

Don't Find A Daisy

Now, with a hint of apology, it is, Father's Day moves up to take a place in the procession of all our honoring days. It comes to direct the thoughts of his family toward the parent who, like the sun and the moon and the stars and the velvet-green of the spring-billies, is too often taken for granted.

He is there, poor fellow, a convenient figure in the background of the family to work for them and supply them with favors often unthought. His profile is sometimes to be seen in a threatening attitude at his wife's side as she looks to the ways of her household.

"Johnnie, you'd better get that woodbox filled before your father comes home!" "Mary, what do you mean? Not in bed yet! Don't let your father catch you here when he comes in!" So we of the frailer sex are inclined to present him to the family as "the stern disciplinarian of more patriarchal days, though in most instances, as we see it, the robe of office has pretty well fallen from his shoulders.

"How much we owe them—these 'Boys grown up' whom we honor in the flesh on their Day or whose memory we treasure. The Dad, who keeps his family's welfare at heart, often sacrificing personal hopes and ambitions in their favor. On the farm, setting aside this piece of potatoes, this pen of hogs, these fat animals to help finance a son's or daughter's endeavour—planning on into the years for them...this we must grow, this we must do.

Mother's star shines brightly in the firmament of the family, giving out a gentle and reverent light. But close beside it to twinkle manfully we must remember to set another to represent the young hero of the place, the Dad of all our years.

Tomorrow then we bring him gifts of hand and heart. Just for once we think we shall allow him to walk shod the length of his own kitchen to come to the old armchair without complaint over "All that clay on your boots!" We may even find a nice fragrance in the aroma that rises from his favorite pipe. We will let him idly sunbathed hands in a nap on the couch without protest over "wasting this lovely Sunday when we planned all week to go" on some outing of the Sabbath.

At least for his Day we shall remember the value of flowers to the living" in the words of affection and appreciation we offer. And if words are hard to find or inadequate then let it be the count-up to him" in wordless ways.

"There are so many things that I'd be saying, If you could hear, my heart way out of doors, I think of how I love you while you're haying, Or plowing fields, or doing evening chores, And after chore-time when you come in weary, I think of tender things I'd like to say, But I just say 'The fire feels mighty cheery' Or 'My, it's been just like a summer day.'"

My heart knows all the love-words poets treasure, But I can't seem to say them though I try, So when I love you more than I can measure, I scrub the floor, or make an apple pie."

Until Monday — — — Diary — — — Goodnight.....

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HAPPENINGS

OYSTER BED BRIDGE W.L.

Oyster Bed Bridge W.L. had as guests eight members of Anglo Rustico W.L. at a meeting at the home of Mrs. Philip Matheson's the president presiding the meeting was opened with Mary Stuart Collect being repeated in unison.

Six members answered roll call by collection \$1.55. The read, approved and signed. The minutes of previous meeting were secretary reported paying \$1.00 membership fee to C.A.C. A bill of \$2.64 was paid for fruit for sick and 60 cents paid secretary for postage.

Discussion then took place about entertaining the guests at District Convention to be held at New Glasgow on June 13. It was decided to ask Mr. Cudmore to get what was needed and divide expenses.

The address of welcome at the convention is to be given by Mrs. Noel Hooper. The following question is to be asked at the convention. Is it past members who have passed away or members who are members when passing or both whose names are to enter the Book of Memory?

The delegates appointed to attend the annual convention at Prince of Wales College on July 4th and 5th are Mrs. R.L. MacPherson and Mrs. Milford Cudmore.

The invitation from Mrs. Gordon Carr for July meeting was gratefully received. The roll call is to be answered by collection. The meeting was adjourned after which Mrs. Wallace Higgins put on a contest "What's in the pantry?" The song of Peace was sung. Lunch was served by hostess and committee.

AUG STINE COVE W.L.

The June meeting of Augustine Cove W.L. met at the home of Mrs. Roy Cutcliffe with the president in the chair. The meeting closed with the ode followed by repeating the creed in unison. Roll call was responded to by 21 members and one new member joined.

Minutes of the last meeting were read and approved. Bills amounting to \$8.24 were paid. Correspondence was read and discussed. Reports of committees were heard and new ones appointed:

SICK AND PROGRAM. Mrs. Elmer Dawson and Mrs. Willard Wadman, Lunch, Mrs. Kenneth Dawson, Mrs. Austin Cameron, Mrs. Alban Gaudet and Mrs. Eldon Dawson.

Mrs. Wendell MacFadyen kindly invited members to her home for the July meeting. Roll call will be answered by paying double your shoe size. The meeting closed by singing the Queen.

