

WOMEN

Monday, July 1955 The Guardian Page 3

LET'S EAT

Smooth Iced Drinks Made With Fruit Base

By Ida Bailey Allen
"Iced fruit drinks are definitely an American invention, Madame," said the Chef. "Persons in many foreign countries do not have the ice and the facilities to make them. Instead they use hot beverages, such as tea, for cooling-off by evaporation."

Fruit Base

"I believe they have something there, Chef," I replied. "A hot beverage induces perspiration, which, as it evaporates from the surface of the body, causes a sensation of coolness; but one's clothing becomes so damp and uncomfortable. I think that, while ice is available, most persons prefer a long, cool drink, preferably with a fruit base."

Dissolve Sugar

"Fruit juices are also good when combined, such as orange with pineapple; papaya with lime; apple juice with apricot; grape juice with lemon; or grapefruit with orange. The less sugar used, the more cooling the drink. To make with less, dissolve the sugar in hot water to cover. This distributes its sweetening properties and makes for a smoother drink."

Fresh Currantade: Crush together 2 qts. cleaned fresh red currants and 1/4 c. granulated sugar. Let stand 30 min. Add the juice 1 lemon and 3 oranges or 1 c. orange juice, and 2 qts. iced water. Pour into glasses 1/3 filled with ice cubes. Makes 8 qts.
Lemon Pineappleade: Dissolve

1 1/2 c. sugar in 1 c. boiling water. Add the juice 6 lemons, 2 c. crushed canned or fresh pineapple and 6 c. iced water. Pour into glasses half-filled with ice cubes. Makes 2 1/2 qts.

TOMORROW'S DINNER

Cantaloupe Sections
Tuna-Egg Salad Plate
Potato Chips
Sliced Tomatoes Corn-on-Cob
Blueberry Cake Squares
Hot or Iced Coffee or Tea Milk
Blueberry Cake Squares: Cream together 1/2 c. butter and 1 c. sugar. Add 1 well-beaten large egg, 1/2 tsp. salt and 1/2 tsp. ground cinnamon or nutmeg.
Sift together 2 1/2 c. already-sifted enriched flour and 4 tsp. baking powder. Stir in 1 c. blueberries. Add alternately to the first mixture with 1 c. milk.

"Transfer to an oiled 7" x 11" baking pan. Dust the top with 2 tbs. granulated sugar. Bake 35 min. in a moderate oven, 375 degrees F. Cut in squares. Serve warm with butter, as a pudding with lemon sauce, or cold as a cake."

TRICK OF THE CHEF

Season tuna-egg salad to taste with minced fresh or reconstituted dried dill.

KEEP IN TRIM

Buy Swim Suit For Your Type

For the girl who lacks curves, there are swim suits with a slight build up in the bra, or with sufficient wiring to make the most of your own curves. The princess line is flattering to skinny thighs. Also, the little girl bloomie style has a rounding effect on too thin thighs.

Regardless of your figure faults... refuse to be beached all summer. Take your courage in hand and ask the sales girl to help you find a swim suit that will not only conceal a secret you do not want exposed, but will flatter your figure. You may have to try on a dozen but persist until you find one that boosts your morale. The price tag on the suit may be more than you had figured on... but look upon the suit as an investment in self-confidence. If you swim regularly this summer, you may be a bathing beauty by the time fall breezes in.

Swimming is the perfect figure fixing exercise. It strengthens weak backs and tones flabby muscles. The water, being buoyant, helps you to relax as you exercise all the little and big muscles without straining any. The cool water tones the skin and perks up circulation. In fact, swimming is perfect exercise - cooling, re-

freshing, toning, relaxing... and fun.

It doesn't matter which swim stroke you use. The breast stroke is slow and a bit old-fashioned, but look what it did for grandma's curves! The side stroke pulls the muscles out long and smooth... and



Relax with TEA



gets at the muscularly dead area that bounds the sides of the silhouette. The back stroke is my favorite... I put some rhythm in it and make believe I'm Esther Williams!

It really would be difficult to overestimate the rewards of swimming as exercise. Annette Kellerman was a lame and sickly little girl, yet with swimming she became one of the world's most perfectly formed women. Kellerman still swims daily... and today has a perfectly proportioned figure.

