



WOMEN

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Canadian Designer Has Ten Rules For Good Grooming

By OLI DAUM
Canadian Press Staff Writer

TORONTO (CP) — Italian-born Federica, one of Canada's leading fashion designers, has her own 10 commandments concerning the art of good grooming.

Interviewed in her salon the dark-haired, vivacious designer said discretion is the first means of attaining elegance.

"If you notice a woman right away she is not elegantly dressed," she said. "Good taste reveals itself little by little. There should be nothing loud, elaborate or fancy to draw the eye to a costume."

Individuality should be stressed. Every woman should study her personality and buy clothes which are in tune with it.

FOR INDIVIDUALITY

"If you let your girl friends influence your choice you will reflect her tastes and become a carbon copy. You will no longer be yourself," she said. "But if you please yourself or your husband you will develop a more individual style."

Federica's other tips for good dressing:

Don't follow fashion blindly. If the season's style doesn't suit you, stick to the one that does.

Wear the right clothes at the right time. Fancy hats, rhinestones and black dresses are meant for after five, not daytime wear.

Choose colors that flatter you and when wearing more than one color, be sure they blend well together.

Choose accessories for the greatest care for they can enhance or ruin the ensemble's effect.

Wear as little make-up as possible. Dress to please men.

"It is a big mistake to dress for other women," Federica said.

"The highest tribute a woman can get is a compliment from a man. And men usually liked women to dress conservatively."

IMPORTANT FACTORS

A designer for 20 years, Federica said there is more to fashion than clothing. Her ninth commandment is to control movement.

"It isn't enough to dress elegantly," she said. "You may have a Dior original but it won't do anything for you if you don't know how to be a lady. You must walk gracefully, speak in a moderated voice and control the movements of your hands."

Last but not least, to be elegant you must smile.

Your costume may be in excellent taste and your movements can be graceful but unless you show happiness, your dress doesn't mean a thing," the designer said.

Clad in a black, boat-necked jersey blouse and a full, black and-beige cashmere skirt and black ballerina shoes, Federica said the working girl can be excused if she isn't always excellently groomed.

"Sometimes lack of time or the conditions under which she works make it impossible for her to be elegant but when she gives others something to compare for her appearance and she should be forgiven," Federica said. "But for those having nothing else to do it is a duty to be constantly well groomed."

FOR EVENING WEAR

The new "Caraco" or short top, which is marked by a wide satin band tied to long scarf ends. The sleeves are short and the skirt narrow with a low pleat for walking. (CP Photo).

KEEP IN TRIM

Make Up Your Mind To Reduce Excess Pounds

By Ida Jean Kain

Reducing doesn't start with diet or with exercise. It starts with a firm decision to take off the excess poundage. In short, you take the first step in your mind. Once you open your big blue eyes to the fact that science has found the way by which you can reduce and stay normal weight, suddenly you see that actually all you have to do is eat according to a low calorie, highly protective plan.

The big question is—what can help you make up your mind? Whether it's an incentive, a jolt or an eye-opener, the motivation must have sufficient force to lift you out of the rut and spur you to sustained action. First, an example of how an incentive did the trick.

"Your readers might be interested in the method which gave me the incentive to really get down to business and lose weight. For years I had been putting off diet, always saying I would start next week. Then one day my husband made a deal with me. He told me that every week that I lost two pounds he would take me out one night, but if I didn't I would have to stay home. That did it. Since then I have lost between 2 and 3 pounds every week, with a total of 20 pounds off." Her letter was signed "A Happier Woman."

Sometimes it takes a jolt, as it did with the following reader.

"Many incidents, cruel at the time, can be blessings in disguise. At a large party, a man who had not seen me for some time remarked before everyone: 'I can't believe my own eyes that you got pitiful.'"

so fat-to think I used to wish my wife looked like you! That same week, an organization to which I belonged planned a fashion show, and I realized with horror that I was the only one to model stylish stout numbers.

