

"Hour" Glass Figure Baffles Normal Weight

By Ida Jean Kala

Hips can loom large even for the normal weight. The size of the hips is determined by the amount of fat padding that area, to be sure. But examining also depends on the tone in the trio of muscles which form the curve of the hips.

About the muscles... the very large, fleshy muscle which cushions the back of the hips has an affinity for fat. The short, thick muscles flanking the hips at the sides, lose tone easily. That is why, even when weight is normal, hips can loom large, as in today's letter.

WON'T FADE WITH TIME

"My hips seem determined to go completely out of bounds. I am short, 5'1", and weigh 110 pounds. My waist is 23 inches and my hips are reaching past the 36-inch yard line. I am 30, the mother of 3 children and I realize that my problem is not going to fade with time. Help!"

Exercise helps in two ways—by stirring up circulation in the area and by restoring bracing tone to flabby muscles. So here we go... Position: Lying on left side, head pillowed on folded arm. Have right arm in front of chest, palm on floor.

Movement: Flex hip toward chest, bending right knee sharply. Then straighten knee and swing leg vigorously down to the rear... h-o-l-d. As you swing rearward, resist with the big hip muscles by holding. Repeat several times, change sides, flex left knee and swing with left leg.

ROLLING MOVEMENT

Follow active exercise with a rolling movement. Position: Sit on floor, lean slightly back. Have knees bent so the angle of roll will fall along the thighline and through the bulge.

Movement: Slowly and heavily roll along one thighline, smack through bulge. Then slowly roll back across hips and on over to other thighline... 12 to 20 counts. Finish with this circulation jogger...

Position: Take the position of a sprinter, set to go, hands on floor, right leg stretched back, left knee bent.

Movement: Reverse position of the legs in a vigorous jump. Repeat five times, later 10. This sprinter's special will surely jog the fat into getting a move on.

WOMEN

Page 8, The Guardian Sat., June, 16 1956

HAPPENINGS

s. W.H. Pethick, Euston St., has as her guest Mrs. Champion, Halifax.

Mr. and Mrs. Kenneth A. Parker entertained Thursday evening at their residence in honour of the Mt. Allison Concert party. The very fine recital of these young artists was held Thursday evening in Heartz Hall.

Dr. and Mrs. J.P. Lantz entertained Wednesday evening at their residence, Brighton Road, the executive of the Prince Edward Island Home and School Association. The guest of honour was Dr. Nelson MacLeod who had been guest speaker at the evening session of the annual meeting of the P.E.I. Federation of Home and School Association.

Miss Margaret Evans of Saint John who has been in Charlottetown for the past year, leaves shortly to spend the summer months in Grand Manan, N.B. She is at present the guest of Mr. and Mrs. Arthur Putnam at the summer place in Eldon.

Mrs. Gordon Warren, North River Road, has those entertaining for Miss Gwynneth Davison, whose marriage is taking place in Kensington United Church this afternoon at 3 p.m. Mrs. Warren was hostess at the tea hour on Saturday, June 9th, at a recipe tea. Tea was poured by Mrs. Joseph Davison, Kensington, grand mother of the bride. The hostess was assisted in serving by Misses Gladys Davison and Jean MacArthur, Mrs. W.W. Mutch and Mrs. W.L. Bigelow.

Miss Jean MacArthur entertained for Miss Davison at her home, when the bride-to-be was showered with many useful and lovely gifts. The parcels were opened by the bride, and the accompanying verses read by Mrs. MacDonald. A dainty lunch was served by the hostess assisted by her mother, and Mrs. McPhail.

On Thursday evening June 7th Mrs. W.L. Miller, and Mrs. Gordon Day of Kensington were joint hostesses at a community shower, held at the home of Mrs. Miller. Gwynneth was accompanied into the room by her cousin, Mrs. Lorne Adams, preceded by the little Miller twins, Miss Barbara and Master Barrie, dressed as bride and groom, who then walked in a beautifully decorated baby carriage, laden with gifts. The bride to be was assisted in opening them by her sister Gladys, and Miss Marian Miller. The verses were read by Mrs. Hillard Woodside and Miss Birdie Cairns, and placed on the table by Miss Eleanor Bernard, and Mrs. Keith Audrey DeBlois.

