

A Recreation Room Is A Sound Investment For You

BY EROL JANE WELTON
WOMEN'S EDITOR

The recreation room, the rumormonger's room, the games room—whatever you want to call the room where you "let down your hair" and live, is a grand investment for any growing family. This is the age when good solid recreation is needed and every minute of it counts. For children as well as parents, and especially for teenagers, this type of room in a home is the most popular place. Any type of furniture can be used here, as long as it is comfortable. Whether the recreation room is situated in the basement, the attic or on another floor, it should be warm and dry all year round. In a number of rumpus rooms many odd types of furniture are to be found. It is a good place for your particular "pot pourri" of used and dated pieces, just as long as they are fairly well coordinated.

VARIATIONS
Many families choose to call their recreation room a games room or playroom. With this type in mind there are many variations to choose from. A quick way to furnish the room is with a ping-pong table or pool table. There are some combined efforts on the market now which quickly turn the pool table into a ping-pong table by adding a different top. These are especially good for a growing family with an active billiard-fan father.

People with new homes can more easily turn the vast nothingness of a basement into another room, than those who have an older home. When the primary construction of the recreation room has been completed, the fun of decorating it with your own ideas and designs then begins.

The most important thing for a gay, lively room is color. This is the age of color, it is one of our greatest blessings and it will add much to the happiness and pleasure derived from your decorations. When color is arranged in happy combinations (and that better arrange it to the best advantage than the recreation room?) it gives pleasure to everyone who sees it or uses it.

The most logical colors are the warm, friendly yellows, creams, coral, rose-pink, peach and apricot and all the variations of these tints. They suggest hospitality, friendliness and happiness. This is what you want to achieve for your recreation room.

To give vitality to the room, contrast can be achieved by using a strikingly different color on your end wall. The success of this room lies in the color-with reds, yellows and tawny browns used in the furnishings can have a hospitable atmosphere. Add comfortable accessories such as cushions, a scatter rug or two, gay prints, some lively games and books, and maybe some music—then you're all set for an evening fun whether nine or 90.

HOBBIES
Hobbies and recreation are synonymous. Hobbies help a person develop personality and become "more complete" so that others will find him an interesting and enjoyable companion. The value of hobbies is important in one's life. They open the doors to friendship, to advancement and to personal satisfaction. They are important to any age.

For the young person, it properly balances his life with good, sound recreation. For the older person, hobbies present the answer to the question of what to do upon retirement. Philosophers and psychologists agree that it is unwise to wait until the day of retirement before deciding on leisure-time interests.

TWO WORDS
All hobbies involve two words—recreation and amateur. Recreation means giving oneself a new lease on life. What you do for your hobby, you do for the love of it. There are so many hobbies that first to eliminate those which are impractical for you. One should choose hobbies in two fields. One hobby or group of hobbies should be somewhat allied to your accomplishments, the other to a goal that you wish to achieve.

Wait some ideas on hobbies? Not to be overlooked though are museums, institutes, schools and amateur societies where lectures and exhibits are offered.

WOMEN

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Happenings

Commodore G. M. Hibbard and Mrs. Hibbard will be out of the province for some time. Commodore Hibbard leaves next week to visit his father the Reverend G. F. Hibbard in Quebec. Mrs. Hibbard will visit Lieutenant-Commander J. C. Carter and Mrs. Carter in Halifax.

Mr. and Mrs. Willard Burke have been recent visitors to Halifax.

The marriage took place recently in Montreal of Miss Alice Mary Ings, formerly of Port Hill, to Dr. A. Douglas Crowe of Montreal.

Mr. Shirley Dixon, O.B.E., and Mrs. Dixon leave at the end of the month to spend a few weeks in England.

The regular meeting of XI Exemplar Chapter of Beta Sigma Xi held their meeting Wednesday night at the home of Mrs. Arthur Carruthers. Following the business meeting the program was presented by Mrs. Tom DeBlois and Mrs. George Rogers. Lunch was served by Mrs. Morton Dew and Mrs. Tom DeBlois, assisted by the hostess.

