



DOT, DOT, DOT

There is a dash in our Anne Adams Printed Pattern 4562. Dots are a keynote in this season's fashion message from Paris, signaling American women to a new approach to chic.

Polka dots add flair and distinction to our easy-to-sew sundress, planned as a go-anywhere design for the woman whose summer activities are many and varied. This smart sleeveless dress featuring black dots on a white ground is trimmed with ball fringe to reiterate the circle motif of the fabric.

Wide shoulder straps fasten in front with Prims cover-your-own buckles sheathed in sooty velvet to heighten the contrast between sunbright white and midnight black. A narrow belt closed with the same type trim cover-your-own Prims buckle delineates the waist with dramatic effect.

Directions for cutting, sewing and fitting this simple yet sophisticated dress are printed right on the pattern. Instructions are simple and easy to follow. Sewing with this pattern is a pleasure.

Printed Pattern 4562 comes in Misses' Sizes 12, 14, 16, 18, and 20. Size 16 requires only 4 1/2 yards 35-inch fabric. Order this pattern today and use it to make several pretty sundresses for your summer wardrobe.

Just send FIFTY CENTS in coins for Printed Pattern 4562. Send to Anne Adams, Charlotte-Town Guardian Pattern Department, 60 Front St. W., Toronto, Ont. We fill every pattern order promptly. The mailman delivers each and every pattern right to your mailbox.

KEEP IN TRIM

For Better Fit... Alter Middle Measurements

By IDA JEAN KAIN

The typically feminine phrase "I have nothing to wear" really means your present wardrobe no longer fits. Alas, the middle measurement has spread. What happens to the fine network of muscles designed to brace the front and hug the waist at the side boundaries? As time goes along, they lose their gimp... that form the abdominal wall are probably the most neglected in the body. Due to modern living, we tend to take less and less physical activity. Everyday activities do not provide sufficient exercise to keep these important muscles toned. Consequently they become soft, lax and fat infiltrated. The spread is... worse, you feel dragged down.

Specific conditioning exercises are needed to restore tone to the long front muscles and the side front abdominals.

Position: Sit on floor, with feet wide apart. Lean back as far as you can without losing balance, then place palms of hands flat on floor, side back.

Movement: Without shifting position of the body, place hands on hips—the stomach muscles act as bracers. Hold for a s-i-o-w count of six... holding is toning. Return to position and repeat three times.

To progress with this bracing exercise... from the same leaning back starting position, place hands behind head (instead of on hips). Again hold for slow count of six. Repeat three times.

Position: Lie on back, both knees pulled back to chest.

Movement: Clasp hands around knees and roll forward to sitting position. Keep back straight, shoulders squared, and head high. Hold for a count of six, and then slump and roll back to starting position. Repeat three to six times. This double duty exercise tightens girdle muscles and improves posture.

Position: Lie on back, arms stretched back overhead, legs straight down.

Movement: Raise left leg and foot to perpendicular position, and then raise head and shoulders off floor, swinging arms forward as tride left knee. Hold. Return to starting position, and repeat raising right leg. Repeat 6 times, alternating legs. Be sure to keep the lower back on the floor throughout the exercise.

Relax.

LET'S EAT

Fisherman Asks Tip On Cooking A Catch

By IDA BAILEY ALLEN

"There's a bone I'd like to pick with you, a fish bone."

This was the greeting I received in Chicago from a sun-burned young man, whose smile belied his words.

"You write about outdoor eating, but never a word about cooking fresh water fish."

"Dear lady, please, for the sake of us fishermen-husbands, give a few tips on cooking pike, for instance."

Pike with Spring Vegetables: Clean and wash 6 lbs. pike. Fillet the fish.

Put the bones in a kettle together with the heads, fins and tails. Add 3 c. water. Simmer-boil 20 min. Then strain into a 2-qt. kettle.

Add 1/2 c. each small-diced carrot, celery, 1 c. cut green beans, 1 c. green peas, 1 sliced onion, 2 c. diced potato, 1/2 bay leaf, 1 tsp. salt, 1/2 tsp. monosodium glutamate and 1/2 tsp. pepper. Simmer 20 min.

Debone and fillet the fish. Cut in serving portions. Add to the fish stock. Cover and steam-boil 12 min. or until the fish flakes.

Serve in soup plates, with 1/2 c. fish liquid and vegetables ladled over and around.

Landlubbers Note: Fresh or frozen light-colored fish fillets may be used instead of pike. In this case use 2 c. water and 1 c. clam juice instead of making fish stock.

