



MONACAN PRINCESS IS BAPTIZED

Prince Rainier III of Monaco and his wife, Princess Grace, the former Grace Kelly, holding their baby daughter, Princess Caroline, were well-wishers after the infant was baptized in a colorful ceremony attended by four Roman Catholic bishops, 15 priests and

1,000 guests at the cathedral in Monaco. Princess Grace is wearing a brown dress and a light-colored mink coat, while Prince Rainier is bearded in his colonial uniform—the same one he wore on their wedding day. The little princess was baptized with Monaco water at Rainier's express wish.

ELLEN'S DIARY

The Comely Hog Goes A-Riding To The City

A meaningful event of today in an afternoon, was the marketing of the hog this afternoon. Not that it is disposal actually keep the wolf at bay over long but at the same time, the returns would be comforting to have.

Summoned by a spiritual call which hurried on footstep, we were there to hold the old mare at a piggy door during the ceremony of loading him to the farm-aleigh, which has to convey him to a little, and rather plucky, truck at lane's end.

We suspect that come Maytime and robin song and summery travelling, we shall find that like other ills and annoyances forgotten, so all the trials of such winter-marketing and haulings will have been washed away as goes all else of winter in the trickling streamlets of the Spring. And as the farmers here and hereabout ride then from their doors and with every nonchalance go up and over the hill and out to the highway, they will entertain little thought of the chains on and chains off of wheels of the moment and the other worries and work of the first mile of now.

So we held the old mare. And if James said afterward with what we hope contained at least a modicum of truth that "You were more ornamental than use, Ellen" because at a critical moment she "hunched and flinched" from an exact position, the comely hog, neither too short nor too long, appeared in the piggy-doorway, glanced curiously about, and then as a sound might, sniffed his way into the vehicle and was presently off on his way to the city.

The afternoon was sunnily blue-skied, though there was a decided nip in the wind. Brooklets left by yesterday's thaw still coursed from drifts up the rise, and there was sound of increased flow, from the spillways of the milldam below. A lovely day, it was, with Spring casting her nice shadow before.

"We'd like to know who you are?" one of the young matrons there, quired when, as a substitute for Jeanie or Granddaughter we came later to scatter the supper-grain to the fowls in the

try-house. She was a pleasant lady, obviously with more courage than the others who at the entrance of a stranger had retreated in alarm to a distance.

"You'll have to ask James," we giggled.

"And where is he?" a tiny one of the kind that "can scratch for herself" looked up, advancing a step or two nearer.

"He's over in the underground-stable bedding the cattle."

"And where's Jeanie?" the first questioned. "Not ill, I hope."

"No, indeed. She's very well. She went to town—the children too, Granddaughter's teeth needed an inspection and Mack wanted—now what was it? A new school-book, the last one of his Grade, would it be?"

"Ah, ha. . . I know you now!" the second lady nodded and smiled. She moved nearer to the spread meal, the rest following her lead. "And how have you been? And are you enjoying the Winter?"

"In reply to the first" we laughed. "Nicely—and to the second, much."

"We'll have some extra room in the piggy now" James says looking up a moment from "The Wonderful Sibleys" a novel by William Maier an American author, which he declares to be "A fair-good yarn."

Until tomorrow Diaries—Good-night.

ST. AUGUSTINE'S
The following is the honor roll of St. Augustine's Convent.

Grade XI. 1. Eileen Gallant, 2. Thomas Doucette, 3. Paula Gallant.

Grade X. 1. Cecile Boute, 2. Lorraine Gallant, 3. Frances Gallant.

Grade IX. 1. Cornelius Doiron, 2. Yvonne Boute, 3. Eleanor Doiron.

Grade VIII. 1. Marion Gallant, 2. Lorna Gallant.

Grade VII. 1. Bernice Doiron, 2. Myrna Doucette, 3. Dianne Doucette.

Grade VI. 1. Dianne Gallant, 2. Marilyn Gallant, Gail O'Hanley, 3. Rose Marie Doiron.