Lunch was then served by hostess assisted by the chair. After roll call the minutes of the previous monthly and executive meetings were read by the secretary Mrs. John A. McDonald, and approved as read.

The correspondence was read by Mrs. Alex MacLean and included the following—letters from Miss Gertrude Coady, convener of Provincial Art Drawing, and Mrs. E. Clow, convener of resolutions. Thank you cards from James Tait, Katie Cameron, Mrs. J.D. Pineau, Mrs. Nicholas Power, Mr. Martin Kenny, Mrs. Philip Coyle and Mr. and Mrs. James Coyle and family. The report of the treasurer, Mrs. Thomas MacAvinn showed a substantial bank balance.

The following conveners were present and gave reports, Spiritual, Mrs. Ivan Berrigan; Finance, Mrs. Chas. Smith; Citizenship, Mrs. Leonard McDonald; membership, Mrs. Stephen Connolly; Press, Miss Mary Duffy; Magazine, Mrs. Harry Toombs.

Among the motions made was one by Mrs. Chas. Smith, which was seconded by Mrs. Stephen Connolly that we hold a rummage sale at the Community Centre on June 20th. Mrs. Stephen Connolly moved that we give the usual school and Catechism prizes, and this was seconded by Mrs. Fred Steele.

Father Murphy then addressed the meeting thanking all who in anyway had contributed to the success of the Salad and Turkey supper. He also thanked those who

HOLY REDEEMER C.W.L.

The regular monthly meeting of Holy Redeemer C.W.L. was held in the Community Centre on June 4th. The Director, Very Rev. J. Gregory Murphy C. Ss. R. opened the meeting with the league prayer. The President Mrs. Alan McDonald occupied the chair. After roll call the minutes of the previous monthly and executive meetings were read by the secretary Mrs. John A. McDonald, and approved as read.

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SPRINGTOWN W.L.

Five members of Springtown W.L. along with three visitors met at the home of Mrs. Donald Dickson, Glen Valley, for their regular meeting on Wednesday evening June 6th.

The president called the meeting to order and all repeated "The Collect" after which the minutes of last meeting were read and approved. It was moved and seconded that bills for postage, advertising, telephone and school supplies be paid. The correspondence was read and dealt with accordingly.

The names of two of our deceased members namely, Mrs. Eleanor Thompson and Mrs. Flora Macintosh will be forwarded to W.I. office to be included in Remembrance Program, at annual convention. The various committees are their reports.

The picnic will be held on the day of school closing at Stanhope beach.

It was decided to hire a car to take members to district convention.

After a discussion, it was decided to ask Rose Valley Center to come to Hartsville hall and to sell chocolate dips at same. The collection amounted to 45 cents.

The grant of \$250 was received. Money from sale of cards and capsules was handed in. The receipts from "Smiling Bill" show, showed satisfactory proceeds. Mrs. Macintosh kindly invited members for July meeting.

The meeting was then adjourned after which lunch was served by hostess assisted by M. Thompson. A social hour was enjoyed by all.

ACCESSORY DRESS!

Plan a whole fashion wardrobe—when you sew this pretty dress! Vary its neckline (high or low) add a tie-on peplum, or a graceful bow! It's the ideal style for travel, vacation, day-to-dark activities. Just switch accessories for a fresh "new" appearance!

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This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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HOUSEHOLD HINT

If it is hanging up, place over a round object to prevent sharp bends. Don't drag hose near oil drippings, because oil rots rubber. Don't turn off water by pinching on hose. This strains and weakens the rubber. Never step on or drive over the hose, and don't leave hose exposed to the sun for any length of time, as heat will deteriorate it.

BACKACHE

For quick relieving help for Backache, Rheumatic Pains, Gelling Up Joints, strong cloudy urine, irritating itching, Leg Pain, and any kind of aches, pains to Kidney and bladder troubles, try CYSLEX. Quick relief and satisfaction or money back. Don't suffer another day without asking your druggist for CYSLEX.



SLIM SUIT

MONTREAL Contrasting striped and plain fabrics of acetate and lastex accentuate the slim line of this swim suit. The suit is designed for active swimming or idle beach sunning. The straps are detachable. (CP Photo)

MORNING SMILE

His friend was worrying. Friend—Tell me all about it. Get it off your chest. Sailor (groaning)—I wish I could. I've got the name Maude tattooed there, and I'm engaged to marry in Toronto.

On motion of Mrs. Urban Blanchard the meeting adjourned. Lunch and social hour followed.

LET'S EAT

Lets chat over a dish of tea and catch up on the news. I remarked to my friend, Jane Merrick, who helps her husband manage Cooper Inn at Cooperstown, New York.

