

ELLEN'S DIARY

by an Island Farmer's Wife

"When the remainder of this road is widened, Ellen's James said this evening our springtime in mind, 'there'll be no more Mayflowers to pick. Strange too that for years they've continued to grow on that one patch of roadside there on the way to Rob's, the only place hereabouts I guess' he offered 'there'll be no byroads shortly, all highways or improved roads they'll be.' And ours and other byroads came to mind, the quiet enchanting avenues of the years.

"Some day, when a few more super-highways are finished" Hal Borland writes in "Super-byways: The Country Road" (Reader's Digest) "someone is going to make a lot of friends by advocating the construction of a few thousand miles of narrow, winding dirt roads that lead nowhere in particular—roads that just wander off across the countryside, up and down hills, across valleys; typical, old, country roads, with all the natural hazards and charm left in."

"Such roads will be built for dawdling, for stopping on hilltops, for wild-flower admiring, for bird watching—for all the things the prudent motorist shouldn't do on a four-lane highway. There are still many country road drivers who want to see a tree, not a blur of woodland; who want a breath of country air, not highway fumes; who want to stop and look without creating a traffic jam two miles long behind them."

"To look for what?"

"... mostly it's just the peace, the uncomplicated serenity of

KEEP IN TRIM

Magic Of Beautiful Movement

By Ida Joan Kain

Many actresses who are barely pretty create the illusion of beauty by the sheer magic of their movements. Of course you and I do not move on a stage or before television cameras. But there is such joy in beautiful, rhythmic movements of the body... let's not miss out on it!

Besides, all the world's a stage... it is easier to move well than it is to move awkwardly. For there is more wear and tear with jerky, disjointed motions than with smooth movements. Dancers move well, not because they have built-in rhythm, but because they have muscular control and use the right muscles. The way you move is the result of movement patterns built up in every day life. So test some of your everyday movements...

Take the tests before a long mirror, or use a dressing table mirror. All the stage properties needed are a chair with arms, and a pair of gloves. Curtain going up...

Sit down in the chair, then rise from the chair. Which muscles did you use, and was your back straight or bent forward? If you used the "youth" muscles on the front of the thighs and kept your back beautifully straight, you moved like a young woman. Watch the TV actress... when playing the part of a glamorous girl, she

KING COLE COFFEE
First choice for fine flavour!

ANNE ADAMS PATTERNS



WEEK'S SEW-THRIFTY

Fashion "must" for summer—the cool, cool sundress! Curvy bodice, soft skirt make this simple style especially flattering to the shorter, fuller figure. No fuss, no fretting to mar its lovely lines. Easy sewing too—proportioned to fit half-sized perfectly!

Pattern 4742: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3¾ yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.

Enjoy **MELARENS OLIVES** Everybody else does!

Enjoy **MELARENS OLIVES** Everybody else does!

MARY HAWORTH'S MAIL

Mother Of Three Fumes At Mate's Failure To Help

DEAR MARY HAWORTH: I am 27, married and have three children; we expect a fourth next July. I pride myself on the job I do, of running an orderly well-kept house. But my problem is that I have "spoiled" my husband through nine years of marriage by waiting on him hand and foot, not asking his help with the household chores.

John is a very good provider and a wonderful man, but seems to take for granted that I am a powerhouse of inexhaustible energy. I keep two neighbor children during the day, in addition to ours, and the money I earn helps a lot; but in the evenings I should like a little time for rest or recreation—reading, watching TV or knitting.

However, my day's work sometimes runs on until 9 or 10 at night, and I fall into bed exhausted when the tasks are done. I admit it is probably my fault that John has never tried to help, and now rebels when I ask him to lend a hand. How can I cause him to "want" to help—without making an issue, or giving the impression that I am nagging or forcing him?

I have taught the children, even my 2-year-old, to help pick-up after themselves; and I couldn't manage without the miscellaneous help they give. But I find they resent daddy's not sharing in the pick-up parade, not even to pick-up after himself. And it is extremely hard to teach them something their own father doesn't do—and won't be an example for. Have you any suggestions for winning him over?

Relaxed Air Wins Support

DEAR E. S.: The classic approach to getting help from a man is to relax your efforts in that respect, thus allowing him leeway to make suggestions, which are gratefully received by you. This genial attitude stimulates his desire to be further helpful, and first thing you know, he's lending a hand.