The bridesmaid was Miss Lorna MacDonald, who wore a gown of blue nylon net with matching bolero and carried a nosegay of yellow and white roses.

Mr. and Mrs. Waldon Davison entertained the Davison-MacDonald wedding party, their home following the rehearsal on Thursday night.

Mrs. T.D. Rankine, Toronto, is visiting with her son and daughter-in-law Mr. and Mrs. Ian R. Rankine, North River Road.

The Fagan-MacKeen wedding, one of the lovely weddings of the year, will be solemnized Saturday 16 June 3:30 o'clock in St. David's Presbyterian Church, Halifax. Out-of-town visitors from Charlottetown attending this wedding are: Mr. and Mrs. N.H. DeBlois, Commander and Mrs. G.H. Buntain and Lieutenant Colonel J.R. Paton and Mrs. Paton, Miss Audrey DeBlois, Toronto, and Miss Dorothy Harley, Toronto, who have been visiting Mr. and Mrs. N.H. DeBlois will attend the wedding. Miss Audrey DeBlois will be a bridesmaid.

Mrs. Clive Stewart entertained Wednesday at a coffee party in honour of Miss Audrey DeBlois and Miss Dorothy Harley.

On June 9th Miss Dorothy Cullen, librarian of the P.E.I. Libraries left for Niagara Falls to attend the Canadian Library Association's annual conference. The theme of this year's conference is "Promoting Library Service" and activities will include a tour of regional libraries in Buffalo, New York and visits to publishing houses in Toronto. Special discussion sessions will include Children's Work, and problems of the city and regional librarians. Well known librarians and authors including Mas-on Wade, author of "The French Canadians" will address the delegates. The Canada-wide delegation will be guests at a reception by Lieutenant-Governor and Mrs. Brethaupt of Ontario.

Mrs. J. A. Doyle, Longworth Avenue, who underwent an emergency operation Thursday evening at the Charlottetown Hospital is making a most satisfactory recovery.

Miss Doris Ande, n and Miss Helen Ye left Friday to attend the regional conference of the Canadian Federation of University Women in Halifax. Miss Saunders, the national president of the Federation, who is to visit this province June 17 and 18, will return by car with Miss Anderson and Miss Ye.

Miss Florence Matheson, Dundas, left this morning for Brownsburg, Quebec where she will be employed in the chemical laboratory of the Ammunitions and Explosives Division of C.I.L. Miss Matheson received her B.Sc. de-

gree in chemistry from Acadia University last month.

The executive of the Musical Festival Association met at the home of the president Mrs. Preston Beck on Tuesday evening, the object of the meeting was to discuss the past festival and make plans for the annual meeting to be held Monday June 18th. Mrs. Gordon MacMillan, convener of the dance committee was asked to bring in a recommendation to the annual meeting concerning the time of the dancing sessions at next year's festival. Mrs. Nash was requested to bring in a recommendation concerning scholarships.

Mrs. Warren Burns, treasurer for the past several years, who has been hospitalized was remembered by the association. Mr. Arthur Vesey informed the meeting that the syllabus would be completed by the end of June. At the close of the meeting delicious refreshments were served by the hostess, assisted by Mrs. Wendell Wood, Miss Dorothy Cullen and Miss Kathryn Beck.

There was a fine representation of committees. Mr. and Mrs. Frank Cameron and Mr. Allison MacLean, Summerside, Mrs. Archibald Hums and Mrs. Ethan Stewart, Montague, were present.

The relatives and friends of Miss Dorothy Douglas and Mr. Michael Doyle entertained at a miscellaneous shower at Mt. Stewart Memorial hall on Wednesday 13 June. Many beautiful gifts were received and also a sum of money. After delicious refreshments were served, the remainder of the evening was spent in dancing and music.

Another lovely party in honour of Mrs. Dorothy Douglas was a miscellaneous shower given by Miss Lois Shaw at the residence of her sister, Mrs. Wilfred Michael, Goodwill Avenue. A beautifully decorated doll's carriage was wheeled in by little Miss Nancy Michael, dressed as a bride. Mrs. Harold Muise read the accompanying verses.

