make myself feel that I am dieting just for the whole day, and as each new day begins, I renew that promise. In this way I have lost 20 pounds. I still have 20 more pounds to lose. When I think that it will be three months' time before I'll be down to my proper size, it seems so far away... but I find that doing it day by day makes dieting so much easier."

LET'S EAT

Canned Apple Slices Have Variety Of Uses

By IDA BAILEY ALLEN
"This can of sliced pie apples is really a most useful food," I was saying to the Chef. "In the first place, apples of just the right tartness were selected for pie making or other cooking uses. They were cored, peeled, sliced, placed in cans, covered with not-too-sweet sugar syrup, sealed and processed or cooked in the can under high pressure. "The slices are perfect in shape. Firm, but not brittle, of creamy white apple color, they are sweet enough to use occasionally as is. Their consistency is so tender that persons who cannot digest the bulk of raw apples, can eat processed apples."

"For such persons, as a dietitian, I suggest spooning processed apple-gelatin dessert as it begins to thicken. Sometimes I add a few halved seeded Tokays. Or canned apple slices may be drained and used in Waldorf salad, with sour cream-honey dressing."

CHEF'S APPLE COMPOTE
"Canned pie apples also, make a fine compote, Madame," said the Chef. "To serve hot or cold. Turn the contents of a (1 lb.) can into a saucepan; add 1/2 c. raisins, 3 half slices lemon, 1-3 c. sugar and 1 c. cider or apple juice. Then simmer until the apple looks somewhat clear. "To make this into a glamor dessert, I turn this into a buttered pie plate; top with my famous Mile High Meringue, strew over a few shredded almond meats, and bake 20 min. at 300 degrees F. Serve cold—et voila!"

Tomorrow's Dinner: Tossed mixed salad; roast joint of pork with gravy; pan roasted sweet potatoes; cabbage apple bake; chilled sliced oranges; coffee, tea or milk.

Cabbage Apple Bake: Lightly butter a 2 qt.-baking dish. Finely shred enough raw cabbage to make 1 qt. Arrange as follows: Put a layer of the shredded cabbage into the baking dish. Cover with a layer of canned sliced apples. Continue layering cabbage and apples until all are used. Add a little salt to each layer.

DAILY PATTERN



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2 tps. Magic Baking Powder
1/4 tsp. baking soda
1 tsp. salt

Mix in
1 1/2 c. crisp breakfast bran cereal

1/2 c. lightly-packed brown sugar
Beat until thick and light
1 egg
Sift in
1 c. sour milk or buttermilk
1 tsp. vanilla
6 tps. butter or margarine, melted

Makes a well in flour mixture and add liquids all at once; mix lightly until just combined—do not over-mix. Two-thirds fill greased muffin pans with batter. Bake in moderately hot oven, 375°, 20 to 25 minutes. Makes 12 to 15 average-sized muffins.

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A Fur-Trapper Saw a White Woman

DAWSON CREEK, B.C. (CP)—Blonde saleswoman Mrs. Margaret Schilling swapped fur-trapping and shooting for life in town. At 33, she is a veteran of the outdoors, but trapping and shooting now is just a hobby. Born in England, she came with her parents to Burlington, Ont., in 1927, and two years later the family headed west to Saskatoon. After another two years Mr. and Mrs. Jim Allen and their daughter travelling by covered wagon, reached Loon Lake, 200 miles northwest of Saskatoon.

"It was three months before I saw a white woman, and then it was hard to speak to her—she spoke German," says Margaret. Margaret loaded her first rifle, forced open the steel jaws of a trap and set her first snare at 12 years of age.

GUARDED CATTLE
"Dad and I used to lay the trapline, then I patrolled it while he cared for the cattle," Margaret said. "I used to ride Gypsy, my pinto. We could reach each other like a boy."

It was while Margaret turned her hand to herding that she scored two of her proudest kills—a giant 107-inch black timber wolf and a fine silver fox. Mrs. Schilling helps run her parents' Indian handmade goods store in this northeastern British Columbia community. The closest she comes nowadays to the lynx, mink, deer and other animals she once hunted are the pelts tacked on the walls or made up in garments.

when arranged. Make apples the top layer. Measure 2 tps. each vinegar and melted sausage or bacon fat or fat from the roasting pork. Four over and into the cabbage-apple mixture. Cover; bake in a moderate oven, 350 degrees F., about 40 min. or until both the cabbage and apples are tender. Trick of the Chef: Before roasting, brush pork loin all over with kitchen bouquet, then dust with mixture of flour and about 1 tsp. crushed cumin seed.

HOUSEHOLD HINT

When you are ironing a garment with buttons, place the dampened button side down over a terry cloth towel. The buttons will sink into the towel while the iron slips smoothly over the fabric without catching in or loosening the buttons.



By VERA WINSTON

Short Dress Sweet Look

Soft iridescent cotton, either green or blue, is used for a short-skirted evening dress that's a nice selection for southern wear. We like the fetching side drape that has been so cleverly worked into the moulded and draped midriff the bow held by a jewelled pin. The graceful skirt is worn over its own stiffened petticoat for shape retention. Young and beguiling this one!

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KENNEDY'S JANUARY SALE

WINTER COATS, going at 1-3 Off
WINTER DRESSES, going at 1-3 Off
DRESSES, 1 rack going at 5.00
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KENNEDY'S Ladies' Wear

166 QUEEN STREET

IMPRESSIVE SPARKLERS

FRAN Bennett, one of Hollywood's most gifted starlets, likes her costume jewelry to have plenty of sparkle so she is shown modelling a set that is right in that category. The pin and earrings were inspired by these elaborate belt buckles.

ELLEN'S DIARY

Just One Of Those Days

Yesterday, to a certain extent was "one of those days" at Alderlea, that appear on farms to prove, we think, the spirits of the dwellers... to try them with this and that perplexity, more and less annoying, so to have them appreciate how pleasant their living is when their affairs keep to the usual serene tenor of way.

But today was different. Like a ship-of-Summer, which sails gracefully on some sun-kist sea, so went the affairs of this day. Wind and frost. But clean as the new year so lately come. The road was perfect for those of the Family who went excursioning this afternoon, though not pointlessly, to the city. James was one of them. He goes nowadays, we fancy, searching a little for the youth of this farm, who once upon a time he well remembers, was wont to attend to its marketings on just such a day as was this one. Driving the distance then by horse and farm-wagon, it might be with carcasses of pork, or if sleighing was ice on the river, taking that shortcut once so well known to folks near and far but in this age of machines pretty well lost in recent years.

Quite nicely folks travel now. Indeed to us that are older and have witnessed miraculous changes in the rural scene down the years, even magically the trip is so very facile. A mile from Alderlea we turn on a path to the black top of the highway. A heavy snow had fallen on the road so smoothly and easily there.

"The City's changed — it's not the same at all" James commented at supper. "Yes?"

"Such a bustling place it is now — with everyone in a hurry! Everyone, I mean. The world is moving too fast — the old days and old ways are gone forever. I suppose" he considered the matter "a moment" if a fellow drove to town, he'd be hard put to find a place to stable his horse. Yes, the city — and times have changed — he nodded.

"And there are so many new buildings and places of business" we offered "It takes some thought to find the one you want."



MONTREAL — Marathon swimmer Marilyn Bell of Toronto, conqueror of the English channel, Lake Ontario and the Strait of Juan de Fuca, picks up some in Montreal which she entered last fall as a first-year physiotherapy student. (CP Photo)

MARILYN AT SCHOOL

Lake Ontario and the Strait of Juan de Fuca, picks up some in Montreal which she entered last fall as a first-year physiotherapy student. (CP Photo)