



POPULAR CHOICE

It is interesting to watch the growing acceptance of black and white by quite young women, even girls. Of course, this perennial color scheme must be especially well handled to go with fresh young beauty. Natalie Woods poses in one of her favorite late Winter dresses, an especially simple sheath of sheer black wool. The dress makes a nice background for its only trimming, a crisp white pique bow.

KEEP IN TRIM

To Banish Bulges --- Stretch And Bend

By IDA JEAN KAIN
"Slimnastics" are wonderfully rewarding since well toned muscles help you appear younger, lighter and feel years younger. With normal tone in the muscles, particularly in the figure controlling areas, your figure is shaped according to nature's original design—waist slim, abdomen firm, hips smooth. Happily, it doesn't require much exercise. Ten to 15 minutes daily of rhythmic stretch-bend-swings will keep you shapely. Easy does it.

Exercises can stimulate the circulation in fatty spots. Moreover, exercises directed through the flabby muscles restore tone, which reshapes the silhouette. Start with an easy stretch, and hold the movement, then release slowly.
Position: Standing with feet slightly apart, arms down at sides.
Movement: Swing the right arm up as you move the right leg back, touching toes to floor. Now pull it slim through the middle measurements. Pull up with front muscles, do not arch small of back. Repeat with left arm and left leg, and continue for six counts. Since holding the movement increases the toning effect,

WOMEN

Lena Caroline McLure, Women's Editor, Phone 8506

Page 8 The Guardian Thursday, Jan. 17, 1957

SOURIS LINE ROAD W.I.

The January Meeting of the Souris Line Road South W.I. was held at the home of Mrs. Donald MacDonald with nine members present. Meeting opened by President, Mrs. Joseph L. MacDonald reading "Mary Stewart Collect". Minutes of the previous meeting were read, approved and signed, followed by Treasurer's report. Roll call was answered by paying a nickel. School Committee presented bill of \$3.20 for Teachers Manuals. Also bill of 92 cents for school article - both were paid. Sick committee reported a treat taken to sick person in district.

New committee appointed were: School—Mrs. Jos. L. MacDonald, Sick—Mrs. Blaine MacVarish and Mrs. Daniel Malone. Members decided to have a card play in the school January 7th. A letter from Miss Mary MacInnis, P.H.N. was read and discussed. A card of thanks from St. Vincent's Orphanage was also read.

Mrs. Blaine MacVarish invited the members to her home for the February meeting. Roll call - exchange of Valentines. Three members are to bring prizes for nine bingos. Meeting closed by singing "National Anthem." While the hostess prepared lunch, bingo was enjoyed by all increasing the fund by \$1.65. A note of thanks was tendered.

C.W.L. MONTHLY MEETING

The regular monthly meeting of the Summerside sub-division of the C.W.L. was held at the home of Mrs. Wilfred Perry, Mrs. Clifford Gaudet and Mrs. Edmund Gallant. Mrs. Wilfred Perry reported that steps had been taken to have St. Mary's Academy students included in the high school basketball teams. She also suggested that the K.C. members be requested to meet a committee from the league to organize a youth club. It was decided to purchase a T.B. Band. The meeting adjourned the act of Consecration.

TWO IN ONE
The second exercise is a favorite of mine, for it tones it tones middle muscles and slims the waist in the bargain.
Position: Stand on knees, then simply sit back on your legs and heels. Have arms outstretched at shoulder level.

Movement: First, get a firm grip on the middle muscles by pulling up and in strongly. Bend slowly sideward to the right, aiming to touch right fingers to floor, while stretching clear to finger tips with left hand. . . it's a wonderful bias stretch. Come back to center, bend slowly to the left. Repeat 6 to 8 times.

Now for hip slimming. . . Position: Lying on left side, head on folded arm, legs straight down.
Movement: Flex right knee briskly toward chest, shoot leg straight down, then swing vigorously toward rear. Hold and repeat. Do this to a count of 1-2-3-4-5-6 . . . hold. Repeat 6 times change sides and repeat. Class dismissed . . . happy streamlining

Catholic Womens League was held

on Wednesday evening, January 9th, in the K.C. Home with the president, Mrs. Carrol Delaney presiding. The regular meeting was preceded by a meeting of the executive. Rev. Father MacDonald opened the regular meeting with the league prayer. The secretary, Mrs. Leo Blaquiere read the minutes of the last meeting, which was followed by the treasurers report, submitted by Miss Bonnie Clow.

