

## Dr. J. C. Theriault Addresses B. P. W. Club

The Charlottetown Business and Professional Women's Club held their April meeting on Monday evening at the Charlottetown Hotel. The President, Miss Bessie Prowse was in the Chair. After routine business, particulars of the Orlay "Good Companion" Tours were talked over. This tour takes the form of chartered plane trips exclusively for Business and Professional Women, during August and September, to Great Britain and Europe.

The guest speaker was Dr. J. C. Theriault who gave a most inspiring and interesting talk on Changing Concepts in Psychology. The speaker was introduced by the Chairman of the Programme Committee, Miss Rosa Bell, and a vote of thanks was moved by Miss Agnes MacQuaid.

The tables were very attractive with Easter decorations and spring flowers. One feature of the programme was a Burlesque Hat Show. These hats were designed and modeled by the members of the Programme Committee, and found immediate sale. A running commentary, in rhyme, was carried by Mrs. Marjorie Coffin.

Following this was a genuine East Hat Parade, with commentary by Mrs. R. E. Sutherland; and the hats, which were modeled

by Mrs. Chris Angew, Mrs. Agnes Hoyt, Mrs. Rita Bell, Mrs. Tess Garrett, Mrs. Gladys Bruce and Miss Iphigene Arsenault, were from The Adella and the Hi-Style. Members of the Programme Committee were: Chairman, Miss Rosa Bell, Mrs. Rita Bell, Mrs. Olive Poole, Miss Agnes MacQuaid, Mrs. Frances Vinnicombe, Miss Emma Whelan and Mrs. Marjorie Coffin.

### EXPLORERS' GROUP

The Explorers group (Junior Girls) of Borden United Church entertained their mothers and members of the Ladies Social Club in the church hall on Friday evening, April 5. The Group's Counselor, Mrs. Lorne Cousins, welcomed the guests and introduced the program, which brought to a fitting conclusion the Missionary study, an important part of the groups Society.

By means of a one act play, "The Man of the Family", a dramatization of a Health Centre, a choral reading, "Over Bright Sturdy," "What We Have Learned" with illustration by use of a Map of South East Asia, and a Korean game. The group gave an effective demonstration of some things

they had learned during the study they also gave their guests a glimpse of conditions in war-torn Korea and something of what Christian Missionaries are doing for the needy people of South East Asia and Korea. Taking part were Judy MacKenzie, Heather MacDonald, Judy Darrach, Linda Campbell, Barbara Darrach, Linda Campbell, Irene MacLean, Mary Tremholm, Greta Pike, Elaine Palmer and Gloria Sturdy.

The W. M. S. affiliation Service followed. Mrs. K. MacLennan, vice-president for younger groups received the "Treasure Chest" containing the groups contribution to the work of the W. M. S. and on behalf of the W. M. S. presented the certificate with its "Seal of Affiliation" to the chief explorer, Heather MacDonald, for the group.

The minister, Rev. G. A. Cowper-Smith who was a special guest contributed an interesting story "The Chip That Talked" pointing up the wonder of the "written word".

A lively sing-song brought this part of the program to a conclusion served by Mrs. Cousins, assisted by Mrs. Maurice Lodge and a

## Finds Bowling Trims Waistline

TORONTO (CP) — Figure-conscious women find bowling peels extra pounds off hips and waistline, says an expert. It also tones the muscles.

That's the word from Mrs. Mabel McDowell, an attractive housewife who has just been presented with the second annual Tommy Ryan Trophy for outstanding achievements in bowling.

Full of helpful hints for women bowlers Mrs. McDowell is against slacks for the fair sex. She likes the feminine touch and favors skirts and jumpers.

Mrs. McDowell has been winning awards for bowling for the last 15 years. As chief organizer

and instructor of the Ladies Bowling Clinic in Toronto, she has arranged sessions throughout Ontario. She aims to set up these clinics throughout Canada.

Ordered by her doctor to give bowling up five years ago because of arthritis she says "she just couldn't" and now she says, "it has proved beneficial."

Mrs. McDowell says the sport keeps elderly women youthful and their minds keen. And it's wonderful exercise.