Grade V. 1. Frances Hagen, 2. Plus Doucette, 3. VBeverly Gauthier.

Grade IV. 1. Audrey Gallant, 2. Annette Boute, 3. Anita Boute.

Grade III. 1. Anne Doucette, 2. Shirley Doucette, 3. Roma Pitre.

Grade II. 1. Randolph Pineau, 2. Leona Doucette, 3. Kenneth Gauthier.

Grade I. 1. Elaine Gallant, 2. Louis Doiron, 3. Stephen Prevost.

COOK'S CORNER

BACON-MUSHROOM CASSEROLE
4 strips bacon (cut in 1 inch pieces)
4 tbsp flour
1 1/2 qt. cream of mushroom soup
1/2 lb. medium cheese, grated (1 1/2 cups)
4 well beaten egg yolks
4 stiffly beaten egg whites.

Fry bacon after removing rind, remove and strain on absorbent paper. Add flour to bacon drippings. Bend. Add soup and cheese. Stir until smooth; add bacon. Gradually add sauce to egg yolks.

Carefully fold in egg whites, beaten stiff, but not dry. Pour into ungreased 1 1/2 qt. casserole. Place in shallow pan with 1 inch hot water surrounding. Bake in moderate oven, 350 deg., for 55 minutes. It is delicious, served with tomatoes!

MORNING SMILE
Milton: Great heavens Where did you get that scar?
Noah: Poker.
"Cheating?"
"No, flirting with the cook."

CLYDE RIVER
The February meeting of the Clyde River W.M.S. met at the Presbyterian Manse. Due to the absence of president, Mrs. John Beer, vice-president, Mrs. George Hyde presided.

Leader for the evening was Mrs. Jack MacLean. Theme for the evening was prayer. Call to worship was taken from St. John 17th. Hymn 40 was offered, by Mrs. Jack MacLean. Scripture lesson was taken from St. John 17 verses one to six and eighteen to twenty-six. Bible exposition was read by Mrs. Heber Campbell.

A reading was given by Mrs. Roland Buchanan concerning prayer. Roll call was answered by

Assistant Bank Manager Started As Stenographer

By JANE BECKER
Canadian Press Staff Writer
MONTREAL (CP)—Canada's first woman assistant to a bank manager had a hard time finding a job 20 years ago.

"I tried for months to get a stenographic job—anywhere," recalled Mary Pollock, who has just been named assistant to the manager of a Sherbrooke Street branch of the Bank of Montreal here.

"But in 1936 it wasn't easy. The only place I was sure I did not want to work was in a bank."

But after applications to "all the usual places" the bank offered her a job, replacing a stenographer who was having an appendix operation.

"The job lasted a few weeks," Miss Pollock said in an interview. When the stenographer who had had the appendicitis operation later quit to get married, the branch accountant remembered Miss Pollock and asked her to come back. She's been with the bank ever since.

Munroe Brown, public relations manager at the bank's head office, says the Sherbrooke Street branch depositors maintain that they could not get along without Miss Pollock.

"If you talk to bank customers, you'll see why we broke precedent by giving her an appointment," he says. "Now she will run the branch, along with the manager, with a very real hand in interpreting branch policy."

The new post means not only advancement for Miss Pollock, but another step forward for women in banking. In the '30s, Miss Pollock said, girls were just beginning to be allowed to talk to customers. From 9 a.m. until 4 p.m. they typed, and thought they

were lucky to earn \$50 a month. Since then a number of Canadian girls now have full charge of savings departments. Mr. Brown says Miss Pollock's appointment may start a trend toward even more responsible jobs for women in banking.

WIDE TRAINING
Miss Pollock says that when she became interested in banking she had no thought of reaching an executive position.

"I merely found that my job was more interesting if I did more than the minimum required," she said.

She enrolled in a Canadian Bankers' Association correspondence course leading to an associate certificate. In her off-hours she studied accounting, commercial geography, the Bills of Exchange act, practical banking, arithmetic and business English.

