

Queen And The Duke Visited Many Lands

By KEN METHERAL
 LONDON (CP)—Royal tours in 1957 caused the majesty of the British crown to many lands. For Queen Elizabeth and the Duke of Edinburgh, the year was one of the busiest since the coronation. Together they made state visits to Nigeria in January and Sweden in June and the year ended with the Duke on a 35,000-mile, round-the-world trip centered on the Olympic Games in Australia.

Between trips, the royal couple sandwiched a heavy round of official engagements and state receptions that gave them little time for relaxation and normal family life.

The Queen Mother and Princess Margaret also made state visits abroad and other members of the Royal Family made numerous appearances in an almost continuous round of personal appearances.

INVITED TO CANADA
 Although the royal tour bypassed Canada, the year brought promise of future visits to the Commonwealth's senior dominion. Prime Minister St. Laurent announced that the Queen had been invited to open the St. Lawrence Seaway, probably in 1959. It is considered unlikely that the visit would have been made unless the least conditional acceptance.

The 19-day tour of Nigeria, Britain's largest dependency, was described by members of the Royal Household as the toughest assignment the 30-year-old Queen had ever undertaken.

She left London by air Jan. 27 for Lagos, federal capital of the colony that is moving towards independence status, and returned Feb. 17. The Queen shook hands

with more than 1,000 people, and attended four state dinners, five official garden parties and 13 other receptions. With the Duke, she watched six children's rallies and six tribal dancing displays, and travelled 1,700 miles by air and another 300 miles by car or train.

The young Queen moved serenely and coolly showing no sign of discomfort in humidity of 85 and 90 per cent. The most memorable event was her visit to a leper colony. She became a member of the British Royal Family to mix and talk with lepers.

VISIT TO SWEDEN
 In contrast, the visit to Sweden in June was more akin to a holiday. The state visit itself, lasted only four days, but the Queen and Duke remained in Stockholm for a further week to attend the Equestrian Olympic Games, which opened in the Swedish capital June 10. They returned to London June 18.

The tour provided an historic "first" for the Royal Canadian Navy, whose nuclear-age destroyer escort, HMCS St. Laurent, escorted the royal yacht Britannia, the first Canadian warship to escort the sovereign on a state visit.

In March, the Queen Mother paid a brief visit to France and while there attended a reception given by Commonwealth ambassadors at Versailles. Music at the reception was provided by the Royal Canadian Signals Band under command of Capt. B. J. Lyons of Kingston, Ont.

BUSY IN BRITAIN
 Back home in Britain, the Royal Family also went on tour, visiting collieries in Durham, potteries in the Midlands, hospitals in Westmorland and Somerset and taking a cruise around the Western Isles. One of the most significant visits was to Seascale in Cumberland in October, where the Queen Elizabeth, like her sister, Queen Elizabeth, also made an African tour in 1956, visiting four British colonies in East Africa—Mauritius, Zanzibar, Tanganyika and Kenya.

The five-week tour was acclaimed as a "personal triumph" for the diminutive 26-year-old princess, at one point reported close to breaking under the strain of the heavy schedule.

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Pretty Wedding Is Held At St. Patrick's Church

Miss Mary Doreen McLellan, Grand River, Lot 14, and Mr. Denzil Ernest Moore, Linkletter Road, were married at St. Patrick's Church, Grand River, at 9 a.m. on November 27th. The Reverend Pius Murnaghan was the officiating clergyman. The bride is a daughter of Mr. and Mrs. Cyrene McLellan. The groom is a son of Mr. and Mrs. Eldon Moore.

The church was beautifully decorated for the wedding with baskets of flowers and evergreens. White satin bows marked the bride and groom. The organist was Mrs. Harriet McIntyre. The soloists were Mrs. Joseph McDonald and Mrs. Michael Morrison.

The charming bride was given in marriage by her father. She wore an autumn blue suit with white accessories. Her corsage was sweetheart roses. She carried a white prayer book with white satin streamers. This was the gift of the groom.

