



MARTA MARIA ARRIVES

Cuban President and Mrs. Fulgencio Batista are shown with their newborn daughter, Marta Maria. The Batistas have four sons. Their daughter was born last Monday at Camp Columbia Military Hospital, Havana, and weighed 10½ pounds. (AP Wirephoto).

ELLEN'S DIARY

W. M. S. Of Old Kirk Hear Address On India

What nice visitors we have to this farm in the valley of the mill-stream leaving always with us when they go a bit of themselves, a chuckle, a laugh, a sigh in lasting souvenir! And usually a word of praise for the Islander province, our home.

"Yes, I always come to the Island for my vacation" one living apart from its reds and greens for years commented to us recently. "I could go other places. But as a matter of fact I've never even considered it. I guess there's a bit of my heart left here!"

Another lady-visitor came by the other evening to find, we could appreciate, a breath of the Island home she helped establish and enjoy, until Death suddenly interrupted that happiness. When farming was no longer a feasible way of life for her to continue in, the cherished fern "I bought at the florists shortly after we were married," and the neat stand "he built for it," came by chance into our care and keeping. Down through the years the plant has been a lovely part of that memory garden which tend to bring to mind many a friendly face, some alas no longer on earth. Faces, words, smiles... all of these are in this garden we treasure.

There was too, the also-clever Island miss-of-once, domiciled in The States who came by, was it only last evening? She had returned from a trip to India to

visit with a daughter presently a missionary there. And having gained first-hand knowledge of the work being done there in His Name, through missionary endeavour, she by excellent description and slides, shared it with the W.M.S. of the old "Kirk" world. And hearing for us to learn from her, something of the customs and life... and the needs, bodily and spiritually, of those people living in that strange, far and quite beautiful land on the other side of the world. And hearing it was to realize more keenly than ever, that other harvests there are for

Christians world-wide to gather, than those which on Island farms now appear in the offering.

And this week — yes, this very day, a daughter of this road holidaying from another Province made pilgrimage to "the other farm" — the farm of her birth. With husband and little daughters and other loved kin. To be happy there we are sure in memories of "the olden, golden days" and to be sad that the interval of years had borne far and ever away the parents and a brother, well beloved.

Many... so good to meet, from far places and not-so-far, the Summer gives us to see. We wish them pleasant holidays, peaceful and content. And safe homings when a plane-of-morning or one or another of the ferries bear them away from Island scenes and shores, back to some fair homeland again!

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

case of neglect, or an appearance in court.

They make written reports on their interviews and cases. These in turn are checked and discussed with the girls by their supervisor.

Both agreed they were drawn

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to this profession through their interest in people and the opportunity of helping them.

The unlimited opportunity in the field attracted them because there is a scarcity of trained personnel. The girls said that there is an excellent chance of advancement in supervisory capacities and the salaries are comparable with those of high school teachers.

Workers For Children's Aid Wouldn't Change Jobs

HAMILTON (CP) — Crawling out of bed at dawn to catch a train to Toronto twice a week doesn't bother Bonnie Ward and Katherine Derby.

Field workers for the Children's Aid Society, they say they "wouldn't change jobs with anyone."

Bonnie, who comes from Brantford, Ont., and Katherine, an Ottawa girl, have been doing field work while studying for their degrees from the school of social work at the University of Toronto.

Miss Derby has finished her second year's work toward a master's degree and has taken a permanent position in Ottawa.

"SINK OR SWIM"

According to this lively pair there is never a dull moment in social work.

"We soon learned you can't always do it according to the book, We go out alone and we sink or swim. There's something to be said for shock tactics. You learn to think fast," Miss Derby said.

The two students have been working among a staff of 55 in this Hamilton branch, 37 of whom are experienced social workers. Their course requires that they put in 500 hours of field work throughout the year.

Their work involves child protection, which means working with parents in homes with family problems, whereas in their child care work they deal mainly with foster parents and children.