In a more advanced course later she went deeper into accounting, economics, banking history and commercial law, and in three years became a Fellow of the GBC—a qualification held by only a handful of women. She led a class of 15 men in her final examinations.

During this time she also had her first flirt at a man's job in banking. She took the place of an assistant accountant called up for military service in 1942. When a permanent male assistant was hired, Miss Pollock returned to her role as manager's secretary, but she continued her over-the-counter work with customers.

"Many women honestly don't know the difference between a balance and an overdraft," she said. "They hesitate to admit it to the manager—or to any man, man without embarrassment. But they feel they can ask a wo-

KEEP IN TRIM

You Can Go On A Diet Without Going Hungry

By IDA JEAN KAIN
If you would be happy to reduce, you could diet without going hungry. Take advantage of the high satiety, protective diet.

The secret in planning hunger control menus is to include foods that stick to the ribs but do not that stay with you longer keep you from feeling hungry. So it is important to examine that rate at which various foods are converted into energy, for the fast burning foods leave you hungry in a short time.

Here's the story: sugars, including desserts, candy and sweet drinks, burn quickly in the system. They are the quick energy foods. A meal that contains only quickly absorbable sugars is hardly in the interest of weight control, regardless of the calories furnished, for this leads to more of the same.

But perhaps you'd like to know why quickly burning foods react this way. Sugar rapidly forces the blood sugar level causes the production of insulin. Since sugar is used up quickly, you're left with the extra insulin . . . then down goes blood sugar, and this is followed by a craving for food. Since you prefer something sweet, you probably choose that type of food and this cycle leads to extra pounds.

Many of you inquire if it would be all right to have thin soup and a favorite dessert for lunch, provided the calories do not exceed your reducing requirements. Actually, this type of lunch leads to overweight. The protective foods aside for the moment—with such fare you would be hungry in an hour and a half and ready to eat again.

A sandwich at lunch is far preferable to a sweet dessert. Starch burns more slowly than sugar in the body, and protein burns even more slowly. With a sandwich made of two thin slices of bread

and a thick filling of protein (lean meat, chicken, egg or cheese), you have food that will stick to the ribs. A hot soup made with skim milk and a sandwich is satisfying. If you carry your lunch, a sandwich, plus something chewy such as celery, radishes and carrot sticks, and a piece of fresh fruit is filling and slimming. To "slim" the sandwich, use mustard and go very light on butter and mayonnaise.

While fats are slow burning, too, and give long lasting satiety, they furnish concentrated calories—2 1/2 times the calorie count of either protein or carbohydrates.

Here's a satisfying, low-calorie menu:

HUNGER CONTROL DIET BREAKFAST
Chilled orange juice, 5 oz. 55 calories; Scrambled egg with 2nd egg white 120; Toast, 1 thin slice 30; Butter, 1/2 pat. 12; Coffee, black, 0-total 205 calories. Scramble eggs in top of double boiler. Use 2 tsp. skim milk. No fat needed.

LUNCH
Tomato soup (made with skim milk) 100 calories; Open face sandwich 150; Grilled cheese (on 1 slice bread OR Swiss cheese) 1 oz. on thin slice very thin with mustard. Slice Cucumber, vinegar dressing 10; Low calorie gelatin dessert (D-zerta) 12; Total 272 calories.

4 o'clock ENERGY PICK-UP
Glass of skim milk or buttermilk 80.

DINNER
Choice of:
Ground round steak, extra lean 200 calories; 1 pat. butter 12; broiled OR Chicken, leg and thigh broiled (175 calories). Baked potato, 1/2 50; Butter, 1/2 pat. 12; thick 25;

Choice of:
Asparagus, string beans or spinach (no butter) 25; Relishes: celery and carrot sticks, radishes 25; Raspberries, frozen, 4 oz. 110. Total 435 calories.