ANNE ADAMS PATTERNS

FOR SUN AND FUN!



Brighten your summer, sew these gay fashions - so wonderful for sun and fun! Carefree T-shirt with cool convertible neckline, slim-trim shorts, pedal pushers! Perfect styles for denim, sailcloth, poplin fabrics - in bold patterns, soft pastels!
Pattern 4532: Misses' Sizes 10, 12, 14, 16, 18. Size 16 shirt, 2 1/4 yards 36-inch; shorts, 1 1/4 yards.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.
Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.



IS YOUR CHILD Constipated?
Try The EX-LAX Way
EASY TO Take
EASY-Acting
EASY-on the System
Good for Children and Adults
EX-LAX
The Chocolate Laxative



MR. AND MRS. E. C. ADAMS

Wed on June 11 at the Nazarene Church, Elmsdale, are Mr. and Mrs. Everett Carle Adams. The bride is the former Dolly Blanche Smith, daughter of the late Mr. and Mrs. Wilfred Smith, Alberton, and the bridegroom is the son of Mr. and Mrs. Charles Adams, Elmsdale. Also in the picture are Mr. Erskine Matthews, best man, and Miss Lois Adams, bridesmaid. Edwin Heckbert Studio.

The marriage of Dolly Blanche Smith, daughter of the late Mr. and Mrs. Wilfred Smith of Alberton, to Everett Carle, son of Mr. and Mrs. Charles Adams, Elmsdale, was solemnized on June 11 at the Nazarene Church, Elmsdale, at 2 p.m. The officiating clergyman was Rev. Albert Lewis.

The church was decorated for the occasion with potted plants, apple blossoms and white and pink streamers and bells. The soloist was Mr. Alvin Lewis, who sang "O Promise Me" and "I Love You Truly". The wedding music was played by Mrs. Alvin Lewis, organist.

The bride, given in marriage by Mr. Cedric Hunt, chose a floor-length gown of white satin with a nylon net overskirt; the bodice featured matching covered buttons, a tiny pointed collar and long tapering sleeves which came to points over her wrists. Her waist-

Parkdale School Track Meet

Results of the Parkdale School Sports.

5 yrs. and Under 50 yds.
1. Paula Lund, 2. Rosemarie Burke, 3. Billy Webster.
Boys 6 yrs. 50 yds Dash
1. Roger Bevan, 2. Michael Brown, 3. Jimmy Paquet.

Girls 6 yrs. 50 yds.
1. Linda Goody, 2. Roberta MacLean, 3. Joanne McGee.
Boys 7 yrs. 50 yds.
1. Paul Carver, 2. Pat Redmond, 3. Tim MacRae.
Girls 7 yrs. 50 yds.
1. Linda Spencer, 2. Levita MacDonald, 3. Linda Gormley.

Boys 8 yrs. 50 yds.
1. Brian MacKay, 2. Cecil MacDonald, 3. Carl MacKay.
Girls 8 yrs. 50 yds.
1. Shirley Bevans, 2. Mary Lou Brown, 3. Margaret Paquet and Dianne Frizzell.

Boys 9 yrs. 50 yds.
1. Ann Hickox, 2. Sandra Johnston, 3. Dorothy MacEwen.
Boys 9 yrs. 50 yds.
1. Donald MacKay, 2. Ralph Arsenault, 3. Wayne MacLean.

Boys 10 yrs. 50 yds.
1. Gordie MacKay, 2. Ronald Hickox, 3. Kenneth Gallant.
Girls 10 yrs. 50 yds.
1. Jean Vessey, 2. Ann MacDonald, 3. Donna McGee.

Boys 11 yrs. 50 yds.
1. Niall MacKay, 2. Jackie Hynes, 3. Kenny Webster.
Girls 11 yds 75 yds.
1. A. Cameron, 2. Eleanor Hogan, 3. Kathryn Gallant.

Boys 11 yrs. 75 yds.
1. Blair Weal, 2. Russell Davidson, 3. Blythe Webster.
Girls 12 yrs 75 yds.
1. Anne Cameron, 2. Helen Gallant, 3. Eleanor Hogan.

