

# WOMEN

Page 8, The Guardian Thursday, Jan. 5, 1956

## HAPPENINGS

Mr. Leith Thompson and Mr. Lloyd Seaman, fourth year students at Macdonald College, Que., left on Tuesday morning to resume their studies. Mr. Thompson spent the holiday season with his parents, Mr. and Mrs. Stanley Thompson, 131 Hillsboro St., and Mr. Seaman with his mother, Mrs. W. R. Seaman, 83 King St.

Mr. and Mrs. G. E. Ritchie, entertained on New Year's day at a family dinner party at the Queen Hotel, the occasion being their forty-second wedding anniversary.

Mr. and Mrs. Edward Townsend entertained last week at their home on Stevens Ave. in honor of Mrs. Townsend's brother, Howard Wade, of Summerside. The guests included Mr. and Mrs. George Riddon, Mrs. Frances Kennan and Miss Jane Riddon, all of Auburn, Mr. and Mrs. Everett Phillips of St. John, New Brunswick, Mr. and Mrs. Albert Gallant, Mr. and Mrs. Roland Meehan and Miss Mildred Gallant of Cumberland Mills; Mr. and Mrs. Jubur O. Garsow, Mrs. Merna Brisson, Mrs. Della Saunders and Miss Maureen Brisson, all of Portland, (Maine) Exchange.

Misses Catherine and Madeline Goodwin, Kensington have returned to their home after spending the New Year holidays in Summerside, guests of their aunt and uncle, Mr. and Mrs. J. Harold Goodwin, Harvard St.

Miss Claudette MacMillan left on return by M.C.A. to resume her position with the R.C.A.F. Station Trenton, Ont. After spending the holiday with her parents, Mr. and Mrs. Charles S. MacMillan, city.

The Earl and Countess of Elgin have sent Christmas Good Wishes to several Prince Edward Islanders whom they met while guests of honour here at the Caledonia Club gathering in 1954. Lord and Lady Elgin's card is a copy of the metrical version of the Twenty-third Psalm, which version is by W. Whittingham, from Knox's Psalms and Liturgy; an edition of The Psalms of David in English Metre published at Edinburgh in 1567. The tenor part or air is reproduced. It is possible from the French Psalter of Marot and Beza (1546/1562).

Mr. and Mrs. George W. MacLeod, Miss Florence MacLeod and Miss Doris MacLeod visited Mr. MacLeod's sister, Miss Nancy MacLeod for over a week at Christmas in Boston, Mr. Fred MacLeod, a brother, and his wife Mrs. MacLeod came from Providence, Rhode Island, to join the family party.

Mr. and Mrs. Borden MacClure formerly of Newton, Mass., who have recently moved into their beautiful new home in Auburndale, Mass., arrived by plane to spend the Christmas and New Year's season with Mr. MacClure's mother, Mrs. Colin C. MacClure, Brackley Point, Mr. and Mrs. MacClure are annual summer visitors but it is many years since Mr. MacClure spent a Christmas on the Island and it was Mrs. MacClure's first visit at this season. They were widely entertained and had a most pleasant visit. Mr. and Mrs. MacClure left yesterday by plane for Auburndale, Mass.

Mrs. W. M. Manning of Amherst has been spending the holiday season with Mr. and Mrs. Ralph Manning and spent also a week with Mr. and Mrs. Keith Boswell in Victoria.

Mr. John Schiller, Windsor, Ontario, has been the guest of Mr. and Mrs. Ralph Manning and Mrs. Keith Boswell for the holiday season.

Miss Mary Maddigan of Toronto has been a guest of Mr. and Mrs. Gerald Maddigan for two weeks. Miss Maddigan spent two days of

her holiday in Halifax making the trip each way by plane. Miss Maddigan returned Tuesday by plane to Toronto.

Miss Phyllis McCabe, on the staff of the Charlottetown Hospital spent New Year's at the home of her parents, Mr. and Mrs. Eugene McCabe, Middleton.