Correspondence as read by Mrs. Thomas Linkletter consisted of thank you notes, a letter regarding the promotion of the ensign publication and one from the red Cross requesting clothing for refugee children. The national conference report from the Provincial president, Mrs. Ben J. DesRoches and a letter from Mrs. M.J. Steele was also read concerning annual retreats. A donation was sent to the Hungarian relief fund and also one to aid in the purchase of religious reading material to be placed on the Magnificat.

The following convenors gave reports. Red Cross Mrs. Cecil Clow reported that forty nine articles had been made. Social Service Mrs. Millie Gallant. Citizenship Mrs. Joseph Linkletter. Sick Mrs. Ivan Clow. Education Mrs. M.J. Muller. Magazine Mrs. William Profit. Girl Guides Mrs. Wilfred Perry.

It was decided to hold three card parties and the following convenors were appointed. Mrs. Wilfred Perry, Mrs. Clifford Gaudet and Mrs. Edmund Gallant. Mrs. Wilfred Perry reported that steps had been taken to have St. Mary's Academy students included in the high school basketball teams. She also suggested that the K.C. members be requested to meet a committee from the league to organize a youth club. It was decided to purchase a T.B. Band. The meeting adjourned the act of Consecration.

ELMWOOD W.I.
The January meeting of Elmwood Women's Institute was held at the home of Mrs. Neil Campbell with five members and one visitor. The meeting was opened by singing Institute Ode, followed by repeating the Mary Stewart Collect in unison. Roll call was answered by an article for fish-pond which amounted to fifty cents. Minutes were read, approved and signed by president, Mrs. Wilfred Campbell.

Correspondence was read consisting of a thank you note from Mrs. A. Docherty for fruit. A letter from Mrs. Philip Matheson on health. A letter about a Shur-Gain show from J. Russell Driscoll. The treasurer reported \$27.65 proceeds

from concert and \$4.90 on candy. A bill of \$3.45 was presented and paid.

Mrs. Cyril Egan was appointed on school committee for three months. Mrs. Waldron MacPhee was appointed on program. A letter of thanks to be sent to Miss Costello and pupils. Collection was taken and amounted to 40 cents.

The next meeting to be held in school or as otherwise planned. Roll call will be answered by sing, say or pay. Meeting adjourned, followed by singing "God Save the Queen." A dainty lunch was served by hostess.

NEW GLASGOW W.I.

Mrs. H. B. Stevenson was hostess to New Glasgow Women's Institute on Monday evening, January 7th. With the president presiding. Meeting opened by singing the Ode followed by the Mary Stewart Collect. Eleven members answered roll call.

Minutes of last meeting were read and approved. Treasurer reported on the months work. Mrs. H. B. Stevenson reported some calls made to the sick and shut-ins. In the absence of the school committee no report was given. Committees for February are as follows sick, Mrs. Jay Edwards and Mrs. Ian MacMillan. School, Mrs. Richard and Mrs. Harold Dickieson, refreshment, Miss Anne Stevenson and Mrs. Elmer MacDonald.

Correspondence was read and discussed. Sewing instructors for the following month are Mrs. Howard Ling and Mrs. Foster Sellar, Mrs. W. L. Dickieson and Mrs. R. B. Dickieson, Mrs. Harold Dickieson and Mrs. Ralph Dickieson and Mrs. Roy Dickieson. Bills for the month were moved paid. Mrs. Edwin Stevenson offered to get the projector and Mrs. Harland Hill the films for same. Films to be shown in school. Plans were made for Valentine social to be held in the school on the 8th of February. A committee of several members were appointed to make final plans for social.

The February meeting will meet with Mrs. Webb at the Manse. Roll call will be answered with an original Valentine verse. Mrs. R. B. Dickieson entertained the members with an animal contest. Lunch was served and meeting closed with the National Anthem.

