

WOMEN

Tuesday, March 6, 1956 · The Guardian, Page 9

ELLEN'S DIARY

The Herd Sire Is Gone

"I'm glad," Mack smiled. "I'm not too fond of them anyway—they have such cold eyes and burly heads. I'd much rather have cows." "Is he?" Granddaughter commented. Then dismissed the subject with, "Well, we're getting another."

The replacement arrived this afternoon, another dark animal led through the still falling snow. More interest was shown in the return of a parcel of ewes from their winter-stay at a far barn. Only a few of the flock, James brought home with the Nell-mare and sleigh, and for an engaging reason Mack came in later to tell of.

"Lamb!" he smiled proudly. "Yes, March lambs, we're going to have—and that before too long now, Granddaddy said. They'll be big ones by the time they get out to grass, won't they? I wonder who'll find the first one. I'll have to keep an eye about. Don't we love them—the wee bleating things!"

Down falls the winter-snow. It beats against the windows and fills the paths though we are promised it will presently cease.

"Only that you've been busy" today," James in his armchair chuckles over the idea "do you know what I'd fancy for lunch, Ellen? Yes, ma'am," he beams in royal anticipation "a nice dish of fried smelt!"

Until tomorrow — — — Diary — Good-night.

Continued from page 8

HAPPENINGS

Minutes of previous meeting were read and approved. Business arising out of minutes was dealt with. Reports of committees were appointed for next three months: School, Mrs. Chas. Newport and Mrs. Dale Proude; Sick, Mrs. Chas. MacNeill and Mrs. Austin Senter. Two members thanked the Institute for cards and parcel received by members of their families.

It was decided to scrub the school room floor. A number of ladies volunteered to do same and thought non-members with children attending school should also help. Mrs. Dale Proude was to purchase wax.

Correspondence was read and discussed. It was decided to canvass district for Red Cross. Members were asked to bring their donation to March meeting. Wayne Proud and Clifford Senter to collect from non-members. Proceeds from Crokinole parties was \$18.25 with expenses \$4.10. It was moved and seconded that the school committee purchase a kettle and broom for school.

Bills were presented and paid which amounted to \$39.53. One member put money in Birthday Box. Collection .95 cents. Lunch Committee for March: Miss Miriam Dollar, Mrs. Bruce Stewart, Mrs. Dale Proude, Miss Edith MacLeod, Miss Miriam Dollar invited members to her home for March meeting. Roll call to be answered with money for a cup for the Institute.

Meeting closed with the Queen; after which auction sale followed with Mrs. Charles Newport as Auctioneer. Proceeds \$13.13. Lunch was served by hostess and committee in charge.

SIDE Y'S MENETTES
The regular monthly meeting of the Summerside Y's Menettes was held Wednesday evening in the Y-Centre with the president Bobbie Willet presiding. A pot-luck supper, to which each member brought a dish, was enjoyed and was followed by a short business meeting, during which the president announced that they will hold a panty sale in Holman's Youth Centre on March 23.

An interesting "Bring and Buy" sale was held with the proceeds to be used to help finance the many projects sponsored by the Y's Menettes. The final item of the evening was a contest in which babies had to be identified in snaps and photos brought to the meeting by club members. These were taken when they were babies and proved to be a very humorous contest.

TRINITY AFTERNOON AUXILIARY
The regular monthly meeting of the Trinity Auxiliary of Trinity United Church was held in the Social Hall on Thursday afternoon with a large attendance.

The president Mrs. A. B. Bag-nall presided over the business session. The reports of the different secretaries were heard.

Mrs. Gillespie, Community Friendship Secretary, reported a large number of visits to homes and hospitals. Mrs. McNair, Supply Secretary, reported that a parcel had been sent to the Port Worker at Halifax.

