

Housewife Is Canada's Only Entrant In Speed Skating

DAWSON CREEK, B.C. (CP)—Pat Underhill turned to speed skating as a youngster because she couldn't afford figure-skating lessons. Today, the 24-year-old housewife is preparing for the invitation speed-skating championships at Davos, Switzerland, Feb. 9-10. She will be Canada's only representative. The invitation to compete at Davos, a tribute to the prowess of Edmonton-born Mrs. Underhill has built up since she first entered national competition in 1949, coaxed her from a decision to retire from competition. It also sparked her enthusiasm to the point where she has done much of her training this year on a frozen pond near this Northeastern British Columbia town. She had no other place after the arena burned down in December. Mrs. Underhill is a five-foot, three-inch brown-haired woman of 115 pounds and extraordinary speedskating ability. Her skating laurels in 1956 included the North America, Canada, Alberta, Montana and Illinois women's championships. Her experience is broad. She competed in international meets in Switzerland and Sweden in 1954 and she has contested every major competition in North America. She had her first double success in 1955 when she won the Canadian outdoor and North American indoor crowns. After moving here two years ago when her oilman husband was transferred from Edmonton, she organized training classes for young skaters. The interest she showed in the community and its youth was appreciated. When the invitation from Davos came, the Dawson Creek Athletic Association, with the help of town residents, undertook to pay the \$1,000 necessary for air fare and other expenses. Underhill said it is equivalent to Olympic standards, fought out on a strictly time basis on a 400-metre outdoor course. Three preliminary races over 500 metres, 700 metres and 1,500 metres will cut the field of competitors from last leading countries to 12 women. They will take part in the 3,000 metres for the world's championship. "That's a long race," Mrs. Underhill said, "but I hope I can put up a good show."

Children Need Good Books Almost As Much As Food

CALGARY (CP)—In a world of perpetual change, children's taste in reading is unchanging, says Dorothy Rogers, head of the children's department at the Calgary Public Library. Books such as Wind in the Willows, Black Beauty, Hans Brinker, Anne of Green Gables, and Treasure Island, are as well-thumbed today as when grandmothers was a girl. "I don't care what you read, but I care terribly what your children read," Miss Rogers told a home and school association meeting. "Children need good books almost as much as they need food and sleep." Radio and television have not irrationally interfered with a child's love of books, said Miss Rogers. Circulation in the children's room at the library was several thousand more in 1956 than in 1955. DUTY OF PARENTS The parents' duty lies in placing good books in the hands of children, she said. "All children read books of doubtful pedigree, just as parents do," said Miss Rogers. The sure test of a good children's book, she said, is whether a parent cared to read and re-read it. "A shaky diet of poor books stunts a child's mental growth, but good books create a whole world for a child to aspire toward." She says there are three states of a child's association with books. During the first stage, from one to two years—the nursery rhyme age—a child is absorbed by rhymes. The second is the picture book stage, from two to four, when "children should be taught how to read." The regular monthly meeting of the Darnley and Sea View Women's Missionary Society met at the home of Mrs. Gordon Cousins on January 13th. Mrs. G. Cousins was in charge of the worship service. Scripture readings were from Ephesians 1, 22-23; 2, 11-12, followed by prayer. Hymns sung were "Just as I am," "I am Thine, O Lord." Roll call was answered by a verse on New Year's. Members had readings on New Years. Four members paid their fees. Offering was taken and dedicated. It was decided that the Secretary send for remnants. Meeting closed with benediction and a social hour was enjoyed. RIVERVIEW W.I. The Riverview Women's Institute of Hunter's River met with Mrs. C. Moase for their January meeting. The president, Mrs. P. R. Boyle, presided and the meeting opened by singing the Ode and repeating The Mary Stewart Collect in unison. The roll call was answered by

