

Too Helpful Nurses May Make Chronic Invalids

EDMONTON (CP)—Miss Agnes MacLeod, Director of Nursing services for the Veterans' Affairs department, says that "too often in the past we let people become invalids."

Nurses who provide too many services for patients who can perform them for themselves are encouraging, she says, the patients to become invalids, Miss MacLeod said.

She told an interviewer the public often thinks of the nurse in connection with her mechanical acts—taking temperatures, making beds. With the nursing-technique now used in veterans' hospitals across Canada, the nurse is able to provide skilled care for the patients who need it most, she said.

Bedside nursing is likely to be done chiefly with patients who are seriously ill, when a trained eye for observation is needed.

Rehabilitation is becoming an increasingly important part of the nurses' job, said Miss MacLeod.

Here, the nurse's psychological treatment appears as conversation. For a great many patients, such as heart-attack victims, their former work and way of life is impossible after discharge. It was up to the nurse to assist the doctor in helping the patient determine his new way of life.

KEEP IN TRIM

Unhappiness The Cause Of Weight Gain

During an emotional upheaval, there is a natural tendency to turn to food as a means of assuaging one's dissatisfactions. Food is comforting and close at hand. Overeating for even a short period elevates the appetite and enlarges the food capacity. If the period of stress is prolonged, the habit of overeating becomes difficult to break. Many an overweight can trace the start of the pyramid pounds to an unhappy period in her life.

This real life story shows how a resolute woman came face to face with the issue and dealt with it courageously and intelligently.

THREE PROBLEMS

"Your column aimed at helping overweight people achieve an adult attitude toward food made me really think. A physical check-up revealed that I had three physical conditions to combat—all of which were aggravated by the fact that I had been stuffing myself."

"In retrospect, I can see that my gain in weight started nine years ago during a most difficult period in my life. It is appalling but I have gained a size a year since then. This burden of fat has added up to loss of health and a few wintertingles. And so I re-

soned this way—I accept no substitutes for brands that experience has proved are reliable and efficacious—then why should I accept an excess of food as a substitute for normal life?

"Now I am really a reformed character. . . and well on my way to normal weight. Here are a few ideas that have helped me, and perhaps would help other dieters. AN ILLUSION

"Chew each mouthful thoroughly. Somehow this gives the illusion of getting more to eat and prolongs the taste."

"Put up photographs of you in your slimmer and more attractive days in places where you will be sure to see them often."

"I have found the caramel-flavored vitamin and mineral appetite curbers work best for me eaten as dessert, the part of the meal I miss most. This with a hot beverage helps to put a period to the meal."

"Since I have put on too much weight to take strenuous exercise, I find the Niagara therapy units a great help. This passive type of exercise is tonic and keeps me feeling chipper."

This dietitian salutes you! Thank you for sharing.

Parents Share The Headaches Of Launching Their Debutant

By SYLVIA HACK
Canadian Press Staff Writer

LONDON (CP)—Who worries most about debutante daughters—mothers or fathers? The deb season has begun, several hundred wealthy fathers will be wondering what it is going to cost them to launch their daughters in society. The average bill runs to more than \$1,000—no small item in these days of heavy taxation.

Mothers get their share of gray hair, too. They cope with equipping their daughters with the right sort of wardrobe, arranging smart cocktail parties, the coming-out ball, and, most important of all, seeing that daughter is introduced to all the right people.

LASTS THREE MONTHS

The deb season starts with an invitation to a presentation party at Buckingham Palace and ending under late summer skies at the Ascot races.

As much as £15,000 has been spent on giving one wealthy deb the best of things. It has been done on as little as £500. It depends how nimble mother and daughter are at sewing, fixing their own hairdos and whether they give their parties at home or in West End hotels.

The Evening Standard publishes this budget for the coming-out high links of one 17-year-old girl fresh from finishing school, whose parents lack a London home.