"One of the most interesting things is the cooking progress of Bonnie Lou Boyd, now 12 years old, the daughter of our chef."

WEDDING CAKE

"Last year she amazed me with the beautiful wedding cake she made and decorated," I said. "What's the latest?"

"Bonnie's been making baking powder biscuits, the lightest, highest, fluffiest biscuits one can imagine. Before we knew it, she had entered them in the cooking division of the County Fair and came off with six honors. And next thing, we were invited with 50 adult guests to the lecture room of the Home Demonstration Agent to watch Bonnie's biscuit demonstration."

"I shall never forget her concentration."

"Always measure level," she admonished. "Stop to put back the top of the baking powder biscuit can at once or the baking powder may deteriorate."

"Bonnie used the standard recipe for biscuits: 2 c. sifted enriched flour resifted with 2½ tsp.

AMBULANCE FOR NORTHERN Nfld.

LONDON (Reuters)—The keys of northern Newfoundland's first ambulance were officially handed over here Friday to the hospital mission that will run it.

The keys of the jeep-type ambulance destined for work in the forest land of Hare bay and St. Anthony, were accepted by Lord Grenfell, treasurer of the Grenfell Association of Britain and Ire and, which runs a hospital at St. Anthony.

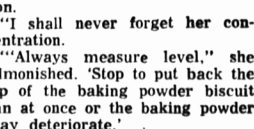
They were handed over by Lady Bowater, wife of Sir Eric Bowater, chairman of the paper corporation providing the ambulance.

The four-wheel drive ambulance designed to carry two stretcher cases or six sitting cases, and specially insulated against extreme cold, will for the first time make it possible to carry patients in a few hours over journeys which previously took days in bad weather by boat or sled and dog team.

The ambulance will also serve Hawkes bay, River of Ponds, and St. Genevieve in the west—taking cases to the hospital of St. Anthony founded by Sir Wilfred Grenfell in 1892.

DISINFECTS AS IT CLEANS AND SWEETENS!

Whitens linens, cottons! Soaks diapers stain free! Kills germs! Deodorizes! Protects Family's Health! Four handy sizes!



WOMEN

Page 12, The Guardian Monday, June 18, 1956

ELEANOR ROSS

House Needs New Look On The Outside Too

A good paint job can give a fresh, new look to many of the items that make for pleasant summer living. Porch steps, floors, fences, screens, trellises, arbors and ironwork come in for their share of attention. For all of these surfaces, there are special finishes to do the job so that there's no guesswork.

Finishes for porch floors and steps, whether wood or concrete, are designed to take both the wear and tear of foot travel and the ravages of weather. For a finish coat, the tough hard-wearing porch and deck paint is advisable for wood and concrete.

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THINNER VERSION

When working on wood, use a slightly thinner version of the same paint for a primer. For cement, an alkali-resistant primer is often recommended. Also suitable for concrete floors are the rubber base and similar coatings.

However, before these are applied, hard and glossy concrete should be roughened with a weak solution of muriatic acid.

When painting steps that may have to be used before they are completely dry, do a two-operation job. Paint the first, third and fifth steps the first day. Do the second, fourth and sixth the next. This way, there will always be dry steps to walk on. Worn fiber porch rugs can be renewed with canvas paint or exterior stain. If the rug is badly discolored, don't use stain which is transparent so that any blemishes will show through.

WINDOW FRAMES

The frames of screens should be painted so that they match the color of their companion door and window frames. This may mean, of course, that the inside colors differ from the outer ones.

The screen wire should also be painted—on both sides and before the frame is coated. Steel or galvanized screens need the protective coating to prevent their rusting. While copper and bronze wire screens do not rust, they should also have a protective coating because a corrosive wash develops which may stain and disfigure any light-colored areas below them.

Varnish or special screen paint should be used. Both types can be applied with a spray gun, brush, short-napped roller or an inexpensive screen-painting tool made from a block of wood and covered with carpet on one side. While the paint or varnish film is still wet, it is wise to jar the screen sufficiently to keep the openings in the mesh from becoming clogged.

FINISH COATS

For the finish coats on a fence, use the regular house paint. This will serve also for trellises and arbors, although you may wish to use the trim-and-trellis paint which is made especially for the purpose. Such paints as well as other types of exterior enamel are also advisable for exterior ironwork.

Any signs of rust on iron must first be removed. Any bare spots should then be coated with an anticorrosive primer, available in any paint store, before the new finishing coat is applied.