members giving suggestions for the year's program. The minutes were read, approved and signed. Two thank you notes and one letter were read. Mrs. Reagh Bagnall was appointed on the Film Council. A very instructive letter from the Provincial Health Convener, Mrs. Philip Matheson, was read. The Handicraft Committee reported securing Masonic Hall for classes. The following convenors were appointed to office: Agriculture, Mrs. Montgomery, Health and Welfare, Mrs. W. I. Bowman, Arts and Literature, Mrs. Frank Bagnall, Citizenship, Mrs. Emmett Bernard, Home Economics, Mrs. J. S. Burns, Resolutions, Mrs. Clifford Moase. Money raising plans were discussed and it was decided to start the "Traveling Basket," also to have an auction sale at the next meeting. Members are to answer roll call by donating articles for sale. The highlight of the evening was a talk and demonstration of handicraft work from Japan given by Mrs. Clifford Moase. Mrs. Ivan MacKay put on a "Snow Time" contest which was won by Mary MacKay and Ruth Bagnall. The February meeting is to be held at Mrs. Frank Bagnall's, when the hostess along with Mrs. J. S. Burns, Mrs. Reagh Bagnall and Mrs. E. A. Bernard will provide the refreshments. The meeting closed by singing the National Anthem. A dainty lunch was served by Committee in charge, assisted by Mrs. Moase. CORNWALL W.I. The January meeting of Cornwall W.I. was held at the home of Mrs. Ford Wilson. The topic was Health and Welfare. Meeting opened with "Annie Laurie," ode and collect. Roll call was answered by 21 members and there were 2 visitors. Minutes of last meeting were read and approved. Treasurer reported \$43.24 on hand. Several thank-you cards were read from shut-ins for treats received at Christmas. Mrs. Joseph Donahue reported Little Theatre plays will be presented in Hall later. Discussions on monument lighting took place but was left over until a later date. The Secretary was asked to write again to Shur-Gain representative requesting sponsorship. It was decided to request Handicraft Van again this year at such time as it might be available. Mrs. Hazen Howard gave a very interesting paper on "The Life of Robert Burns." Music Festival membership was to be paid and five members names as representatives to be forwarded with same. The following convenors were appointed for year: Citizenship, Mrs. James Beer, Agriculture, Mrs. George Hyde, Education, Mrs. Otta Newson, Home Economics, Mrs. Stewart Drake, Health and Welfare, Mrs. Hector Scott. Next meeting will be at the home of Mrs. Walter Gregor. Roll call will be answered with Valentine exchange, and Mrs. Jack MacPhail will represent a paper on "The Origin of Valentine Day." Lunch committee for next meeting will be Mrs. Joseph Donahue, Mrs. Stewart Drake, Mrs. Jack MacPhail and Mrs. Jack MacMillan. Meeting closed by singing "Auld Lang Syne" and "The Queen," after which lunch was served by hostess and committee. LAKE VERDE W.I. Mrs. Francis Kelly was hostess to the members of the Lake Verde Women's Institute at her home on Monday night, January 14, 1957. Mrs. Harry Kelly, President, opened the meeting with the reading of the Creed. The minutes of the previous meeting were read, approved and signed. One stick of butter was reported. Mrs. Francis



MAY ROBINSON AT HER KEY

Woman Telegraph Operator Had A Colourful Career

MONCTON. — A colorful career of efficient public service to Canadians was brought to a close with the recent retirement of Miss May Robinson from the staff of the Canadian National Telegraphs at Halifax. In her years as a telegraph operator in posts from the Atlantic to Pacific coasts of Canada, Miss Robinson has seen the development of telegraphy from its crude pioneer days to the vast and complex and highly technical operation of today. "I often wonder if anyone has had a more wonderful experience in their work," Miss Robinson wrote as she started retirement; "from the day I started in as a relieving agent and operator I have found kindness and fair play all through in the many offices where I have been my privilege to work." FAMILY OCCUPATION Her entrance into the field of telegraphy around the turn of the century was a natural decision for the young North Sydney girl, for she is a member of a prominent family of telegraphers. It was in the office of her grandfather, who was operator at Mount Uniacke, that as a child she first learned the fascination of the clicking key, and her father was A. E. Robinson, a cable operator at North Sydney. In four generations, 23 members of the Robinson family were telegraphers, and their service in posts throughout Canada now totals well over 600 years. When she was only 16, Miss Robinson was a fully-fledged telegrapher, though rather a rarity in a profession dominated almost entirely by the male sex. At that time she worked as relieving agent and operator at various points on the south shore of Nova Scotia between Halifax and Yarmouth, and at Beaver Bank, Ellershouse, Newport, Hantsport, Horton Landing, Port Williams, Cambridge, and Brazil Lake. She also worked on stations on the Pacific coast, and recalls amusingly that when she boarded

WELSH ORIGIN Planned made from the short staple wool of the mountain sheep was a well-known product in Wales in the 16th century.