"I squarely faced the fact that I had allowed myself to become so grossly fat that I had not only dropped out of the good looking class, but had slipped into the fat lady class and was wearing size 22½. A great determination came over me and I resolved to wear size 16 by the time of the fashion show six months hence... and I did."

"I think the real secret is to determine to eat for health and beauty, and reducing will magically follow." She ended her letter on this triumphant note: "Hurrah, hurrah... it can be done!"

This fashion angle brings to mind another incentive plan used by a darling husband. On his own he bought an expensive Easter suit for his wife—but two sizes too small. Happy ending... by fall she wore the suit proudly.

Note to husbands: Encouragement and praise is far and away more effective than criticism. When she loses five pounds, bring her a present—nothing fattening... make it long stemmed roses.

ANNE ADAMS PATTERNS

LOVELY ENSEMBLE

This easy-sew ensemble fills your every summer need! Simple, soft sundress looks lovely in cotton for day-time wear; shantung for dates. Flattering box jacket with little mandarin collar—perfect cover for town, travel!

Pattern 4897: Misses' Sizes 12, 14, 16, 18, 20. Size 16 dress takes 2½ yards 39-inch; jacket takes 1½ yards 39-inch fabric.

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

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., 60 Front St. West, Toronto Ontario.

SINUS PAIN—CLOGGED NOSTRILS GIVEN SOOTHING RELIEF!

There's a quick, easy way you can assist in getting relief from nagging sinus pain, clogged nostrils that keep you from resting comfortably and make breathing difficult. Just sprinkle a few drops of Catarrh-O-Zone on your handkerchief and breathe the soothing vapour. You'll be surprised and pleased how quickly relief comes—how nasal discharge abates after you inhale the medicated vapour of Catarrh-O-Zone. At your drugstore in 40c and 80c packages. **4897 12-20 by Anne Adams**

HAPPENINGS

Continued from page 8

LAURA BAIN W. M. S.

The regular monthly meeting of the Laura Bain Missionary Society of the United Baptist Church met at the home of Mrs. C. B. Jelly on Monday evening. The call to worship was given by the president, followed by a hymn. The Scripture, was read by Mrs. Harry Crossman. Mrs. William Meggison read an article on "Religion and Life." Another hymn brought the devotional to a close.

The business session opened with the appointment of a nominating committee consisting of Mrs. Ellsworth MacNeill, Mrs. Harry Crossman, and Mrs. Roy Lidstone to bring in a prospective slate of officers for next term. The talent money will also be brought in at the next meeting. The treasurer gave a very gratifying report of \$168.64.

A wonderful display of white cross articles made and donated by the members is to be packed and sent to India. 16 answered roll call by naming a Maritime missionary. The word chosen for roll call for next meeting was "Life."

The missionary lesson was given by Miss Vera Waugh. She read a very interesting report on the Ongile field by Dr. and Mrs. Hancock. Mrs. Frank Jenkins conducted the tidings quiz. Offering amounted to \$3.86; Easter offering \$22.75, Acadia fund \$7.00.

The repeating in union of the Mizpah benediction brought the meeting to a close. A social hour was spent with hostesses, Mrs. Roy Lidstone and Mrs. W. Meggison serving a delicious lunch.

HAMPTON W. A.

The Hampton Women's Association met with Mrs. Merrill on Friday evening April 6. The President opened the meeting with Psalm 130, followed by Lords prayer in union.

Discussion on several matters took place but no motion was reached until next meeting when road conditions will be improved and more members present. Treasurer's report was given by Mrs. Baxter. Some finished sewing and fancy work were passed in. The May meeting will be at Mrs. Clinton Morrison's.

Delicious refreshments were served by Mrs. Merrill and a social time enjoyed.

HAMPTON W. I.