Mrs. Gus Kilbride, Charlotteville, was matron of honor. She wore a suit of tangerine shade. Navy blue accessories complemented her costume. Her corsage was white mums.

Mr. Gus Kilbride, Charlotteville, was the best man. The bride's mother wore grey crushed nylon. Her corsage was white mums. The groom's mother wore navy crepe. Her corsage was white mums.

A supper was held at the bride's home in honor of the bride and groom. Thirty guests were present. A reception was held in the evening at the Grand River Hall. Dancing was enjoyed, the organ and violin music being supplied by local musicians. Delicious refreshments were served.

The groom is employed at the R.C.A.F. Summerside. —Photo by Sears.

Mr. And Mrs. W. Campbell Celebrate Silver Wedding

A very enjoyable evening was spent on Nov. 30, when immediate relatives gathered at the home of Mr. and Mrs. William Campbell, DeSable, to celebrate with them their 25th wedding anniversary. Mr. and Mrs. Campbell were married on Dec. 3rd, 1931.

A beautifully chicken supper with all the trimmings was served by the ladies. The wedding cake, which was made by the bride's sister-in-law, Mrs. Russell MacLean, was cut in the traditional manner.

After supper the bride and groom were escorted to the living-room where a nicely worded address was read by the bride's sister, Mrs. Elmer Walsh. The presentation of gifts was made by their daughter, Mrs. Bennett MacDonal and their son, Victor Campbell. Both Evelyn and Billie thanked everyone for their kindness.

A social evening followed after which ice-cream and cake was served. The guests departed for their homes wishing Evelyn and Billie the best, and hoping they would celebrate many more happy anniversaries together.



CASHMERE TREAT

The fine sweater has figured successfully on the holiday gift list, stores reporting a sell-out of creamy cashmeres. Hadley is the designer responsible for one of the prettiest of the current crop, made so by giving the turtle neck a new look in the little pointed collar und-

erscored by a fine line of fashion ed open work. The dainty slip-on closes in back with two pearl buttons and crocheted button holes. Turned back rib cuffs for sleeve finish. Sweater is to be worn in or out of tailored or dress skirts—which makes it pretty versa tile. Nice with a suit, too!

KEEP IN TRIM

First Pounds Were Easiest

By IDA JEAN KAIN
 Our mystery dieter is slightly ahead of predicted schedule—7 pounds off in three weeks and a pound that's par for the course.

For those of you who are reducing along with Eleanor, let's chart the course. On the basis of calorie arithmetic, it is possible to calculate the approximate date at which you can expect to be down to ideal weight.

One pound of body fat has a fuel value of 3,500 calories. When calories in the daily menus are cut below requirements, nature is forced to draw on reserve fuel stored in excess pounds and body fat is used. The weekly rate of loss is set by the calorie deficit, or goal, a factor in requirements for modern homemakers as well as sedentary workers are estimated at 2,000 a day. So, if you burn approximately 2,000 calories daily and stay with a 1,000-calorie a day slimming diet, you will draw on stored fat for 1,000 calories a day. It's easy to figure that in one week you will lose roughly 2 pounds. In three weeks, you should have lost a total of 6 pounds.

Our mystery dieter has lost 7 pounds and is now down to 150. Perhaps you have been losing a bit faster. The explanation is that Eleanor has been "dabbling with diets" for a long time. While she started at 157 pounds, she had reduced 10 pounds. So the soft, easy-to-lose fat had been lost. If you are in the beginning stage and new at dieting, you may have made a more dramatic start.

CHANGE HABITS
 In her report, our dieter wrote, "The best I could do this week was to reach 150 pounds. Do you think that is enough? Yes, that is exactly right. Eat to build slimness and, at the same time, aim to change your food habits. In this way you can not only reduce, but more important you can live happily slim ever after."

