



IS HOSTESS AT 10 DOWNING ST.

British Prime Minister Harold MacMillan and his wife have a family chat as they begin to settle down in their new home at No. 10 Downing Street, London. Mrs. MacMillan is the former Lady Dorothy Evelyn Cavendish, daughter of the Duke of Devonshire, and

KEEP IN TRIM

Imagination Is The Best Way To Start On A Diet

By IDA JEAN KAIN How does one hurdle the initial inertia to start exercising? Well, the best way is to use your imagination and vividly picture desired results. The old drill routine of exercising to count fails to inspire. But stretching and bending to word pictures brings a lift. Almost without effort you find yourself stretching up and figure a lift. It does too!

you bend, chant. "Silken slim and supple." Ease back to starting position. stretch right arm up overhead and bend smoothly sideways toward the left, chanting "Bending makes for a willowy waist." Stretching and bending to word pictures takes all resistance out of exercising. TAKE A SWING A swing movement is wonderfully hip slimming. So swing through this: Standing, for balance grab hold of a chairback with left hand. Now swing right leg forward free and easy, and swing back, bringing the leg to past a 45 degree angle so as to reach the bulky hip muscle. Use the beat... swing and sway... swing forward and back again... hips a-w-a-y. Keep swinging, it's streamlining. Change sides and swing with the left leg to slim hips in a hurry.

ELLEN'S DIARY

First Calf Of The Crop Has Arrived At Alderlea

A first seed catalogue, gay with pictured flower-faces, bright with the colorful reds and whites, the greens and golds of perfect vegetables came to Alderlea today. And then for a time, the mid-winter landscape faded from sight and thought, and Spring with all its promise and hope was spread bright and beautiful along the length and breadth of the countryside. ... rose then of maple grove, tender blue of warming sky, scent of clean earth, the feel of the Island-red of a little plot of sunny- and a farmwife sowing her seeds...

of seedtime, all lost in the sheer delight of the rise of the sowing. Recalling that great things, even miracles are to be won on ones knees if earnestly re-quested. Only a handful of blossoms we begged, nevertheless a miracle in itself. "We must grow some of these" Granddaughter said pointing to a bright page. "And pansies... they have faces like kittens - let's not forget them! ... and nasturtiums. And cornflowers... their blues and pinks are so pretty."



4683 WAIST 24"-30" PRINTED PATTERN Jiffy-Cut Printed Pattern. This pattern is all one piece; just pin to fabric, cut the entire skirt at once. Chic slim lines, "ivy league" detail - all from ONE yard 54-inch fabric. A cinch to sew - make several. Printed pattern 4683: Misses' waists 24, 25, 26, 28, 30 inches. All given sizes: 1 yard 54-inch. Jiffy-Cut pattern is easiest to cut and sew. All pattern parts are printed on ONE tissue piece. Send THIRTY - FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER. Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 69 Front St., W., Toronto, Ont.

At the time forgetful of every care-ends of housecleaning forsaken, broody hens waiting to be set, a conviving duck tucked away on a stolen nest and a dozen other concerns and more, of the season

WOMEN

Lena Caroline McLure, Women's Editor, Phone 8508 Page 8 The Guardian Tuesday, Jan. 29, 1957

HAPPENINGS

The Queen Mary Needlework Guild of Charlottetown held its 38th annual meeting, Saturday afternoon, at Mrs. A. B. Cosh's residence, West Street. Mrs. Harry Miller, the president, and Mrs. A. B. Cosh, the secretary, welcomed the members. Work was given out. When completed this will be sent to Overseas relief Prince Edward Island Orphanage, Queen Mary Maternity Hospital and relief work of the London branch of Guild. The latter was founded by Her Majesty, the late Queen Mary. It is being carried on by Her Majesty Queen Elizabeth the Queen Mother.

The monthly meeting of the North Winsloe Women's Institute met at the home of Mrs. Wallace Smith on the evening of December 10. The meeting opened with "Jingle Bells," followed by singing in unison. Roll call was answered by seven members passing in gift to be exchanged. The minutes of the last meeting were read, approved and signed. Correspondence was read and discussed. It was moved and seconded that \$5.00 be sent to the T.B. League. Reports of the Sick Committee and School Committee were given. It was also moved and seconded that treats be given to all children in the district and that the Institute have a candy sale at the Christmas Concert.

