



### HAPPY COUPLE

Tom Trancord of Melbourne, Australia, and Dea Thackray of Boston, U.S. Olympic marathon runner, pose at Montreal airport where they were reunited for the first time since the Olympic games in Melbourne. They plan to wed shortly. (CP Wirephoto)

### ELLEN'S DIARY

#### "Any News?" Queries The Furry Black Cat

"Like it?" we overheard James ask today of one of the brotherhood of salesmen who call to the head.

"Oh I wouldn't say that I'm crazy about it, at the same time it's a job-and the pay's not bad. It's a living! I'll have my good times when I retire," he chuckled. James looked skeptical but said nothing. He was saving the remark for us.

"I guess so!" he chuckled later. "If he expects to have his good times after he has retired, I'm afraid he's due for disappointment."

And weighing the matter, we found that such rewards of life seem to come not in any pot of gold we may find at the end of some fading rainbow but by gathering up the little flecks of it, the tiny nuggets we are sure to discover along the way: the little happinesses, the exquisite moments, the remembered hour or day, the expectancy and delight and a venture which belongs we think only to the brisk, busy and challenging years. Not in the arrival but in the chase!

"In life as in day by day living," one says, "the chase is the thing. Rewards lie in accepting the challenge. They lie as much if not more in the journey as in the arrival. Experience has taught the fact to older persons. Each young person will realize it in due time. Happiness, contentment, the satisfaction of living and working

must be taken a little each day. They can not be hoarded for a lifetime.

"Any news?" the furry black cat smiled a bit absently today, echoing our query, as always a hint of mystery in his witchy green eyes. He leaped up and settled himself cozily on a cushion beside us on the couch where we mended - there where the afternoon sun made a pool of warmth and brightness for him. He yawned daintily. "This is always a sleepy time of day," he commented. The fire sang, joining in with the refrain of the tea-kettle, and the bass of the soup-bone, which then simmered soberly over the flame.

"Ah-h-h!" he yawned again. And then eyes closed he took up a nice little tune of his own.

"I suppose you know," he roused from his nap? "the tractor is out again? It's been a long time idle. Quite a snowy winter, wasn't it? The young lad went away along the fields on it a while ago-off to cut wood. Perhaps you heard him go?"

"Yes."

"There are so many sounds about nowadays, sometimes one has a time of it to distinguish between them. Trucks and cars and planes - jets too," he nodded. Trains and tractors and...

"...And" we laughed "the refrigerator 'tuning in' or the pump in the cellar."

"Or" he twinkled "it may be one of the cattle-kind in the stables rubbing a water-pipe or howl! You sometimes hear that indoors? Yes, this is an age of sounds, Mrs. Ellen. We go to sleep to them and waken to them...But did you ever listen for a mouse?" That's what tests ones hearing!

"How precious now and so scarce the March days!"

Until tomorrow - Diary - Good-night....

### DAILY PATTERN



Neat, smart su dress to sew with this new PRINTED Pattern - keeps you looking cool and pretty all through the warm-weather months ahead. Choose gay print, plaid, pastel cottons - add rick-rack for trim. Couldn't be easier!

Printed Pattern 4761: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 3 1/2 yards 33-inch fabric.

Printed directions on each pattern part. Easier, faster, accurate.

Send FORTY CENTS (40 cents) in coins (stamps cannot be accepted) with this pattern. Please print plainly SIZE, NAME, ADDRESS STYLE NUMBER.

Send order to ANNE ADAMS, care of the Charlotteville Guardian, Pattern Dept., 65 Front St., Toronto, Ontario.

### MARY HAWORTH Men Must Be Rather Scarce

DEAR MARY HAWORTH-I plan to be married next September and have a few questions, to which I should like an early reply.

1. Recently I bought myself a tweed suit, brown, with slim skirt, box jacket and fur collar. Mother says I should save it for my going-away suit which wasn't my intention; but if it would be in fashion next fall, I might. To buy another would give me four suits and, if I should have a baby in the first year of marriage, I wouldn't much need a fourth suit. And I like to be careful with money.

2. My fiance and I will be 22 at the end of the summer. He has been working only a year and money is a great problem. He gives \$80 a month to his widowed mother and will have just about a thousand in the bank by September. He thinks I should help him buy furniture - maybe \$50 each on stove, refrigerator, washing machine, and kitchen and bedroom suites. Isn't that the same as to work after marriage?

FIANCE HINDERS

I will bring with me my new sewing machine, hi fi, writing desk and a complete trousseau of lovely things. What is your idea? I will take three months' rest before marriage, to make curtains, draperies, bed spreads and all the little things that a household requires. I would like to go north for a week with two girl friends, but Noel objects.

Last summer he told me to choose between these friends and him, when I asked if he'd mind my going with them to Florida for two weeks. Nothing happened to them while they were away; and all my life I'll regret not going too. Perhaps the best thing is to find another engaged girl

and go with her for a week. What can he say then? I think he shows lack of confidence in me.—G.S.