MONDAY DINNER

Cabbage-Cucumber Slaw
Pike with Spring Vegetables
Strawberry Meringue Cake
Hot or Cold Coffee or Tea
Milk

All measurements are level unless otherwise specified.
Use a yellow cake mix or bake a

Women

Lena Carlisle McClure, Women's Editor. Phone 8506

Page 8 The Guardian Tuesday, June 25, 1957

HAPPENINGS

"Retrospect" was the theme for the Silver Buffet Supper commemorating the 25th anniversary of the Notre Dame Alumnae Association in connection with the Notre Dame Academy Centennial Reunion. It was an honor and a privilege for all those fortunate enough to be present.

The whole evening's programme was performed in charming graciousness and dignity. In the Reminiscences tears and laughter were intermingled. Mrs. Joseph Hughes described a highlight of the year, when the pupils had a picnic on Hillsboro Square. The simplicity of it all was most touching and yet what a wonderful time they had.

Mrs. L. B. Macmillan told of the old lamp-lighter in Charlottetown, how they watched him on his rounds. Then through the snowstorms (which touched a modern note) her father's hired man shovelled the path ahead for Mrs. Macmillan and her sister to reach the convent. During the winter months the kind sisters made the rounds at night ministering to their charges. These were the remedies: Goo-se grease was vigorously rubbed on chest and afterwards cast chest amply covered with red flannel, followed by the vilest tasting medicine. All this was relieved with a glass of thick syrupy black or red currant scalding hot drink.

Mrs. Macmillan complimented the students today on their lovely pastel shade dresses and recalled the ones they wore. They had long sleeves "almost to the knuckles" and skirts to the floor not forgetting high buttoned boots. On one occasion just before commencement exercises a girl arrived with short sleeves. She was seized by the nuns and taken off to a secluded room before she disgraced herself and everyone else by being seen.

There piles of old lace curtains were vigorously scrubbed from elbow to wrist. Not until this was accomplished could she be graduated.

The people of Victoria held a lovely community shower in the Hall at Victoria to honor Miss Donald MacLeod and Mr. Joseph Burda. At that time she was presented along with many other gifts the dinner knives and forks belonging to her silverware.

Mrs. Ralph Manning is entertaining at a cup and saucer show Monday evening at her apartment in honor of Miss Donald MacLeod.

Mrs. Evelyn Crossman entertained her friends at a party Saturday night. An enjoyable evening was spent and a delicious lunch was served by the hostess.

ELLEN'S DIARY

Spring's Petals Lost—And Summer Is Come

This evening smiled, and with a dusky-feathered pen wrote in neat script, "The End" to our cropping. Now every plan for Spring of the Fall-furrowed fields has been full of sunshine and showers, the growing and ripening winds of Summer with every faith, to grant us the increase... Ten fold, an hundred? How shall we foretell it? But know only that over the months a harvest—home will be seen.

"We should perhaps have had another field in grain" James said stopping to chat a moment when the day had completed the inscription. "With not too much promise of hay, a stack or so of sheaves would come in mighty handy through the winter."

Robins chirped sleepily in the hedgerow of the fence up the rise. The depths of the valley were already filling with soft purple shadows. "A day's rain would do wonders yet with the hay-crop" the younger farmer drone-of-sorts in after years where the planting of potatoes was concerned, we had come with Granddaughter, and her father, after supper to plant the rows given over to them this cropping. At the far side of the field James, enjoying it much, was back to the old-time chore of hilling

cake as follows:
Cream 1/4 c. shortening with 1 c. sugar, 1 well-beaten egg and 1/2 tsp. pure vanilla extract.
Sift together 1 1/2 c. already sifted enriched flour, 1/4 tsp. salt and 1 1/2 tsp. double-acting baking powder. Add alternately with 1/2 c. milk to the first mixture.

Transfer to an oiled 8" x 8" square cake pan. Bake 30-35 min. in a moderate oven, 375 degrees F., or until a pic inserted in the centre comes out clean.

Meantime wash, drain and hull 1 pt. strawberries; then slice.
Beat 2 egg yolks until creamy with 1/4 c. powdered sugar. Fold in the strawberries.
Then beat the 2 egg whites stiff and fold in. Spread lightly over the cake.

Return to a slow oven, 325 degrees. Bake 12-15 min. or until the meringue is puffy and pale gold.

Serve warm or cold. Cut in squares.

Until tomorrow... Diary... Goodnight...

cheese and butter

the heart of summer snacks

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MARY HAWORTH Mother Refuses Girl Of 14

Dear Mary Haworth: Maybe I am imagining things but I think my mother is a little insane. I am 14 and too young to leave home. But I can't live with her any more. All my cousins can stay out evenings until 9 or 9:30 o'clock, but I can't. Mother tells me: "I don't care what your cousins do; they're all crazy." My father always says "ask your mother; she's the boss."

Recently when I asked if I might go to a rock-and-roll show mother said no; but I had gone once before, so why not now? My best friend is even younger.