EXPENSIVE PARTIES

Two "mothers' luncheons"—for introducing mothers to each other—have already been given at a London relative's flat, at the cost of £15. And as a prelude to her season, the daughter has given a cocktail party for 150 friends in one of their homes, costing £150.

A "fairly practical" presentation dress of beige lace has been bought with an eye to suitability for wearing at the races, and cocktail dresses with matching jackets will do double duty for luncheon and evening detes.

Several colorful cottons have also been ordered for wearing at the Wimbledon tennis matches and the Henley rowing regatta. Total dress cost—£200.

LITTLE PON W. I.

The monthly meeting of the Little Pond W. I. was held in the schoolhouse on Monday evening, May 6th, with Mrs. Fred Tassell in the chair. Meeting opened with the Mary Stewart Collect. 13 members responded to roll call with a donation for the stationery box.

The secretary's and treasurer's reports were heard and approved. Correspondence was read and lottery tickets sent out by the Charlottetown Kinsmen Club were distributed among the members. One bill for \$2.00 was paid for work done in the schoolroom. One sick treat was paid for. All committees were re-appointed.

The rest of the evening was spent in making plans for the district Convention. It was decided to hold the Executive meeting in the schoolroom on May 13th.

Mrs. Vincent MacDonald invited the members to her home for the June meeting. This meeting will be held one week before the usual date.

At the close of the meeting, a lunch was served buffet style.

NEW GLASGOW

The New Glasgow 4-H Calf Club held its second meeting at the home of Orville and Norma Smith on Friday evening April, 12th.

The meeting opened by singing "O Canada," followed by the 4-H pledge in unison. The roll call, was then answered by fourteen members and three visitors. Two new members joined. The minutes were read and approved. \$12.25 was made at the last croquet party. They will be another on either April 26th or May 3rd at the school. Fred Dickison is to see about the advertising.

Fred Dickison invited the club

WIFE PRESERVERS

This adjustable, removable metal range hood keeps grease and fumes from staining the kitchen walls and ceiling. It expands from 24 inches to 40 inches; is built with hydrolic slots for easy attachment to wall or cabinet and to remove for cleaning. Its inside of baked enamel finish on steel.

Deplores Men's Pocket Contents

LONDON (CP)—Lord Mancroft, 42-year-old parliamentary secretary to Britain's defence minister, suggests that men should empty their pockets before cracking jokes about women's bulging purses.

Opening a tailoring exhibition in London, Lord Mancroft said the average man carried on his person something like this:

A wallet the size of the London telephone directory, 19 shillings in small change, a bunch of keys, a cigarette case, pipe, tobacco pouch, pair of spectacles, two handkerchiefs, comb, pen, pencil and of our important letters which our wife gave us to post last Wednesday.

Asked Lord Mancroft: Are we being fair to our tailors is it any wonder that we look like a scale model of the Albert Memorial

Carry On Pen Pal Exchange For 37 Years

MITHCHAM, Eng. (CP)—Once a month Mrs. Amy Legg sits down at her writing desk to pen a letter to "Auntie Lou" in Canada.

And just as regularly the postman delivers a letter from Mrs. Louise Tierney of St. Anne de Bellevue, Que., to the Legg's modest home in this Surrey village.

The correspondence between the two housewives, who have never met and are not even related, has been going on for 37 years.

It started in 1920 when Mrs. Legg, then in Australia, was given Louise's address by a mutual friend.

MARRIAGE INTERVENED

Mrs. Legg was returning to England, Louise was in Ireland. The two women exchanged letters in hopes of arranging a get-together, but Louise married and left for Canada.

"We continued to correspond anyway, and became close friends," says Mrs. Legg. "In many ways I feel I know Mrs. Tierney better than my own sister."

"I consider her my best friend."

Mrs. Leggs' son and daughter always refer to their mother's pen pal as "Auntie Lou."

"It is much too expensive for either of us to contemplate visiting the other's country but we still hope that some day, somehow, we shall get together."