Mr. and Mrs. W. C. Hoyt have had their son Mr. Joe Hoyt, a student at Acadia University with them for Christmas. Mr. Joe Hoyt spent New Year's with Mr. and Mrs. J. W. P. Jones, Moncton, New Brunswick and Miss Elizabeth Jones. Mr. Hoyt and Miss Jones returned Monday to Acadia University. Recently Mr. and Mrs. W. C. Hoyt had as their guests Miss Elizabeth Jones and Miss Marilyn Mitton.

Miss Margaret MacDougall, Regional Secretary of Church Education for the Presbyterian Church in the Maritimes spent Christmas with her father, Captain F. J. G. MacDougall and family.

### TRINITY W. A.

The monthly meeting of the Women's Association met in the social hall of Trinity Church, Dec. 29, the president in the chair. Thirty members answered to the roll call. The worship period was in charge of the Bambu group.

The meeting opened with a hymn, scripture was read by Mrs. Coffin, Mrs. Houle read lessons and thoughts, followed by prayer. We were favored with a solo by Maude Rogerson accompanied by her sister on the piano.

Thelma Teed gave a fine selection on the violin. The business of the meeting was taken up in reports from each group of the association, as they stated the activities of the year and the proceeds that were given in were very satisfactory. A number of requests were granted. Mrs. Dickie brought in the New Year's cards for the year. Bambu group served lunch.

### LONG RIVER W. I.

The December meeting of Long River W. I. was held at the home of Mrs. Ralph Johnston and was opened with the singing of Jingle Bells and repeating creed. Roll call was answered by 15 members and three visitors, with an exchange of Christmas gifts. Two new members were welcomed. Minutes of last meeting were read. New committees were elected as follows: School Mrs. James and Mrs. Edwin Bernard; Mrs. Eric Holmes and Mrs. William Bell; Sick Mrs. William Johnstone; Mrs. Bruce Bell, Mrs. Ralph Johnstone; Lunch, Entertainment and Program Mrs. Bruce Bell, Mrs. James Bernard, Mrs. Edwin Bernard and Mrs. Eustace Paynter.

Mae Found invited members for January meeting. Collection amounted to \$2.26. \$5.00 was voted for T. B. League.

The program consisted of contests by Mrs. Ralph Johnstone and Mrs. Allan Campbell and Christmas carols by the members. Lunch was served by hostess and committee.

### MORNING SMILE

Otto: When I was a lad my father was glad to see the hot weather come.  
Matton: "Why?"  
Otto: "Because then we kids could walk on the soft asphalt streets and get our shoes resoled for nothing."

### HOUSEHOLD HINT

Your flatwork or men's shirts iron best on a well-padded table top. Cover the table top or ironing board with a folded blanket and an old sheet.

### MARY HAWORTH'S MAIL

#### Man Tries Too Hard To Be All Things To All People

DEAR MARY HAWORTH: My husband has many wonderful qualities and, when the chips are down, is an intelligent and loyal spouse. But it seems the chip have to be down before these good qualities are manifest.

Under pressure of trying to be acceptable to all men, Jerry is so suggestible that he betrays his deepest convictions by assent, implication or intimation. When this involves vulgar language, misrepresentation of our union, endorsing flippancy towards values we hold sacred etc. I become so upset that I trigger into hostility towards the people involved.

This resentment of mine leaves me open to accusations from Jerry, of being hypersensitive, anti-social, intolerant, not trusting him, etc. and I must admit he has been given ground to feel all this is true.

### IS HE PARADIZED

Are my expectations of marriage too rigid? I feel a couple shouldn't allow any assumptions or persuasion to challenge values upon which they are mutually agreed that their marriage is based. And that anyone who does so is acting against the best interests of the union, and should be corrected at all costs (but tactfully if possible).

While I am confident that Jerry would defend vigorously anything dear to him that is openly challenged, it must be a matter of overt hostility before he grasps what is going on. Towards the more subtle attempts to undermine him and those dear to him, he seems to be completely blind, trusting any pleasant approach as above suspicion.

I find I am becoming increasingly vulnerable and apprehensive. I lose into distrust or attempts to dominate. Yet also I find I am unable to dismiss it as a mere human foible to be taken in stride with humorous detachment. To me it is a serious matter with alarming potentials. Would you give me your same perspective on this? D.