Mrs. Victor Shaw entertained at her home in Central Rowley at a personal shower given in honour of Miss Pamela Gaudet whose marriage takes place this month. Pamela was escorted to the bride's chair which was prettily decorated in pink and white streamers. An open umbrella containing numerous gifts hung suspended from the ceiling.

Miss Diane Buchanan passed the gifts to the bride-to-be and read the well wishes from the friends gathered there, after the last gift was opened and Miss Gaudet thanked the hostess and her friends in a few well chosen words, everyone joined in a chorus of For She's a Jolly Good Fellow.

A delicious supper was then served by the hostess assisted by Mrs. Kenneth Herman, Mrs. Scott McQuarrie, Mrs. William Ellis and Mrs. Bert Cameron.

Rev. G.E. Theo Crozier, B.A. was ordained into the United Church ministry on Conference Sunday in Sackville, N.B. He graduated from Pine Hill Divinity hall Halifax, N.S. in April. He is the son of Mr. and Mrs. Harry W. Crozier, Darnley.

Mr. Joseph Casely and Mr. and Mrs. Brenton Cole, Spring Valley, Mr. and Mrs. James E. Cole, New London, and Mrs. Harry W. Crozier, Darnley, motored to Sackville, N.B. on Conference Sunday and attended the ordination service held in the Sackville United Church. They also visited Amherst, N.S.

Mr. and Mrs. Theo A. Sellar, Miss Marilyn Sellar and Master Rober Sellar, Wheatley River, motored to Sackville, N.B. on Conference Sunday and attended the ordination service held in the Sack-

ville United Church. They also visited Amherst, N.S.

Mr. and Mrs. Frank Jenkins left Wednesday for a two weeks' trip to Toronto and Buffalo. While in Toronto, Mr. Jenkins will attend as delegate of the P.E.I. and N.B. division the meeting of the Retail Merchants Association Incorporated, to be held at the Royal York Hotel, June 18-20.

Mrs. William Moase and Miss Pauline Moase entertained at a miscellaneous shower on Monday evening at the former's home, honoring Miss Birdie Cairns. Miss Cairns opened the many lovely gifts, and the good wishes were read by Miss Glenda Brown. Miss Pauline Moase arranged the gifts. Miss Phyllis Boss assisted the hostess in serving lunch.

The Ladies Aid of the Prince County Hospital sponsored a bridge at the Summerside Golf and Country Club on Thursday afternoon. Mrs. Arthur Allen and Mrs. Wilfred Lecky were on the refreshment committee. Mrs. J. Lecky Holman, Mrs. W.P. Callaghan, Mrs. R.L. Willet, Mrs. Heath Strong, Mrs. James Hill and Mrs. R.E. Ellis were the committee in charge of the bridge. Prize winners were Mrs. Robert Holman, Miss Martha MacFarlane, Mrs. Harold Crockett, and Mrs. Lorne Read. A presentation was made to the retiring treasurer Mrs. Keith Compton who had held the position for twelve years.

Mrs. I.M. Stevenson and family Alan, Paula Dale, and Cathy, of Ottawa, were guests for the past two weeks of Mrs. Stevenson's mother, Mrs. Mark Delaney, Sunday they left for Nova Scotia to join Mrs. Stevenson's husband, Dr. I.M. Stevenson.

Mrs. Jack Balcom, Willow Ave., entertained at three tables of bridge on Wednesday evening.

Mr. and Mrs. Gordon Linkletter and twin daughters, Beverly and Barbara, of Newcastle, N.B. were guests last week of Mr. Linkletter's parents, Mr. and Mrs. Thomas E. Linkletter, Summerside.

Mrs. Henry Wedge has returned home from Moncton, accompanied by her daughter Carol, who has been attending Notre Dame De L'Acadie College.

Miss Dorothy MacPhee left Wednesday for Rutland, Vermont, to take part in the wedding of her twin brother, Dr. Donald McPhee, and Miss Aileen McCarthy, R.N.