ELLEN'S DIARY

Old Mare Has Delectable Dish—It's Boiled Oats!

"I thought, Ellen, the old mare'd like a bite of the cooked — just by way of a change" James, husband of this house, and senior farmer of the place offered this evening, bringing in a measure of grain. There was some apology in his voice. This custom usual to farms when "horsehood" was in flower is perhaps incompatible with modern stoves and cookery pots. It belonged with low-glowing-hearth-ed stoves and sturly dirt ranges and the heavy iron pots and kettles of a days now bygone. An era when horses were regarded and treated as the most important animal on the farm. It is amazing, even almost unbelievable to us, to see how much values have changed. "I fancy a bite of boiled oats will be good for her" he commented emptying the grain to the pan we brought, smoothing it, adding water and placing it then over the heat. The wind complained about the roof, a South wind moving us directly into a January thaw. "We may need her soon" he said. "After a spell of thawing this time of year, we're bound to have ice. It may stop both tractor and truck from any hauling. We can tack shoes on her — and we'll be" he smiled at such anticipated relief, "at least able to move!" "There's more to farming than appears on the surface" we chuckled. "There surely is!" he nodded. What scenes from the past the aroma of the cooking grain brought to mind! Rigs of winters, dear and dead; fine horses, attractive sleighs, and always the chime of a bell or bells ringing out their music along the wintry ways. Drivers, companions, snug in their furs and robes-folks whose names, in many an instance, only those of older generations now speak.

"Tell me about the horse races down on the River-ice when you were a boy" Mack will beg his grandfather when the two settle in the old armchair on an evening which encourages the telling of such tales. And overheard, it is to remember that the names spoken are mostly those from the community now "loved long since and lost awhile." The warm grain is being carried now to the stable, through a night overshadowed as has been the day by quiet clouds. Wisps of rare sight after continued January frosts, and odd showers fell. A dampish thawing day it has been, with a cutting wind which altogether set March-like streamlets trickling down the slopes toward millstream and pond. "Listen!" Granddaughter begged sitting still by the roadside when we walked abroad with her and Mack nearing dusk. She smiled happily "I love to hear a little brook sing, don't you?" A dampish day, a cutting wind, and now a shower at the window. We are into the January Thaw. Until tomorrow — — — Diary — Goodnight. . . .