Mother says I should go to the opera, but whoever heard of a teenager nowadays going to an opera? Today she made me bring an umbrella to school and it wasn't even raining; she was out.

Mrs. Edmund Murphy was another honored older member of Notre Dame Alumnae who was attending the centennial celebration. Mrs. Murphy was the former Miss Susan Reddin, a daughter of Judge Dennis Reddin. As Susan Reddin she graduated from Notre Dame in 1884 and received the gold medal that year for general proficiency. She must have been a very brilliant pupil, because she also received two other gold medals that same year.

Mrs. Murphy during the Centennial was proudly wearing the medal received in those by-gone days. The medal is worn in the locket and chain style so popular in Victorian and Edwardian eras. It is decorative, as well as symbolic of Mrs. Murphy's scholastic standing.

Miss Donald MacLeod has been the raison d'être of many delightful functions. Mrs. R. E. Morrison entertained on Wednesday, June 19, for her niece. At that time Miss MacLeod was presented with a beautiful Royal Doulton breakfast set.

I put up a fuss to stay out a little longer, and soon we started playing hide-and-seek. While was in hiding, mother came out, telling the other kids I had to go upstairs because there was school next day! As if they didn't have school also!

I figured I had to go in then; and on the way up, I noticed a wooden spoon in her right hand. She didn't dare get upstairs! She had some crazy excuse; and I was making too much noise. The neighbor was sick for two weeks—but I help me. — B.K.

NARROW-MINDED ATTITUDE

DEAR B.K.: Do you really want help? Or just sympathetic backing in doing as you please?

It would be a case (The tragic classic case) of the blind leading the blind—all running the risk of ending in the gutter—if you were to freely follow the example of unsheltered kids in the street, as supposed models of smart up-to-date teen-age behavior.

Your mother, as described, sounds like a stand-out individual, a genuine somebody in the neighborhood picture—a "original" who does your dad respects her wisdom—her judgment, insight and savvy. He's seen a lot more of life than you have; and takes the easy way of letting her boss the tough, long-term, thankless job of trying to adulthood in good condition. Not damaged, dirtied or otherwise rendered second-rate by booby mistakes in transit.

WAY OF EDUCATION

Whoever heard of a teen-ager nowadays going to an opera? Well, I've heard of lots of them. The better private prep schools and colleges—going to operas, concerts, art galleries and such; and taking the experience in stride, as a routine aspect of getting educated in the variousness of life.

The fact that you can't imagine yourself respecting teen-agers attending the opera, and consider rock-and-roll the very end (I believe that's the phrase?) shows how narrow is your mind at present; and how limited your concept of sophistication.

Mother's going to have a 2 year mother-in-law's life—grew up in surroundings where "the larger life" was more clearly apparent.

DANGEROUS COURSE

Now for advice. Your attitude towards your mother is wrong, and dangerous to you. In the protective law of love—the immutable principle of universal good.

Your manner is ugly, rejecting, know-it-all; whereas it should be respectful, teachable for a 14 year old. When you feel disappointed, uncomfortable, chagrined, etc., at being denied your preference.

To get true perspective on your situation, read Evelyn Duvall's "Facts of Life and Love for Teen-Agers"—published by the Association Press, M.H.

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

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Paints With Her Teeth

CALGARY (CP)—Mrs. Bertha Watmough, who lost the use of her arms and legs because of polio, has learned to paint landscapes and still-life by holding a paint brush between her teeth.

Under the guidance of Mrs. Augusta Dinal, physiotherapist at the Bethany chronic hospital, Mrs. Watmough has mastered the difficulties of technique and revealed a real artistic ability in the water-colors she has produced.

This petite, 26-year-old mother was stricken with polio three years ago, two weeks before her second son, Larry, was born. She was flown to Edmonton from her home in Dawson Creek, B.C., and spent two months in hospital there before coming to Calgary for further treatment.

Her day is occupied with painting, sketching, reading and watching television. Most of her sketching is done in the morning. Then once the paints have been put on the tray for her, she can go right ahead mixing and painting. Subjects for her pictures have been found in magazines and also her imagination.

Among her accomplishments, Mrs. Watmough is especially proud of the fact that she has written letters by holding a pencil between her teeth.

She wears a whistle around her neck which she is able to get into her mouth and blow whenever she needs help. Most of her day is spent in a wheelchair somewhere in the hospital. "I can't stand to stay in bed. I like to get up and out of bed right after breakfast."

Someone has to help her eat, although she can feed herself if the food is put between two fingers of her left hand. "I like to do as much as I can in the way of helping myself," she said.

Reading is one thing Mrs. Watmough enjoys. Using a stick much like a paint brush but tipped with an eraser, she manages to turn even the thin pages of her Bible.