Mrs. Avar, Mrs. Coffin, and Mrs. Cox were in charge of the Study period and read selections from "Home Missions Digest" which were very interesting. At the close of the meeting the Explorer group under the leadership of Mrs. Neil Diamond Explorer Counsellor, was heard in a beautiful affiliation service when they became affiliated with The Afternoon Auxiliary of the W.M.S.

Several members took part in this service closing with an inspiring Worship Service. The offering was received and dedicated. The meeting closed with prayer by Miss Mabel Newsome.



Sister's Easter Outfit

Little Sister will be the star of the Easter parade in this outfit designed by one of our outstanding manufacturers of girl's coats. It is something new and different this year—a five-piece combination. The ensemble consists of a linen coat with a four-button front closing, a printed rayon over-cloak, cuffs and lining of the same fabric; a pair of gloves, shoulder bag, umbrella and a cute little linen hat.

KENSINGTON CLUB
The regular monthly meeting of the Kensington Community Club was held at the home of Mrs. E. Kennedy on March 1st, with the president, Mrs. Frank Bowness in the chair.

A letter was read by the secretary, Mrs. Donald Gordon, from the Board of School Trustees, Kensington District, thanking the Community Club for their donation to the auditorium of the new high school.

Plans were made for a variety concert to be held on March 23rd, in the high school auditorium, also for a Canada Packers' Cooking School to take place at the end of June. The club is also going to cater to the Local Lions Club at their monthly dinner meetings and serve coffee at a Swift's demonstration in May.

INDIAN RIVER — KENSINGTON C.W.L.
The February meeting of the Indian River—Kensington C. W. L. was held at the church of the Holy Family with a good attendance.

The president, Mrs. Leslie Ramsay was in the chair. The Director Rev. Father Calloghan opened the meeting with the League prayer and the prayer for the Holy Father Pius XII.

The minutes of the previous monthly general meeting were read by the recording secretary, Mrs. Hubert Gillis and approved. Father Calloghan addressed the members on Catholic action and study clubs. He explained the Grailville Movement and the work of the Loy Apoliate. The President read a report compiled by Miss Macdonald who had attended a "Summer Course at Grailville." Correspondence consisted of a

letter from Girl Guide Convenor Mrs. J. Linkletter also one from Mrs. Basil Macdonald, Provincial President. Her suggested topics for discussion groups will be taken up at Study Club Meeting, which will be held every Wednesday evening.

The treasurer being absent there was no financial statement but it was noted that since the last meeting two card parties had been held in Kensington and two in Indian River the proceeds being most satisfactory. A donation was received from a member. The meeting closed with the recitation of the Act of Consecration to the Blessed Virgin Mary.

ST. ANDREW'S C.W.L.
The meeting of St. Andrew's C. W. L. was held in the parish hall on Feb. 26, with a good attendance.

The meeting, Mrs. Geo. McCormac occupied the chair. The meeting opened with the League prayer led by Father McCormac, spiritual director. The minutes of the previous meeting were read and approved. The treasurer's report was given by Mrs. E. McEachern and showed a substantial balance in the bank.

Mrs. Bertram Macdonald gave the bingo report. Membership convenor, Mrs. Jas. A. Macdonald gave her report. Spiritual convenor Mrs. D. Mullen gave her report. The convenor of Card Parties, Mrs. John F. McMillan reported that card parties were held in West St. Peters, Canavoy, St. Andrews, and the theatre.

Reports of different unit meetings were then given. Fr. McCormac asked that Unit meetings be held once a week in Lent. The report of the Pantry Sale was given by Mrs. Mullen which proved very

successful. The president thanked the committee and all who contributed to the success of the Pantry sale.

The women of St. Peter's Lake district are asked to clean the church this month. A thank-you note from Mrs. McLaughlan, was read by the secretary. A letter was read by the secretary from the convenor of Our Lady's Missionaries, a letter from the Provincial Diocesan President was read by Mrs. McCormac.