SOURIS LINE ROAD W.I.
The December meeting of the Souris Line Rd. South W.I. was held at the home of Mrs. Frank and Mrs. Bernard MacAulay with an attendance of sixteen members singing the Institute Ode, followed by reading of the minutes of the previous meeting, which were approved and signed. Sick committee reported that two cards were sent to members in the hospital. Mrs. Donald MacDonald and Mrs. Hugh MacAulay were appointed for the next month. Mrs. Lorne Keays was reappointed on the school committee. One membership fee was paid. Two Institute Cook books were bought by a member. It was moved by Mrs. Lorne Keays and seconded by Mrs. Joseph P. MacAulay that \$5 be given the teacher to help with Christmas treats for the school children. Also that \$10 be given St. Vincent Orphanage as a Christmas donation. Proceeds of the December card play were \$69.00.

Next meeting to be at the home

of Mrs. Donald MacDonald. Roll call to be answered by paying a nickel. Meeting closed by singing the National Anthem. A vote of thanks was tendered, hostesses, and also a vote of thanks for opening their house for card play which followed the meeting.

N. GRANVILLE W.M.S.

The Women's Missionary Society held their regular meeting at the home of Mrs. Stafford Coles on Monday afternoon, Jan. 7 with 7 members in attendance. Mrs. George Dunning had charge of the Worship period. Meeting opened with the call to Worship, followed by singing Hymn no. 48. The Theme of the Bible Study being "For He is our Peace". Responsive reading taken from Psalm 746. Scripture reading taken from Eph. 1: 22-23, 2: 11-22 and read by Mrs. Orville Taylor followed by prayer by the Leader, Hymn No. 113 was then sung. The passages of Bible Study was carried out by the Leader and members. A poem "I bind my heart to thee" read by Leader. The Worship service closed by singing Hymn 117 followed by the Benediction.

Mrs. Orville Taylor led in prayer for our adopted missionary, Miss Fulton. Minutes of the last meeting was

read, approved and signed by the president. It was moved and seconded that we buy a Quilt Batt to quilt the overseas quilt in February. It was decided we hold a crokinole Party on Jan. 18 at the home of Mrs. George Dunning.

Mrs. George Dunning and Mrs. James Taper were appointed delegates to attend the Presbyterian in Summerside. 9 sick calls made and 9 get well and Sympathy cards sent during December.

Mrs. George Dunning kindly invited members to her home for Feb. meeting and a quilt in the afternoon of the same day. Mrs. Orville Taylor to have charge of the Worship Period. Roll call to be answered with a verse of Scripture containing a Bible character beginning with the letter "L". Mrs. James Taper to have charge of Prayer for our Missionary.

Meeting closed by repeating the Mizpah Benediction. Lunch was served by the hostess.

BRACKLEY POINT W.I.

The first meeting of the new year was held on Thursday evening, Jan. 3rd at the McLure home with an attendance of thirteen members. Meeting opened by singing Auld Lang Syne. Roll call was answered with Suggestions

for School Lunch. Mrs. George Shaw reported having engaged someone to clean the school during the holiday season. The bill for Christmas treats was paid. The sick committee sent flowers and fruit to two residents who were ill. Mrs. Howard Cudmore thanked the members for their many kindnesses during her recent illness, and also for flowers sent to her while in hospital.

Convenors and hostesses for each month were decided upon, and the program planning committee will meet during the month to prepare the programs for 1957. The Red Cross convenor was asked to get a supply of sewing and knitting for the winter months and (in answer to an appeal) to purchase yarn to be knitted into squares. These will be sent to be made into blankets for Greece, a project which this Institute takes up every year.

Music Festival dues \$5.00 was voted paid. Christmas greetings were received from former members and from the friends in Coates Institute, England. Collection was \$5.20.

The Feb. meeting was invited to the home of Mrs. Willard McCallum where roll call will be answered by passing in an article for fish-pond, not to exceed 50 cents in value. The hostess served lunch

ORVILLE COVE W.I.

The regular monthly meeting of Orville Cove W.I. was held on Jan. 9th at the home of Mrs. D.M. McDonald with 6 members and 2 visitors present. In the absence of the president, Mrs. John McLevice president, presided. Meeting opened with singing of Institute and repeating the Mary Stewart Collect. Minutes were read adopted. Correspondence was read and discussed. Thank You certificates were received from sick and shut-ins remembered at Christmas School committee reported nothing needed.