Y. W. C. A. Will Hold Convention In Vancouver

TORONTO (CP)—Delegates from several foreign countries, including Egypt, Korea, Malaya, Nigeria, the United States, and Switzerland, will join about 400 delegates from Canada's 10 provinces at the 20th quadrennial convention of The National Young Women's Christian Association of Canada, June 2-8 in Vancouver.

Convention speakers will include: Mrs. Earl Cranston, vice-president of the U.S. YWCA; Mrs. Eugene Ross McCarthy, from the world YWCA organization; Geneva; Dr. E. M. Johnson, director of overseas missions and missionary education for the Presbyterian Church of Canada; Marion Oyce, from the federal department of labor, Ottawa; Professor Isobel Laird, Queen's University, Kingston and Dr. Marion Hilliard, Toronto, one of Canada's best-known women doctors.

Royal Escort Is Being Married

LONDON (CP)—Another of Princess Margaret's friends is off the "eligible" list.

John Stuart, 31-year-old cousin of the Duke of Devonshire, has announced his engagement to Mrs. Cecile Tonge, 39, of Chelsea, whose previous marriage was disclosed.

Stuart, an insurance broker, has often been included in the 28-year-old princess' night club and theatre parties. At one time his name was linked romantically with the princess by gossip columnist, who make a habit of considering each new squire a possible candidate for marriage.

Among other bluebloods who have dropped out of the picture are the Earl of Dalkeith, the Marquis of Blandford and Lord Ogilvy.

Princess Margaret's most recent companion is handsome and wealthy Christopher Lewis Loyd, 33-year-old Berkshire farmer. Another bachelor friend of long standing is 28-year-old Billy Wallace.

BEVAN-SMITH

A quiet and pretty wedding was solemnized at St. Dunstan's Basilica on Monday, April 22nd, at 9 a.m. when Doris Anne Smith, daughter of Mr. and Mrs. James Smith, Johnston's River, became the bride of Keir Harold Bevan, son of Mr. and Mrs. Leith Bevan, Charlottetown. The Nuptial Mass was celebrated by Rev. Fr. Preston Hammill.

The bride looked lovely in a cream colored box style suit with blue accessories.

Miss Gertrude Bambrick was bridesmaid. She wore a beige suit with white accessories.

The groom was supported by Mr. Roland Bambrick.

Following the marriage ceremony a wedding breakfast was held at the home of the bride's parents. Immediately after the breakfast the happy couple left in midair showers of confetti for different parts of the island. They will reside in Charlottetown where the groom is employed with Bevan Brothers Plumbing and Heating.

Prior to her marriage, the bride was tendered a shower at the home of Miss Alice Vail where she received many lovely and useful gifts. Their host of friends join in wishing Doris and Keir many years of happy wedding bliss.

MORNING SMILE

"At last my angel," said the newly married man, "we are well and truly one."

"Theoretically, yes," replied his bride. "But from a practical standpoint it will be advisable to order dinner for two."

to his home for the next meeting on May 10th. The local leader gave a talk. The collection amounted to fifty cents. It was decided that ten cents a family would help. The lunch committee for the next month is Roy and Elwin Wyand and Fred Dickison. A delicious lunch was served by the hostess. Meeting adjourned followed by the Queen.

LEADING INDUSTRY

The textile industry, with cotton and silk foremost, is Italy's most important trade.

Import Teachers, Not Export Students, Says Fashion Expert

By JOSEPH MACSWEEN
Canadian Press Staff Writer

NEW YORK (CP)—Gaston Mallet, a handsome Canadian bachelor, is always in a good mood, and small wonder. He designs gowns for brides.

"People are so happy when they're preparing for marriage," said Gaston, 35. "Is it strange that I found myself happy, too?"

The work is exacting, no doubt, but compensations are many—as was obvious when Gaston was interviewed during a show of fall

bridal fashions at Murray Hamburger Co. Inc.