It was moved and seconded that monies be sent to Our Lady's Missionaries, the Holy Father's Relief fund, and the National Scholarship fund; also that the per capita fees Provincial and National, be paid immediately. Father McCormac spoke on Catholic literature and on the changes in the Holy Week services. It was agreed to dispense with lunches at future meetings.

The meeting closed with prayer. Lunch was served by the hostesses, Mrs. E. McEachern, Mrs. Romould Macdonald, Miss Laurina O'Hanley, and Miss May Macdonald.

STANLEY BRIDGE STERLING W. I.
The monthly meeting of the Sterling W. I. was held at the home of Mrs. E. S. Bell on Feb. 14. Meeting opened by singing "Let Me Call You Sweetheart" and repeated creed in union. Nineteen members answered the roll call which was an exchange of Valentines.

The secretary read the minutes

of the last meeting and were approved as read. Proceeds from the card parties amounted to \$81.50. The school committee reported that nothing was needed for the school.

Sick committee reported visits had been made on three treats given. New committees were appointed: Sick, Mrs. Alban Bolger and Mrs. Elmer Fyfe, School, Mrs. K. R. McKay and Mrs. F. S. Bell; Red Cross Canvassers, Mrs. W. J. Greene, Mrs. T. C. Gallant, Mrs. J. S. McEwen and Mrs. Blois McEwen.

Correspondence was read, and also cards of thanks. It was moved and seconded that all bills be paid. It was moved by Mrs. W. I. Greene and seconded by Mrs. Gordon Fyfe that we buy two dozen cups. It was decided to hold a card party in the school on Feb. 24, with Mrs. E. Carr, Mrs. K. R. McKay and Mrs. T. C. Gallant in charge.

Mrs. Alban Bolger distributed a supply of sewing and knitting for Red Cross. Next meeting is to be at the home of Mrs. Lorne McEwen. Roll call will be answered by telling an "Irish Joke". Lunch committee: Mrs. W. I. Greene, Mrs. Roy Douglas, Mrs. K. R. McKay, Mrs. Blois McEwen and Mrs. Lorne McEwen. Program convener: Mrs. Blois McEwen and Mrs. Lorne McEwen. Collection for the evening was \$1.95.

Interesting contests were enjoyed and lunch was served by hostesses, assisted by committee in charge. Meeting closed by singing the National Anthem.

COOK'S CORNER
SALMON CROQUETTES
1 can salmon
2-3 cup sweet milk
2 tbs. butter and 1 tsp flour mixed.
Let milk come to boil and stir in flour, butter, salmon and seasoning of pepper and salt and boil 1 min. Stir in well-beaten egg.
When cold, make into croquettes and roll in cracker crumbs and egg and fry until brown.



At the famous Banff Springs Hotel

they serve famous Chase & Sanborn Coffee

Acknowledged as one of the world's most magnificent summer resorts, Banff Springs Hotel vies with the scenic splendor surrounding it—in the grandeur of its structure, the grace and style of its appointments, and the brilliant register of its famous guests.

Subtle catering by chefs of world renown completes the enjoyment of a sojourn in this epic environment. Delectable meals are served with the accompaniment of a distinguished coffee—Chase & Sanborn.

In your home—as in Canada's greatest hotels—Chase & Sanborn's matchless quality can add distinction to every occasion. Why not serve it tomorrow?

a Great Coffee for nearly 100 years!

Appetites attuned by exhilarating mountain air are met with inspired cuisine and metropolitan service in the stately dining rooms of Banff Springs Hotel.

KEEP IN TRIM

Reduce And Look Younger

The splinter of worry that dieting might cause you to look older can keep you overweight for years. If you know for sure that taking off weight could help you to look and feel years younger, you'd start to diet with eager anticipation.

Repeatedly women write to ask how to lose 20 to 40 pounds "without looking awful and feeling dragged out." There's a reason for this apprehension. On semi-starvation diets and too-fast reducing, nature does slap you in the face. But it's the poor nutrition and flabby muscles not the weight loss, that's at fault.