As I get the picture, you are about as relaxed as a buzzsaw, in keeping abreast of your efficient housekeeping. This sort of things drives a male off, insofar as trying to help is concerned; and also causes him to feel that his buzzsaw spouse is emphatically equal to her tasks, and more utilitarian than lovable, basically.

The big incentive that causes a man to want to help around the house is delight in his wife's society, and thankful appreciation of her good-humored efforts to keep him happy. Of course there are men who would help a whining wife due to sheer kindness of heart—because they felt bigger and stronger than she, and rueful about her shortcomings. Or because they were brought up to be helpful, to the best of their ability, in any situation.

Perfectionist Misses A Lot

But by-and-large, a man pitches in to help his wife—spurred by the sense that he "wants" to help—because his heart rejoices in the sort of partner she is; and overflows with love of her goodness to him, and his. One doesn't evoke that kind of feeling by being a perfectionist-housekeeper, or even by being a good fund-raiser. The wife who gets waited on, hand and foot, at least part of the time, is she who seems to have ample leisure for human relations, in the midst of raising a family.

It seems you've been a high tension operator on the home front for the past nine years, and only recently have begun to wish sharply that John would lend a hand. This suggests that your characteristic pace is wearing you down, as responsibilities multiply and life gets more complex. I feel the remedy is not to involve John in your perfectionist hassle with chores; but rather to learn to put first things first, and let the incidentals slide.

Fussy housekeeping is a compulsive protest against domestic entanglements, really. The housewife, attuned to her role adjusts comfortably to a familiar pattern of "livable" disorder, and sensibly lets the family do likewise.

Household Hint

Marble tops on tables continue to be practical. But they are not indestructible as many householders seem to think.

When anything is spilled on marble, wipe it off immediately, then wash the surface.

To remove dust and oily deposits, wash a marble surface with suds of warm water and a mild soap or detergent. If the surface is unpolished, use a fiber brush or coarse cloth to scrub. Rinse well and wipe dry with a chamois to prevent streaking.

Household Hint

Marble tops on tables continue to be practical. But they are not indestructible as many householders seem to think.

When anything is spilled on marble, wipe it off immediately, then wash the surface.

To remove dust and oily deposits, wash a marble surface with suds of warm water and a mild soap or detergent. If the surface is unpolished, use a fiber brush or coarse cloth to scrub. Rinse well and wipe dry with a chamois to prevent streaking.

Household Hint

Marble tops on tables continue to be practical. But they are not indestructible as many householders seem to think.

When anything is spilled on marble, wipe it off immediately, then wash the surface.

To remove dust and oily deposits, wash a marble surface with suds of warm water and a mild soap or detergent. If the surface is unpolished, use a fiber brush or coarse cloth to scrub. Rinse well and wipe dry with a chamois to prevent streaking.

Household Hint

Marble tops on tables continue to be practical. But they are not indestructible as many householders seem to think.

When anything is spilled on marble, wipe it off immediately, then wash the surface.

To remove dust and oily deposits, wash a marble surface with suds of warm water and a mild soap or detergent. If the surface is unpolished, use a fiber brush or coarse cloth to scrub. Rinse well and wipe dry with a chamois to prevent streaking.

Household Hint

Marble tops on tables continue to be practical. But they are not indestructible as many householders seem to think.

When anything is spilled on marble, wipe it off immediately, then wash the surface.

To remove dust and oily deposits, wash a marble surface with suds of warm water and a mild soap or detergent. If the surface is unpolished, use a fiber brush or coarse cloth to scrub. Rinse well and wipe dry with a chamois to prevent streaking.



Said To Be "Finest Painting" Of Queen

Rich blue cloak of the Garter and background of light blue sky are part of the splendor of this stirring and latest portrait of Her Majesty—considered her finest—by Italian artist Pietro Annigoni. The Queen is painted life-size, standing on a hill looking out into the distance and behind her is a quiet pastoral scene. The artist was commissioned by the Welshpool Company of Fishmongers to make the oil portrait for a fee of £2,000.

Gardening With Seeds Is Most Economical

Fastest and most economical methods of growing annual flowers and vegetables is to sow seeds directly in the garden where the plants are to grow.

With most varieties a single packet of seeds will grow several times as many plants as sown in a large garden has room to mature, and the cost of the seeds is a fraction of the sum required to purchase seedlings.

With some varieties, however, there is an advantage in setting out well developed plants as soon as the weather is safe, in order to reap a harvest days or even weeks earlier than would be obtainable from sowing direct in the garden.

