



Miss Australia In Canada

Maureen Kistie, who won the title of Miss Australia and an international trip, is seen here on her arrival in Montreal from New York. The 20-year-old Australia beauty is carrying toy koala bears as she descends the ramp of the TCA PLANE. In addition to Montreal, she will be visiting Ottawa, Toronto and Granby, Que. (CP Photo).

ELLEN'S DIARY

Another Island Couple

One evening of late, our visitors were a twain-a farmer and his wife from another island community. The conversation came back to us, now that the newcast tells of the ills and problems of the world; of unrest and dissatisfactions among peoples and nations, of rising, strange, clouds "no bigger than a man's hand" in the peace-time prevailing; of distrust and suspicion and all that disturbing ilk which hedge the earth about. And again a fearful word: War, comes to mind.

The women of the twain is a busy and extremely capable farmwife. She looks well to the care of her home. Childless, she is much interested in the welfare of children and always so kind to those in her community about. When president of her W. I. she contributed much time and effort to making the schoolroom an attractive "home away from home" for the pupils, and more than one of their teachers look back to remember her and his kindness to them while they were paying-guests at their comfortable home. She finds time too, to sew and knit and quilt. And this season of the year like numbers of other island housewives she is bound to have a mat in the frames to be when completed something both pretty and new.

He is one who in the long ago interrupted his farming to take up service for his country and "see the thing through" as he says, in the war-trenches and battlefields of France. He is not one to talk about it. Indeed one may chat with him for a long time and still have no inkling that he has ever been very far away from his snug farm at least no farther than the confines of his Province, and that "all his paths were peace."

But there was a morning when he left these and donning khaki marched off with other lads from his and other island communities. And the women-kind left behind, knit and sewed and helped the Red Cross; they sent parcels-of-home and asked donations of cash for war purposes. And grain, we re-

COOK'S CORNER



MELBA BALLS

3 cups rolled graham wafers
4 squares chocolate
1 can condensed milk

Melt chocolate in double boiler, add milk and wafers. Roll into balls then in coconut.

ANNE ADAMS PATTERNS

CINCH TO SEW



Cinch to sew this pretty "princess" style — with high or low neckline! No fitting problems, it's your favorite wrap-around; opens flat for jiffy ironing too! You're sure to want several versions in gay summer cottons; make a handy cobbler apron too!

Pattern 4677: Misses' Sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4-7-8 yards 35 inch. This pattern easy to use simple to sew. Is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35 cents in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St., W., Toronto, Ontario.

Words Of The Wise

Men are apt to prefer a prosperous error to an afflicted truth. —(Jeremy Taylor)

CHEST COLDS

Believe Suffering Fast-Effectively with VICKS VAPORUB

WOMEN

Page 8, The Guardian Tuesday, Feb. 21, 1956

Happenings

Mrs. A H J Lovink, wife of the dean of the diplomatic corps and ambassador of the Netherlands was the guest speaker at the International Night Dinner held by the Ottawa Business and Professional Women's Club on Saturday evening at the Chateau Laurier. Mrs. Lovink was a guest last summer of Mrs. Arthur Miller and Mrs. Albers Trueman, at Tracadie.

The Reverend Henry P. Van Dusen, Ph.D., D.D., recently gave an address "The Church at Work throughout the World" in the fifth Avenue Presbyterian Church, New York City. The Reverend John Sutherland Bonnell is the minister in this New York Church.

The Friendship Group of the King's Daughters of the Trinity United Church held their recent weekly sewing meeting at the residence of Mrs. J. A. MacNair. At this meeting a fine tribute was paid to Mrs. Ira Brown, one of their valued members. The happy occasion was to commemorate Mrs. Brown's fortieth wedding anniversary.

Inspector W.H. Nevin, I.R.C.M.P. and Mrs. Nevin with their children, Maira, Margaret and Billie, left for Vancouver where they will be taking up residence.

Mr. Edwin H. Charlson, C.C. of Ottawa, has returned from a two-week trip to Moose Jaw, Sask., Vancouver, Winnipeg and Portage La Prairie. Mr. Charlson is well known in this province which he has visited during the summer season.

LAKE VERDE W.I.

Mrs. William Shea entertained the members of the Lake Verde Women's Institute at her home on Friday evening, February 10. Mrs. Michael Dalton, president, opened the meeting with the creed and eight members answered roll call. The minutes of the last meeting were read, approved and signed. Sick committee reported four calls and Mrs. Harry Kelly and Mrs. Ivan Redmond were appointed for the next month.

