MRS. ROBERT CROZIER

Receives Life Membership On A Happy 87th Birthday

At the close of the December meeting of the Myrtle Rhode W. M.S. of Kelvin Grove, Mrs. Robert Crozier was presented with a Life Membership in the Presbyterian W.M.S.

The president Mrs. Horace Paynter at whose home the meeting was held made the presentation of the Life Membership certificate. Mrs. Crozier the senior member of the group, and one of Kelvin Grove's most respected and best loved residents, was celebrating her 87th birthday by attending the meeting and enjoying her usual excellent health.

The minister, Rev. E. H. Bean as guest speaker, addressed the meeting. As a member of the brief summary of present day Board of Missions he gave a influences affecting the work of the church in it's overseas Mission fields.

Unto You is Born a Saviour - was the theme of this, the Christmas meeting. The president, Mrs. Paynter led in the worship, and the Exposition was read by Mrs. Scott Clark. Nine members answered roll call with scripture containing the word "Praise". Rev. Mr. Bean closed the meeting with prayer. Guests attending included charter members, and three senior residents of the community, Mrs. James A. Stewart, Mrs. John A. Hogg and Mrs. W. A. MacMurdo.

Following the meeting afternoon tea was served, when Mrs. Crozier's daughter-in-law, Mrs. Lorne Crozier, presided over the tea cups. Assisting Mrs. Paynter in serving and replenishing were Mrs. Scott Clark, Mrs. Ralph Moase and Mrs. Ira Huestis. Red candles on the table highlighted the Christmas motif used in decorating.

Ushered into the dining room by Mrs. William Stavert, the celebrant cut the first slice of a four tier birthday cake topped with 87 lighted candles, while Mr. Bean proposed a toast in honor of her birthday, and the guests sang "Happy Birthday to You"!

On behalf of Kelvin Grove Women's Institute, Mrs. Crawford Picketts and the president, Mrs. Morris Caseley presented Mrs. Crozier with an Institute pin and a wall plaque as a birthday remembrance.

Altho taken quite by surprise, the recipient responded graciously, expressing her thanks for the honors conferred on her by both groups.

Bagpipes In The Making Require Very Great Skill

Think of Scotland, and a picture of kilted Highlanders dancing to the stirring music of the bagpipes flashes before the mind's eye. Bagpipes! The wild skirl of the pipes quickens the pulse of all true Scotsmen, wherever they may be.

Behind the ancient magic of this music lies a story of traditional craftsmanship in the creation of some of the finest of these picturesque wood- wind instruments. Scotland, of course, is the place for bagpipe- making, but many fine pipes are also made in London's Camden Town, only a few miles from Piccadilly Circus. For 75 years the Starck family has been making, in an old fashioned little factory with a distinctly Dickensian atmosphere, bagpipes whose notes have sounded across the world.

One day, William Ross, who was Queen Victoria's pipe major, asked Henry Starck, a skilled flute maker, if he could make a set of Highland pipes. Henry Starck's ingenuity and skill were equal to this unusual demand and from this sprang London's bagpipe factory, which is still a Starck family concern.

Today Henry Starck of the third generation is head of the firm and nearly all his employees are members of the family. His father, 77-years-old Albert Henry Starck, has officially retired from the business, but every day he is to be seen in the tiny Camden Town works, still lavishing upon his beloved bagpipes all the skill he has acquired in 65 years' work.

Every set of bagpipes bears the impress of a craftsman's hand, every instrument goes out into the world possessing its own unique character.

"There is no place for mass production in this business," declare the Starcks. But they are alive to modern trends, and recently they have been busy fulfilling a demand for sets of miniature pipes, perfect to the last detail.

Materials from which bagpipes are made come from many lands — the very hard blackwood for the pipes from West Africa, ivory from the Belgian Congo, cane reeds from Spain, silk tartan ribbons from France, sheepskins and tartan cloths from Britain.

In their turn, the bagpipes go all over the world. In two world wars soldiers of the famous Highland regiments have marched into battle to the traditional strains of the bagpipes, and now in peacetime they gladden the hearts of Scotsmen in Canada, Australia, New Zealand, and in some European countries as well as among their native glens.

Highland bagpipes consist of a blow pipe, a bag, and four reed pipes. Three of the pipes are called drones and the fourth the chanter. The drones have single reeds which are fixed in pitch, while the chanter has a double reed variable in pitch.