Another part of their work is devoted mainly to helping the unmarried mother.

ACTIVE WORKERS

No matter how carefully they plan their schedule the girls have to stand by for a quick change. It can be anything from a baby's premature arrival, a flagrant

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KEEP IN TRIM

Correct Body Movements Can Keep Figure Shapely

Do your everyday movements help you to keep in shape? The other day a friend remarked that she found she was habitually hoisting herself up by the aid of the chair arms, and that by so doing her hip muscles had become flabby.

It is true that when routine movements are performed in correct ways we miss out on one of the most effective means to keeping in tone. Get on the beam. See that every move you make all day, every day, serves to

head and chest in line with pelvic girdle. Now lean back. That's fine, but keep the control through the midsection instead of collapsing in the middle.

In reaching forward, move all-in-a-piece, lean forward from the base of the spine, not from the waist. By keeping your back straight and shoulders in line, the hip muscles are brought into the movement. Don't "bend" forward.

How do you pick up something from the floor? The youth-prolonging way is to have one foot a short step ahead of the other and bend at the joints... bend knee and thigh joints, keeping your back in a fairly straight line, hips tucked under. If you catch yourself swooping down, knees straight instead of using your joints, repeat the move-

ment, bending correctly. Soon this will become beautiful habit. If the object you are picking up is heavy, using those powerful thigh muscles will help to spare your back.

Watch a seasoned actress in the theater, or on the motion picture or TV screen. Beautiful movement is an important part of her training. Not only does she move well "on stage," but in every day activities, and this is one reason actresses stay so remarkably young looking.

The posture rule is to keep control through the middle muscles, then shoulders can be relaxed and easy and your head balanced, chin level. Correct head carriage keeps the throatline firm and young and wards off a dowager's hump.

Practice moving well and you will stay shapely without effort as well as avoid a multitude of aches and ailments. By the way, that familiar saying "bent with age" is misleading... blame faulty habits, not age.

Frankly it won't do much good to take calisthenics for figure fixing if you fail to use the figure controlling muscles properly in everyday movements.

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Are extended once again to the Dominion and Provincial Governments, the City of Charlottetown, the Women's Institutes, the Breeders of Livestock, Horses, Sheep, Pigs and Poultry, the Horsemen of the Maritimes, the Caterers Mr. and Mrs. Burgoyne and their capable staff, the Press, CFCY, the Macdonald Tobacco Co., for their British Consols Trophy, the Chartered Banks of Charlottetown for the trophies donated for Maritime Livestock Breeders, to Campbell MacKay, Rothesay, N.B., for donation of a Trophy, and to the people of Prince Edward Island, and the many visitors from Nova Scotia, New Brunswick and other parts of Canada and the United States for the most GENEROUS support given us at

Old Home Week and Provincial Exhibition

The Vaudeville, held this year, in the Jones Livestock Pavilion proved immensely popular. The many complimentary remarks were much appreciated and these extended to the midway where the always popular Bill Lynch Show was bigger and better than ever.

We would record our special thanks to the Manager and Staff of the Pari-Mutuel who put in long and arduous hours in performance of their duties. A word of commendation also to the judges and other officials and to our own office staff, under the capable direction of Mrs. Reginald Kemp who carried on so efficiently.

It is not an easy task to co-ordinate and set-up machinery leading to the smooth running of this great WEEK of ENTERTAINMENT and EXHIBITION and your Association is grateful to a hard working staff and to all those who assisted in making the 1957 "Old Home Week" the success it was. We confidently look forward to even greater things in this great sporting event and show window of our Livestock production, Handicraft, Home Cooking, and other displays in 1958.

Dr. J. P. Lantz

President

H. J. Kennedy

Vice-President and Manager

G. H. Buntain

Secretary

On behalf of the Directors and Shareholders of the Charlottetown Driving Park and Provincial Exhibition Association.