The Charlottetown Curling Club hostesses on Saturday evening will be Mrs. Kay Johnston, Miss Jean Grant, Miss Dorothea Stewart and Miss Hattie MacLean, R.N.

Mrs. Lester MacLeod, Montague, entertained at bridge on Monday evening in aid of the Kings County Memorial Hospital. Out-of-town guests included Misses Aphra Wisener and Ann Matheson, Charlottetown. A dainty lunch was served.

Mrs. Ernest Doyle, Mt. Stewart, is spending a few days in Summerside, the guest of her Aunt and Uncle, Sgt. J. Milton and Mrs. Doyle, Argyle Street.

Mr. and Mrs. J. Eldon Ramsay, Tyne Valley, are spending ten days at the Casa Marina Hotel in Key West, Florida, the southernmost hotel of the United States. Mr. and Mrs. Ramsay will go on to Havana, Cuba, before returning home.

FASHION DOLLS—The part that dolls have played in fashion is interesting. During the Renaissance they were used to inform women of the latest fashions. Paris, then, as now was the centre of style. Dolls were the centre of elaborate reproductions of the latest fashions and sent across Europe to be exhibited. In Venice the fashion doll was shown on the Day of Ascension, in a corner of St. Mark's Place, and remained there for a year, until the next day of Ascension. This gave the ladies plenty of opportunity of copying the fashion.

BASILICA C. W. L.
The monthly meeting of the Catholic Women's League, St. Dunstan's sub-division, was held Tuesday evening Feb. 6th in the Knights of Columbus Home with Mrs. Matthew Lee presiding. The meeting opened with the league prayer by the director, Rev. P. F. MacDonald.

Following prayer, business proceeded with the reading of the past executive and monthly meetings by the secretary, Miss Isobel MacDo. Correspondence was received from P. E. Island Musical Festival Scholarship fund, per L. C. Callbeck; P. E. Island Musical Festival Scholarship fund, per Mrs. Warren Burns; Mrs. F. J. Steele for expression of good wishes while hospitalized; Hon. Neil A. Matheson, M.P., re Canadian Institute of Blind; Sacred Heart Home, per Sister Mary Mackedon; and thanks for the donations received: Mrs. Linus Monaghan expression of good wishes while ill; Catholic Social Welfare Bureau per Sister Mary Henry thanks for donation received; Catherine Sheridan, National Executive of Spiritual, Mrs. J. L. McGuigan; education, Mrs. C. L. MacDonald; citizenship, Mrs. L. L. Noonan who reported attending annual Red Cross meeting; program, Mrs. Maurice Griffin; finance, Mrs. Leo Murray; book review, Mr. Peter Holland; and the new books would soon be placed in the public library; press, Mrs. Ernest McTague, published all league activities; sick visiting, Mrs. R. J. MacDonald said she visited two sick members and the usual get well cards being sent; Miss Gertrude Coady who said that membership fees were coming in well and asked members who had not yet paid to send it in before annual meeting, which will be held on Tuesday, April 3rd at 7.30 p.m. She also introduced one new member and a former member who has returned to Charlottetown both being welcomed by the president.

Miss Gertrude Coady, Mrs. Maurice Griffin and Mrs. Peter Holland were appointed to take charge of nominations for the annual meeting to be held in April. Rev. Father MacDonald thanked all the convenors for their good work and urged the members to keep in mind their spiritual part in the League. After the recitation of the League prayer the meeting adjourned on motion of Mrs. E. J. McTague. The Queen was played by Mrs. J. E. Fleming.

KINGSTON W. I.
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High Fashion This Season Are These Bright New Ensembles

PERT RAINCOAT in a water-repellent rayon is in black-white abstract pattern. **HIGH FASHION** this spring are color co-ordinated separates giving costume look. These full-skirted cotton pretties, brilliantly colored and deftly detailed, are included in new styles for spring and summer. **PAISLEY PRINT** lines this coat of oatmeal hopsacking with matching skirt.