Boys 13 yrs. 100 yds.
1. Brian Redmond, 2. David O'Brien, 3. Lloyd Shaw.
Girls 13 yrs. 100 yds.
1. Audrey Bevan, 2. Helen Waters, 3. Carol Gallant.

Boys 14 yrs 100 yds.
1. Michael O'Brien, 2. David O'Brien, 3. Brian Redmond.
Girls 14 yrs. 100 yds.
1. Brenda MacKay, 2. Gail Mustard, 3. Irene Webster.

Boys Open 100 yds.
1. Frank Gormley, 2. Ian MacDonald, 3. Brian Redmond.
Girls 15 yrs 100 yds.
1. Dianne Webster, 2. Ginny Mustard, 3. Penny Warren.

Girls Open 100 yds.
1. Gail Mustard, 2. Brenda MacKay, 3. Audrey Bevan.
Obstacle Race, Girls
1. Brenda MacKay, 2. Audrey Bevan, 3. Margaret Bell.
Jockey Race, Girls
1. Brenda MacKay and Paula Goody, 2. Gail Mustard and Linda Goody, 3. Ginny Mustard and Vera MacKay.

Obstacle Race, Boys
1. Sonny Shaw, Niall MacKay, 3. Cecil MacDonald.
Jockey Race, Boys
1. Ian MacDonald and Ricky Carver, 2. Michael O'Brien and Wayne Jordan, 3. Brian Redmond and Sinclair MacLennan.

1/4 Mile, Boys
1. Frank Gormley, 2. Michael O'Brien, 3. Ian MacDonald.
1/4 Mile Girls
1. Margaret Duffy, 2. Gail Mustard, 3. Irene Webster.
Bicycle Race, Boys 12 and Under
1. Niall MacKay, 2. Gordon MacKay, 3. Russell Davidson.
Bicycle Race, Girls 12 and Under
1. Ann Cameron, 2. Sandra Johnston, 3. Margaret Duffy.



MR. AND MRS. G. F. MacINNIS

Mr. and Mrs. Gordon Frank MacInnis were married on June 17 at St. Mary's Anglican Church, Summerside. The bride is the former Gloria Marina, daughter of Mr. and Mrs. James G. Rankine of Summerside, and her husband is the son of Mr. and Mrs. Frank MacInnis, Summerside. Edwin Heckbert Studio.

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Announce New Way To Shrink Painful Piles

Science Finds Healing Substance That Does Both - Relieves Pain - Shrinks Hemorrhoids

Toronto, Ont. (Special) - For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved - without resort to surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations. Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all - this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!"

And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne) - the discovery of a famous scientific institute. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

This new healing substance is offered in suppository or ointment form called Preparation H. Ask for individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

Trade Mark Reg.

Kroetsche-Hughes Nuptials Held At Fort Augustus

The marriage of Edna Catherine Hughes, of Kitchener, Ont., and daughter of Mr. and Mrs. Ernest Hughes, Johnston's River, P. E. I., to Albert Alexander Kroetsch, son of Mrs. Bertha Kroetsch of Waterloo, Ont., and the late Leo Kroetsch, took place at St. Patrick's Church, Fort Augustus, P. E. I., on June 21 at 9:30 a.m. The nuptial vows were heard by Rev. T. P. Butler.

Lilacs provided the decorative setting for the ceremony during which Miss Etta MacDonald and Miss Agnes Duffy sang "On This Day, Beautifully Mother," "O God of Loveliness" and "Pans Angelicus". Miss Etta MacDonald was the accompanying organist.

The bride, who was given in marriage by her father, chose a white brocaded waltz-length gown of nylon net over taffeta with full and featuring princess lines, empire waist line and yoke of nylon net; her long lily-point sleeves tapered to points over her wrists. A tux of pastel shaded sequins bordered with pearls held in place her elbow-length veil of white nylon. She carried a white prayer book and pearl rosary. Her prayer book corsage being of red rose buds with streamers of lily of the valley.

The bride was attended by Miss Dorothy Hughes as maid of honor, who was attired in a blue waltz-length gown styled with empire waistline, full skirt, short sleeves and a small bolero. She carried a nosegay of white and pink carnations.

Best man for the occasion was Mr. Alfred Hughes of Johnston's River, P.E.I. After the ceremony a wedding dinner was held at the Queen Hotel, Charlottetown, followed by a reception at the bride's home where a buffet luncheon was served.