The melody is fingered on the chanter, which has holes drilled in the side of its conical tube. The chanter has a compass of an octave and one note, ranging from G to A above. One of the drones is a bass and the other two are usually treble A's. The drones slide up and down, thus altering their length, to tune with the A of the chanter.

When the pipes are played, the drones are thrown over the left shoulder, the bag, which is filled by the mouth through the blow pipe, is held under the arm, where the air is kept at pressure, the blow pipe goes to the lips, and the chanter is held in the fingers.

POLKA - DOTTED POUCH

POLKA DOTS speckle the fashion scene once more, in accessories as well as clothes. Josef does a fine resort bag of Milan straw and sprinkles it with large contrasting coin dots in applique. The pouch bag has double handles and a straw colored frame and the bottom of the bag is molded to give a soft, spacious, oval effect.

Women

Lena Caroline McLure, Women's Editor. Phone 8506

Monday, Jan. 27, 1958 Page 8 The Guardian

HAPPENINGS

Dame Flora MacLeod is in our midst and we become very Scottish minded during the visit of this great chief. She is a guest of Mr. W. C. McLeod, president of the Prince Edward Island clan MacLeod, and Mrs. McLeod.

Mr. and Mrs. McLeod are a remarkable couple in the service they have given to the establishment of the clan MacLeod in this province.

Their position, even if a pleasant one, is often arduous. However, the McLeods, as one would expect in knowing them, were giving tribute to another — Mr. Norman MacLeod of Toronto. His duty it is to arrange the itinerary in Canada for the indefatigable sight seer and visitor., Dame Flora.

Mr. Norman MacLeod is a graduate of Queens University as is his wife, the former Miss Mary Johnston. They and their grown-up family and a sister-in-law Miss Ferne Johnston (also Queens!) live in a charming gray stone baronial style house in North Toronto.

The Johnston girls as they were known in Toronto and in Kingston were the daughters of a Presbyterian (later United Church) clergyman. As young girls they were brought up at a boarding-school (owing to their mother's early death) and spent the holidays at various manses.

Even as young girls the sisters gave promise of the very delightful women they would become. It is indeed a happy and very academic circle into which Mr. MacLeod, his wife, and Miss Johnston will take Dame Flora.

Queens people are almost overwhelmingly clannish. They are also very shrewd Scottish appraisers. Consequently they will be in complete agreement with Dame Flora's constant reference to Mr. MacLeod as "my very dear Norman."

So that with the very dear "Island" W. C. McLeods, and the rest of the clan throughout Canada, Dame Flora will receive the traditional one hundred thousand welcomes — Ciad Mile Failte.

Mrs. James MacKay and Mrs. Gerald Bowness are entertaining at tea Tuesday and Thursday afternoons at Mrs. Mackay's residence, Sidmont Avenue.

SPRING BROOK W.I.

The regular meeting of the Spring Brook W.I. met at the home of Mrs. Arthur Campbell on January 14th with an attendance of 13 members and 1 visitor. The meeting opened with "Jingle Bells," followed by the Mary Stewart Collect. Roll call was answered by the name of a vitamin and a food in which it is found.

The minutes of the last meeting and the financial statement were read. The correspondence was read. It was moved and seconded that $5.00 be sent for a membership fee in the Musical Festival Association and $5.00 be sent to the March of Dimes.

The committees gave their reports and the new ones appointed for the coming month are as follows: Ways and Means, Mrs. Arthur Campbell and Mrs. Wanda Cousins; School, Mrs. Elmer Paynter and Mrs. Leigh Brown; Programme, Mrs. Arnold Meek; Lunch, Mrs. Leigh Brown, Mrs. Clarence Paynter; Mrs. Alvin MacLeod and Mrs. Dan MacKay.

The next month's meeting is to be held at the home of Mrs. Dan MacKay. Roll call is to be answered by an exchange of Valentines. The topic for next month is Women's Institute Work. Plans are made to have Mrs. Isaac Jollimore give a report on the First National Convention.

The program consisted of a contest put on by Mrs. Isaac Jollimore and won by Mrs. Dan MacKay.

The meeting closed by singing the National Anthem after which a delicious lunch was served by the hostess assisted by Mrs. Robert Jollimore, Mrs. Roland Paynter and Mrs. Isaac Jollimore.