### IS LIKE CHAMELEON

DEAR D. W.: As you say, Jerry tries to be all things to all people, which means that he doesn't know what he stands for. He is involuntarily too active, selling his soul in bits and pieces, in trade for a feeling of transient acceptance, to get down to bedrock about what would seem right, from his true viewpoint (if he had one).

His chameleon performance, in public and in private, is probably the only consistent theme of his social character. And this plastic accommodation to present company signifies an ingrained inferiority complex, which saps him of self-possession and self-respect. He is, compulsively, what is expected of him, per the dominant pressure in a given instance.

In relation to you, for example, he is an echo of you when the chips are down. Privately, as your husband, with no counter influences to the fore, he hopefully aspires to be high-minded, dedicated, etc., about "sacred values" as you believe married partners should be. Thus you infer that basically you and he share the same moral philosophy. But the plain fact is, he is echoing you, not thinking with you.

### WEAKNESS

In a struggle to survive punitive circumstances in the early life, Jerry has become the yes-man type. Within himself he is unconsciously flooded with self-contempt, no doubt. He feels gutless and emaculated in the background of his awareness. And to over-compensate for his sense that he isn't his own man, that he isn't a force in his own right, he tends to become assertively, coarsely "sexy" in mixed company, probably.

By this behavior, he rallies about himself others on the same wave length; and in that situation you feel alienated, betrayed and affronted, it seems. The unconscious aim of his endeavor is to correct, at once and decisively, certain ideas he fears others may get, that he isn't a "real man" (that he is a prude or a sissy, etc.).

Thus his chameleon behavior, which you construe to be a problem in itself, is really a symptom of neurotic self rejection in Jerry. To correct the trouble at its source, and secure your marriage on a good foundation, he should have psychiatric help. M.H.

### COOK'S CORNER



**PARTY SANDWICHES**  
Blend 2 tbsp. of prepared mustard with 1/4 cup butter. To half this mixture add 1/4 cup chopped celery and to other half add 1/4 cup minced ham. Spread these two mixtures on open faced sandwiches. Garnish with stuffed olives.

### Wife Preservers

Save leftover meat gravy. Instead of adding water to your stew or hash made from a roast of meat, use the leftover gravy for the moisture.



### ORIENTAL TOUCH IS HIGHLIGHTED IN 1956 STYLES

Hats worn by Canadian women in 1956 will have a decidedly Oriental look, the milliners say. This model wears a tambourine hat. It is made of fine Swiss poplin-trimmed with softly draped nylon organza.

Hat manufacturers, both in Canada and abroad, have turned to the Orient for colorful designs to feature in their spring lines. The Oriental touch, first appearing in fall and winter hats from Paris, influence the new spring chapeaux.

The new designs are somewhat eccentric and difficult to wear, but Canadian designers have produced several versions that adapt themselves to most faces. The hats will be decidedly larger for day-time wear but will remain delicate

for evening wear. Fine straw with a lustrous finish is the most common material in spring hats. Beige appears among the most popular colors, although blues, greens and whites are attracting attention. (CP Photo).

### ELLEN'S DIARY

By An Island Farmer's Wife

icles clinging to over-hanging eaves are turned to shining crystal by the yard-lights; roofs are feebly surfaced in white, there is the glint and sparkle of frost on the snow about, as January presents us with one of his beautiful winter-nights.

Or maybe January is feminine though named for the god of gates and doors-and beginnings? Not a starry-eyed miss perhaps, but a bright-faced attractive young matron, goaded in trailing snowy robes, ground, of familiar loved innards, mate things stood for home as much as people did. And there was no comfort of permanence in the temporary stopping places no matter how progressively fine, that she had known.

But now she would find that veaned-or permanence on "Our heart-years and mine" in the rural home of her husband's people.

"There they would live out their lives and bring up sons and daughters to cherish those traditions of home revered by their father's fathers; pass them on to their children and grandchildren. The torch of their country by embers of neglected fires of countless hearths."

"And so they were married and lived happily ever after" we smiled to James closing the book a while ago with a little sigh. It was interesting and we were sorry to have come to the end.

"I reckon" he twinkled, "that's only true in stories."  
Until tomorrow -- Diary -- Good night...