Our mystery dieter's goal is 130 to 35 pounds off by Valentine's Day. She will have reached her goal by then, for actually she started Halloween eve. As a syndicated column is always written three weeks ahead of schedule, I introduced her in November 19's column, three weeks after her actual start.

Eleanor ended her report on this merry note: "Next week I should be in the upper 140's. Haven't seen that in years!"

How are you doing if you have dotted 6 bulky pounds, you are right on schedule.



ROMANTIC GESTURE

romantic ball gown has a distinct and delightful place in the age of elegance, whatever the period. Magnificent white French lace is the gossamer beauty used by Catherine Sauvage for her gesture to romanticism. It is a dress with great swirling

patterns hand embroidered with pearls, rhinestones and long slivers of deep pink threads. Deep pink is used again for the pulled-tight velvet belt that makes the most of a small waist. The spreading skirt is slightly shorter in front and just clears the floor in back.

MARY HAWORTH

Constant Spats Deny Maturity

Dear Mary Haworth: I am 29, my husband Jon is 50. In our five years' marriage we have had three children—two still living. Although Jon was married before, for 15 years, these are his first children and he loves them with all the strength of his possessive passionate nature. As he works at home (he is a creative artist) he spends more time with them than most fathers, and they adore him.

In his career Jon is courageous, brilliant, a leader. And at home he enjoys family fun, works to improve the place, and has been very kind the few times I've been ill. But to me personally he is a bete noir—dictatorial, touchy, temperish; always overseeing my work, criticizing without tact or hesitation. He has no capacity whatsoever to put himself in another's situation.

At first I accepted his criticism, but now that I am more sure of my ability and ideas, I resent his downright bullying. For years it seemed a challenge to stand up to him, but now I see superior—positive, optimistic, self-confident, rarely depressed. I am none of these.

QUARREL A WEEK
 For four or five days a week we get along, sometimes happily and constructively; but once a week there's a quarrel. . . . His first wife, a gentler sort than I and completely devoted, left after he broke three of her bones. . . . Once Jon struck out on his own, he head. When I objected, he said she was right. Later he refused to admit having done it.

Here is a sample of Jon's flare-ups: recently I made spaghetti with meat sauce—instead of meat balls, which he must have requested without my hearing him. When he saw the sauce he roughly before the children, then called me "a neurotic bitch" because I cried and shouted back at him.

At such times I feel I am defending my very life, and that the truth isn't in me if let him get away with such treatment. . . . My parents would gladly take me and the children, and can afford to. But I fear what would happen if Jon lost the one sweetness in his life. . . . L.L.

MORRID RELISH
 Dear L.L.: Here is your letter, cut to a fragment. It strikes me that you and Jon clash with morbid relish. It is a neurotic form of unreserve: a naked, undignified kind of intimacy spiced with hatred. One senses that back of it all, there is an unconscious "knowingness" about what you are doing.

In any case, it is a sick relationship, and you've become sufficed with the morbidity of it, at least temporarily; just as a sedler wearies intermittently to cruel exercises, I suppose. For the time being, at least, you've "had it"—in the matter of making-believe that you've been sparing on equal terms with your depotic ("but kinder") father.

In falling for Jon, you emotionally identified him (erroneously) with the powerful, admired but unreachable father figure, who was the dieter of your psychologically battered childhood. Thus marriage to Jon is a "remote from reality" kind of drama—in which, on the fantasy level of unconscious dynamics, you are a little girl battling papa as an equal, while also wooing his favor. On the conscious "real" level you simply don't know what it's all about—or why you stay, or what you get out of it.

DESPISES MOTHER
 In essence, your "love" problem—as distinct from Jon's—is related to traumatic childhood difficulties with your dad. You are still fumbling in this department of the past—not attending to present realities—when you try to be a sweetheart, wife and mother.

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506

Page 8, The Guardian Thursday, Dec. 27, 1956

HAPPENINGS

Mrs. W. E. Hunt arrived from Florida to spend Christmas with her family in Charlotteville. Mrs. Hunt leaves to spend New Year's in Maiden Mass.