SUMMERFIELD C.W.L.

On Sunday evening January 5th Mrs. Spencer Hughes was hostess to the members of the Summerfield Sub-division of the Catholic Women's League, for their first meeting of the New Year.

The president occupied the chair. Fr. Murray opened the meeting with the League Prayer. Roll call was answered by a good attendance of members.

Business proceeded with the reading of the minutes of the previous meeting which were approved as read.

Correspondence read included: Thank you note from Mrs. Louis O'Connor, Thank you note from Mrs. Albert Rowe, Letter from Mrs. John A. MacDonald, Press Convener re League Magazine, Miss Beulah Monroe re Red Cross, Mrs. B. W. DesRoches re Crusade for the Catholic Press.

The treasurer Mrs. C.W Croken gave the financial report, showing a substantial balance on hand. The conveners read their reports. Membership convener reported two new members.

Social Service and Condolence reported four cards sent. Mrs. Albert Murphy won the travelling apron, proceeds from same amounted to $11.30. The amount of twenty-four dollars was paid into funds from "Casket" commission.

It was moved by Mrs. O'Connor and seconded by Mrs. Allen that all bills be paid.

A discussion took place on Social Service Welfare sewing for the sisters in Summerside. It was decided the president would contact the sisters to obtain material for same, which the members agreed to do.

There being no further business the meeting was adjourned and the Act of Consecration recited Mrs. Ambrose Curley invited the members to her home for the next meeting. A dainty lunch was served by the hostess.

ROYAL NAME

Lake Louise in the Canadian Rockies was named after Princess Louise, wife of the Duke of Argyll, governor-general 1878 to 1883.

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LET'S EAT

Water "As Is" — Best Of All The Health Drinks

By IDA BAILEY ALLEN

When speaking of a good daily diet, nearly everyone mentions proteins, minerals and vitamins as the most important elements, along with fats and carbohydrates. But there is one item that leads them all—water, the great balancer.

It supersedes food and is second in importance only to oxygen. It makes up about 70 per cent of the body weight, carries the nutritive elements from the food to the cells, takes away the end wastes of metabolism and regulates body temperature.

DON'T TAKE ENOUGH

Yet comparatively few persons drink enough water.

A glass of water on rising, one at mid-morning another at mid-afternoon and a fourth glass of water before retiring is the minimum requirement for an adult. Furthermore, this amount must be supplemented with the liquid from coffee, tea, milk, fruit juices, soups, watery fruits and vegetables to bring up the needed daily quota.

In spite of all that has been said about other beverages water "as is" is the best of all health drinks. Fortunately, our drinking water supply is plentiful and free of all harmful bacteria.

USE A CLEAN GLASS

But be sure the glass is clean—and is used by yourself alone. Sanitary paper drinking cups are supplied in public places, but the common drinking glass is still used at home. It may well be the home's greatest "swap spot" for many diseases that may be transmitted by mouth.

Better play safe. Follow the public health lead and put up a paper cup dispenser in both kitchen and bathroom.

Monday dinner: Corn Chowder with bacon topping chicken "steaks" from oddments. Risotto creamed green peas, Romaine lettuce salad, Apricot compote. Coffee,tea or milk.

All measurements are level; recipes proportioned to serve four to six.

Corn Chowder Bacon Topping: In a 3 qt. saucepan, melt 2 tbsp. butter or bacon drippings. Add 2 tbsp. minced onion. Saute until beginning to turn color.

Add 3 c. boiling water and 2 c. small-diced, peeled white potatoes. Simmer 20 min.

Add 1 can cream style corn. Stir in 3½ c. scalded milk. Blend 1 tsp. chili powder and ¼ tsp. paprika, 2 tbsp. flour with ¼ c. cold milk. Stir into the chowder.

Cook-stir until boiling. Garnish with crumbled crisp bacon.

Chicken "Steaks": Melt 2 tbsp. butter. In it, slow-fry ½ c. minced celery and ¼ c. minced green pepper.

After 5 min., mix in 2½ c. minced cooked oddments chicken, 1½ c. fine soft enriched bread crumbs, 1 egg beaten light, ½ tsp. salt, ¼ tsp. pepper, 1 tsp. onion juice and ½ c. milk. refrigerate 20 min.