Mr. and Mrs. Don Stewart left Thursday for Nova Scotia to visit their sons and daughters-in-law, Mr. and Mrs. Bill Stewart, Halifax, and Dr. and Mrs. Alan Ste-

wart, Digby, N.S.

The Misses Martha and Enid MacFarlane were hostesses to the East End Bridge Club on Monday evening.

Mrs. W.E. Jenkins entertained on Thursday evening at a kitchen shower in honour of her niece, Miss Joyce Jenkins.

Among those entertaining for Miss Dolores Morrison were Mrs. George Clow at a linen shower on Wednesday evening, and Miss Barbara Smith at bridge on Friday evening.

The hostesses of the Summerside Golf and Country Club today will be Miss Sally Basler, Mrs. Horace MacFarlane, Mrs. Fred Folland, Miss Edith Clark, Mrs. Wallie Walwyn, and Miss Bertha Pope.

Mr. and Mrs. Robert Hogg, accompanied by Mr. and Mrs. Albert Waugh, of Wilmot Valley, are leaving Sunday by car for Vancouver, B.C. They expect to be away six weeks.

Mr. and Mrs. Howard Waite, Summerside, have returned from a vacation trip to Portland, Maine, where they were guests of friends and relatives.

Prior to her marriage Miss Ethel Robertson was guest of honour at a surprise miscellaneous shower at the home of Mrs. Rennie Lar-ter. Miss Eileen Boyle read the verses while Mrs. Donnie Barlow arranged the gifts. Lunch was then served by the hostess.

Miss Ethel Robertson was guest of honour on Thursday evening at a miscellaneous shower with Miss Isabel Mutch R.N. and Mrs. Allison Mutch as joint hostesses at the latter's home. The bride elect was escorted to the seat of honour by Miss Mutch and the accompanying verses were read by Mrs. Mutch. Assisting the hostesses in serving were Miss Joyce MacSwain and Miss Eleanor Carson.

Friends and neighbours of the Marshfield and Dunstaffnage vicinity gathered at the Marshfield hall, Monday evening to tender a miscellaneous shower for Miss Robertson. Miss Muriel Dennis read the verses while Miss Robertson opened her many lovely gifts. Then Ethel in her cordial manner thanked all present and invited them to visit her at her future home. Lunch was then served. Mrs. Winston Stewart in charge. Films were shown previous to the shower by Mrs. Wilfred Thompson.

The monthly meeting of the Union Road United W.M.S. was at the home of Mrs. Brent MacMillan on Monday, June 4. The meeting opened by singing I Need Thee Every Hour, followed by the Lords Prayer. Scripture Lesson was read from 1 Cor 13 chapter.

Mrs. MacArthur gave the Temperance reading, "Dr. Morton's Conversion." A hymn was sung followed by sentence prayers. Mrs. Mallett presented the Christian Stewardship reading.

Roll call was responded to by 10 members and one visitor. Minutes of last meeting were read and approved. It was decided to send fruit to a member. For the program Mrs. Hardy gave a reading entitled "A Tamie Wedding in Bangalore." Program

Morning Smile "Miss H., these letters are all waiting. Where have you been?" "I'm sorry, sir, I fell out of the window into the street." "That took you an hour?"

HOLLAND COVE CAMP Girls 9-14 years June 30 - July 14 Boys 9-14 years July 16 - July 30th Register now. Charlottetown Y.M.C.A.

Words Of The Wise It is not work that kills men. It is worry. Work is healthy, you can hardly put more upon a man than he can bear. Worry is rust upon the blade. It is not the revolution that destroys the machinery but the friction. Fear secretes acids, but love and trust are sweet juices. —Boecher

Easy-To-Prepare Entree Any Family Will Enjoy

By Ida Bailey Allen

"This looks like a good substantial restaurant, Madame," said the Chef. "We have time for a quick lunch before catching the train here at Albany for New York City." The restaurant called "Jack's" was spacious. Generous-sized tables were covered with spotless white cloths. Service was prompt; prices moderate. And on a lengthy menu, there was an unusual assortment of dishes listed.

