## LOVELY AUTUMN WEDDING

Mr. and Mrs. Robert Stevenson whose marriage was solemnized on October 6th at Freetown United Church are shown with their attendants.

Reading from left-to right are the following; Best man—Alvin MacNeill; Groom and Bride—Mr. and Mrs. Robert Stevenson: Matron of Honor—Mrs. Jack Lister; Ushers— Lannie Webster and Grant Francis; Attendants —Dianne Malleftt and Mrs. Norman Simpson. The bride was the former Miss Wanda Francis—Photo by Edwin Heckbert Studio.

KEEP IN TRIM

## A Weight Gaining Regime

By IDA JEAN KAIN

The average underweight thinks she eats enough food because she eats all she wants. However, according to the study reported on in yesterday's column, the too thin person just doesn't eat enough to bring weight up to normal standards.

To be more than ten per cent underweight usually means lessened physical efficiency and often chronic fatigue. Many former underweights write that they have much more buoyancy and tire less easily after they change their food habits and add a dozen or so pounds of much needed weight. With more padding on the nerve endings, a feeling of well-being results. Day to day living has more of a lift.

And now to the gaining program: If you have little or no appetite for breakfast, resolutely get up twenty minutes earlier and allow enough time to eat. Tomorrow morning have a hot whole grain cereal with milk and cream. Start by eating just a few spoonfuls. In place of two cups of coffee, have one cup and a glass of milk. For breakfast! Yes, it's surprising the energy carry-over that comes from increasing the protein at the morning meal.

Before many weeks slip by, breakfast can come to be your favorite meal. You'll enjoy fruit juice, a small helping of cereal, an egg, toast, and coffee or milk.

EAT MORE

This is the time of year when appetite picks up, so take advantage of this and eat a little more food. For the next thirty days plan to use your lunch period for nothing but eating leisurely and relaxing. This goes for both working girls and homemakers. Stop the sandwich, pie and coffee lunches and have light but nourishing food For the working girl, the blue plate special is usually the best buy for the money. Don't forget the bread and butter. For a beverage, choose milk and make it a simple dessert.

Late afternoon have an energy pick-up—a glass of milk or orange juice with an egg whipped into it. Do not choose anything sweet since that would dull your appetite for a good dinner.

If you feel spent at the end of the work day, rest for thirty minutes before the evening meal, if possible. Rest before the meal has been found to be amazingly helpful. Have a balanced dinner, including meat and vegetables, bread and butter, milk and fruit with cream or ice cream.

It will take a few weeks to start gaining, but in the meantime you'll be pleased with the increased feeling of well being that results from improved nutrition.

DAILY PATTERN

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12½—24½
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Send order to Anne Adams, care of Charlottetown Guardian, Pattern Dept., 60 Front St., W. Toronto, Ontario.

## VICTORIA

A survey of our district gives the impresion that practically all potato crops have been successfully harvested, and a fair proportion thereof has been shipped, some by rail and a nice sized cargo which was shipped by the motor vessel which sailed from Victoria on October 21. Farmers will appreciate a fair price for their crop in these days of rising prices. One farmer advises that he has 90 acres of potatoes stored in cellars and warehouses ready to grade and ship, which would indicate that he still retains faith in Potatoes as a ready cash crop. These were dug and stored by modern equipment and a small crew of able bodied workers.

At the evening service of public worship at Victoria on October 29, the inspiring address by the church pastor indicated the wisdom of following the example of the birds as they assemble in large numbers in preparation for "the Flight" to their winter home, that all should be in readiness when the call comes: "Behold the Bridegroom cometh; Go Ye forth to meet him." An augmented choir, with Mrs. Allison Lea, organist, and Mrs. K. Boswell director, was in charge of the music and singing at this service.

## CONWAY

Mr. James Maddige, employed in Ontario, spent his holidays with his parents, Mr. and Mrs. William Maddix.

St. Gilbert's Altar Society met at the home of Mrs. Amand Gallant. Ten members answered roll call. Reports were heard from committees. Next meeting will be at the home of Mrs. Fidele Arsenault.

Mr. and Mrs.Jack Williams and family, Charlottetown, spent the weekend at their cottage at Murray Road.

The many friends of Mr. knud Bendston, Murray Road, will regret to learn he is a patient in the hospital and wish him a speedy recovery to good health.

Mr. Charles Palmer accompanied by his father, Mr. John D. Palmer were business visitors to ober 25th.

Mrs. Oscar W. MacNeill, accompanied by Mr. and Mrs. Clinton Morrison and children Clinton and Carol and Mr. Mark Oatway, Freeland, were visitors to Summerside on Wednesday, October 24th.

Mr.s George Morrison was a recent business visitor to Summerside.

Mr. Clarence Murphy who is employed on the carferry at Borden spent a few days recently with his wife and family at Freeland.

The many friends of Mr. John D. Palmer will regret to learn he has the "shingles" and wish him a speedy recovery to good health.