Form into individual "steaks." Dust lightly with flour. Pan-fry at once, or later, on both sides in butter or chicken fat.

Trick of The Chef—Flavor apricot compote with a little almond extract. Top with shredded toasted almonds.

I was a sleepless wreck

My nerves grated from lack of sleep. Indigestion bothered me. I felt jittery, depressed, drained of all ambition and energy.

Some people suffer unpleasantness because their systems are aggravated by elements in everyday beverages. This is particularly true of those with "nervous" temperaments.

While some people can drink tea, coffee, cocoa and some soft drinks without harm, others cannot.

Postum does not contain stimulants such as caffein, theophylline or theobromine which can rob you of sleep, irritate your nerves, speed up pulse with subsequent depressing letdown. Postum does not contain tannin to give you indigestion, nor any other ingredient to cause you harm.

Switch to Instant Postum, the beverage of comfort! Postum tastes and acts like no other beverage. Postum has its own distinctive flavor. Make Postum instantly, right in your cup. Just add freshly boiling water, or hot milk, stir and enjoy.

Try Postum for 30 days. When nerves are soothed, you sleep better, feel better, look better. Get Instant Postum at your grocer's. Costs less than 1¢ a cup. A product of General Foods, Limited.

POSTUM

ELLEN'S DIARY

Aunty's Description — "A Nice Ordinary Man"

"You've been reading" a visitor of this afternoon said, noting the open book on the table. . He was a farmer who had come by on a mission of his farming. This was, as he had mentioned it to us at the door, "to see if the men would be interested in buying some grain that was there on the barn-floor and in the way," some he "wasn't going to be needing" of that threshed, "that nice day of last week" so he said.

Up to — it seemed not many minutes before, when we had been about the barnyard. But now they were missing. Doors were closed. Tractor gone — and trailer. A deserted air had taken over the place.

"It's likely they've taken a load of manure back to the field" we said. "They won't be long away. Come in and wait" we invited.

We suppose we could have done something about the matter, if it were not that, by and large, the management of the farming with us has been decidedly a masculine affair. Though sometimes feminine views are heard on some item of buying or selling. . heard. but heeded only when they conform with those already chosen.

If we had bought the grain on their behalf, James would have been sure to question of the purchase, to find at once a weak spot in our executive ability "Did you find out from him, Ellen whether there was any Wild mustard seed in it? If my memory doesn't play me false, I'd say there's some on that farm!"

And if, as we have sometimes been tempted to do, we had accepted a parcel of calves offered at the door in their absence the younger farmer would have surveyed them quietly, and James voiced the thoughts of both saying with a note of despair.

"And you didn't notice that one Ellen! Why, anyone with half an eye would have seen there's nothing but dairy breed to him! And besides, I never saw one that color do well.

Not much promise of beef in that" he would comment sadly to "the young lad."

So the women at Alderlea keep to their knitting. . And this man would await the executives' return.

"Come in!" we said.

"Don't mind if I do. It's kind of good" he smiled "to take the load off my feet for a few minutes."

We laughed, he being neither big nor small, fat nor lean, but just what Aunty. . . used to call "A nice ordinary man."

"You've been reading."

"Oh, a little" we acknowledged.

"Since we got TV' he comly ever do now. That TV is the worst rig to run away with man's evenings" he said with a whimsical smile, which indicated that nevertheless he was quite pleased with it. "I used to be quite a reader. But now if I get through the newspaper every day, I don't do too bad. But last Sunday. . .

Until tomorrow — — Diary — Goodnight. . .

WORKING PAINTER

Jan Havick Steen, the Dutch artist who died in 1679, was the keeper of a tavern at Delft.

Don't suffer from RHEUMATIC or ARTHRITIC pain or
BACK-ACHE

Take Templeton's T-R-C's—thousands like you have been helped by T-R-C's. Mr. James Fiander, 2 Vienna St., Halifax, says "A sailor's life often isn't easy, now at 70 years of age, I no longer go to sea, but work on rigging and splicing wire, and also do some machine work. I have been troubled with an aching back and painful right hand, particularly when I walk or lift something heavy. I am thankful I tried Templeton's T-R-C's. After years of suffering, T-R-C's are the only medicine I have found to help me." Templeton's T-R-C's, 79¢ and $1.39 at all drug counters.

