



SAPPHIRE AND ROSES

Mrs. Temple Hooper wears a sailor hat that is delightfully feminized with pink roses. The sapphire horizon-blue flecked tailored suit, pink stole, and gloves are pink and her shoes black patent pumps. The outfit is shown at "The Parade of Fashions."

ELLEN'S DIARY

Rock 'n Roll's Good Says Grandson—And Many

And today brought back the sunshine, after yesterday's shadows—that scintillating glow which belongs to the sunny days of the Spring. And tomorrow was today. And ahead, reaching up to the stars of eternity and beyond, other worlds clean and shining, challenged, beckoned on to fresh endeavours, those of stout heart. There lies the days of our seed-time. "One of these times," James said this evening "we should reckon on the amount of grass seed we'll be needing. By the sound of things, it will be quite an expense this Spring! It's nothing short of astounding the way the prices for seeds have climbed these late years. "The cattle are emptying the granary," the young farmer offered, thoughts now on the seed-grain! And it will take quite a few bushels before this and that piece of it is sown. James nodded. "And it will take a nice bit yet for the cattle. It will be a while before they are off to the pasture." "That will be the day!" we chuckled. "That will put the Winter away." The sharp wind held little promise of greening meadows today but we depend on April to set shades of it along the fields. What whishes the season engender!

LET'S EAT

Colorful Paper Service Cheers Sick-Abed Child

By IDA BAILEY ALLEN The last weeks of the season of colds are almost over, and many a mother of small children will breathe a sigh of relief. Taking care of a sick child, and trying to prevent infection from spreading to the rest of the family, is not easy. SMALL COMFORTS Fortunately, comfort for a sick child can be achieved by many small things: a fresh pillowcase to soothe feverish cheeks; a cool cloth against the hot little forehead, a game or toy to play with in bed, a bedside radio or television to offset that lonely feeling, a special menu with gay touches of parsley and vegetable coloring to brighten up uninteresting food. To keep the illness from spreading to the rest of the family, sick-room dishes should not be used by other members of the household. Unless carefully sanitized they can be a common hazard in spreading diseases if they are washed with the regular family china. The safest way to eliminate this hazard is to use all-paper service in the sick-room, for paper can be immediately disposed of after each meal. GAY COLORS Children love the gay colors of today's paper cups, plates, place mats and napkins. The cups come in sizes varying from 1-ounce to 12 ounces so that they can be utilized for everything from medication to beverages. Just for fun, use a variety of paper dish set-ups, a different pattern for each meal. Children love to guess which one will be next. And if they guess right, of course, there's some amusing little reward such as a slice orange elows

Women

Lena Caroline McLure, Women's Editor. Phone 8506

Page 8 The Guardian Wed., April 10, 1957

HAPPENINGS

"I do love a fashion show," said Jane Armstrong as she snuggled into her luncheon chair some time ago at a London review of fashions. Jane Armstrong is the correspondent for a Toronto paper in London. How Jane Armstrong would have enjoyed being at the High School Monday and Tuesday evenings, and how she would have exclaimed "The Parade of Spring Fashions!" Marilyn and Allison Larter, children of Mr. and Mrs. Heath Larter, Hampshire, flew M.C.A. to Moncton on a recent weekend. They were visiting with little Miss Sandra Larter and other relatives in Moncton and Salisbury. Dr. Charles M. Dewar, Mrs. Dewar, and baby Norman of O'Leary, were visitors Sunday, March 31st, at the home of the doctor's parents, Mr. and Mrs. Beecher Dewar, Brudenell. They were accompanied back to Charlottetown by the doctor's sister, Miss Vera Dewar, R.N. Miss Jean MacFadyen, Summerside, returned home Friday from a visit to the United States.