FAVORITE DISHES "These are some of the favorite dishes of our customers," remarked Frank Rogers, one of the quickest and most courteous waiters we've met in a long time. What were they? Roast loin of pork with apple-sauce and dressing; boiled short ribs of beef with horseradish cream sauce; breaded veal chops with tomato sauce; turkey creole with steamed rice; boiled ham hockles with sauerkraut. Mentally savor these a moment.

HEARTY ENTREES You'll find they are the kind of fare husbands and families will enjoy anywhere, any time. And these hearty entrees are easy to prepare, easy on the budget, easy and appetizing to eat.

ALL-AMERICAN DINNER Vegetable juice with lemon wedges boiled short ribs of beef, Horseradish cream sauce, Whipped potatoes, Buttered carrots, Rhubarb-

strawberry pie, hot or leed coffee or tea, milk. Boiled short ribs of beef: Cut off excess fat from 5 lbs., short ribs of beef. Place meat in a kettle, add a bayleaf, a sliced onion, a few celery leaves, 1 tsp. salt and boiling water to cover.

Put on a lid and bring to a rapid boil. Simmer-30 hrs. or until fork-tender (or use water to 2 1/2 cup cover and pressure-cook 2 1/2 min.)

Drain the meat from the soup stock. Serve with horseradish cream sauce. (Use the meat-stock as basis for vegetable soup.)

Rhubarb Strawberry pie: Small diced enough well washed and drained tender rhubarb to make 3 c. Add 1 1/2 c. sliced fresh strawberries. Stir in 2 tsp. enriched flour, 3/4 tsp. salt, 2 tsp. quick-cooking tapioca, 1/2 tsp. cinnamon and 1/2 c. sugar. Let stand 15 min.

Meantime make 1 recipe American pie pastry or use a mix. Roll to a scant 3/4" in thickness and line a 9" pie-plate. Dust with 1 tsp. fine dry bread crumbs and lightly press in. Spread in the rhubarb-strawberry filling.

Top with criss-cross strips of pastry. Do not stretch them. Put on loosely; pinch into the edge of the pie, then flute it.

Bake 10 min. in a hot oven, 450 degrees F. Reduce the heat to 350 degrees F. and bake 30 min. longer.

The chef's horseradish sour cream sauce. Mix together 4 tsp. prepared grated horseradish, 1/2 tsp. salt, 2 shakes Tabasco and 3/4 c. commercial sour cream. Stir over a low heat until almost boiling.

TENNIS CHAMPION

Anyone for tennis? The answer is definitely "yes" if the lady athlete has a chic and comfortable costume like this one which is destined to add spice to active sports. The well-tailored shorts and sleeve-

less blouse are both made of gay plaid gingham that is yarn dyed, funfast and easy to wash. It is a fabric that is guaranteed to look bright and colorful all summer long. A white, sleeveless pull-over completes the outfit.

REID-MACDONALD CEREMONY

Is Pretty Montague Wedding

The wedding of Margaret Isabel MacDonald, R.N., daughter of Mrs. Malcolm MacDonald and the late Mr. MacDonald of Montague to Edward Reginald Reid, son of Mr. and Mrs. Harry Reid, of Murray Harbour, Nova Scotia, solemnized on Saturday, May 19th 1956 at three o'clock at St. Andrew's Presbyterian Manse, Montague with the Rev. D.A. Campbell officiating.

The bride chose a bridal gown of white nylon net and lace with strapless bolero style bodice and collar trimmed with seed pearls and sequins, the long sleeves falling in points over the wrists. Her shoulder length veil of nylon net was fashioned on a bandeau of seed pearls. She carried a nosegay of red sweetheart roses.

The matron of honor was Mrs. Richard MacLean who wore a sleeveless stretch length dress of heavenly blue with pink accessories and carried a nosegay of pink sweetheart roses.

The groom was attended by Mr. Richard MacLean of Montague. The bride's mother chose a dress of Avacado green print with white accessories. Her corsage was of yellow Tailsman roses.

committee for next meeting is Mrs. Brynton, Mrs. Livingston and Mrs. MacMillan. Next meeting is to be held in the church. Collection amounted to \$4.01: Expense \$1.10, One member paid fees.

The meeting closed by singing just as I am and benediction. Lunch was served by the hostess and a social hour spent.