Mrs. Charles Keizer, Foxley River, was a business visitor to Summerside on Friday October 26th.

Mr. and Mrs. Byron Birch and son St. Eleanor's were visitors at the home of Mr. and Mrs. Clinton Morrison on Sunday, October 28.

Mr. and Mrs. Hartford Millar, Northam, were visitors at the home of Mr. and Mrs. Clinton Morrison on Sunday October 28.

Mrs. Lowell Matthews, Black Bank is spending a vacation in Halifax, Nova Scotia and visiting her daughter Brenda who is attending schoool there.

Mr. Kenneth Arsenault who spent a few days at the home of Mr. and Mrs. Ernest Arsenault, Murray Road, left recently for Shearwater, Nova Scotia where he will be employed.

Mr. Clinton Morrison spent a few days recently att he home of Mr. and Mrs. Hartford Millar, Northam.

Mr. and Mrs. Harold Palmer and daughter Elaine Borden, were recent visitors aat the home of Mr. and Mrs. John D. Palmer.

Mrs. Oscar MacNeill accompanied by Mrs. Gabriel Bulger, Foxley River, and Mrs. Walter Smith were business visitors to Summerside on Saturday October 27th.

Mrs. Charles Palmer has been busy collecting for the Bible Society.

Miss Phyllis Oatway, Ellerslie, visited her parents Mr.and Mrs. Lawson Oatway on Sunday October 28th.

Mrs. Colin Milligan was a recent visitor at the home of Mr. and Mrs Edward Sonier and family at Summerside.

Mr. John J. Murphy, Charlottetown was a recent visitor at the home of Mr. and Mrs. Bradford MacKinnon. P.

## Labels Are Romantic But Styles Are Very Wearable

By JANE BECKER
Canadian Press Staff Writer

MONTREAL (CP) — If you're looking for something different to wear next spring, 12 Canadian couturiers are eager to help you choose one of their original creations. It may cost $250 or more, but you'll have the satisfaction of knowing no one else has another just like it.

The couturiers showed a sampling of their spring designs in Montreal Wednesday to a group of buyers and manufacturers. The hope was that at least a few of the creations would either be ordered for direct sales, or adapted, with a copyright fee to the creator, for mass manufacture.

It was the first unsponsored showing for the couturiers, nuclear of the youthful Canadian Association of Couturiers. Previous shows have always been backed by Canadian textile producers in a double - edged promotion of home - produced fibres, fabrics, and design.

This time couturiers had a free hand in materials. They used Itilian silk, Irish tweed, French lace and Swiss organdy in addition to Canadian synthetics and wools.

They showed that they liked soft, neutral shades even for spring, sheath dresses, balloon coats, wide lapels, draked skirts, and the custom look of a dress and jacket, styled like a suit.

They used some romantic labels: Renaissance silhouette, papillon, tumulte, sucre, melange and fur frost. But the styles were eminently wearable.

A biege suit—short - jacketed—could be changed in several ways by a complicated arrangement of belting. Two or three black wool dr es, teamed with brown or stone-colored accessories, had tie necklines to be worn high or low. One perfectly simple lightweight black wool gained interest—and much applause—from the rows of buttons sewn in vertical panels on the skirt.


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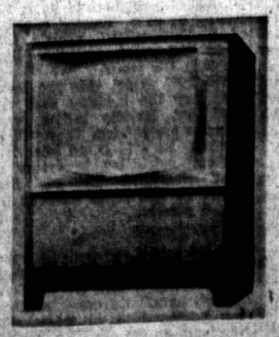

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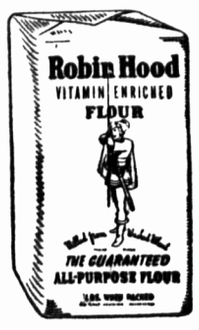
P.J.'s SPECIALS FOR WEEK-END

We have made a change in our store hours on week-ends. No person wishes to work every day and two or more nights per week and why should they? We find that life goes by very fast and we wish along with our staff to be home as much as possible, therefore we will be open as usual on Friday nights and closed Saturday night at 6 p.m. We hope you will go along with us in this change.

Snowflake SHORTENING .... 2 lbs. 47c
Bulk DATES ..... 3 lbs. 35c
Seeded RAISINS ..... 2 lbs. 49c
White BEANS ..... 5 lbs. 49c
Yelloweye BEANS ..... 2 lbs. 35c
KLEENEX ..... 2 pkgs. 39c
Colored TOILET TISSUE .... 3 for 35c
LIGHT BULBS ..... 4 for 49c
AEROWAX ..... 1 pt. 39c
Bulk TEA ..... 1 lb. 89c
White SUGAR ..... 10 lbs. 85c

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A. Cream Soap — Made of the famous Luxuria Cream. Delightful lasting fragrance. $1.75.

D. Luxuria Skin Lotion — Tones, stimulates your skin to glowing freshness. $1.25, $2.00.

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