KEEP IN TRIM

School Children Are Way Over Their Weight

By IDA JEAN KAIN The principal of a school and the teacher stood by the door and checked off the children of the sixth grade class as they left for lunch. They observed that more than half of the children were overweight. Between 10 and 11 seems to be the starting point for overweight in children. That is the time to check the tendency. Mothers, this may be the most important step you could take nutrition-wise to insure future happiness for your child. In most every instance, food habits are at fault. In one school cafeteria where the children have the privilege of stating whether they want "a lot" of "a little" of each course, almost invariably the overweight take a lot of the starchy and very little salad and vegetables. It seems incredible, but many children spend the major portion of their lunch money on dessert—taking double and even triple desserts! "What's the solution?" Desire on the part of the parents is not enough. The overweight child must want to co-operate. In fact, the stronger the desire on the part of the overweight child to reduce to right weight, the better the chance of success. An incentive helps... perhaps a dollar for each two or three pounds lost, a new bicycle or a new party dress in the next smaller size. This helps the overweight get off to a good start by making a game of losing. Once roly-polies commence to get results, they take a greater pride in the accomplishment itself. To the mothers: Plan well-balanced meals and give your overweight child enough to satisfy hunger. Cutting down too rigidly only leads to cheating. Commercial low calorie products helps surprisingly to make dieting easier. If your overweight child is accustomed to having jelly on breakfast toast, substitute low calorie jelly. Instead of skipping desserts, serve low calorie pudding prepared with skim milk and vanilla D-Zert with a low calorie chocolate topping is a treat. After school appetites must be appeased—an orange, a cup of cocoa made with skim milk and sweetened with Sucaryl, a big apple, or a baked apple. Don't rely on the low calorie substitutes at that hour, because in the late afternoon an energy pick-up is needed. The after-dinner piecing, however, should be a soft drink with no calories, for desire to snack at that hour is habit, not true hunger.

MARY HAWORTH

Child Biting Is Natural

Dear Mary Haworth: What can we do about a 22-month-old child who likes to bite me? We have tried biting her back, to show that it hurts, but this bruises her (she bruises easily). I have caught her biting her 8-month-old baby sister and letting the baby bite her—all of which isn't funny, though Ann thinks it is. "We've tried spanking, shaming and ignoring her; but nothing works. We would appreciate your advice, R.D. WRONG ATTITUDE Dear R.D.: The "Encyclopedia of Child Care and Guidance" (Doubleday) tells us that biting is a natural instinct in babies, related to dental development (See page 87). But biting also may be a form of attack in a child who is angry or hurt. "Almost all little children bite this way; and it takes time for them to learn that they must not," the encyclopedist says. The article advises against "biting the child back, or slapping or scolding." A biting child under two needs kind supervision, rather. Sometimes a phase of biting is related to a disturbing factor, resentment over too much restriction, or too severe discipline, or the coming of a baby brother or sister. If so, some relaxing of rules, or some change that will help the child feel he's not overlooked, may get him through such a phase, the encyclopedist adds. REASSURE HER By now, Ann may be compulsively using biting as an attention-getting device, while you worsen her problem by "rejecting" her instead of giving her warm reassurance of being well loved, despite a newcomer in the cradle. The encyclopedia suggests: "Simply avoid the bite (or preventing it usually indicates sufficient disapproval." But if sympathetic diplomacy doesn't end the phase in reasonable time, parents should get first-hand counsel from a professional—who can more readily see the cause and suggest the cure," our authority says. M.H. UNHAPPY AT HOME Dear Mary Haworth: My daughter Joan, 13, is bright, sweet and

Wife Preservers

Orange Clown: To make, you'll need an orange, lace paper doilies, raisins and a paper cup. For the ruff, fold 2 (5 inch.) paper doilies in half and gather at the folded edge. Fasten with cellophane tape. Overlap folded edges slightly and fasten together with cellophane tape. MAKE A FACE With a sharp knife, cut small holes through the skin of the orange to form eyes, nose and mouth. Cut raising in half and place the sticky side into the hole. Set the orange on a lace paper doily ruff and top with a small paper cup for a hat, securing it with cellophane tape. Monday Dinner: Cabbage Tartare: warm rolls; broiled filets of haddock maitre d'; whipped potatoes; zucchini; orange tapicosa; banana whip; coffee, tea or milk. All measurements are level; recipes proportioned to serve 4 to 6. Cabbage Tartare: Fine-chop 1 1/2 lbs. washed, fresh crisp cabbage. Add 1 1/2 c. dairy sour cream mixed with 1 1/2 c. saute tartare. Add salt to taste. Chill. Dust with paprika; garnish of parsley or dill. Orange Tapicosa: Add 1 1/2 c. quick-cooking tapioca to 1 c. boiling water. Stir in 1/4 tsp. salt and the grated rind 1 orange. Add 1 c. granulated sugar, 2 tsp. lemon juice, 1/2 tsp. butter and 1 1/2 c. fresh, canned or reconstituted frozen orange juice. Cook-stir 5 min. over hot water. Beat 1 egg white stiff. Fold in the tapioca. Chill. Serve with whipped cream or banana whip. Trick of the Chef: Cook zucchini in equal parts water and tomato juice. Season with salt, pepper and oregano.