TO CANADA'S BEST COOKS COAST TO COAST

A Sincere Thank You from DOMESTIC SHORTENING

Your response to the 2nd Domestic Bakefest has been overwhelming! We have received many thousands of entries, each one a "winner" and a real challenge to the panel. Adjudication was a most difficult task.

Domestic congratulates:

We take great pleasure in announcing the 210 Bakefest winners, whose recipes we will be privileged to share with you in the weeks to come.

FIRST PRIZE

MRS. I. BARTON, COOKSVILLE, ONT.

who won $2,500 in cash and the exciting Moffat "Queen of your Dream Kitchen" range; the luxurious Moffat 11.9 cubic feet "Custom" refrigerator: and the "Custom" Duomatic washer-dryer.

SECOND PRIZE

MRS. H. McINTEE, REGINA, SASK.

who won $1,500 in cash and Moffat's fabulous 30-inch range; the big Moffat 11.9 cubic feet "Deluxe" refrigerator; and the Moffat-Bendix "Deluxe" Duomatic washer-dryer.

THIRD PRIZE

MISS M. E. MADDOX, ST. JOHN, N.B.

who won $1,000 in cash and the Moffat "Spacemaster Deluxe" range; the Moffat 8.6 cubic feet "Custom" refrigerator; and the Moffat-Bendix "Deluxe" Duomatic washer-dryer.

THE SEVEN RUNNERS-UP: Mrs. M. SEMCHISHEN, Mundare, Alta.; Mrs. S. HYSOP, Beausejour, Man.; Mrs. F. KIRKNESS, Levack, Ont.; Mrs. P. Berthiaume, Ottawa, Ont., Mrs. M. S. LOTHROP, Montreal, P.Q.; Mrs. J. E. ROBERT, Gatineau, P.Q., Mrs. B. D. SPICER, Berwick, N.S., who each won $200 in cash and the compact Moffat "Perfect Partner" range.

200 CONSOLATION WINNERS each received a 21-piece set of Royal Albert English Bone China in the elegant "Petit-Point" pattern.