The way to reduce and look younger is to build the food pattern around the keeping young nutrients—particularly protein, calcium and iron. Protein helps to shore up sagging tissue; calcium acts as a buffer to the nervous system; iron staves off fatigue.

While fewer calories are needed in middle age and over, more protein food and body replenishing materials are required for wear and tear. This makes it plain that no one can stay young on "empty" calories which give fuel but little protection to the tissues. "Empty" calories include alcohol, cooking fats, sugar, cakes and pastries.

To draw on stored fat and reduce, calories must be cut—therefore all of a dieter's limited calories must do double duty. The protective foods—fruits; green and yellow vegetables; milk and cheese; eggs; lean meat, fish and fowl; whole grain or enriched bread; and butter or margarine—furnish double duty calories.

DOUBLE PROTEIN
To keep up your strength and prevent hunger while reducing, build every meal around a double protein. Breakfast—an egg and a glass of skim milk; luncheon—fish or lean meat or cheese and a glass of buttermilk; dinner—hot soup made with skim milk, plus a liberal serving of lean meat. The meals should also include fruits and vegetables, and bread and butter—limited amounts. The foods that keep you looking young will keep you from feeling dragged out.

The beauty rate of weight loss is one pound a week. For that moderate rate, you can eat at least 1200 calories a day.

Exercise is important to looking and feeling young.

A little regular exercise increases circulation and tones muscles. Walking is perfect. Two miles a day can make a dieter look radiant. Passive exercise on machines stimulates circulation and helps tone the muscles.

Don't aim at ultra streamlines, for reducing too far is aging. Be happily content with the 5 pound margin for curves that puts a bloom on a woman.

COUNTRY GARDEN

The light and a good deal of moisture given to it as it grows so very large.

The scented-leaved geraniums include the "rose geraniums" so called because their oils are used as a substitute for attar of roses in perfumes, soaps, and cosmetics. Many delightful scents are found among the scented: apple, mint, lemon, rose, nutmeg, and strawberry to name only a few.

There is also another class of dwarf, cactus-stemmed and other oddities. These are so odd that almost invariably a person seeing one for the first time will exclaim, "That can't be a geranium." Some have bulbous roots and go completely dormant in summer, then start their growth with the rainy season to bloom in winter or early spring.

In old nursery catalogs we find varieties listed as long ago as 1890 and Mrs. Shepherd in California sent out many geranium plants in those years. She brought in the best she could find in the United States and imported from abroad. Like all Mid-Victorians she loved the variegated-leaved varieties. It is a long, long trail, this geranium trail. It extends around the world from their homeland in South Africa; and now in California where the society is located and where the large field growers are located we shall hear of many new varieties.

In California the commercial field growers grow geraniums of all classes by the thousands and rooted cuttings go out now to all parts of the world by the millions and even abroad.

In this province they can be used indoors and out in the garden in many different ways, so, take slips of your geraniums these wintry days and they will be ready for the spring planting. In groups of one color or in combination with other plants they will add much beauty to your garden at little cost.

BEAUTIFUL ROSE
In the book "Pageant of the Rose" we read that Nero was another noted figure who used roses when a Roman noble came to dinner, filling his fountains with rose water which was an enormous expense and also caused roses to be scattered over the couches, halls, and ground, and upon the cushions where the guests lay. As if this were not enough, garlands of roses were placed on their brows and wreaths around their necks. Also figuring in our story is the Taj Mahal, supreme achievement of Mohammedan art, built at Agra in 1632 by Shah Jehan for his favorite wife. The large roll in front of this magnificent edifice, reflecting the marble dome and minarets, was covered at night with rose petals. In the morning these were skimmed off before Mahal bathed.