Proprietor Hamburger showered compliments on his Montreal-born designer and gave him full credit for more than 30 creations in the display.

ADVICE TO COUNCIL

Dazzling blondes—not brides but buyers—were even more open in their warm salutes to the tall, slim Gaston, who appeared able to go right on with his chores regardless of distractions.

Turning his back on the scene of glamor and gaiety for a moment, Gaston referred to his Canadian background and spoke seriously of the newly-formed Canada Council, established to assist Canadian culture. He was enthusiastic at the development—and offered a bit of advice.

"Canada should import teachers, not export students," said Gaston, son of the late Vital Mallet, a member of Parliament from Montreal.

The designer noted that exported students often remain permanently away from home—"they fall in love with their new surroundings." It would be far wiser to give them in Canada the opportunity to learn their crafts.

INDUSTRY NEEDS ART

"If a man in Europe can design a better lampshade, it is better to take him to Canada to teach his art, than to send Canadian student to Europe to study it," said Gaston.

It was necessary to apply art to industry, making it possible for the artist to make an adequate living.

"As a small boy in Montreal I remember that art scholarships were given almost exclusively to students in the pure arts, such as music and painting," Gaston said. "They didn't push toward industry as they should have."

WENT TO PARIS

Mallet recalled with a smile that after studying architecture at McGill University he borrowed money to travel to Paris to study fashions.

Oddly enough, he has found that many fashion experts have studied architecture.

"It's a question of structure—but a moving subject is more exciting."

Gaston left Paris in 1948, moving to London where he opened his own salon. He came here in 1951.

"Hamburger is the king of wedding fashions," said Gaston, whose French accent is a nourished asset of the trade. "That makes me a prince, no?"

Heads Silver Cross Women

CORNWALL, Ont. (CP)—Mrs. John E. Stockdale of Windsor, Ont. Friday was re-elected national president of the Remembrance Association, Silver Cross Women of Canada, at the concluding session of a three-day convention here.

Vice-presidents elected included Mrs. Marjorie Kelly of Moncton, N. B., and Mrs. R. MacCauley of Sydney, N.S.

An invitation to hold the 1958 convention in Edmonton was accepted.

One of the resolutions passed by the meeting requested that if a national flag is adopted in Canada, a good-sized Union Jack be retained in it. This resolution will be forwarded to the federal government.

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Hospital Staff Is Dance Troupe

By SYLVIA HACK
Canadian Press Staff Writer

LONDON (CP)—The cry of "bring on the dancing girls" is not customarily directed to the staff of a busy hospital. But few hospitals are equipped with anything resembling the Canadian Cuties.

The Cuties, a thriving troupe organized in the Canadian Red Cross Memorial Hospital in Exeter, Buckinghamshire, are so successful that offers are pouring in to have them appear at local shows.

The troupe, organized by fair-haired Mrs. Sheila Burke, an ex-chorus girl who works as a typist in the X-ray department, originally got together to liven up a hospital dance a year ago, but with lots of practice they have achieved a professional polish and Sydney, Mrs. Burke's husband, has taken over the job of manager.

To date the girls have appeared at local functions and had cabaret spots at the Slough and Burnham police halls.

CHEER PATIENTS

"Now we're planning to put on shows to brighten up the lives of patients," says Mrs. Burke.

The hospital was originally built as a temporary wartime hospital in 1940 but became a permanent fixture after the Canadian Red Cross subscribed money to make it so. Many Canadians were treated there during the Second World War.

One of the Canadian conditions in subscribing to the hospital was that research projects should be carried out, and in June 1956 a hydrotherapy pool was opened by Nancy Lady Astor on money given by the Canadian Junior Red Cross.

The purpose of the pool is to help children suffering from rheumatic diseases.

MYSTERIOUS SUN SPOTS

TOKYO (Reuters)—Japanese scientists say they have observed 122 mysterious black spots—one of them 13 times bigger than the earth—the sun, but are unable to account for their presence.

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