LET'S EAT The Cabbage Family Has High Vitamin C Value

By Ida Bailey Allen

"That common run-down feeling many persons have in the late winter and spring, I understand, Madame, is often partly a result of not getting enough Vitamin C," observed the Chef.

"Right you are!" I said. "I like that word you used, run-down, for that's exactly what happens to the body when needed food elements are missing."

CITRUS FRUITS
"Most persons depend on citrus fruits and sometimes raw cabbage and tomatoes for their daily replenishment of Vitamin C. But various other members of the cabbage family are equally valuable when cooked by right methods and, especially, if eaten raw."

The cabbage family includes broccoli, Brussels sprouts, cauliflower, collards, kale, kohlrabi, rutabaga and turnips. When crisp and cut, chopped or grated in fine pieces and topped with mayonnaise or commercial sour cream, they can be used as salads, with or without lettuce.

"For example, use tender kale and cabbage or curly endive; or rutabaga—yellow turnips—kale and cabbage; or rutabaga, carrot and cabbage; or rutabaga, green pepper, kale and celery and a small amount of scraped onion."

"All these vegetables are good sources of Vitamin C. In addition, broccoli, kale and the tops or leaves of turnips or rutabaga have high vitamin A value."

Tomorrow's oven-dinner: New England potato cream soup; celery; carrot sticks; lamb-cabbage hot pot; Indian raisin pudding; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6.
New England potato cream soup: In a 2 qt. saucepan, combine 3 c. sliced peeled white potatoes, ½ c. cut celery tops, 1 tsp. snipped parsley, 1 thin-sliced peeled onion, ½ c. boiling water, ½ tsp. salt and ½ tsp. pepper. Cover. Cook 15 min. or until the potatoes are very tender.

Put through a sieve or food mill

ELLEN'S DIARY

Hold Fast Your Dreams

"Yes," James smiled stepping away from the back verandah to his choring. "It's easy now to tell that March is here. The worst of it is, Ellen, the worst came back over a shoulder, 'the month won't be long enough for us with the work

with the liquid. Heat and add 3 c. milk.
Blend ¾ tsp. flour and ¾ tsp. butter or margarine.
Add 1-3 c. of the hot soup; stir until smooth. Add to the cooking soup. Cook-stir until boiling. Garnish with croissants.

Lamb-Cabbage hot pot: Trim excess fat from 1 lb. shoulder of lamb. Simmer-boil 1½ hrs. in 2 qts. salted water. Then drain, saving the broth. Cut in serving sections.
Cut a 2 lb. head of white cabbage into ½ in. thick slices. Place a layer in 3 qt. saucepan. Put on a layer of lamb; season with fresh ground pepper.
Add a second and third layer each of cabbage and lamb.
Pour in boiling lamb broth to the depth of 3 in. or until the cabbage is fork-tender.

Trick of the Chef:
Add 6 whole allspice when preparing lamb-cabbage hot pot.

COOK'S CORNER



NUT RICE-KRISPIE BARS

½ cup butter
Package of marshmallows
2/3 box rice-krispies
1 cup shelled walnuts rolled fine
1 teaspoon vanilla
Melt butter and marshmallows in double boiler. Beat and add rice krispies and nuts and vanilla. Press firm in cake tin and chill. Do not bake.

BAPTIST JR. GUILD

Mrs. Blois Manuel was hostess for the March meeting of the Junior Chapter of the World Wide Guild of the Charlottetown Baptist Church. Miss Iris Lewis conducted the devotional period. The roll call was answered by repeating missionary names.
Mrs. Douglas Cameron, president, presided over the business meeting and the minutes were read by Miss Iris Lewis, secretary. Two new members were welcomed. A "weighing party" took place with proceeds going to a medical scholarship.
Miss Marguerite Brehaut was in charge of the study period on Bolivia when colored slides of missionary work in that country were shown by Mrs. Harold L. Milton.
Refreshments were served by the hostess, assisted by Mrs. Kenneth Yeo and Mrs. Paul Garnlum.

in the woods shortly, and young stock arriving to add to our chores." How serene then the new day and hushed the valley about. As if in token of the fresh dawn, wild ducks winged off down the stream river-ward, companionably it seemed as might so many staid couples of humans on an excursion bent.