For a wedding trip to Cavendish, P.E.I., the bride wore a travelling costume consisting of a grey wool box suit, pink and white hat and navy accessories. Her corsage was of pink carnations.

The newly-weds will take up residence at 115 William St., W., Waterloo, Ont. Out-of-town guests present at the wedding were Mrs. Hunter Barnhill, East Bridgewater, Mass., and Mr. Maurice Walsh, Kitchener, Ont.



Left Sunday

Marina Elizabeth Kays, daughter of Mr. and Mrs. F. N. Kays, 19 Hillsboro Street and a Patrol Leader of the 1st and 3rd Guide Company in Charlottetown, will be Prince Edward Island's representative at the Adventure Camp at Lake O'Hara, British Columbia from July 8th to 22nd. Marina was awarded a campership from the former Chief Commissioner, Mrs. D. E. S. Wishart. She leaves Charlottetown Sunday.

This pioneer camp is in the Yoho National Park, not far from Lake Louise and Banff, and has been planned for those who are interested in receiving training in Guide leadership. There will be about 100 campers in all representing all the Canadian Provinces and eight states of the U. S. A.

Following the two week camp the group will travel to the coast for a few days in Victoria and Vancouver. There will be several other stop-overs on the return trip east where the provinces concerned will be hostess to the Guides.

Cook's Corner



The following recipe is supplied by the Consumer Section - Marketing Service, Canada Department of Agriculture.

STRAWBERRY CREAM-CHEESE PIE

1 quart box strawberries
4-6 tbs. sugar
6 ounces cream cheese (1 1/2-4 ounce packages)
3 tbs. cream
2 tbs. sugar
1 tsp. grated orange rind
1 9-inch baked pastry shell.
Wash, drain, hull, and slice strawberries. Stir in the 4 to 6 tbs. sugar and chill about 1 hour. Combine the cream cheese, cream and the 2 tbs. sugar and beat with a rotary beater until smooth and fluffy. Then stir in the grated orange rind. Spread about 3/4 of the cheese mixture in the bottom of the pastry shell and cover with a layer of strawberries. Place the remaining cheese mixture in the centre, and the rest of the berries around it. Yield: Six to eight servings.

MORNING SMILE

Proudly Mrs. Hobson showed some of her acquaintances over her new home.

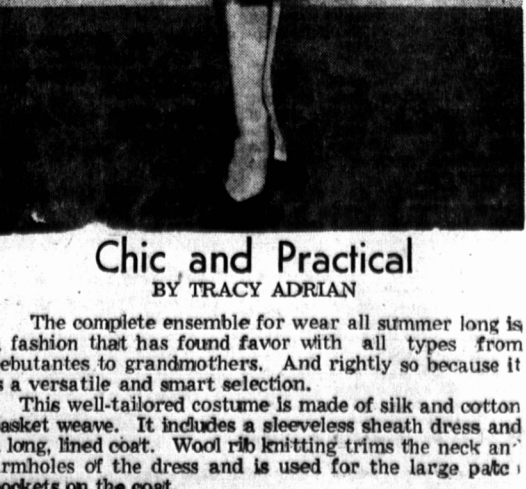
"Is your husband a bibliomaniac?" asked one visitor when shown into the library, where every book was a leather-bound edition de luxe.

The hostess stared coldly at her questioner.

"He doesn't bubble. Not that he won't take a drop now and then with his meals if the rest do. But that's as far as he goes."

HOUSEHOLD HINT

If wallpaper has mildewed, be sure to dry not only the paper, but also the plaster beneath it. If necessary, heat the room for several hours or even days, to let the plaster dry slowly and to prevent it from cracking.



Chic and Practical BY TRACY ADRIAN

The complete ensemble for wear all summer long is a fashion that has found favor with all types from debutantes to grandmothers. And rightly so because it is a versatile and smart selection.

This well-tailored costume is made of silk and cotton basket weave. It includes a sleeveless sheath dress and a long, lined coat. Wool rib knitting trims the neck and armholes of the dress and is used for the large pockets on the coat.