ALBERTA—Mrs. E. Anderson, Wetaskiwin; Mrs. B. Bond, Hanna; Mrs. J. Connolly, Vulcan; Mrs. J. Gates, Calgary; Mrs. H. Harbottle, Nisku; Mrs. J. L. Harris, Morley; Mrs. K. Huber, Red Deer; Mrs. E. G. Lawson, Champion; Mrs. I. McCarthy, Calgary; Mrs. D. McDonald, Stony Plain; Mrs. L. McNeil, Evarts; Mrs. M. R. Nelson, Kelsey; Mrs. C. Nordin, Enilda; Mrs. F. M. Oneil, Calgary; Mrs. S. J. Skeet, Calgary; Mrs. M. Spohr, Montgomery; Mrs. G. Symon, South Edmonton; Mrs. F. L. Thompson, Red Deer; Mrs. J. H. White, Lethbridge. *BRITISH COLUMBIA*—Mrs. M. Alendal, Sardis; Mrs. E. F. Ashwin, Mission City; Mrs. W. F. Blair, Trail; Mrs. H. E. Caldwell, Cranbrook; Mrs. B. Carter, South Burnaby; Mrs. T. H. Chamings, Vernon; Mrs. J. Darkes, Penticton; Mrs. L. E. Hewat, Kalso; Mrs. B. Jones, Bamfield; Mrs. A. Kato, Slocan City; Mrs. H. Paulsen, Cawston; Mrs. R. E. Powell, Nelson; Mrs. A. Penno, Victoria; Mrs. I. Schueler, Kelowna; Mrs. H. Staples, New Westminster; Miss D. Vidal, Duncan; Mrs. A. M. White, Vancouver; Mrs. J. B. Wright, Kamloops. *MANITOBA*—Mrs. E. R. Anderson, Portage La Prairie; Mrs. C. Arklie, West Kildonan; Miss J. Chambers, Winnipeg; Mrs. G. M. Clubb, Roblin Park; Mrs. H. F. Douglas, Winnipeg; Mrs. E. Eisbrenner, Winnipeg; Mrs. O. Fingas, Inglis; Mrs. F. W. Gorner, Winnipeg; Mrs. H. R. M. Goulet, St. Vital; Mrs. H. Kozubski, Winnipeg; Mrs. J. Kusmack, Hazelridge; Miss G. Martin, St. Jean Baptiste; Miss M. Nawalkowski, Rockham; Mrs. J. O'Leynick, Winnipeg; Mrs. E. Rechik, Arborg; Mrs. J. Ross, Norwood; Mrs. A. N. Ryz, Winnipeg; Mrs. J. Tait, Winnipeg; Mrs. M. Yarema, Winnipeg. *NEW BRUNSWICK*—Mrs. R. Breen, Minto; Mrs. J. Brownberg, Saint John; Mrs. D. Fairweather, Coldbrook; Mrs. R. J. Gallagher, Bathurst; Mrs. R. Hache, Bathurst; Mrs. G. Holder, Milledgeville; Mrs. K. R. McAdam, Fredericton; Mrs. H. M. McCrea, Moncton; Mrs. J. McLaughlin, Lancaster; Mrs. G. McNeill, Coldbrook P.O.; Mrs. R. O'Blenis, Petitcodiac; Mrs. L. Spinney, St. George. *NEWFOUNDLAND*—Mrs. W. C. Alexander, Stephenville; Mrs. J. E. Austen, Gander; Mrs. G. S. Taylor, Grand Falls. *NOVA SCOTIA*—Mrs. A. B. Blenkhorn, Athol; Mrs. R. Chapman, Oxford; Mrs. R. Cove, Oxford; Mrs. H. Crowell, Windsor; Mrs. E. Emberly, Springhill; Mrs. R. Hopkins, Halifax; Mrs. J. Lovett, Louisbourg; Mrs. R. H. Magarvey, Wolfville; Mrs. M. Nickerson, Lower Argyle; Mrs. B. C. Pringle, Roberta; Mrs. G. A. Rogers, North Sydney; Mrs. R. D. Russell, Bridgewater; Miss C. Sullivan, Herring Cove. *ONTARIO*—Mrs. M. Agren, Toronto 5; Mrs. T. Ahrens, Kitchener; Mrs. L. C. Bannerman, Ingelside; Mrs. G. Bedford, Bothwell; Mrs. O. M. Benoit, Brockville; Mrs. A. Berscht, Kitchener; Mrs. E. Blomquist, Toronto; Mrs. E. Boyes, Port Arthur; Mrs. C. Brewin, Toronto 9; Mrs. F. Bryan, Lyndhurst; Mrs. M. N. Campbell, Glanworth; Mrs. H. M. Cendruk, Leamington; Miss E. Corriveau, Ottawa; Mrs. J. C. Donnelly, Peterborough; Mrs. S. Driscoll, Ottawa; Mrs. A. Durst, Clinton; Mrs. A. Fisher, Brantford; Mrs. D. Francis, Timmins; Mrs. E. Gallagher, Peterborough; Mrs. E. Gammage, Blenheim; Mrs. F. Gayowski, Grimsby; Mrs. J. F. Griffin, Ottawa; Mrs. L. Guild, Rockwood; Mrs. B. Hay, Fort William; Mrs. K. Hayden, Ottawa; Mrs. E. Humphrey, Aylmer; Mrs. A. Kay, McKenzie Island; Sister St. Margaret Mary, St. Catharines; Mrs. A. McClure, Oshawa; Mrs. M. McDonnell, Nobel; Mrs. H. Mogyorodi, Essex; Mrs. Wm. Mogyorody, Windsor; Mrs. H. Moss, Sharon; Mrs. H. K. Neumeyer, Peterborough; Mrs. R. Parr, Enniskillen; Mrs. D. Peterson, Jacobs; Mrs. M. Pieters, Blenheim; Mrs. J. Pikul, Bradford; Mrs. T. Raffay, New Lowell; Mrs. Wm. Rowland-Hill, Port Credit; Mrs. J. Ruthberg, Cannington; Mrs. W. Sawchuk, Kenora; Mrs. M. Schade, Ottawa; Mrs. E. Scholler, Toronto; Miss G. Shoemaker, Sarnia; Mrs. F. Sewell, Kenora; Mrs. L. R. Smigel, Port Arthur; Mrs. C. J. Smith, Ingersoll; Mrs. R. M. Steele, Mississippi; Miss O. Tedford, Peterborough; Mrs. F. M. Terrie, Barrie; Mrs. G. 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