Mrs. Ivan Redmond, treasurer, gave the financial report which is quite satisfactory. Members decided to present a new member with a gift for her home. The president made a gift, which is to be put on lottery later in the season. Collection amounted to \$170.

Mrs. Felix Redmond kindly invited the members to her home for the March meeting, roll call to be answered with "A Guessing Contest". The meeting then adjourned. An apron was raffled and Mrs. Chester Walsh, consolation, Mr. Earle Quinn, Mr. Emmett Wisner were the winner of an auto radio.

A card party was held at the home of Mr. and Mrs. Ivan Redmond, Lake Verde, on February 3, 1956. Prize winners are as follows: Ladies: Mrs. Francis Kelly; Gents: Mr. Chester Walsh; Consolation, Mr. Earle Quinn; Mr. Emmett Wisner was the winner of an auto radio.

Mrs. Francis Kelly was hostess to a card party held at the home of Mr. and Mrs. Harry Kelly on February 13, 1956. The prize winners were Ladies: Mrs. Emmett Wisner; Gents: Mr. Eugene Curley; Consolation, Mrs. Ira Redmond.

LET'S EAT

Sweet Potatoes Useful In A Variety Of Ways

By Ida Bailey Allen

"The sweet potato crop was unusually large this year and of fine quality," remarked the Chef. "That must be the reason such fine sweet potatoes are still on the market."

"This is a vegetable we do not have in France. It has enormous possibilities in cooking." "Old-fashioned" sweet potatoes excellent when French fried, mashed or made into a sweet potato soufflé to serve with duck, game or rabbit. I have heard that some home-makers even use mashed sweet potato in making breads."

"It's an old-fashioned idea worth reviving," said the Chef. "The smooth mashed sweet potato adds a rich color and flavor to biscuits, pancakes and muffins."

As a general rule, omit one-fourth of many flour in a standard recipe, and use the equivalent amount of mashed sweet potato. It also gives a flavor to yeast breads, coffee cake or yeast muffins and keeps them moist longer. The right proportion in this case is 1 cup mashed or pureed sweet potato to 5 cups already-sifted flour.

"In many parts of the country, mashed or pureed sweet potato is used instead of pumpkin or winter squash in making pies; sweet potato puddings are luxury desserts."

"Besides enjoying sweet potatoes as a food, we can add thousands of units of vitamin A to our diet—a good thing to do, as plenty of vitamin A tends to combat infections due to the common colds."

"If you eat many sweet potatoes should I eat to get 10,000 vitamin A units, Madame?" asked the Chef. "Just one large peeled baked potato will do the trick. It contains 17,118 units!"

TOMORROW'S OVEN-DINNER

Grapefruit Halves
Fish-Vegetable Platter Bake
Tomato Aspic Salad
Sweet potato Raisin Pudding
Coffee Tea Milk

FISH-Vegetable Platter Bake: Brush 2 lbs. fish filets with 1 tsp. lemon juice mixed with 1 tsp. salt, 1 tsp. monosodium glutamate and 1/4 tsp. pepper. Place in an oiled shallow baking dish that can go-to-table. Cover with a layer of 2 c. thin-sliced peeled onions, the drained contents

ELEANOR ROSS

Plastic Kitchenware

If you've been shopping lately, you've probably noticed a whole new line of wonderful flexible plastic items for the kitchen and for serving meals outdoors. The new plastic pieces are well designed. Pitchers, cups and canisters made of a squeezable product form such convenient pouring spouts when gently grasped. And the canisters prove so satisfactory because they are made of see-through plastic. One never has to lift a top or try to read blurred lettering to discover what's inside. THEY WON'T CHIP

So many of the bowls, refrigerator containers and canisters, and even the cups, nest neatly, one into the other, with no danger of chipping or cracking. And if you drop them, they bounce! There's practically no useful kitchen item that isn't included in this flexible plastic line, from ice bucket and serving tongs to shakers and dinner plates. What we like about the growing importance and usefulness of plastic kitchen items is that they are so easily cared for. After a soapy sudsing, their colors look fresh and new.

1 (7 oz.) can flaked crabmeat and 1/2 pt. small freshysters.
Top with 1/2 lb. Worcestershire, 1/4 tsp. salt, 1/4 tsp. pepper, 1/4 c. minced green pepper and 3 tsp. melted butter.
Bake 1 hr. in a moderate oven, 350 degrees-375 degrees F.

Sweet Potato Raisin Pudding: Combine 1/2 cup washed cooked Jersey sweet potatoes, 1/2 c. sugar, 1/2 tsp. allspice, 1 tsp. cinnamon and 1/2 tsp. salt.
Beat and add 3 eggs and 3-4 c. milk.