ROSE VALLEY W.I. The June meeting of Rose Valley Womens Institute was at the home of Mrs. James Cousins. The president presided. Meeting opened by Creed.

Roll call was answered by an item for Rose Valley history. Seventeen members and one visitor were present. School committee gave their report and a bill of 69 cents was paid.

It was decided to treat the school children at the school closing with ice cream and cake. It was decided to get a new stove for the school in the summer vacation; also to clean the school before the opening in August. It was moved and seconded that an ice cream social be held at the school on June 27th.

Next place of meeting is the home of Mrs. James McIntosh. Roll call will be answered with a recipe. Collection was 48 cents. Lunch was served by hostess, followed by a social hour.

UNION ROAD W.M.S. The monthly meeting of the Union Road United W.M.S. was at the home of Mrs. Brent MacMillan on Monday, June 4. The meeting opened by singing I Need Thee Every Hour, followed by the Lords Prayer. Scripture Lesson was read from 1 Cor 13 chapter.

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Employers Put Appearance Before Ability

DEAR MARY HAWORTH: Who do outward appearances count for so much in this world? I am college educated, in my early thirties; and I am considered nice looking and dress well. I probably spend too much on my wardrobe and have regret not salting more away. However, I find in my work—secretarial—that the emphasis is placed on appearance first, and ability second. Each time I have gone for a job-interview I know that my grooming is being noted as much if not more than my scholastic and past business record.

GETTING FED-UP Frankly, none of the jobs I have landed has ever utilized my potentials, career-wise, and I am getting fed-up with getting dressed every day to come in to a mediocre job.

I can't help but toy with the fancy of what would happen if I appeared at work some day in a sloppy dress, with down-at-heel shoes and runs in my stockings. I am sure my boss would be shocked; but may be he would give me a raise.

Seriously, too much emphasis is placed on externals nowadays, and not enough interest is given to the person's inner resources and potentials. A well-dressed, glib mixer can succeed better than a plain, really deep and worthwhile person. I am getting tired of aping the former; and wish I had the moral courage to bring to the latter group.

I would very much appreciate having your views.—R.S. BLAMING THE WORLD DEAR R. S.: Your feelings and views about outward appearances are rather confused. It seems you are falling short of whatever goals you'd hoped to attain by this age, and you are resentful about it, and don't know which way to turn, or what to do, to get on the beam of happy satisfactory experience. And so you are blaming the world for being all wrong.

Now, to get you straightened out about appearances: In your complaint that too much emphasis is placed on a person's appearance nowadays, without regard for his (or her) special human qualities—you strongly imply that "appearance" consists wholly of what one is wearing. And that to make a favorable impression, one must be rather emphatically well-dressed.

When we look at a person, we usually see the individual in entirety, if we are in the habit of looking perceptively. Personality (what one is) shows in the face, in the eyes and mouth particularly, and in the cast of the countenance; also in the general bodily bearing. And the individual's choice of clothing (his or her total wardrobe and daily costume) usually reflect with remarkable accuracy that person's tastes, ambitions, associations, and purchasing power.

In your case, it is to your credit that you are tiring of the four-fusher race, and long to get your feet on the ground and be unpretentious, doing a productive day's work for the boss. But if and after you take that step towards honest simplicity of character, I hope you won't feel called upon to dress in a slovenly way. There is something wrong with your morale, if that's your idea of putting your cards on the table.

There is satisfaction to be derived from making best use of what one has; and the socially healthy, self-respecting individual keeps his clothes in repair, as a matter of course. M.H.

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

COOK'S CORNER



DATE SQUARES

1/4 cups brown sugar 1/4 cups butter 1 1/2 teaspoons soda 2 cups fine oatmeal 2 cups of flour pinch of salt

Make into crumbs with fingers adding a tablespoon of milk. FILLING 4 cups dates firmly packed 1/2 cup white sugar 1/2 cup hot water

Boil until thick and cool. Put half crumbs on bottom of the pan, spread filling around even. Put the rest of crumbs on top. Press down with hand. Bake until brown.