Yes, March was here in the mildness, in the gentle blue in the sky, and later we marked it in the tinkle of a streamlet stealing away beneath a drift of snow. It was March in the sunny amber of morning and in the colorful embers of the spent day toward dusk. It will be a March breath of wind which coming in at our small eastern bedroom-window is due to bring us the faint sound of the overflow in the millam to lull us to sleep that is dreamless.

"Oh, I rested fairly well last night," none with whom we chatted a while today commented, "though I did have a dream. I felt hungry at bedtime so she fixed me a bite of lunch-sandwiches, a piece of apple pie and some fruit-cake. Not that it was disturbing," he smiled.

"Tell it," we begged.
"Oh, it wasn't much—it is hardly worth telling," he chuckled. Only it was so real. I was in a field where cattle grazed; I seemed to feel the place and then again I didn't because it wasn't altogether clear. But over a ways against a little grove of trees, there were cows. Not mine—no. But I could see them cropping the grass—I remember yet their shapes and colors." He chuckled, "there's no sense to the Hke, no meaning to a dream." "You never know," we said, "there have been meaningful dreams in history."

Mark Twain was always fascinated by his. He formed the habit of writing them down while they were still fresh, and he studied them to try to find their source. He had a platonic dreamland sweetheart, remember? The same one forever. She never aged but remained always the fifteen years she was when he first saw her, and he the same lad of seventeen.
"But to see only some cows grazing in a field!" our visitor twinkled.
"That's a good omen," we nodded. "It denotes 'prosperity and happiness' they say."
And now another winter-week goes from us, white-wrapped and borne off on the silver wings of the night. It was a gracious week, we recall, altogether pleasant and kind to the folks of our valley, and its hours now blessed with the pre-Sabbath peace.
Dreams and dreams there are. Those elusive mysterious ones of the night and as well those of our wakefulness-gauzy-winged things which engagingly urge us toward some secretly cherished goal. These above all are those to which we should "Hold Fast."
"Hold fast your dreams! Within your heart.
Keep one still, secret spot
Where dreams may go,
And helters so,
Toward some thrice and grow
Where doubt and fear are not.
O keep a place apart
Within your heart,
For 'tis dreams to go!"
Until Monday—Diary—Good-night....

to assist with Catholic Action work.

The following convenors were present and gave brief reports: spiritual, Mrs. J. L. McGuigan; education, Mrs. C. L. MacDonald; citizenship, Mrs. L. L. Noonan who reported attending annual Red Cross meeting; program, Mrs. Maurice Griffin; finance, Mrs. Leo Murray; book review, Mr. Peter Holland; and the new books would soon be placed in the public library; press, Mrs. Ernest McTague, published all league activities; sick visiting, Mrs. R. J. MacDonald said she visited two sick members and the usual get well cards being sent; Miss Gertrude Coady who said that membership fees were coming in well and asked members who had not yet paid to send it in before annual meeting, which will be held on Tuesday, April 3rd at 7.30 p.m. She also introduced one new member and a former member who has returned to Charlottetown both being welcomed by the president.

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followed by creed in unison. Minutes of last meeting were read and approved. Roll call was answered by 10 members and 3 visitors. Red Cross sewing was passed on by several members. Report on crokinole party was given by Mrs. Yeo. Two thank-you cards were received.