Add 2 tsp. frozen orange juice concentrate and 1/2 c. raisins.
Transfer to a buttered qt. baking-dish. Bake 45-50 min. at 375 degrees F. or until the center feels firm to the touch.
Serve warm with whipped cream or a raisin sauce.

TRICK OF THE CHEF

Add 1/2 tsp. powdered dill when seasoning fish for a platter bake.



Snow Queen

Snow Queen of Gravenhurst, Ont., is Catherine Hean. She won the title at the annual Anglican Young People's association.

KEEP IN TRIM

Exercise To Banish Those Bulges By Spring

By Ida Jean Kain

Spring is barely six weeks away, so ease into smooth exercise. Well-started muscles appear pounds lighter and feel years younger—and don't let anyone persuade you differently. A normal amount of tone in the muscles, particularly in the figure controlling areas, helps your figure look the way nature designed the figure to look—smooth. What more could you ask of exercise?

If you are overweight, you of course want to know if exercise will help you to reduce in spots. Yes, provided you cut calories and stir up the circulation in the fat-susceptible areas. Specific exercises can stimulate the circulation in the fatty spots. Moreover, exercises directed through the flabby muscles restore tone (elasticity) and reshape the figure.

Start with an easy stretch—make believe ladder climbing. Position: Standing with feet slightly apart, arms raised overhead. Movement: Reach up with right arm and as you reach pull smoothly slim all through the middle measurement. Then reach upwards with the left arm, again

pulling from the middle to elongate the entire midsection. Every rung gives higher, higher. Keep it smooth, continuing until your body feels pleasantly stretched. Position: Stand on knees, then simply sit back on your legs. 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. Come back to center, bend slowly to the left, continuing 12 counts. This exercise movement tones the muscles of the abdomen and slims the waist.

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 count of one-two swing. Repeat 10 counts, change sides, and repeat.

The secret of figure fixing is to take this exercise movement regularly, about six minutes daily.

Mary Haworth

Wife And Husband Need Counseling

DEAR MARY HAWORTH: Please try to help me as I am almost desperate. My husband and I have been married for almost five years, and during this period have almost destroyed each other in a spiritual sense. I am aware that we both are in dire need of help, but my husband insists that I am neurotic and the entire cause of our mutual unhappiness. My mind is in constant turmoil, trying to accept Rafe as he is (as he suggests) but being unable to do so, as he has none of the standard traits that compel respect and admiration. Rafe has no ambition, as he



Mid-February Bridal Vows

Mixed flowers decorated Holy Redeemer Church, Charlottetown, on Tuesday, February 14, 1956 for the marriage at 9 a.m. of Miss Bernadette Elizabeth McKeeney and Mr. William Edwin Walsh. The bride is the daughter of Mr. and Mrs. John McKeeney, Mount Stewart, and the groom is the son of Mrs. Florence Walsh, Charlottetown, and the late Mr. John Walsh. Rev. James Kelly officiated at the double ring ceremony. Mr. Alex McLean was organist and the soloists were Mrs. Connie McLean and Miss Eileen Doyle. Given in marriage by her uncle,

Mr. James F. Duffy, the bride was lovely in a floor-length gown of white satin topped by Chantilly lace and sequins. It featured long lace sleeves and a Peter Pan collar. Her fingertip veil of white tulle fell from a Juliet cap and she carried a cascade bouquet of white carnations. Miss Sylvia Duffy, cousin of the bride, was maid of honor. She chose a ballerina-length gown of blue brocade satin and net. Her headpiece was a tiara of blue net and she carried a nosegay of Eucharist carnations. Mr. John Duffy was best man

and the ushers were Mr. Dawson Peterson and Mr. Donald Gallant. A reception followed at the Queen Hotel for forty guests. Mrs. James Duffy, aunt of the bride, wore a navy dress in redingote style with a burgundy hat and corsage of red roses. The groom's mother, Mrs. Walsh, was attired in navy with matching accessories, a kid skin jacket and corsage of Sweetheart roses. For travelling to Toronto, the bride donned a navy blue suit with pink accessories, topped with a lapin jacket. (Photo by Myers).

wants to "live and let live." He has no generosity as he believes it's "every man for himself." He has no church as he has no religious faith. In effect, he has no life. But despite his lack, he insists I love him wholly, accepting him completely.

I keep wondering how he expects (in effect demands) me to love him, when there is so little to love. I shall be grateful for any suggestions. Thank you. N.S.