Collection for the evening amounted to 90 cents and membership fee 35 cents. Gifts were exchanged by the members present. Lunch was served by the hostess and committee in charge. The meeting closed with the National Anthem. Mrs. Percy Arling will be in charge of the programme for next meeting. Lunch committee will be Mrs. Claude and Mrs. Heath Craswell.

VALLEYFIELD W.I. The New Year's meeting of the Valleyfield W.I. was held at the home of Mrs. Alex Martin with an attendance of six. The president, Mrs. W. A. Bruce presiding. The meeting opened by Ode and Creed. Roll call was answered by suggestions about How to Raise Money for the Institute. The treasurer, Mrs. Alex Martin, gave her report. Correspondence consisted of several letters and cards from members, and also thank you notes from shut-ins who were remembered with treat at Christmas. Several donations were given to the electric fund. A bill for school treats was paid and money from sale of cards sent in. Mrs. W. A. Bruce volunteered to visit the school for January. She also invited the members to her home for the February meeting, with Mrs. Dan Matheson on the lunch committee. Plans for concert, which is to be held in Valleyfield Hall, Jan. 21st., were discussed. Each member is asked to bring three lbs. of fudge. Roll call for February will be a donation to the electric fund. The meeting closed by the singing of "The Stars We Get Together" with a short song following. Lunch was served by the hostess, Mrs. W. A. Bruce and assistants, Mrs. Herb and Miss Jean MacKenzie.

WINSLOE N. W.M.S. The January meeting of Winsloe North W.M.S met at the home of Mrs. James Cudmore, January 12, with Mrs. Reeves and Mrs. Grant Laird as leaders. Meeting opened with "O, God Our Help in Ages Past," followed by Ephesians 2, 14-22 read responsively, and a reading by the leader. Prayer was offered by Mrs. Reeves, followed by Lord's Prayer in unison. A reading, "Hold the Rope" was given by Mrs. Grant Laird. Minutes of December meeting were read and adopted. 7 members and 1 visitor answered roll call. Community Friendship Secretary reported 13 cards. 2 calls and 5 boxes during the month. There were 4 books read during the month. Correspondence was presented. Mrs. James Cudmore and Mrs. Reeves were appointed to attend Presbyterian from the Mission Band and Mrs. MacInnis, Mrs. A.D. Shaw and Mrs. Grant Laird from the Missionary Society. Mission Band Report showed 16 members on roll, with 11 meetings held during the year, and an attendance of 70 per cent, raised \$31.20. Subscribed to 13 World Friends and sold Scripture Calendars.

The Treasurer's report showed a total of \$18.21 sent. M.M. Secretary. Collection amounted to \$12.35. February meeting was invited to the home of Mrs. Grant Laird, leaders Mrs. Irving Laird

WIFE PRESERVERS If a too-hot iron leaves a light scorch on white table or bed linen, wet the stain with thick soap or detergent suds and bleach in the sun.

RELAX-TABS Tension-free sleep, refreshing, natural sleep are what you want. Relax-Tabs calm the central nervous system without habit-forming drugs or unpleasant after-effects. Relax-Tabs don't put you to sleep, they let you sleep. Overcome sleeplessness, nervousness and tension. Relax-Tabs are the only natural, safe, effective sleep aid. Get Relax-Tabs at your druggist's today.

MORNING SMILE "Look here, boy, when I hired you, you said you never get tired. This is the third time I've found you fast asleep." "Yes, boss. That's the reason I never get tired."

Use Their Teeth To Make Patterns On Birch Bark

FLIN FLON, Man. (CP)—When the Cree Indian women in this northern area practise an ancient Indian handicraft, they really get their teeth into it. They're hoping the old method will earn some tourist dollars. The women use their teeth to make patterns on birch bark. The patterned bark adds a decorative touch when glued to various articles.

Their ancestors in this area 400 miles northwest of Winnipeg on the Saskatchewan - Manitoba border, used the art to decorate ordinary household articles. With an expanding tourism in the area however, the Indian women have found a profitable outlet for their handicraft by selling articles to tourists.

NATURAL DESIGNS Mrs. Angeline Merasty, considered a master of the native craft, draws the themes of her designs from what she sees around her at her island home on the edge of thick bushland. She does designs of leaves and flowers, an owl sitting on a stump or tree, or forest animals. Harry Moody, who has lived at a tourist resort near here for 25

years, has made a study of the work. He says women have trained their daughters for generations. In an interview he said Mrs. Merasty is "in her own right an artist of the highest quality." Creating the patterns somewhat resembles cutting out paper dolls. The birch bark squares are folded and refolded so that when a pattern is created, it is duplicated on all segments of the bark. More difficult patterns cannot be done in this manner and take longer to create. The women nip the bark, using only their eye teeth, making sharp pricks in the bark. Some of the older women draw lines with their teeth - a more difficult process. Most of the patterns are so well remembered the women don't need to remove the bark from their mouths to see what they are doing.