These varieties should be started in a greenhouse, hot-bed, cold frame or in a seed-box placed in a sunny window in the home. By growing your own plants you will



Unwin Dahlia

In contrast to annual flowers, there is little or no advantage in starting vegetables in seed-boxes, except for those varieties which produce an earlier harvest, when sown several weeks before they could be planted outdoors. Among these are the tender and slow growing tomato, pepper and egg-plant; the hardy cauliflower, which must mature before hot weather, and the slow growing celery, cabbage, leeks and Spanish onions, all of which do well from plants started early and set out in the garden.

Cook's Corner

HAM AND POTATO SCALLOP

Two slices smoked ham, ½ inch thick; 4 large potatoes, 2 lbs. butter, 1½ lbs. flour, ½ c. tomato juice; ¼ c. milk, shake of paprika. Cut ham in pieces for serving. Place in greased baking dish. Pare and slice potatoes ¼-inch thick over the ham. Melt butter, stir in flour, then tomato juice and milk, and cook stirring, until thick. Season with salt and pepper and pour over potatoes. Cover and bake at 375 deg. Fahr. for 1½ hours. (For 2 use only 1 slice ham and 2 potatoes.)

CONVENT GARDEN BUSY

LONDON (Reuters)—Convent Garden, London's main fruit and vegetable market, became its old busy bustling self Tuesday after settlement of a 32-day labor dispute. Porters claiming a 20-per cent wage increase agreed Monday to end their five-week strike by accepting half the claim while a permanent settlement is negotiated.

Peppers

and Unwin dahlias germinate in 10 days or less, but mature so slowly that unless started early they flower in late summer or early fall. Panicles for spring flowering should be started in cold frames in July for bloom the following year.

A long list of annuals can be sown either in the garden, or in seed boxes. Many experienced gardeners start such seed in boxes because it enables every seedling plant to be placed in the border exactly where it is desired. There is no thinning out and no waste of excess seedlings. The seed boxes

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Peppers

Well-Balanced Diets Make Taller Generation

By Ida Bailey Allen

Have you noticed how much taller young folks seem than they did a generation ago? Is this imagination or fact?

It's the plain truth. More young men are nearing six feet or over; more young women are buying clothes in "tall girl" departments and wearing very low heels to look shorter than the boy friend! It is no longer fashionable for women to have small feet. Feet are so much larger nowadays that small feet seem an oddity.

Children's Sizes

As for children, you've noticed that two-year-olds are wearing size 4 clothes; four-year-olds need size 6, and so on.

While we have been noticing this interesting change, science has been making a study of it. Researchers have come up with the facts that taller children are several inches taller than boys and girls were less than a generation ago.

This improved growth is becoming more universal. Why does it not take place with all children? It is logical to assume that the discrepancies are partially traceable to mediocre diets.

A Good Start

Children provided from birth with the right amount of milk, augmented by orange juice, balanced baby foods and meats get a good start. When the balanced diet, plus adequate milk, and vegetables, protein and enriched bread is carried on throughout adolescence, good health and

FREDERICTON L. A.

On March 21st the Evening Auxiliary met at the home of Mrs. Mildred Weeks. Miss Evelyn Smith acted as leader. Theme for the devotional period, Let This Mind Be In You. The hymn, Come Holy Spirit Heavenly Done, was then sung.

Scripture reading, Philippians 2:1-8, followed by prayer in unison, confession of sin.

Offering amounted to \$1.25.

Study period consisted of interesting chapter from study book about "India." Parts read to explain views of some world leaders. Mrs. George Smith, acting as Mrs. Sightseer; Mrs. Clinton Glydon as Mrs. Sociable.

Roll call was responded to by 9 members. Minutes of last meeting were read and approved. All members of some were sick; committee reported taken fruit to a sick member.

It was decided we choose Dr. Murray as the group's special missionary to be remembered in prayer.

Next meeting will be held at the home of Mrs. Miller Weeks; lunch Mrs. Milton Weeks and Miss Evelyn Smith; devotional leader, Mrs. Woodrow Jackson; prayer, Mrs. George Smith.

Goods from basket were auctioned off; a goodly sum was realized.

Closing prayer was led by Mrs. Clinton Glydon, followed by benediction.

A very dainty lunch was served by hostess and committee in charge.