Words Of The Wise

While the right to talk may be the beginning of freedom, the necessity of listening is what makes the right important. —Walter Lippmann

BEAR'S PAWS

½ cup ground walnuts, 1 cup shortening, 2 cups flour, 1 cup sugar, 1 egg, Pinch of baking powder. Mix all ingredients together on pastry board. When mixed, press into small molds and bake. Sprinkle with icing sugar when cool. Use 350 deg. oven till lightly browned. (A few delicious cookies will keep for days.)

COOK'S CORNER

Seven children out of nine in a Peoria, Ill., family had their tonsils removed on the same day.

WIFE PRESERVERS

A tea service for a small girl not only makes a game of serving tea, but also teaches her how to set a table correctly. This set is molded of polyethylene—a plastic—and comes in 25 pieces, service for four or service for two. The tea set is easily cleaned with soap and water, and comes in two tones.

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KEEP IN TRIM

Hurdles To Dieting

By Ida Jean Kain

At least ninety-five per cent of all overweight is caused by nothing more complicated than over-eating. However, the reasons back of the desire to overeat are not always easy to spot.

The bulk of overweights fall into one of three groups: Those who love rich, fattening foods and eat to belt-pressing proportions; those who turn to food through sheer boredom, or when worried or upset, and then from force of habit continue overeating; and most serious, those who eat obsessively due to a deep seated emotional disturbance.

Whatever the cause, once the reason back of the desire to overeat is recognized, it is easier to put the science of nutrition into effect and reduce.

WILLPOWER BUILDING DIET.

Breakfast
Citrus fruit or juice, 5 oz.
Soft boiled egg
Toast, 1 thin slice
Butter, ¼ pat
Coffee, clear

Lunch
Cheese grill with tomato: American cheese, 1 oz.
Toast, 1 thin slice; Tomato, 2 halves broiled with onion
Chopped green salad with special dressing
Tea with lemon and 1 lump sugar (if desired)
Fruit

Dinner
Mixed Grill:
Lamb chop (trim fat)
(Liver, beef or calf)
Crisp bacon, 1 strip broiled
Baked Potato, small
Butter, ¼ pat
Spinach or asparagus
Ambrosia ¼ orange, sliced
banana 1 tbsp. coconut.

MUST FOLLOW THROUGH

First, the gourmets who overdo it. There is nothing wrong with enjoying good food, but overeating is a fattening practice. Once you decide the bulging consequences are too big a price to pay for such gustatory pleasures, you want to act to curb calories. The science of nutrition, when applied, never fails. The secret is wanting to apply it and following through.

The second type of overweight gains not so much from love of food as from boredom or loneliness. Food is a solace. Others turn to food when nervous, anxious or upset. Food is comforting. The fattening aspect of all this is that after the circumstances that led to overeating are past, the habit of eating beyond requirements carries on. It's a short step from repetition to fixed habit.

It is helpful to think back to when you first started to pile on pounds. Perhaps it was during a period of upset, or following an operation, or during a lonely spell. You solved the problem, but fell into the clutches of habit and continued eating beyond requirements. Recognize that your present appetite is force of habit, not food needs, and then it makes sense to re-educate your appetite.

SPECTATOR

Princess Anne keeps a critical eye on a polo game at Windsor, England, in which her father, the Duke of Edinburgh, is playing. Both she and Prince Charles are very fond of horses.

ANNUAL MEETING

PRINCE EDWARD ISLAND MUSICAL FESTIVAL ASSOCIATION will be held in ROOM 66 P.W.C. on MONDAY EVENING, JUNE 18 AT 8:00 P.M.

All members and interested persons are urged to attend.

Words Of The Wise

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ANNE ADAMS PATTERNS



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Elfin gives you the young look!

Excitingly different Elfin bandeau with wide breathing waist, improves on nature, gives any woman the high, round, firm line of youth thanks to the magic uplift of exclusive butterfly-shaped Cordtex* inserts. In broadcloth, satin or nylon.

Sizes 30 - 44 from \$2.50

CHOOSE YOURS AT-

S. A. McDONALD

Elfin gives you the young look!

Excitingly different Elfin Bra Improves on Nature the very instant you slip it on—gives any woman the high, round, firm line of youthful beauty! Elfin's skillful design features the magic uplift of exclusive butterfly-shaped Cordtex* inserts. Teen-ager, career gal or homemaker, you'll work and play feeling as young as you look—in your perfectly-fitting Elfin!

BANDEAU and LONGLINE styles in the prettiest fabrics.

With your Elfin, wear a Sarong*—the famous criss-cross girdle that slims as it trims.

DOMINION CORSET CO. LTD.

GO GOTHIC - THE ANSWER TO A MORE BEAUTIFUL FIG