ISN'T TO BLAME

DEAR N. S.: You say that in five years' marriage, you and Rafe have almost destroyed each other in a spiritual sense. From this and other remarks in your evasive recital, I gather that your husband regards marriage as a strictly earthly relationship; and that he construes sexuality to be the substance of love. And that he is "dead while he liveth" to the whole upper register of human feelings—those "fruits of the spirit" that include joy, peace, patience, gentleness, goodness, temperance, etc.

Evidently you feel lost in the outer darkness of moral despair; and preyed upon intolerably, in your accommodation to Rafe. Also, desperately defensive against his implicit demand for wholehearted wifely acceptance "as is"—but still, without feeling surely justified in your heartfelt disapproval of his philosophy. It seems likely that you are neurotic, as your husband says; but not extremely so. I seriously doubt that you are primarily at

fault for mutual unhappiness in the alliance. On two points at least you demonstrate personality health: 1. In recognizing that you both need help. 2. In asking for outside light on the situation.

Your chief symptom of neurosis, as I see the picture, consists in your straining to comply with Rafe's depressing terms (what ever they are), while feeling profoundly that his ways, and his beliefs, cannot lead to soul satisfactions—without which life lacks joy. Insofar as you conflictedly sell out your sincere convictions, simply to be passively obliging, to that extent you are neglecting to be a real helpmeet to Rafe.

OUR SUGGESTIONS

To improve the relationship, in essential details, begin with yourself. Any real growth in you will automatically evoke corresponding adjustments in Rafe. It is a close question, as to whether you most need spiritual, or psychiatric, or family relations counsel to start. In fact, you may need a bit of help from each of these sources, to get your marriage in good repair. But since you feel spiritually

down, perhaps you should consult with a clergyman first; and be sure to keep looking until you find one whose largeness of understanding is equal to the problem. Having made peace with God and your conscience, then add psychiatric insight to your equipment for living—to clear up inner conflicts and foster emotional balance.

In the city through which you write, community services having to do with marriage counselling may be located through the United Charities headquarters. The telephone directory gives the address. Use this approach to getting acquainted with your local Family Service agency, which probably employs psychiatric personnel; and in any case will take your problem under advisement and lend a hand in treating it. M.H.

You Ain't Done Living Just Because You're 50!

Got that "everything's over" feeling because you're 50? Snap out of it! Find a hobby, join a club—list things you've always planned to do, and start doing them.

March Reader's Digest shows you how to combat the 50 mark; suggests ways you can get more fun out of life no matter what your age. Get your March Reader's Digest today: 43 articles of lasting interest, including the best from leading magazines, current books, condensed to save your time.

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DR. FOWLER'S extract of WILD STRAWBERRY

Get the genuine, effective Dr. Fowler's. Made only by the T. MILBURN CO.

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If you suffer from hacking, racking coughs due to colds, try the well-known Canadian cough remedy, Polson's Cough Syrup. "Polson's" has a reputation of many years standing for helping relieve coughs fast. Also may be used in cases of whooping cough, spasmodic croup and bronchitis. Try "Polson's" next time one of your family has that cough. You'll be pleased how quickly it helps bring relief. Ask your Druggist about Polson's Cough Syrup. 74-56

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Seams stay straight, too! 1.50

Why your child needs your help when pimples strike

by MARCELLA HOLMES NOTED BEAUTY AUTHORITY (former Beauty Editor of "Glamour" magazine)

Of all the mail that reaches a beauty editor's desk, there is none so urgent as letters from adolescent girls with pimples. That's why I want to alert mothers to the double dangers of this problem. Specialists warn that pimples undermine poise and self-confidence, can cause permanent damage to a child's personality. And everyone knows that acne-type pimples, if neglected, can leave permanent scars on the skin.

In a way you can help your child? Yes, thanks to CLEARASIL, a modern, scientific medicated formulation especially for pimples. In actual clinical tests, CLEARASIL brought positive relief in a high percentage of cases.

Greaseless, fast-drying, antiseptic... CLEARASIL dries pimples surprisingly fast. Ends embarrassment immediately because CLEARASIL is skin-colored to hide pimples as it works. Must work for you as it did in clinical tests or money back. Only 69¢ and \$1.19 at all druggists.



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NOT ONE COLD THIS YEAR!

Coughs and colds help drag you down even further when your resistance is low!

A good way to help build up your resistance is to take Wampole's Extract of Cod Liver regularly.

A favorite health tonic with Canadians for three generations — it's a real "builder" — rich in sunshine vitamin D, malt, calcium, iron, phosphorus and other minerals necessary for good health.

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