Service Wives

—Of interest to residents of Summerside, P. E. I. was a fashion show recently held at RCAF Station Winnipeg, Man. Presented by the Officers' Wives Club of RCAF Station Winnipeg, "Prelude to Spring," was a preview of what Milady will wear during the Spring months of 1955. Two of the very chic models were former Summerside girls, Mrs. M. D. Gates (nee Frances Anne Lecky) daughter of Mr. and Mrs. J. Wilfred Lecky and Mrs. C. H. Munroe (nee Betty Lou MacKay) daughter of Mr. Louis MacKay. Mrs. Gates and Mrs. Munroe were most attractively clad in this season's newest ensembles, and both were outstanding examples of Island beauty and charm.

Mrs. Neil R. Durant, Sr., of Summerside, P. E. I. spent the past week in Winnipeg, the guest of Flight Lieutenant and Mrs. A. J. S. Timmins. On Saturday afternoon, Mrs. Timmins entertained at the tea hour, honouring Mrs. Durant.

Mrs. M. D. Gates was hostess to two tables of bridge at her home on Warlaw Ave., Winnipeg, recently, at which time Mrs. Neil R. Durant held high score.

Flying Officer and Mrs. J. R. McDonald (nee Joyce Currie) of Sherbrook St., Winnipeg, played host to their mixed bridge club on Friday evening.

Friends of Flight Sergeant Neil Durant will be interested in learning of his recent transfer from RCAF Station Portage la Prairie, Man., to Zweibrücken, Germany. Mrs. Durant and daughters, Barbara Grace and Mary Alice, will join Flight Sergeant Durant in the near future.

Valleyfield W. I.

"Mrs. A. C. Fraser was hostess at the manse, to the members of the Valleyfield W. I., for their March meeting. With the president, Mrs. Alexander Martin, in charge, the meeting opened by singing the Ode, followed by repeating the Collect in unison. The secretary, Mrs. H. VanBuskirk, read the minutes and called the roll. Mrs. Fraser responded by singing an Irish song.

A letter was read from the district convention secretary. A letter from a pen-pan W. I. member in England was received by Mrs. Dan Matheson and read. Correspondence regarding Education Week was read by Mrs. Herb MacKenzie. Mrs. M. D. Martin and Mrs. Angus Martin, though unable to attend, contributed articles for the sale. Proceeds from the several articles on hand to date amounted to \$3.60 and collection 80 cents. In the absence of the treasurer, Mrs. W. A. MacLeod, money was received by Mrs. W. A. Bruce. The meeting closed by singing the Island Hymn, after which a delicious lunch was served by the hostess.

Week-End Specials

Seamless HOSE, all sizes, pr. \$1.50

Nylon SLIPS, lace trimmed .. \$2.79

NAVY, RED, GREEN — CAMPUS JACKETS, reg. \$7.98 for \$5.98

SPECIAL! 45 and 51 Gauge NYLONS, sizes 9 to 11, only ... 99c

Silk PANTIES, reg. 79c for 59c

Chamoisette GLOVES \$1.98 to \$2.50

The "GLORIA"

179 GRAFTON STREET



Stripes For Spring

The importance of stripes this spring is shown in a great many of the latest collections. A slender silhouette is given even more grace by the use of these vertical lines.

For example, here is a distinctive belted suit of hair-line striped sheer worsted. The stripe, the low placed pockets and the cutaway front give an illusion of length to the jacket. Fresh imported white linen tops the collar and details the bracelet length sleeves. A full-length flare pleat in the back gives easy movement to the slim skirt.

ALICE BROOKS DESIGNS

THREE QUICKIES!

Three dainty little dollies—easy to crochet! One in pineapple design, one a graceful fern, and one is flower-petal!

Crochet Pattern 7226: Directions for three dolly-quickies (8, 9, 7½ inches) in No. 50 mercerized cotton. Lovely! Easy!

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

MORNING SMILE

The boy was not suited to the job.

"You told me when I engaged you that you were very handy," his employer said.

"So I am sir," replied the boy. "I'm pretty just opposite."



Children love the fresh **SUNSHINE** flavor of **AYLMER** Tomato Catsup

"Set a hamburger and French Fries before a youngster, bring on Aylmer Catsup, and watch him dig in!" says Mr. Sunshine, the Aylmer Hired Man. "Children love the sunshine flavor! I put into Aylmer prize-quality tomatoes all through the summer. Then, within a few hours of picking, Aylmer captures all their goodness and delicious flavor for you to enjoy. So try Aylmer Catsup for sunshine flavor."

Born of Sunshine for Richer Flavor