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CONFIDENTIALLY YOURS — by Byrne Hope Sanders MONTREAL, Jan. 31st — Hurdles . . . in that what you see when you and your husband look ahead? Financial hurdles all along the way — insurance premiums, mortgage repayments, food and laundry bills, shoes for the children, that new dress you must have this year or perhaps a refrigerator to be bought in the summer. Every list is different, yet every item on every list is a financial hurdle that must be surmounted! Well, we've found the best way to clear those 'hurdles' is with a savings plan that ensures that we have the money when we need it. We've figured out what we need for food, rent, etc., each pay day, and the rest goes into a Savings Account at the BANK OF MONTREAL. Why not follow our example — save regularly and keep on saving at the BANK OF MONTREAL. You'll find that those financial hurdles are not nearly so formidable when you have money in "MY BANK". Dieter's Delight! That's one of the pleasures in writing about DAVIS GELATINE — it's so low in calories that it's always high on every diet list. Here's a tip! During your busy days, when you feel like a quick and easy pick-up, just slip 1/2 teaspoon gelatine into black coffee. Stir well — no sugar or cream, of course! Very pleasant to the taste. . . . Remember that it's Davis Gelatine which has 6 packages in a box, instead of the usual four. Use it for delicious desserts, salads and savory dishes that are satisfying but not fattening. . . . If you're on a diet, Davis Gelatine's a true friend! Makes Me Sad . . . to see little ones with rough, chapped hands because there's no need for such discomfort. Calla's Palm Balm is no easy to use — and so its promise of keeping hands soft and pretty. If you and your family will rub ITALIAN BALM into your hands after every exposure to wind . . . water . . . weather — you'll never have more, chapped hands. I can be positive about it, for generations of women and children have proved it. And now you can buy the handy household size — with the handy new dispenser — both for only 69c — at any drug counter. Pick up a bottle, won't you — today! Mother! Mother! Mother! . . . Into the house they race, shouting "I'm cold! I'm hungry! I'm thirsty!" When do we eat? Bless them — and lucky us to have the joy of children rushing home. That's when a hot bowl of LIPTON CHICKEN NOODLE SOUP is so wonderful — ready as fast as they can get winter clothing off! Cooks in a few minutes. Nourishing. Tempting. Comforting to cold little bodies. I always keep a reserve of these fine Lipton Soups on my kitchen shelf — ready for lunch, dinner, for a cheery warmth after skating . . . or for a pick-me-up in the middle of a busy day. And do watch for the new Lipton Green Pea Soup that's coming — it's simply delicious! There's A Big Coffee Bargain at your grocer's now! Right now, when you buy 1 N S T A N T CHASE & SANBORN COFFEE, you save 25c on the large 6-ounce jar . . . and 10c on the regular 2-ounce jar! Let that be a generous saving! This is the famous instant coffee with the window in the jar. Look through the window, and you'll see the rich coffee color that means real coffee flavor — full-bodied and deeply satisfying. If you haven't tasted Instant Chase & Sanborn lately, now's your chance to stock up for the weeks ahead, and save money on every jar. It's the big coffee bargain at your grocer's . . . Instant Chase & Sanborn — a wonderful coffee, a wonderful buy! You Never Saw Such Eyes! Our little neighbor was starved with joy when our Budgie, Sir Louis, slipped her finger and scratched these happy children love to own a pet as amusing and absorbing as a Budgie — and it's so good for them! It's easy to keep Budgies healthy and gay with BROCK'S BUDGIE CONDITIONING FOOD — an important element in Brock's Natural Feeding Diet. "Healthy Babies Everywhere" will join me in testifying to the fine qualities and special benefits of FARMER'S WIFE Formula Milk. It means so much to us BABIES to have exactly the right formula to fit our baby needs! . . . so speaks the head of the household. And, mother, your doctor will tell you which to use for your darling — perhaps Farmer's Wife Whole Milk (Red Label), or Skimmed Milk (Yellow Label). Many little ones thrive best on the Partly Skimmed Milk Formula (Blue Label), created originally at the request of pediatricians for a high-protein, low-fat content concentrated milk formula. All Vitamin D increased and in vacuum-packed tins. And always remember, Baby Knows Best! It's The Truth . . . as we all know! A nourishing, hot breakfast is very important for a youthful, healthy day. That's why so many of us serve our family RED RIVER CEREAL these bright mornings. It's so good for everybody! If the man of the house, for instance, is doing heavy work of any kind — Red River gives him energy-producing nourishment. If he is a sedentary worker, Red River will guard his regularity. For the youngsters, of course, there's nothing better — for Red River is so delicious a blending of fine grains that they really enjoy it. Do try some yourself this very week! It's good. I'm Sure Every Dog Owner realizes that a complete nutritionally balanced diet is vital to a dog's continued good health and well-being. And regular feedings of DR. BALLARD'S CHAMPION DOG FOOD assure your dog of all the body building vitamins, proteins and minerals he needs for sturdy growth, strong bones and a lustrous coat. And what's more, Dr. Ballard's Champion Dog Food is available in 3 flavors — Liver, Chicken and Rabbit — to add variety to your dog's daily diet. If you'll pardon the pun — dogs think they're simply DOGGIN'! 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