DEAR G.S.—Eligible males must be very scarce in your community, if you wouldn't give serious thought to Noel as a prospective husband. He sounds like a very poor bargain, judged by his situation, viewpoints and demands upon you at present.

His seeming lack of confidence in you—in trying to cut you out of pre-marital travel—really refers to lack of confidence in himself. He feels inadequate to hold the lead in your estimation, if as and when you might have opportunity to compare him with assorted other (possible) admirers.

His self-distrust is well founded, apparently—in the sense that he unfortunately isn't an upstanding manly character. This I infer from his nagging attempts to tap your pocketbook for part payments on the household machinery he is buying. If you are offering him such help he might accept nicely. But it isn't decent standard procedure (in my book) for a man to reckon it his just due.

The bride who brings a durable lovely trousseau, certain furniture and a dowry of hand-made furnishings, beddings and incidentals to marriage is doing her part on the material side. If, in addition, she has a good disposition, a willingness to work and cooperate, and a record of thrift and productiveness, she is a pearl of great price. And the man who counts on more, in the form of financial help before marriage, is asking too much.

My emphasis is on Noel's psychology. As I've said, it wouldn't be wrong of him to accept proffered help. But it is mean-spirited of him to want it, nag for it, and lean upon it. His approach to marriage signifies that you'd be fleeced all the way through; hence my advice is to bypass Noel.

It seems sensible to travel and widen your horizon, rather than marry and commit yourself finally, when so young. Especially as Noel is so narrow, and so opposed to your growing.

About the suit: If you were to marry next fall, and if money is scarce in your budget, it would be smart to save the tweed for going away, provided the costume is appropriate to the weather and the journey. If it is becoming, it needn't be high fashion, then or ever.—M.H.

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

Morning Smile

"Why is Jones pacing up and down in front of his house like that?"

"He's awfully worried about his wife, poor chap."

"Why, what's she got?"

"The car."

### COOK'S CORNER

PINEAPPLE SQUARES

1 cup flour  
3 tbsp. sugar  
2 tbsp. butter  
1 tsp. baking powder  
1 egg

Mix well and spread on the bottom of a baking tin and cover with half tin of drained crushed pineapple. Then cover with the following:

2 cups coconut  
1 cup sugar  
1 tbsp. melted butter  
2 eggs well beaten

Bake at 325 degrees for 35 minutes. Makes 2 1/2 dozen squares.

# WOMEN

Lena Caroline McLure, Women's Editor, Phone 8508

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## HAPPENINGS

There was a real gathering of the clan last Friday in Toronto, that is the MacLeod Clan. What ever way the name was spelled all the MacLeods were there for the annual meeting of the Clan MacLeod society—and a reception in honor of Dame Flora MacLeod of MacLeod, the head of the clan.

During her stay Dame Flora will be the guest of Mr. and Mrs. Norman MacLeod and their three children of Ancroft Place, Rosedale, Toronto. A well-known member of the Clan MacLeod is Mrs. J. A. MacLeod, the wife of Canada's great banker, the late J. A. MacLeod, president of the Bank of Nova Scotia. Both Mr. and Mrs. MacLeod came from this province. The former was a native of Park Corner and the latter came from Summerside. Mrs. MacLeod when her husband was living resided at 15 Forest Hill Road. This was a home at which all the socially prominent people of Canada were entertained. Mrs. MacLeod, rather coincidental with the name MacLeod, now lives at Dunvegan Road, one of the beautiful residential sections of Canada.

Mr. and Mrs. T. Roy Cudmore, having recently concluded a most enjoyable holiday at Daytona Beach, Florida, spent the past weekend visiting their friends, Mr. and Mrs. A. Roy Cromwell at their home in Wyckoff, New Jersey.

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Mr. and Mrs. U. MacDonald of Victoria Avenue, Charlottetown, who have been spending the winter in California, have returned home. They are registered at the Queen Hotel for a short time prior to being in their own home again. While in California, Mr. and Mrs. MacDonald were the guests of Mrs. W. Bradley of Sierra Madri.

Mr. Matthew MacDonald, Somerville, Mass., is a guest at the Queen Hotel. Mr. MacDonald expects to be in the province for a month.

### KEEP IN TRIM

#### Overweight Teenagers—Be Slimmer By Summer

By IDA JEAN KAIN

Teenage overweight, today's column is for you. With the prospect of spring proms in the offing, mail has been flooded with urgent requests from teenagers for help in slimming off bulky pounds.

A typical letter . . . "I am 14 years old, and so overweight I'm ashamed to walk in the halls. I need to lose 25 pounds. I've tried many diets, but because of my weak will power, I give up after a few days. Please help me."

It's the wise teenager who decides to take action. Weak will power? The trick is to channel all your fresh enthusiasms into this figure fixing project. When slimming becomes an exciting challenge, the will-to-do is strong.