A bowler for 30 years, Mrs. McDowell has played at least 12 games a night just for practice. And to top it off, it's in the family too. She and her husband Bill won the Ontario mixed doubles in 1947.

Mrs. McDowell says her success lies in her straight ball with a break at the end. Her best score is 400, but she is still aiming for a perfect score.

BROCKVILLE, Ont. (CP) — A little dog caused \$24,000 damage to a highway transport trailer near here. Driver Felicia Cote, 29, told police he swerved to miss a dog on the highway. The transport went into the ditch and burst into flames.

### HOUSEHOLD HINT

Use a well-soaped percolator brush to wash away the brown film that collects under handles and switches of your stove.

TV AIDS LIBRARY — Because of television, says Angus Mowat, director of public library services for Ontario, better quality books are being read. Opening a new library here, he said, that television has rid the reading public of those who merely want to know "who dun it."

### CASSELLMAN NOMINATED

SPENCERVILLE, Ont. (CP) — A. C. Casselman, 66-year-old Prestcott lawyer and dean of the Commons in point of service, was unanimously nominated Monday night as Progressive Conservative candidate for Grenville - Dundas constituency in the June federal election. This is his 10th federal election campaign. He was first elected to the Commons for Grenville in 1921.




## ATHLETE OF YEAR MARRIES

Under the shelter of an umbrella, Mr. and Mrs. Douglas Street leave Timothy Eaton Memorial Church in Toronto, after their marriage. The bride is Marlene Stewart of Fonthill, Ont., Canada's woman athlete of 1956 who won the United States women's open golf title and the Canadian women's open and close championship. Mr. Street is a Toronto financier. (CP Wirephoto)

### KEEP IN TRIM

## Exercise To Be Slim But Not To Be Thin

By IDA JEAN KAIN  
Once excess pounds are lost, so exhilarating is the feeling of newfound slenderness, reducers are sometimes tempted to diet until they are too thin. Carrying reduction too far is a regrettable mistake that has happened to many an otherwise successful dieter.

Our Mystery Dieter, elated with her loss of 37 excess pounds has now set herself an ultra streamlined goal. At last report, Eleanor weighed in at 129 pounds. To your dietitian's consternation, she wrote: "My intention is to keep on dieting and exercising until I shed another 15 pounds, and weigh 114 streamlined pounds."

Enthusiasm is a wonderful quality, and with it anything can be accomplished. Eleanor, you should put all this joie de vivre into being slimmer. A beautiful normal weight, at 5' 4" with a medium frame, your best weight is from 120 to 125 pounds—never less than 118. In short, you will have enviable energy and a natural vigor

at the weight that is right for your build.

There are a number of reasons why it would be a mistake to set your goal at 114 pounds.

You will neither feel nor look your best if you pare down too fine. It would be a constant struggle to hold your weight at a too-thin level, and you would have to limit your food intake drastically.

On the other hand, once you have succeeded in fixing your weight at 120 pounds, and set the top limit at 122 pounds, it will not be difficult to hold the weight line.

Aim for perfect measurements for size 12. Here they are: bust 34; waist 25½; hips 36 average, 34 for slender hips; abdominal extension 32½; thigh 20¾; upper arm 10¾.

These measurements with your weight at 120 pounds will give you that margin for curves that puts a bloom on a woman. And your protective food habits can keep you healthy, happy and right weight for a lifetime.

### MARY HAWORTH

## Married G. I. Becomes Lazy

Dear Mary Haworth: Jane is 22 and Joe is 25. They have been married 16 months and have a baby of seven months. They are on the verge of separating and I think they need advice quickly, before it is too late.

He is a college student on the GI bill, with a veterans' allowance of \$160 a month at present. His parents pay his tuition, and her parents send \$65 monthly.

They were much in love when they married and vowed they'd need no outside help. They planned to continue in college and support themselves with part-time work. But Jane got pregnant and Joe hasn't applied himself to earning.

They were short of money during the summer, with no GI checks coming in—but managed with help from both families. Joe studied some, worked a little, played golf and watched TV. Joe suggested charging groceries and borrowing cash from friends, while Jane urged him to get a job, as did his mother. But he said he wasn't going to kill himself, and would like to borrow \$3,000 to see him through school—and repay afterward.