### Women's Achievements Shone Brightly Last Year

By OLI DAUM

Canadian Press Staff Writer

The 1955 spotlight shone brightly on Canadian women in politics. Today there are 12 women mayors in Canada, three more than a year ago. In two Ontario cities and in one Quebec municipality women were elected to the chief magistrate's office for the first time while others were re-elected in several places.

While women's achievements in politics and sport caught the headlines, their behind-the-scenes activities played no small part in social betterment, the arts and cultural development generally.

### BIG MAJORITIES

Women's mayoral candidates handed resounding defeats to male opponents in some elections. In Belleville, Ont., 45-year-old Mrs. James H. Forrester, a former New York fashion model, polled 50 per cent of the votes in her first try at the mayoralty. She had previous experience as a member of council.

Fifty-seven-year-old Mrs. Eunice Wisbart, a scrappy Port Arthur, Ont., councillor for seven years, marched into the mayoralty with more votes than her three male opponents combined.

A hotel operator, Mrs. Elizabeth Rousseau, was elected mayor of St. Etienne de Lauzon, eight miles from Quebec City.

Mrs. Bernadette Smith, Woodstock, Ont., housewife, sailed into the mayoralty for a record fifth term and other Ontario women mayors re-elected were Mrs. Grace McFarland in Leamington, Mrs. Wanda Miller, Gravenhurst and Mrs. Nance Horwood, Brampton.

### A FINE RECORD

Ontario has a big edge in women mayors led by Charlotte Whitton of Ottawa. But Mayor Gladys Porter of Kentville, N.S., has a fine record as the only woman mayor in the Atlantic provinces. First elected in 1946, she has retained the post except for a three-year period.

Three other women hold the office. They are Mrs. Edythe M. Brown of Lac du Bonnet, Man., Mrs. Gordon Gibbons of Portage du Fort, Que., and Mrs. Olive Urquhart of Pointe Claire, Que.

In the national scene, Mrs. Florence Elsie Inman of Montague, P.E.I., was appointed Canada's sixth woman senator in July.

The 63-year-old woman first rose to prominence in 1917 when she spearheaded a drive for women's right to vote. Ottawa's Cairine Wilson, 71, appointed Canada's first woman senator in 1930, this year became the first woman to occupy the speaker's chair in the Upper Chamber.

A 29-year-old Montreal woman became the first woman president of the 23,000-member Montreal Labor Council (C.I.O. - C.C.L.). Pretty Hugette Flammond defeated a 32-year-old lawyer, Charles Devlin, for the post.

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### KEEP IN TRIM

## Streamlining Technique

By Ida Jean Kain

You can have a honey of a figure by the time spring comes smiling through-if you will invest just 8 minutes a day in toning conditioners. Don't turn away, thinking such streamliners too strenuous for you. There is no strain connected with these conditioners. The technique is to hold the movement, for the holding does the toning.

These exercises tone the middle muscles, side boundary muscles and hips, in that order. They may be taken on a mat on the floor or lying in bed... provided your mattress is firm.

Position: Lying on back on mattress or on blanket on floor, knees bent, soles of feet flat on floor. If chilly, wrap blanket around you.

Movement: Pull firmly up-and-in with the lower part of the back flat against floor and hold. Think which muscles you are aiming to strengthen... the middle muscles... and hold this contraction to a slow count of ten. Release the hold, again pull up-and-in, and hold. Continue five times, later 10. That will do beautifully.

Position: Lying on back, right knee flexed, foot on floor, left leg stretched straight down. Have left arm stretched back on floor.

Movement: Pull up-and-in as in first exercise, then s-t-retch all along the left side and hold the stretch to a count of 10. Release slowly. That even feels slimming. Change position and s-t-r-e-t-c-h along the right side, holding the stretch. The holding does the toning. Repeat six times, alternating sides.

Position: Lying face downward, on mattress or mat on floor, legs stretched down.  
Movement: First, pinch the but

lock muscles strongly together and hold for a count of 10. Release slowly and repeat six times.  
From same position, finish by raising one leg slightly off floor (two to four inches), keeping knee straight... hold to count of 10. Slowly lower and repeat with opposite leg. Continue 10 counts.  
In just two weeks' time, you'll notice a difference. That's a promise.