This earnest message from a newly streamlined young mother may be just the incentive you overweight teenagers need. "Last March at the age of 25, I weighed 193 pounds. By dieting sensibly, without pills or drugs, I reduced steadily, and today I weigh 128. Would like to add that my top

weight at age 13 was 172 pounds. Teenagers—beware of the potato chips, hoagies and milkshakes. I indulged all those years . . . and, of how I wish I hadn't waited so long to reduce! The new pattern of eating was easy and the rewards many. I feel sorry for overweight teenagers who needlessly miss out on all the fun."

All right, girls, set your sights for summer. You can be 25 pounds slimmer (if need be) and have a honey of a figure by the swim suit season. Forget about faddy diets. . . this time you are going to eat to build slimmness. In fact, a scientific diet pattern is so good, your mother will be happy to cooperate . . . and you will be happy with results. And teenagers, you won't go hungry.

Eat breakfast, including fruit or juice, an egg, a slice of toast and a glass of skim milk. Eat lunch, but skip the rich dessert. After school, have a hunger control pick-up—orange juice, cocoa with skim milk, a big apple or a cooked egg. Limit pick-up to 100 calories.

At dinner have lean meat, two vegetables, salad (limited dressing), slice of bread or potato, fruit and skim milk. Pass the high calorie dessert to your young brother to stop his teasing. Total for day—1300 to 1400 calories.



### DAYTIME DRESS

Dacron and worsted combine in a light, springy fabric that resists creasing, the color, a delicate pearl gray. The material is neatly handled for a charming and impressive daytime dress, a nice choice for a smart luncheon or matinee. A touch of white makes the surplice line of the Empire bodice and inverted oversize tucks, something like box-pleats, lend easiness to an otherwise straight silhouette.

Hm! Wonder why

### Dr. Chase's NERVE FOOD

helps so many people say

"My nervous troubles are over!"

When you feel tired, nervous, irritable—little things bother you—worry pile up, that's the time to take Dr. Chase's Nerve Food.

The Vitamin B1 and Blood Building Iron in Dr. Chase's Nerve Food work together to help build up your general health—help you feel relaxed, at ease, able to forget you ever had nervous troubles.

Dr. Chase's Nerve Food helps you have the sound steady nerves that go with good health. Helps you feel in love with life—confident—energetic—ready to enjoy your family, your work, your friends.

The sooner you start, the sooner you may feel the benefits of this all-round tonic. 89¢—Economy size \$2.25 saves you 44¢.

DR. CHASE'S NERVE FOOD

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### Talisman Tea Is One Of The Lovely Spring Events

Traditional pleasures are growing in this young Canadian nation of ours. One of these is the pleasant custom at this time of year of attending the annual Talisman Tea.

So it was yesterday that the Sorority sisters of Alpha chapter of Beta Sigma Phi entertained their friends at the tea in the spacious banquet-room of the Y.M.C.A.

The tea-table was decorated with the club crest. Beautiful table appointments consisted of a silver rose bowl filled with Talisman roses. This was flanked on either side by matching tapers in silver candelabra.

The convener for the tea was Mrs. Harold Milligan, assisted by Mrs. Lewis Bagnall, Miss Helen Cox, vice-president, welcomed the

guests at the door. Presiding at the tea urns were Mrs. Ralph Jenkins, Mrs. Russell Ewing, Miss Lena McLure and Mrs. Gordon Bears.

Assistants were Mrs. Hugh Simpson and Mrs. J. C. Gallant. Mrs. Clifford Campbell was in charge of the popular bazaar table. Assisting in serving were the following: Mrs. Ralph Manning, Mrs. Larry Slight, Mrs. Louis Bagnall, Miss Frankie MacMillan, Mrs. Jack Balcom, Mrs. Bill Thompson, Mrs. Temple Hooper, Mrs. Douglas Cameron, Miss Phyllis MacLeod and Mrs. Harold Milligan. Miss Ruth Boswell and Miss Au-

### Women's Hands Are Larger

LONDON (CP) — Jean Porteous, 42-year-old glove buyer from Toronto, says everything is getting bigger in Canada, including the size of women's hands.

In London on a buying trip, Miss Porteous says Canadian women in general are buying larger gloves than they did before the Second

World War. In some areas the average size has increased a full unit.

Miss Porteous, who wears size seven herself, says the greatest demand in Eastern Canada is for gloves in the 6 1/2 to seven range and in the three Prairie provinces the average is at least a size larger.

\$10,000 IN PRIZES

TORONTO (CP) — Scholarships and prizes totalling \$10,000 will be given to the winner and runners-up in this year's Miss Canada Pageant. S. Radcliffe Weaver, director of the pageant, announced Saturday. In addition to receiving a \$1,000 scholarship, Miss Canada will be flown to England and France and make a trans-Canada tour, said Mr. Weaver.

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BALLET TOILET TISSUE . . . . 2 rolls 29c

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PARD DOG FOOD . . . . . 2 tins 27c

CRUSHED—20 OZ. PINEAPPLE . . . . . 2 for 59c

OAK LEAF BONELESS CHICKEN tin 45c

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