MARY HAWORTH'S MAIL

Involved in Round Of Social Activity, Longs For Peace

DEAR MARY HAWORTH: this is an appeal for help, for we bewildered ones who yearn for a simple purposeful way of life, yet find ourselves entangled in a tedious exhausting complexity of meaningless activities. Can you tell us how to free ourselves?

If one lives without any close human ties, the business of ordering one's days seem to be only a matter of deciding what has value to one's own development; then, having the courage of your convictions, to shape your actions accordingly. But it isn't so easy when one is closely involved with another person who is caught up in a hustle-bustle pattern.

How does one find the time and privacy and energy to think? Or to initiate and cultivate truly enriching pursuits - when one's environment is full of pressures which consume every minute away from work or sleep? When parties, movies, superficial chatter, TV watching, etc., crowd the hours, leaving no intervals? Such interests are valid, as a matter of taste, but how reduce them to less consuming proportions, and allow for other recreational outlets?

It seems that I am faced with the unhappy choice of (1) conflict with, or (2) alienation from those I love very dearly - in order to save my sanity. I find I become so confused and distracted that I don't know where to start in trying to establish an independent pace. One doesn't just hit people over the head with his (or her) preferences, or even deep needs. Yet I am so deeply tired I must do something - and soon.

Please Mary, some guidance on how to jump off this merry-go-round of escapism. I am so distraught for reality.

Isn't Facing Problem Simply
Dear S. C.: Instead of facing the problem simply, you are being theatrical about your frantic and stymied craving for time alone in which to be quiet and reflective. Actually, the need you cite, to go apart from the "mad, mad, mad crowd" periodically, for host of renewal reasons, is felt intermittently by everyone.

However, not everyone disciplines himself to practise a regular quiet time. It is a discipline essential to spiritual health, to maintain a receptive attitude towards the Creator - (or the life-force) and thus keep one's energy, and one's perspective, in repair. Persons who don't oblige their inherent need for the deep refreshment to be found in quiet hours, usually become increasingly confused and anxious as years pass - and run like mad in life's byways, too beset by superficial stress to know why they exist, or why the rush.

A simple purposeful life, such as you pine for, is a planned performance generally - a manifesto of positively felt interests, loyally tended. The pass key to freedom from an "exhausting complexity of meaningless activities" is, simply, real self-respect - or unruffled self-acceptance. This quality, which many profess but few possess, has its authentic roots in finding awareness that one is a child of God - alive by His grace enveloped in His love and the object of His perpetual care.

Ordinary Adult Courage Required
Parenthetically may I say that pride is the counterfeit coin of self-respect. There is a rigidity and defensiveness, a tendency to haughtiness, in pride; whereas self-respect shows itself flexible, accommodating and gentle, with an inner core of strength, that can be humble without loss of dignity.

The essence of your lament is this - you feel that your associates ought to cater to your crying need for peace, quiet, rest, etc. And, in my opinion, this is the squawk of an excessively dependent personality, who hasn't the self-reliance to chart his own course even for a few periods. I don't think it is necessary to estrange yourself from persons you love, simply to have an occasional breather, in an oasis of solitude. What is required is ordinary adult courage and common sense, to map out what you have to do in self-defence, and do it. To nurture self-confidence, read "Words of Encouragement" culled from the lectures of Rev. D. Conscience, S. J. - and published by the Catholic Truth Society of London, England, at 38/40 Eccleston Square, West 1st. The brochure appears in religious bookshops in this country.

Mary Haworth counsels through her column not by mail or personal interview. We her state of The Charlottetown Guardian.

TALENTED ARTIST

Henri Julien, Quebec cartoonist who died in 1908, was also a distinguished painter and draughtsman.

BIG LAKE

Southern Indian lake in the Churchill river basin in Northern Manitoba covers 1,200 square miles.

UNWANTED HAIR

GUARANTEED OR MONEY REFUNDED
• Sensational discovery intended for the first time in Canada.
• New & improved to remove stubborn unwanted hair.
• Guaranteed: after treatment the hair does not grow back.
• Simple application and 5 minutes later all ugly unwanted hair disappears. Used in hospitals all over Europe.