Mrs. Gerald C. Ryan, Bronte, Ontario who has been in the province to attend the funeral of her sister the late Mrs. Claude MacEwen, will be returning home at the end of the week.

Mr. Roddie Hickox and Mr. Freddie Hickox both students at Acadia are spending the holiday season with their parents Mr. and Mrs. Fred Hickox, Hawthorne Avenue, Charlottetown.

Mrs. Keith S. Rogers left Wednesday by plane for a visit to Greenville, South Carolina.

Mr. and Mrs. R. G. White are entertaining Thursday and Saturday evenings at Square Dancing parties at their residence North River Road.

Mr. and Mrs. Mitchell MacLean of St. John with their two children Gary and Rory are here for the holiday season.

Mr. J. D. Roop, Roanoke, Virginia is visiting his parents, Mr. and Mrs. J. M. Roop, McGill Avenue for the holiday season.

Miss Hazel Kennedy, Ottawa, is

in the province for ten days at the holiday season.

Mr. and Mrs. Ralph Cooke have arrived from Montreal to spend the festive season with Mrs. Cooke's parents, Mr. and Mrs. J. B. Jenkins East Street, Summerside. Mr. Cooke is in his final year in medicine at McGill University.

Mr. and Mrs. Jerry Hayes and family left Friday for Chatham, N.B. to spend the Christmas holidays.

Mr. and Mrs. Tom Richardson and children, Tyler and Susan, of Fredericton N.B., are spending the week in Summerside the guests of Mrs. Richardson's parents, Mr. and Mrs. Harold Schurman, Summer Street.

Miss Ione MacDonald left by plane on Wednesday morning to spend the Christmas holidays in Ottawa, the guest of FO and Mrs. V. L. Kuncie.

Mr. and Mrs. Bill Stewart and son Richard of Halifax, N.S., are guests of Mr. Stewart's parents, Mr. and Mrs. D. O. Stewart, Notre Dame Street.

COOK'S CORNER

LEMON PECAN DAINITIES
 1/2 cup shortening
 1 cup sugar
 1 well beaten egg
 1 tbsp. lemon juice
 1 tbsp. grated lemon peel
 2 cups flour
 1/4 tsp. salt
 1 tsp. baking powder.
 1 cup finely chopped pecans.

Thoroughly cream shortening and sugar; add egg, lemon juice and lemon peel; mix well; stir in sifted flour and chill thoroughly. Slice very thin; bake on greased cookie sheet in moderate oven at 350 deg. F., for 12-15 mins. Makes 5 dozen cookies.

The chapel of King's College at Cambridge, England, was planned by Henry VI, who laid the foundation stone in 1446.

RING UP SAVINGS FOR '57 FEASTING

AS YOU RING OUT 1956	
POTATO CHIPS	2 for 45c
GINGER ALE	2 for 29c
CUCUMBER WAFERS	39c
CHOW CHOW	39c

Kold Pac STRAWBERRIES	43c	11 oz. Bottle
York Frozen ORANGE JUICE	2 for 39c	
Peter Pan—20 oz. PEACHES	2 for 55c	
Del Monte—28 oz. FRUIT COCKTAIL	49c	
GRAPEFRUIT	3 for 29c	

JELL-O	3 for 29c
CRANBERRIES	29c
SAUCE	Tin 29c
BROKEN PEKOE TEA	83c
TEA BAGS	\$1.29
MOLASSES, 3 qts.	\$1.00
TOILET TISSUE	3 for 25c
NEW YEAR POULTRY	AT LOWEST MARKET PRICE

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STORE HOURS FOR THIS WEEK

THURSDAY 9 a.m. -- 5 p.m.
 FRIDAY 9 a.m. -- 9 p.m.
 SATURDAY 9 a.m. -- 12.30 p.m.

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