Her family now lives at suburban Montgomerly. Larry is three and Melvin Lloyd is seven.

Modern Farm Life Requires Women Experts

WINNIPEG (CP)—The Manitoba Women's Institute was told recently that Canada's shrinking farm population is setting a trend toward greater specialization and trained market-conscious farm operators.

D. C. Foster, director of the extension department of the department of agriculture said Canada's farm population now is only 20 per cent of the total. He said there now is a need for increased production by fewer persons remaining on farms and specialization rather than diversification.

"Development along this line will mean careful management and operation by capably trained men and women," he said.

He commented on the need for trained experts in every field, including home economics.

He said that recently, in attempting to meet a department need for five home economists he was successful in finding only three.

"It is not a matter of salaries," he said, but marriage seems to be the department's main rival.

Incidentally, while the meeting was in progress I had a good chance to look around. The room was a large be-mirrored and bed-tufted effort, also all red and gold. The Queen Mother and the Princess Royal and various speakers 6 in all, were sitting on a little platform with a sea of faces before them.

I made friends with a Miss Phyllis Downing, who said I need not worry about a courtesy—just a "Bob." A rather funny incident—just before my turn came, two elderly ladies started to argue which should "go first." They finally got sorted out and then I looked into the bluest and kindest eyes and saw the sweetest smile ever. She seemed to be pleased that I was a Canadian too. Then I met the Princess Royal who is tall and thin and has a vigorous hand shake.

We then moved off to tea (more red and gold, where the Queen

Two Island Girls Attend Q. M. N. G. Annual Meeting

Mrs. A. B. Cosh, secretary of the Queen Mary Needlework Guild, gives the following interesting summary of Miss Sheila Davison's and Miss Betty Beer's visit to St. James Palace. They were the St. James Palace, physiotherapist at the Bethany chronic hospital, Mrs. Watmough has mastered the difficulties of technique and revealed a real artistic ability in the water-colors she has produced.

It will be of interest in view of the coming annual display of work of the Queen Mary Needlework Guild to recall that a short time ago two young ladies from Charlottetown were privileged to represent the Charlottetown Branch at the annual meeting in London at the Guild, Miss Sheila Davison and Miss Betty Beer both wrote of the occasion, which was a unique experience.

Since the death of Queen Mary, the founders of the Guild, her name has been taken by Queen Elizabeth, the Queen Mother.

Miss Davison writes "I am most grateful to the Guild for their thoughtfulness in getting me an invitation to the Queen Mother's Tea. It was the most wonderful of the state apartments of St. James Palace and it is the most important place to get in to. After walking around for ten minutes in a rather bewildered state and not a "Bobby" in sight, I finally asked a street cleaner who escorted me through in style.

From there I was taken in hand by a butler up a flight of red carpeted stairs and down a long red and gold hall overhung with pictures of Tudors and glittering chandeliers and into a little anteroom leading into a room full of ladies. I sank into the nearest chair and found myself getting involved with the minutes which I shall not go into.

I enclose the agenda. You will see that Cicely Courtneidge, the noted comedy actress was the guest speaker. After the agenda had been completed we lined up to shake hands with the Queen Mother.

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special table. The Queen Mother was wearing an off white coat and dress, a little hat with an off white crown and pink petals around it, long gloves that seemed to go on and on and on, lots and lots of pearls and diamonds.

I then got the shock of my life, a very tall lady, came up and said "Are you Miss Davison?? You are to be presented to the Queen Mother, come along. It was then I finally met Betty Beer. We sat and waited our turn on a little sofa behind the Queen Mother and shared our various experiences in our travels.

We then sat beside the Queen and chatted about the Island, our eyes, etc. She is so easy to talk to and so very gracious and charming, very clear voice and certainly knows how to make stray Canadians feel at home. I was enchanted.

Miss Beer writes "I do want to thank you all so much for submitting my name as a representative to the annual meeting of the Queen Mary Needlework Guild. It was certainly a wonderful opportunity to see Royalty at first hand.

Among letters received by the Secretary were many from aged people who received clothing from the London branch. And also letters from families of men in the services. One branch took after parachute division, and mentioned that their up to date needs were for men who had fought at Suez.

It was a real thrill for Sheila and I to be presented to the Queen Mother and actually chat for a few moments with her. She is lovely and friendly. Thanks once again I shall always remember the occasion.

It will be remembered that a few years ago Miss Lena MacLure and Miss Audrey DeBlois had the same enjoyable experience and before that on the occasion of Queen Mary's funeral, Miss MacLure as a representative of the Charlottetown branch was among the select company to journey from London to Windsor for the final chapter in the life of that good and gracious lady, Queen Mary.

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Pike with Spring Vegetables
Strawberry Meringue Cake
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