TOTAL CALORIES 1037.

twenty members. Minutes of previous meeting were read and approved. Hymn 483 was then sung. Prayer was by the Rev. Mr. Killen.

Members were asked to leave Christmas cards with Mrs. George Hyde. Thank you letters were received and read from Mrs. Killen, Mrs. Roland Buchanan and Mr. and Mrs. Ira Auld.

Mrs. Merwin MacPhee thanked members for baby gift and Mrs. Gordon MacKinnon thanked members for Christmas gift, also several thank you cards were received for flowers and cards of sympathy. A thank you letter was received from Mrs. F.A. Darrach for fruit.

A letter was received from the Church Hill W.M.S. inviting W.M.S. to World's Day of Prayer. It was decided to attend. Mrs. Arnold Beer was appointed to send for leaflets. Sick committee reported sending fruit and cards of sympathy and get well.

A letter was read from Lillian R. Dixon by Mrs. Keith Dixon, and a very interesting message was given by Mrs. Killen. Mrs. Roland Buchanan invited members to her home for the March meeting. Leadership for the evening will be Mrs. John Gillespie. Lunch committee as follows: Sandwiches, Mrs. John MacNevin and Mrs. Harry MacLean, sweets, Mrs. Hugh MacLean, Mrs. Katherine Murray and Mrs. George Hyde.

The closing hymn was 696. Rev. Mr. Killen closed our meeting with prayer.

NEWCASTLE-UPON-TYNE, ENGLAND (CP)—Walls in some of the apartments here are so thin that wives complain they can hear "sweet nothings" whispered by newly-weds next door. City authorities asked the housing committee to investigate.

GET AHEAD WITH A BILL CLEAN-UP LOAN!
Pay leftover seasonal bills and reduce high monthly payments with a prompt loan here. We like to say "Yes!" when you ask for a loan. Phone for your loan in one visit, or come in.

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Second Floor, Phone 4511
Phone 625-1 Ask for the YES BILL CLEAN-UP LOAN
OPEN EVENINGS BY APPOINTMENT—PHONE FOR EVENING HOURS

BENEFICIAL FINANCE CO.
Personal Finance Co. is now called BENEFICIAL FINANCE CO. Only the name has been changed.

WOMEN

Lenz Caroline McLure, Women's Editor. Phone 8506
Page 8 The Guardian Monday, Mar. 11, 1957

HAPPENINGS

Mrs. W. R. Inam wife of Commander Inman, left by plane accompanied by her two children, Dianne and Stephen, for a visit to her home in Northern Ireland, Mrs. Inman is a daughter-in-law of Senator Elsie Inman.

Mr. and Mrs. Ralph Mason Hopkins, photographed in a Toronto group, are shown cutting the cake after their wedding in the chapel of Timothy Eaton Memorial Church. The bride was Mary Dorsey MacNeill, daughter of Mrs. MacNeill and the late Mr. Roderick MacNeill. The groom is the son of Mr. and Mrs. John C.

The regular meeting of the Beta Phi Sorority was held at the Y.M.C.A. on Thursday evening. Chairman for the evening was Eleanor Carson. Fourteen members were present. June Spence reported on the So-Ed meeting. This group will begin in April. It will consist of discussions, interest groups and dancing.

It was decided to have a cake sale in the near future. Miss Bernice Rowland continued her series of discussion, on Maternal Health. Checking next week will be Bea MacLean and Carol Creelman. Chairman will be Betty MacIntyre.

LET'S EAT

Very Sharp Cheese Makes Fine Souffle

By IDA BAILEY ALLEN
"Your visit to the growing areas of California will not be complete until you've seen the most phenomenal growth of all, the Big Trees in Henry Cowell State Park," said our host, Alan Rains. "We'll detour and have an hour there before we go on to Carmel."

When you are on the West Coast be sure to visit this renowned forest and stand before these towering, living sentinels of the centuries.