LES PRODUITS ESTELLE DE GREVILLE

2112 Frontenac St., Room 12, Montreal P.A. 1635
I want a bottle of depilatory cream for which I enclose money value of \$2.25 plus tax (postage paid) or C.O.D. plus postage. (C.P.I. 16)



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Local Union Commercial College Closing

The annual graduation exercises of Union Commercial College took place on Friday morning, June 24. The Principal, Mr. W. D. Fraser, stated in his opening remarks that a successful year had been completed. The address to the graduates was delivered by Mr. Wallen Gaudet, local attorney and General Manager of the Charlottetown Centennial Committee. In his inspiring remarks, he stressed the importance of being thorough in daily work and the great importance of education today. Mr. Gaudet also gave a brief resume of the programme that has been planned for Charlottetown Centennial year.

The program was as follows: Remarks by the Principal; Songs by Choral Group directed by Mr. A. L. Hubley; Address - Mr. Wallen Gaudet; Presentation of Certificates; Piano Solo by Jean Fraser; Presentation of Awards; Vaudeville; Pauline Reeves; God Save the Queen.

Awards for meritorious work were presented as follows: Silver Cup - General Proficiency; Silver Cup - Typewriting Louise Ramsay; Silver Cup - Shorthand Mary Lou Bernes; Silver Medal - Business English Shirley Beck; Bronze Medal - Bookkeeping Kenneth Wigmore; A. L. Hubley Award - Office Practice Foster Sherren; Vaudeville Award Pauline Reeves.

Miss Jean Fraser acted as accompanist for the U. C. C. Choristers on many occasions during the year. This group consisting of twenty girls was formed several months ago by Mr. Hubley and have done excellent work at different entertainments held at the college.

The graduating class enjoyed an outing at Cavendish in the afternoon with swimming, games, and lunch, followed by dancing in the evening.

The following students are those who received Diplomas and certificates:

Diploma - Stenography
Mary Lou Barnes, Honolulu; Shirley Beck, Murray Harbour; Irene Dennis, Dunstaffnage; Joan Hughes, Bear River; Phyllis Large, Albany; Jennie MacDonald, Bethel; Evelyn MacEwen, Stanley Br.; Marion MacLean, Hampton; Barbara MacPhail, M. Albion; Drucilla MacPhee, New Haven; Eleanor MacSwain, Breadalbane.

The following students, who enrolled in January, 1955, have successfully completed the first term of studies:

Ruth Corbett, Milton; Adele Cutcliffe, C. Traverse; Wendell Cutcliffe, C. Traverse; Florence Drake, City; Jean Fraser, Murray Harbour; Doreen Hughes, Covehead; Sally Leard, Mt. Stewart; A. MacDonald, Winsloe South; Isabel Stead, Bay Fortune; Hazel Thompson, A. Cove; Edmund Waller, City.

The members of the staff include: Mr. W. D. Fraser, Principal; Mr. Arnold Hubley, Vice-Principal; and Miss Mary MacInnis, a member of the teaching staff.

Words Of The Wise

People who are always anticipating trouble manage to enjoy many sorrows that never really happen to them. - (H. W. Shaw).

Eileen Murphy, Norboro; Bertha Smith, Hunters R.; Louise Ramsay, Kensington; Pauline Reeves, City.

Diploma - Commerce
Douglas Gallant, Hunters R.; Alden Hume, Murray Har.; Ada MacDonald, Dundas C.; Hector Pitre, Tignish Shore; Foster Sherren, Hunters R.; Kenneth Wigmore, City.

Certificate - Steno.
Eleanor Carmody, City; Myrtle Coles, Suffolk; Laura Ford, North Milton; Arlene Gallant, City; Sadie McDougall, City; Mildred Mallard, Souris; Miriam Seaman, Breadalbane.

Certificate - Commerce
Parker Beef, Cornwall; Eileen Campbell, North R.; Pearl MacDonald, John R.; Earl MacKenzie, City; George Poole, L. Montague; Lorne Sellick, Winsloe.

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Wife Preservers



Don't throw away old fannels. If you have no other use for them, cut them into squares, bind several squares together and use them for poliholders. Wool is not a heat conductor.

ALICE BROOKS DESIGNS

JIFFY-KNIT!
Prettiest covering! Jiffy-knit this little caplet to flare gracefully in summer breezes - revealing its fitted bolero beneath!