Correspondence was read by secretary. New committees: lunch, Will Colwill, Mrs. Heber Campbell; program, Mrs. Hanson, Mrs. E. Newson.
It was moved and seconded we get ten pers. of flannelette blankets for ten families that lost their homes by fire. Margaret Newson is to get blankets. Bills were presented and paid.
Mrs. McCrae is to have talk next month on New Brunswick. Collection 80 cents, friendship 33 cents. Next meeting at the home of Mrs. Edgar Newson. Lunch was served and social hour spent. Mrs. Yeo and Mrs. M. Green

NEW LONDON W. I.
The monthly meeting of the New London W. I. met at the home of Mrs. Morton Adams on February 14. Meeting opened with "Row, Row, Your Boat" and Mary Stewart Collect. Roll call was answered with home made valentines.

Minutes were read, approved and signed. Samples for curtain materials were received. Mrs. Lorne Campbell, Mrs. James E. Cole and Mrs. Harold Mayhew were appointed to purchase material for the curtain for the hall. Miss Elva McAllister, Mrs. Leigh McEwen and Mrs. Lorne Campbell volunteered to scrub the school.

Reports of committees: sick, se-

veral calls were made and treats taken; school committee reported more soups had been purchased for the children.

Correspondence consisted of several letters. It was moved and seconded we send \$5 to the March of Dimes. Red Cross collectors are Mrs. Morton Adams, Mrs. Leigh McEwen and Mrs. James E. Cole. Several Polio Posts were received and Federated News. Subscriptions for W. I. News were paid. It was moved and seconded that all bills be paid. Red Cross work was passed in.

AUGUSTINE COVE W. I.
The regular monthly meeting of Augustine Cove W. I. was Thursday evening March 1st at the home of Mrs. Priscilla MacFadyen with the president in the chair. Meeting opened by singing the Hymn followed by repeating the creed in unison.

Roll call was responded to by fourteen members paying their shoe size. Minutes of the last meeting were read and approved. A bill amounting to 59 cents was paid. Correspondence was read and discussed and it was decided to donate a quilt to the Red Cross.

It was decided to have a St. Patrick's party in the school basement on Monday the 19th. Red

Cross work consisting of five blouses, three nightgowns, three sweaters, seven pr. socks were passed in.

Reports of committees were heard and new ones appointed: sick and program, Mrs. Eldon Dawson, Mrs. Myrtle Peters; lunch, Mrs. Elmer Dawson, Mrs. Willard Wadman, Mrs. Eric Robinson and Mrs. James Murray.
Mrs. Donald MacDonald kindly invited to be answered with some thing for a pantry sale to be sold at meeting. Meeting closed by singing the Queen.
Mrs. Donald MacDonald put on a very interesting contest with Mrs. Eldon Dawson winning the prize. Afterwards lunch was served by the hostess assisted by committee in charge. Collection \$1.97.

SENIOR LADIES AID P. E. I. HOSPITAL
The regular monthly meeting of the Senior Ladies Aid of the Prince Edward Island Hospital was held at the Cundall Home on Monday afternoon, March 5 with twenty-eight members present.

The vice-president, Mrs. A. B. Bagnall, presided and opened the meeting with the Lord's Prayer repeated in unison.
The minutes of the previous meeting were read and adopted. The treasurer, Mrs. G. F. Moore, reported that a satisfactory net profit had been received from the Variety Concert. The thanks of all the Aid goes out to the convenors, Mrs. Edwin Cook, Mrs. A. B. Bagnall and Mrs. S. S. Carson for their work in connection with the Variety Concert.

Arrangements were made for tag day on Easter Saturday.

The next meeting of the Aid will be on Monday, April 9th. Afternoon tea was served by Mrs. Milton Stewart, Mrs. Waldo Bain, and Mrs. R. A. Houston.

'SIDE TRINITY W. M. S.

The president, Mrs. A. A. Lockhart, occupied the chair at the March meeting of the afternoon auxiliary of the W. M. S. of Sunnyside Trinity United Church, which was held in Epworth Hall on March 6. The opening hymn was followed by prayer by Mrs. T. R. Palmer and the Lord's prayer in unison.

Correspondence included a letter from Mrs. S. W. Cutcliffe, Presbyterian president, concerning the recruiting of young women for mission work, and two "thank you" notes from members who had been ill. The community friendship secretary, Mrs. Albert Heestis, reported 97 hospital calls and 75 home calls.