WON'T LOOK FOR WORK  
Jane plugs for habitual self-reliance and pay-as-you-go, but Joe favors installment buying, and is annoyed when she pays bills on time. Monthly payments on car insurance, refrigerator, TV cable and abby doctor bills keep them running short.

Last September Joe got a small job (two afternoons a week) after Jane had threatened to leave, when they were penniless. He lost this job in January, and now won't look for work; says he'll manage on their allowance. He intends to play varsity baseball in the afternoons.

They shouldn't have married, perhaps—but they are married and have a lovely child. We'd like to help save this marriage, if we can.

What shall we do? Send more money? F.Y.

MONEY WON'T HELP  
DEAR F.Y.: Joe's slacker performance at government expense reminds me of the proverb that you can't make a silk purse of a sow's ear. On the score of character, he just isn't equal to the opportunity to "make something of himself"—with the help of parents, in-laws and Uncle Sam.

He has stumbled on to the discovery (he feels) that if you refuse to carry your load, someone

else may do it for you. So he isn't killing himself, as he says.

As for how to help the marriage, if possible, I don't believe that sending more money (for free) will help.

### NEEDS PLAIN TALK

Joe needs to get his feet on the ground financially—as can only be done by actually meeting certain obligations, regularly, through one's own efforts. As of now, his aim is to coast through college on the combined handouts of government and in-laws—not trying to do more than get by as a "supported" student. When such becomes his purpose (ill suited to his circumstances), it might be well to pull some of the rug from under him so that he has to get busy—or stand exposed as a wilful bum.

The father-in-law who supplements the government handout is entitled to have a talk with Joe, to lay it on the line that all-around help seems to be demoralizing him. So, therefore, the \$65 a month is being reduced to \$35, to give Joe incentive to pull part of the load. And if and when he gets a grip on himself and steadily produces an appropriate share of income, the cut will be restored; but not before. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

### PRINCESS ELIZABETH

The regular meeting of the Princess Elizabeth Group of the Baptist Church was held on Monday evening April 1st.

The devotional was conducted by Mrs. Kaye Colpitts. It opened by singing the hymn "Anywhere With Jesus," followed by scripture reading, after which Mrs. H. L. Milton led in prayer. The devotional closed by singing the hymn "Jesus Saves."

The business period was conducted by the president, Mrs. Bryenton. The minutes were read and approved. Roll was answered by 22 members and each member introducing a guest. Following which the group spent a social period of games after which a delicious lunch was served by the committee in charge. The meeting closed with the singing of "Blest be the Tie that binds."

### SPECIAL STOCK

OTTAWA (CP)—Ottawa's German population, while small, is strong enough in literary tastes to support a "German Import and Lending Library." The quaint little book store on downtown Bank Street has a regular clientele of about 300

## CUDMORE'S WEEK-END SPECIALS

Ogilvie White or Choc. CAKE MIX	29c	Salad large 16 oz. size	39c
McCready's Mustard	24 oz. bottle	Pickles	38c
Alymer Asparagus	12 oz. tin	Cuttings	24c
Island Honey	2 lb. tin		49c

FRESH FROZEN OR Corned Mackerel	each 25c
Fresh Smelts	2 lbs. 45c
FRESH FROZEN Cod Fillets	2 lbs. 39c
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RED ROSE REGULAR GRIND COFFEE	1 lb. tin \$1.09
CHASE & SANBORNE'S INSTANT COFFEE	6 oz. bottle \$1.49 2 oz. bottle .53c

200's size	2 pkgs.	Giant Size	pkg.
Kleenex	39c	Spick & Span	75c

Woodbury's Toilet Soap	4 bars	Welch's Grape Juice	16 oz. bottle 29c 24 oz. bottle 47c
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Robin Hood VITAMIN ENRICHED FLOUR	24 oz. bottle	Marmalade	37c
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Brown	5 lbs.	Sugar	59c
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Kraft	2 pkgs.	Dinner	31c
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10 lb. bag	89c	Apple	1 gal. jar
25 lb. bag	\$1.75	Cider	\$1.19
50 lb. bag	\$3.39		

Perfection MILK	32 oz. bottle	Javex	25c
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2 tins	29c		
6 tins	85c		

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