**ENERGY BOOSTING DIET**  
Approximately 1100 calories. Reducing Rate: 2 pounds a week.

**BREAKFAST**  
Orange juice, 5 oz.  
1 or 2 poached eggs on thin slice toast  
Coffee

**LUNCHEON**  
Lean ham or luncheon meat on rye (mustard only)  
Hot tea or black coffee  
Fresh fruit

**4 o'clock PROTEIN PICKUP**  
Choice of glass of skim milk, Butter, milk, or hot cocoa made with skim milk and sweetened with sucaryl.

**DINNER**  
Mixed grill: lamb chop, liver, crisp bacon (1 strip)  
Baked squash in shell, seasoned with nutmeg  
Or baked potato (1/2)  
Butter, 1/2 tsp  
Stewed tomatoes  
Chopped green salad (vinegar and seasoning)  
Tea or coffee

**MID-EVENING**  
Glass of hot skim milk, with 1 or 2 tablespoons skim milk powder for added protein.

### Use Your Sterling Silver To Keep It Shining Bright

At your last party, weren't you delighted to see your table gleaming with fine linen, your best china, glassware and silver? And didn't you have a moment of regret that you so seldom take the trouble to create such a pretty picture?

Of course, the more fine silver is used, the lovelier it becomes. But unless one knows a good deal about silver it does take courage to set out the fine flatware at every meal and use those beautiful silver pitchers and bowls for just everyday dining.

And yet, if you ask a silver expert what develops that treasured patina, that soft dull glow on fine silver, he'll tell you this: Just use it every day! Fine marks and tiny scratches that mark silver in daily use only increase its beauty.

Washing silver in hot soapsuds or detergent and rinsing it in hot water, is about the only beauty treatment it requires, as long as it's being used.

**CAUSES TARNISH**  
One word of caution, though. If you find it convenient to let unwashed dishes remain in the automatic dishwasher from one meal to the next, please don't include your silver. Some foods, especially eggs, that have no effect on china can cause silver to tarnish.

Always wash it promptly. At intervals, give it a silver polish beauty treatment. Experts suggest using pieces of an old Turkish towel to apply the polish to do a good job.

**HOW TO CLEAN**  
First wash the silver in sudsy hot water. Polish one piece at a time while it's still wet, rinse in clear hot water and dry with clean cloth or lintless towel. After that, just enjoy it!

### ALICE BROOKS DESIGNS

**LOVELY COVER-UP**  
Looking forward to festive occasions? Easy - crochet this lovely shrug to top your dressy fashion! Shell-stitch pattern in wool or cotton; "pineapple" trim in metallic thread or contrast color! Pattern 7343 includes directions for Misses' Sizes 32-34; 36-38.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order your ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs - knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

### Children's Colds

Relieve Suffering Fast-Effectively with VICKS VAPORUB



**LOVELY UNDERSTATEMENT**  
Very feminine and delicate is this beautiful blouse which is perfect for wear under a suit coat or with a separate skirt of its own. Made of pure silk, it has short sleeves and buttons down the front. The blouse is accented with imported French lace and hand-detailed embroidered flower motifs in very pale and very flattering pink and white.



**FINE FABRIC FASHION**  
The fabric's the thing this season, especially for after-five frivolity, fashion. The good designer takes a fine fabric and gives it the simplest of treatment avoiding extraneous detail and trim, so that it has no competition. Adele Simpson, talented designer that she is, does just this with a charming dinner and theater suit. The silk and lame material is in platinum and gold, the line is slim and a soft, lively collar opens out from the short-sleeved jacket top.



**ENSEMBLE FOR EVENING**  
It's a starring role for the theater ensemble in the evening fashion pageant. The coat of velvet or silk teams up with its very own dress or else is of the type that allies itself perfectly with a separate dress.  
Here, two beauties create elegant evening drama. The dress is of beige Chantilly-type lace in a bowknot pattern over red peau de soie. The tie-up with the coat is evident, since the latter is of velvet matching exactly the red of the dress. It has leg-of-mutton sleeves and a jeweled neckline. It would also go well with a white or black dress.