Then on you will go, perhaps to old Monterey or to fascinating Carmel, the little town beloved of writers, artists, and the modern and chic blend with the old and quaint, where the sidewalks and street lights begin and end with Main Street.

The next day, I settled down to writing, while the Chef investigated the foods of the town. At soon he came bursting in with a big napkin-covered plate in his hand.

"Madame, prepare to taste-test, he said. "This cheese souffle is fabulous! Regardez! Smell the aroma, ah! It's being served at a small restaurant down the street called the Hob-Nob."

SENT RECIPE
"The chef is a Hollander, M. Cornelius van Peski. He sent his recipe to you with his compliments, and this hot cheese souffle plate."

All measurements are level.
Golden Cheese Souffle: Melt 1/4 c. butter or margarine. Stir in 1/2 tsp. flour, 1/2 tsp. mustard and 1/2 tsp. salt. Gradually stir in 1 c. whole milk. Cook-stir until boiling. Cool 5 min.

Add 1/2 c. very sharp grated cheese mixed with 4 well-beaten egg yolks.
Beat the 4 egg whites until they form peaks. Fold into the cheese mixture. Turn into a buttered qt. casserole.

Set in a pan; surround with boiling water. Bake 1 1/2 hrs. at 325 degrees F. Serve with celery sauce.

WIFE PRESERVERS
Home economists emphasize the need for complete breakfasts for the family. A good breakfast as the weather warms and spring approaches may consist of oranges or grapefruit—served whole or in juice, bread, toasted if preferred, and eggs. Bread is a table-ready food, and eggs require little preparation. Coffee for adults, milk for children.

CREW AT HONG KONG
HONG KONG (AP)—The captain and crew of the wrecked British freighter *Hydralock* reached Hong Kong by ship Saturday after spending two weeks in Red China. The skipper said his Communist hosts were "absolute goodness" and "went out of their way for us." Their 960-ton freighter grounded on an island Feb. 25. Pounding waves broke up the ship.

SPRINGVALE W.I.

The members of Springvale W.I. met for their regular monthly meeting on Tuesday evening, Feb. 12th, with the president presiding. Meeting opened with the "Ode" followed by "Creed" in unison. Roll call was answered by thirteen members.

Minutes of the last meeting were read and approved. All old business was attended to. Reports of the Shur-Gain calvacade and crokinole were given by the secretary. It was decided that the play committee select a play.

Mrs. Charles Newport reported that the 4-H sewing Club had a fee to pay. By motion it was decided to have a crokinole party for this purpose. Committee in charge, the girls of this club.

Sick committee reported a new home call made. School committee reported paper cups, toilet tissue, bucket, dish pan and sponge needed, also fountain and window blind repaired. It was decided to leave the scrubbing of the school until March.

New committees for the next three months, Sick, Mrs. Austin Sentner and Miss Edith MacLeod, school, Mrs. Charles Newport and Mrs. Omar Neil.

Correspondence was read which consisted of several letters. It was moved and seconded that \$2. be sent to the Multiple Sclerosis Society of Canada. A letter of thanks was read from the Springhill Disaster fund.

Bills were presented and moved paid. One member put money in the birthday box. Collection for the evening 80 cents. A number of members subscribed for the Institute News. Six members that were absent at the last meeting paid for a cup for the Institute.

Next meeting to be held at the home of Mrs. Lester Johnston. Roll call to be answered with a penny for the size of your shoe. Lunch committee, Miss Edith MacLeod, Mr. Dale Proude, Mrs. Bruce Stewart and Mrs. Austin Sentner. Meeting closed with the Queen. Lunch was served by the hostess and committee in charge.

MARINE SENTENCED
PARRIS ISLAND, S. C. (AP)—A five-man court martial Saturday sentenced a U. S. Marine drill instructor, Cpl. William R. Walsh, of Lyndhurst, N. J., to three months at hard labor for illegally touching recruits. The court ordered Walsh reduced to private and fined \$40 a month for three months. Earlier the court threw out 20 of the 24 charges of hazing or maltreatment of recruits.