EBBSFLEET W. I. The January meeting of Ebbsfleet Women's Institute was held at the home of Mrs. Fred C. Deagle. Twelve members and one visitor were present. It was decided to have a card party Jan. 18th, at the home of Mrs. Charles Wedge; also to have a travelling apron started. Committees gave their reports and new ones were appointed: School committee, Mrs. John Gallant and Mrs. Myrl Deagle; lunch, Mrs. Harris Callaghan, Mrs. Myrl Deagle and Mrs. Anthony Gallant. Next meeting to be held at the home of Mrs. Wilfred Tremblay. Following the meeting lunch was served by the hostess, assisted by the committee in charge, and a social hour was enjoyed.

HOUSEHOLD HINT If you've overcooked food in a glass baking dish, don't scrape off the burned resid e. This may cause scratches. Instead, soak the casserole in warm water to which baking soda's been added. Use 3 tablespoons of baking soda to each quart of water.

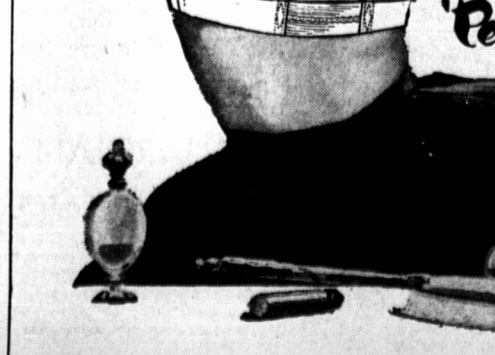
Mr. Roger Clark, geologist with the Spartan Air Service, Ottawa, is here with other members of the company in connection with the oil survey on Prince Edward Island. Mr. and Mrs. Thomas Wigmore are receiving congratulations upon the occasion of their fiftieth wedding anniversary. Tuesday they will receive Mrs. Milton Weeks, Pleasant Valley in the evening. Wednesday evening they will be at home in Kensington.

Hairdressers Elect Officers Miss June Higgins was selected president of the Charlottetown Hairdressers Association at its annual meeting which was held Jan. 17 at Isabel's Beauty Salon. Past president Mrs. Woodroof presided at the meeting which was well attended. Mrs. Rita MacIntyre was elected vice president and Miss Isabel MacDonald was re-elected secretary-treasurer. The secretary treasurer report for the 17 beauty salons are members of the association. There is a substantial cash balance on hand. Plans were made at the meeting for a Beauty Culture Clinic to be held in the city this spring. It is expected that there will be on hand a guest hair stylist from Chicago.

and Mrs. Preston Cudmore, word for Roll call, "World". Meeting closed with Mizpah Benediction. At the close of this meeting the Annual meeting of the church was held, conducted by Dr. E.A. Betts.

Western Canada's oil production in 1956 averaged 353,000 barrels daily, compared with 19,000 in 1946.

ELVIS PRESLEY MILLIONAIRE! The most talked-about entertainer of the past ten years made over one million dollars in one year, 1956. Elvis Presley, of course! How do people, the teenagers and older folk, react to this artist of "wail and wiggle"? Now that he owns several Cadillacs and buys hand-made shoes how does he react to his fans and his critics? See the NEW PICTURES of Elvis Presley, the home boy, the entertainer, the swimmer and MILLIONAIRE in this week's issue of the Star Weekly. It's now on sale.



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Four Jobs Don't Get Her Down

KENNETCOOK, N.S. (CP) - For 15 years Mrs. M. G. Anthony, a grandmother, has been delivering mail over a 21-mile route that would often discourage a trail blazer. If the going gets really tough, her husband takes over in a tractor or truck, but she rarely fails to navigate her car through the mud and snow that seasonally bogs down this Hants County area.

Even without this job she would be a busy woman, running the family hotel, bringing up her three children, and preparing meals for her husband and his helpers who operate a saw mill and repair garage.

FAMED MUSEUM The British Museum in London started with a parliamentary grant of £20,000 in 1753. E

LIVERPOOL (Reuters) - Britain's new Postmaster General Ernest Marples rose before dawn and delivered the mail for one hour on a regular door to door route. He explained: "I am determined to learn my new job right the way through from the bottom to the top."

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