THE CORNWALLIS HOTEL

7-11 HOLLIS ST. HALIFAX, N. S. A Good Moderately Priced, Friendly Hotel Fifty single and double comfortably furnished rooms with and without bath. Two minutes walk from Railway Station, Steamship Piers, Business and Theatrical District, Lunch Counter, Fruit, Magazines, Toiletries and Barber Shop in Hotel building. Free Parking. DAILY RATES \$2.50 to \$7.50 PER DAY. Weekly Rates for Permanent Guests. Automatic Fire Sprinkler in every room for our Guests' Safety and Protection.

ANNUAL MEETING

PRINCE EDWARD ISLAND MUSICAL FESTIVAL ASSOCIATION will be held in ROOM 66 P.W.C. on MONDAY EVENING, JUNE 18 AT 8:00 P.M. All members and interested persons are urged to attend.

Regional Immunization Clinics

For pre-school children for initial and re-inforcing inoculations against diphtheria, whooping cough and tetanus, also vaccination against small-pox. These clinics are for preschool children in the regional centres and from surrounding districts. EAST PRINCE Thursday, June 21—9:45—Mt. Carmel 11:00—Wellington Station Friday, June 22—9:45—Traveller's Rest EAST QUEENS Tuesday, June 19—2:00—Vernon Bridge EAST KING Monday, June 18—2:00—Elmira Keep This for Reference Department of Health.

BEATON-MACDONALD

A charming wedding was solemnized at the Manse, Vernon, May 20, 1956 at 5:30 in the afternoon, when Betty MacDonald of Winnipeg was united to Wilfred A. Beaton of the R.C.A.F. Station, Winnipeg. The bride is the daughter of Mr. and Mrs. Ernest H. MacDonald, Orwell, P.E.I. The groom is the son of Mr. and Mrs. Preston Beaton, Brooklyn P.E.I. The Rev. J.M. Sheen was the officiating clergyman.

The bride, who was given in marriage by her father, wore ballerina length, white embroidered net over satin in princess style, lace jacket with tapered sleeves and fingertip veil of illusion net attached to a cap of lace covered with pearl sequins. She carried a nosegay of red roses centred with a white carnation.

The bridesmaid was Miss Lorna MacDonald, who wore a gown of blue nylon net with matching bolero and carried a nosegay of yellow and white roses.

A delightful reception was held at the home of the bride with sixty guests in attendance. Photo by Pepler.



PATTERN A 882 by McMullen

SOFT BACK FULLNESS — Behind the scenes of summer's prettiest fashions — that's where the news most often appears! In this case, a clever blousing of fabric on this McMullen Original, that sets it apart from its classic cotton sisters. The soft look is a well-known signature of McMullen fashions — infinitely wearable styles for America's smartly dressed women. In Pattern A882—a soft treatment is given to the graceful front view as well; displayed by a bow-draped neckline, easy-flowing skirt. Ideal for the cool, sheer cottons of summer (voile, gingham, lawn) with petticoat beneath. Ideal for the woman who wants to sew the newest, most flattering silhouette! Pattern A882 is available in Misses' Sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 3 1/2 yards 35-inch fabric. SEND FIFTY CENTS (in coins) for Pattern A882 to Charlottetown, Guardian Pattern Department, 60 Front St. West, Toronto, Ont. Please print plainly YOUR NAME, ADDRESS WITH STYLE NUMBER and SIZE.

ALICE BROOKS DESIGNS



S-O-O PRETTY! Cool scooped - neck pinafore becomes a party-dress by adding the separate collar! She'll love this versatile new style, you will too — it's sew-very-easy! Pattern 7186: Children's Sizes 2, 4, 6, 8 included. Pattern, embroidery transfer, directions.

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

Two free patterns — printed in the new Alice Brooks Needlecraft book for 1956! Stunning designs for yourself, for your home—just for you, our readers! Dozens of other designs to order—all easy, fascinating handwork! Send 25 cents for your copy of this wonderful book right away!

Words Of The Wise It is not work that kills men. It is worry. Work is healthy, you can hardly put more upon a man than he can bear. Worry is rust upon the blade. It is not the revolution that destroys the machinery but the friction. Fear secretes acids, but love and trust are sweet juices. —Boecher