Mrs. William Heckbert was the leader of the worship service on the theme, "the call to the mission of the church through evangelism and missions." The Scripture lesson was read by Mrs. Lloyd Clark and Miss Millicent Strong. A question and discussion period followed the reading of the Scriptures taken from St. Luke. A quartet consisting of Mrs. J. N. Somers, Mrs. T. H. E. Inman, Miss Ina Phillips and Mrs. Victor Travers, sang "Be Ready." The offering was received by Mrs. Callbeck and Mrs. Inman and dedicated by the leader.
The mission study was taken from the third and fourth chapter of the book, "No Vanishing Race," and was presented by Miss Christine MacDonald.

As this was the annual due day, after the meeting a social hour was enjoyed when refreshments were served with Mrs. Walter Callbeck and Mrs. T. H. E. Inman as convenors, assisted by other members.

SUMMERFIELD C. W. L.

The February meeting of the Summerfield sub-division of the C. W. L. was held at the home of Mrs. Spencer Hughes with a good attendance. The president, Mrs. Everett Clow, opened the meeting with the League Prayer. The minutes of the previous meeting were approved as read.
Correspondence read by Mrs. Spencer Hughes was as follows: Mrs. MacNeill, convenor of National Scholarship; Mrs. Linkletter, convenor of Girl Guides; receipt from P. E. I. TB League; Mrs. Hagen for expressions of good wishes while ill.
The financial report showed a

substantial balance overhead. The membership convenor Mrs. Leslie Trainor, reported one new member received and Social Service convenor, Mrs. Gerard Allan, reported sending three cards.
As there was no further business meeting closed with prayer. Next place of meeting is at the home of Mrs. Gerard Allan.



Paper Clothes

A paper fabric, developed in the U. S., may soon find its way into utility and even fashion garments. Throw-away protective coveralls, coats and aprons, doctors' jackets and nurses' uniforms, safety caps and protective hoods appear to be "naturals" for this new paper fabric. Colorful skirts, party dresses or dance frocks are also in the realm of possibility. The fabric is lightweight, porous, crease-resistant, will not shrink and can be washed or dry-cleaned.

MORNING SMILE

"How long have you been playing golf?"
"About two months."
"You play a very good game."
"I ought to. It took me four years to learn."

HOUSEHOLD HINT

When buying dresses, examine seams carefully. They should be wide enough to allow for adjustment, and pinked or finished in some manner to avoid raveling.

Words Of The Wise

Promise is most given when the least is said.
—(George Chapman)



New Spring Style Influenced By East

This season's Oriental influence in Paris. The narrow, high-bosom, men's coats in the East. It is prominent in this coat-dress of ed look with the flaring sweep stand-away small collar is another light-weight beige wool designed near the hemline are typical of our spring trend. (CP Photo).



PATTERN A572 by Philip Hulitar

NEW SHEATH-DRESS BY HULITAR HAS SOFTER, FEMININE APPEAL

News-making fashion on a slender theme — the new sheath dress with softer, more feminine appeal. Philip Hulitar, talented young American couturier, adds to this beautiful line — with a wonderful wearability in his newest sheath design. It's a starchy simple dress in linen, fine cotton by day — figure magic achieved by an unusual open (yet modest) neckline, smooth uncluttered lines. Now choose a lovely peat de sole, or tissue taffeta, with colorful drape of flowers and bow — the same design translates itself into a glamorous evening fashion! Flattery? Assured, in this Hulitar Original!
Pattern A572 is available in Misses' Sizes 10, 12, 14, 16, and 18. Size 16 requires 2½ yds 59-inch fabric.
Send FIFTY CENTS (in coin) for Pattern A572 to Charlottetown Guardian Pattern Department, 60 Front St. W., Toronto, Ontario. Please print plainly YOUR NAME, ADDRESS with STYLE NUMBER and size.