It was decided to hold some card parties to raise funds for school etc. A lively auction sale then took place with two members ably acting as auctioneers and a nice sum realized. Programme committee was not present so were re-elected for next meeting.

Next meeting to be at Mrs. John McLeod's. Roll call to be Each member take a get well card. Thank You card or Sympathy card. Meeting adjourned and a delicious lunch was served by the hostess, assisted by Mrs. John McLeod.

after which the meeting closed with the National Anthem.

EGGS MAPLE LEAF A doz. 39c
MEDIUM CARTON

APPLE JUICE VITAMIZED 31c
LGE. 48 OZ.

BROKEN PEKOE TEA . . . lb. 83c

BOTTLE JELLY CRABAPPLE 39c
LARGE 28 OZ.

CHEESE WHIZ, bottle . 39c

Nestle's
QUICK, large pkg. . . . 59c

ISLAND HONEY, 1 lb. . 29c

Choc. Mallow
COOKIES, lb. 39c

HEINZ 11 oz. 27c

KETCHUP . . . 27c

HEINZ FULL VARIETY TO PICK FROM
3 for 29c

FIRST GRADE BUTTER 2 LBS. 1.29

IT'S RARE THAT ONE BEEFS ABOUT OUR BEEF

ROAST SHOULDER-BLADE
43c LB.

WIENERS, lb. 35c
D. & F. BRAND—1 LB. PKG.

SAUSAGES . . 53c

BACON, lb. . . 69c

HADDOCK FILLETS, lb. . . 39c

FROZEN MACKEREL, lge. 29c

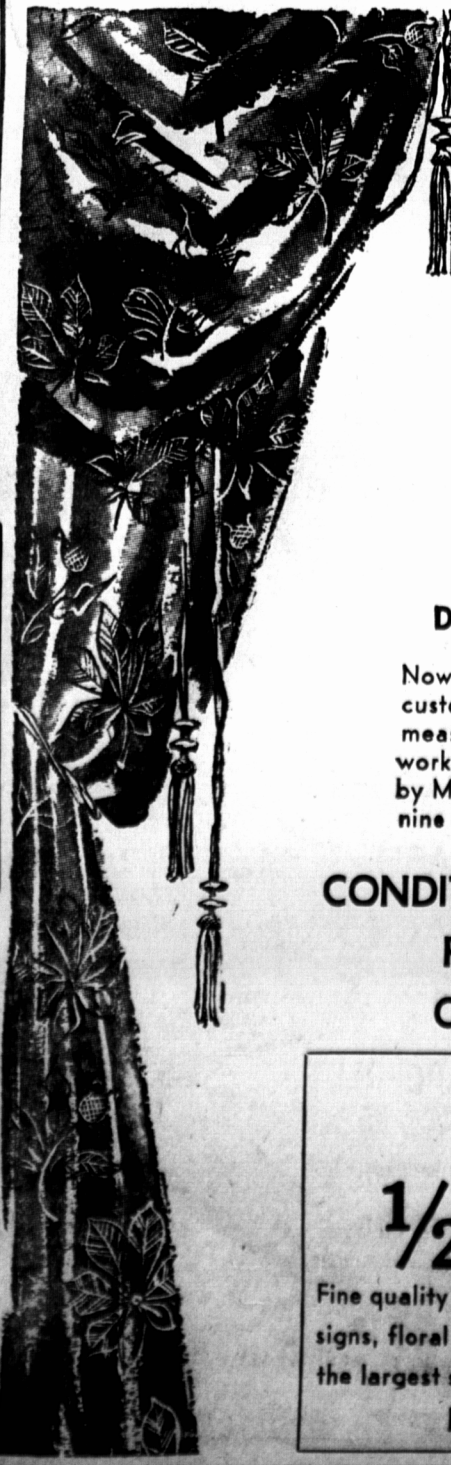
SALT HERRING, 2 for 25c

STOCK UP AT THIS LOW PRICE

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12.50	10.75	20.95	18.85
14.95	13.25	23.50	20.95