A Large Selection of Harvey Wood Lingerie MOORE & McLEOD 2nd Floor Dial 6541

WE AND OUR NEIGHBOURS

What's In A Name? Much—Our Legislators Realize

Ruhamah S. Frank

Thinking people will approve the change of name (by act of Legislature) from "Falconwood Hospital." All the sad and bad and mistaken attitudes and treatment of the mentally ill in the past cluster around the old name. "Falconwood" (to many on the Island; meant hopelessness, isolation, secrecy (even disgrace), in addition to the normal heart-ache and worry over serious physical illness in the family. The new name may not entirely blot out the ingrained attitudes but to the coming generations "Riverside Hospital" will probably suggest only a place like any other hospital where the sick receive the necessary medical attention. They will not themselves enter, or see a loved one enter Riverside Hospital with any special feeling of dread. They will expect the illness to last from a few weeks to longer periods; in a small number of cases cure may be impossible, but there will be every reason to hope for a greater improvement and final dismissal from the hospital, cured. New drugs, new techniques, are still in the experimental stage, but everything points to a wonderful era in the coming history of "Riverside Hospital."

family can be a spur to wholesome effort by all members of the family. Outstanding names on the family tree, however, are no problem to the large majority of young people. AN ASSET But the family name will still greatly influence their lives. "Sure I'll give you a job," says Mr. Ross to the young applicant, "Your folks were the salt of the earth. I'll take a chance on you any time." Or alas "Now Mary, I don't want you to go out with that young man again. His folks never amounted to much. You just couldn't depend on them." Personally, I believe few of us are entirely unaffected by our names. It may carry the heaviest weight in our home communities, but in a strange place our name, if it indicates our racial or national origin can be a warm letter of introduction or a ticket of rejection, socially or vocationally, sight unseen. Anyway, beware of the first name you give an innocent babe! Perceval or Saraphina may cause buckets of tears before it becomes Pat or Sally or what not!

SPRINGTOWN W.I.

On Wednesday evening April 3rd, the members of Springtown W.I. met at the home of Mrs. D. McPhee. Meeting opened by repeating "Creed" in unison. Roll call was answered by 5 members, 1 visitor was present. Minutes of last meeting were read and signed. Communications were read and discussed. It was moved and seconded to send \$1.00 for Easter Seals. Bills for Get Well and Sympathy cards, wreath, and phone call were presented and ordered paid. Collection amounted to 55 cents, and 35 cents was paid on cards. It was decided to meet on April 9th to pack wools for shipment. Mrs. Elijah Rayner kindly invited members for next week meeting. Meeting adjourned. Lunch was served and a social hour was enjoyed.

TRINITY UNITED W.M.S. Mrs. A. B. Bagnall presided over the Easter thanksgiving services at the afternoon auxiliary of W.M.S. of Trinity United Church which convened in the Social

Thinking of names I recalled (as readers may have at this point) the pathetic question of Juliet when she discovered that Romeo was a member of the Montague family, his father the sworn enemy of her father, a Capulet; "O Romeo, Romeo! Wherefore art thou Romeo?" Then she quickly tries to reassure herself and Romeo by saying: "What's in a name? That which we call a rose By any other name would smell as sweet."

But, the name spelled doom for the young lovers and various members of both families! Names indeed cannot be lightly dismissed. Very often the children of illustrations parents simply cannot get away from the name. The goal set for them may be so far beyond their reach that they give up altogether. On the other hand, notable achievements in a

COOK'S CORNER

LEMON CUSTARD PIE 1 cup white sugar 2 tbs. butter 2 egg yolks 2 tbs. flour 1 cup sweet milk 1 lemon (juice and grated rind) METHOD: Cream butter, and sugar, egg yolks and flour, milk, lemon juice and grated rind, then fold in egg whites, well beaten. Bake in shell like custard pie. For a quick pie mix you could use a lemon pie filling and pour in unbaked shell and the results would be almost the same.