How to Make Danish Pastry

If you can bake a cake you can make Danish pastry, says Food Editor Helen Gougoun in The Standard this week. She gives complete but easy-to-follow instructions that make such an undertaking simple, and illustrates with photographs of just how to mix, knead and roll the dough. She gives complete but easy-to-follow instructions that make such an undertaking simple, and illustrates with photographs of just how to mix, knead and roll the dough. She gives complete but easy-to-follow instructions that make such an undertaking simple, and illustrates with photographs of just how to mix, knead and roll the dough.

HOUSEHOLD HINT

When removing a stain from a garment, do not use too much of the solvent. A little will go a long way, too much may spoil the cloth by causing a ring or a severe stain worse than the original. Use a soft pad under the stain that can be changed with the sponging cloth and will help to absorb the excess solvent and prevent a ring.

THE STANDARD

ON SALE NOW

FUSES BLOWING OUT? It's a nuisance... it may be dangerous... IT'S NOT NECESSARY!

How safe is the electrical wiring in your home? Do fuses blow—or breakers trip—too often . . . Do you have to unplug one appliance to use another . . . Does your TV picture shimmy when electrical equipment comes on . . . Do walls around outlets get warm . . . Do you replace 15-amp fuses with 20- or 30-amp fuses?

If there are any wires burned bare of insulation your home is in a state of complete electrical collapse!

These are the symptoms of old-fashioned, inadequate and frequently dangerous home wiring. If you notice these signs in your own home, think of the wires inside the walls—where you can't see them. Why not play it safe? To protect your family, call in an Electrical Contractor. He will survey your electrical system . . . will tell you if it's safe and adequate . . . or how little it would cost to modernize . . . to LIVE BETTER—ELECTRICALLY WITH FULL HOUSEPOWER.

To rewire your home—no matter how old it is—could amount to less than you pay to paint it every few years . . . less than the

cost of sodding a lawn . . . AND wiring for full HOUSEPOWER you only do once, it lasts a life-time. Furthermore, you can finance the cost on a Home Improvement Loan!

Don't deprive yourself and family of the unequalled comforts and conveniences of to-day's modern electrical appliances and lighting. Above all, why risk an electrical fire? Find out! Make sure! Call an Electrical Contractor to-day!

HERE'S WHAT TO DO!
• Call an electrical contractor at once. Have him do an ELECTRICAL SURVEY on your home, building or plant wiring for safety, efficiency and HOUSEPOWER rating. Most contractors do this work at no obligation to you.
• Ask your contractor about Home Improvement Loans . . . how they finance wiring improvements at low interest.
• Contact your Electric Utility for advice.
• Contact your Nearest Electric Service League for free literature or advice; or write to the Institute of Electrical Living, 126 Devonport Road, Toronto, Ontario, for informative literature on full HOUSEPOWER for old or new homes.

INSTITUTE OF ELECTRICAL LIVING

Nursing School In Alexandria Raises Task To A Profession

VANCOUVER (CP)—Nursing is now a dignified profession for Egyptian women and marks another stage in their emancipation, says a Vancouver nurse.

Miss Laura Thorardson helped establish a school of nursing in Alexandria in 1966. In that year women of Egypt not only won the right to vote, but nursing was removed from a menial classification and given the title of "profession."

Miss Thorardson and others of the World Health Organization worked for a full year previously to start a nursing school. Laws had to be passed, accommodation found and equipment obtained. But the chief aim was to attract big women to the calling.

Miss Thorardson says all this was accomplished with the addition of a nursing department to the University of Alexandria

which already boasted a medical school, dental school and pharmacy.

Until this time nursing had been undertaken by village or country girls with little or no education. Now city girls from good families are entering the profession.

The course was designed to fit the needs of Egypt and the students were very intelligent, their Canadian teacher says.

They are not quite as dexterous with their hands as our girls, because most of them come from families where servants do most of the work and they did not learn to do domestic chores."

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