From every country of the world in the olden times, there are stories of the rose: in Scotland the poet Robert Burns writes of "A Red Rose" and many other poems of roses. In England, the order of the Rose originated some-



Named Adjudicator

Françoise Rossy, famed actress of the French stage and screen, will adjudicate the finals of the Dominion Drama Festival at Sherbrooke, Que., May 14-19. (CP Photo)

time during the famous age of chivalry, and the leaves or petals of the rose embroidered on the sleeves of knights were highly symbolic. Many of the Elizabethan poets wrote of the rose. Shakespeare in particular, brought the romantic flower to life in almost every play. Among his sonnets it would be hard to find more beautiful lines than those of "Sonnet 130"

"O how much more doth beauty beautous seem
By that sweet ornament which truth doth give!
The rose looks fair, but fairer we in it deem
For that sweet odour, which doth in it live.
Flowers, and particularly the rose, have been used by artists through the ages to express their ideals of beauty as well as the highest conceptions of religious feeling in art. Music, and the dance of the ballet, have all been used by artists to portray the beauty and symbolic meaning of the rose.

The greater part of the early representation of the rose in art appeared in sculptured or carved decorations on churches and in paintings of sacred subjects. There are many beautiful illustrations of these carvings and paintings in this lovely book.

Sculptured roses cover the northern portal of the cathedrals in Sweden. In other churches the im-

Acid Indigestion?

use **SODA**

Just 1/2 teaspoon of bicarbonate of soda in 1/2 glass of water brings prompt relief from discomfort of acid indigestion—safely and effectively. Bicarbonate of soda (baking soda) neutralizes excess acidity and helps relax stomach.

COW BRAND BAKING SODA
PURE BICARBONATE OF SODA

YOUR MARCH

Monarch mix

CONTEST!

50 PRESTO STEAM IRONS TO BE WON IN ATLANTIC PROVINCES ONLY
CLOSING DATE MARCH 31st

HERE'S ALL YOU DO: Write on plain paper your name and address and the answer to this question:
"Who was the English Monarch for whom Sir Walter Raleigh is said to have laid down his cloak?"

1. Each entry must be accompanied by the host's head from any Monarch Mix Package.
2. Entries must be mailed to "Monarch Contest", Box 686, Saint John, N.B., and postmarked not later than midnight, March 31st, 1956.
3. Finalists will be the first 50 correct entries opened after contest closes. To win a prize, each must answer correctly one further question. A list of winners will appear in this paper about three weeks after contest closes.
4. Employees of Maple Leaf Milling Co. Ltd., its advertising agency and their families are ineligible.

Win a Presto Vapor-Steam Iron... the "convenience and economy" steam iron that turns ordinary tap water into even, pressurized vapor-steam in 90 seconds or less. Presto's exclusive Soleplate Heat Indicator eliminates all "temperature guesswork" too, indicates when the iron has reached correct temperature for any fabrics. This month 50 of these beautiful irons will be won by users of Monarch Mixes.

CONTEST RULES:

Mix it with ease.
Serve it with pride,
Monarch's mix
With the eggs supplied.

Now to the famous family of fine Monarch Mixes is added Monarch self-saucing Sponge Puddings—the hot pudding mix that makes its own sauce while baking. Mixed in minutes, four fabulous flavours to choose from—chocolate, lemon, caramel and raisin. Try Monarch Sponge Puddings soon.

ANY OF THESE FAMOUS MONARCH MIXES ENABLES YOU TO QUALIFY

- MONARCH WHITE CAKE MIX
- MONARCH CHOCOLATE CAKE MIX
- MONARCH GOLDEN YELLOW CAKE MIX
- MONARCH ANGEL FOOD CAKE MIX
- MONARCH FRUIT CAKE MIX
- MONARCH CHERRY POUND CAKE MIX
- MONARCH GINGERBREAD CAKE MIX and
- MONARCH PEANUT BUTTER CAKE MIX
- MONARCH TEA-BISK
- MONARCH SPONGE PUDDINGS

Shop for **Monarch mixes** today!