MORNING SMILE

"You say you want a job in this office? Well, what can you do?" "Nothing." "Oh, I'm sorry we can't use you. We already have five people in that position." with you for Joan's benefit confirms this impression. Here again in a case where the roots are so ramified, the problem are such that on-the-spot study is necessary. As Joan's emotional health is at stake, Family Service Agency counselling may be invoked—and fortunately there are services of this kind in your town, M.H. Mary Haworth counsels through her columns, not by mail or personal interview. Write to her in care of this newspaper.

hall on Thursday afternoon. The opening hymn "Look ye saints" was followed by prayer by the president. Mrs. G. D. Steel reviewed a chapter of the study book, the Island of Formosa. Miss Ruth MacLeod and Miss Gretta Gauld have helped in forming a Woman's Society. They say the Christian Church must go forward and we must support it through study and prayer. Reports of departmental secretaries were heard. Mrs. Edgar Gillespie reported 89 visits to home and 8 to hospital. Mrs. D. J. Morrison read a letter from Mrs. Leard. Presbyterial Literature secretary, urging us to do more reading of a missionary nature, as it affords both information and relaxation. Mrs. J. A. MacNair read a letter of appreciation from Miss Ratz, port worker at Halifax for parcel sent recently. The thanksgiving was received and edicated by singing the doxology. Mrs. MacNair conducted an Easter worship service based on the theme "So send I you" she was assisted by Mrs. Ruby Houle C.D.A. as readers and Mrs. D. Morrison, Mrs. C. H. Hodgson, Mrs. J. A. Sterns and Mrs. Joseph Neale. Prayer was offered by Miss Mabel Newsome. Miss Helen Wilson sang with great feeling "I know that My Redeemer Liveth". Mrs. K. A. Parker was accompanist. The hymn "The Day of Resurrection" and benediction closed the meeting after which a cup of tea was served.

CASCUMPEC W.M.S.

The March meeting of the Cascumpec Auxiliary of the W.M.S. was held at the home of Mrs. Horace Gamble on March 14th. The meeting opened by singing "Jesus United By Thy Grace." Nine members responded to roll call with a verse of scripture. The offering was received by Lorainne Gamble. Mrs. Bruce Gamble conducted the worship service, assisted by Mrs. Kenneth Leard. The Study book was taken by Mrs. Rhode Leard, assisted by Mrs. Russell Leard. Meeting closed with the Mizpah benediction after which daily refreshments were served by the hostess.

Advertisement for NECCHI Push-button Sewing Machine. Includes an image of the sewing machine and a woman's face. Text: "Most Wanted Sewing Machine in Canada... the Modern Touch of Tomorrow! NECCHI Push-button Sewing Your real thrill comes when you actually use this brilliant performer because... ONLY NECCHI offers you a choice of 200,000 embroidery designs in varying lengths, plus automatic darning, plus blindstitching, monogramming and sewing on buttons. ONLY NECCHI makes buttonholes fully automatically—without turning the fabric—it tacks automatically! ONLY NECCHI offers you two-tone modern styling and a choice of 21 elegant cabinets. All Necchi sewing machines carry a lifetime guarantee bond. Ask your NECCHI Dealer for free Sew-For-Yourself Trial either in the store or your home. Sold and serviced by 2,800 dealers in Canada and U.S.A. NECCHI SEWING MACHINES (CANADA) LIMITED 3445 PARK AVENUE, MONTREAL NECCHI \$10900

Advertisement for Christie's Honey Grahams. Includes a large image of a boy's face and a box of grahams. Text: "Wholesome - (and won't spoil appetites!) You can tell before you get it home You'll find that any Harvey Woods lingerie will fit superbly when you get it home. But we think you'll love the cut of this sophisticated sheath... slit-skirted and trimmed with lace and Baby Flute. Available in our new Seafoam and other lovely colours. Style 2297. Pure farm honey and rich, natural graham flour make Christie's Honey Grahams taste extra good—country good. Christie's baking makes them crisp, tender, golden brown. Perfect for children's snacks—won't spoil appetites because they digest so easily. Always reach for Christie's Honey Grahams. CHRISTIE, BROWN AND COMPANY, LIMITED