Mrs. John Myers entertained the Hampton Women's Institute on Monday April 2. The vice-president, Mrs. Gordon Villett presided, and opened meeting in usual way. Minutes were read by Secretary, Mrs. F. Merrill, who also read correspondence. Collection of letters from Institute headquarters in Charlottetown, Red Cross appeals, and thank you notes for treats.

Collectors were appointed to collect for Red Cross. Other business was satisfactorily closed. Meeting will be in Recreation Room of Hampton Hall at which meeting it is hoped to complete a nice quilt. Lunch committee will be Rena Myers, Barbara Dunsford and Helen Ferguson.

Lunch was served by Mrs. Myers and committee in charge. During the social hour the members were much pleased to have Mr. John Myers display pictures and give interesting descriptions of important places visited by him while on his tour of United States.

HAMPTON W. M. S.

Mrs. R. H. Baxter was hostess to the W. M. S. for their April meeting. The President, Mrs. Lorne Ferguson, opened the meeting with call to worship and Mrs. Gordon Villett read Romans 11. Mrs. Baxter gave a short summary of the topic Mission Tides—the coming in of immigrants and going out of many Canadians to other countries. She then called on Mrs. Clayton Morrison to further give the status and reasons for the outgoing visitors, while Mrs. Lorne

BRIDAL

Saint John's Chapel was the setting for the wedding of Miss Carmelita Blaquiere, daughter of Mr. and Mrs. Bertram A. Blaquiere, North Rustico, P.E.I., and Mr. Richard C. Webster, son of Mr. and Mrs. R.C. Webster, Calgary, Alberta.

The double ring ceremony was performed by Rev. Father Moss of Toronto. The couple were attended by Mr. and Mrs. O. Smith, Toronto.

A reception followed at the home of Mr. and Mrs. Smith after which the bride and groom left for a honeymoon to Niagara Falls.

Mr. and Mrs. Webster are now residing at 589 Craven Road, Toronto. The bride is employed at Massey-Harris-Ferguson Ltd., and the groom is with the Royal Canadian Intelligence Corps stationed in Toronto.

FREEZE NYLONS

TORONTO (CP) — A housewife here, Mrs. W. Langford, says nylons will last longer if they're washed before wear and, while wet, put in the freezing compartment of a refrigerator or on ice for a short period, and then allowed to thaw without handling. They need freezing only once.

TOMORROW'S DINNER

Chilled Tomato Juice
Radishes
Crisp Young Onions
Sweet-Sour Sparrerbis
Cornmeal Bread Stuffing
Mustard Green Beans
Cinnamon Doughnut Sticks
Coffee
Tea
Milk
Sweet-Sour Sparrerbis: Order 2

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Don't irritate child's intestines with "too-strong laxatives"

Science at last has developed Children's Own Tablets for your child's protection — No Harsh No Gripe! No Bad Taste!

Stop using harsh laxatives that may irritate the tender walls of your child's intestines, causing cramping, griping, or weak, uncomfortable feelings. Large, harsh, adult-size laxatives are often too strong for children. They work, but they may irritate the delicate membrane in the intestine. Children's Own Tablets are last developed Children's Own Tablets — scientifically-tested for children's needs. Pleasant-tasting, easy to take! Relieves upset stomach, too. So try Children's Own Tablets today — made by the makers of Baby's Own Tablets. See if they are not the answer to your child's laxative problems.

Children's Own TABLETS



SPRING SCENE

OTTAWA, — Dutch crocuses (left) and tulips (right) are a sure sign of spring. Pretty Margot MacLaren of Ottawa poses with some of the blossoms on a slope of the Hill near the West Block in this photo by Malek of Ottawa. (CP Photo)

LET'S EAT Soaking Vegetables Can Destroy Vitamins

By Ida Bailey Allen

Fresh vegetables and fruits are primary foods. In raw, cooked and juice form, they are essential to the diet for they provide vitamins that act as catalysts in the body, activating other foods to full nutrition. They also contain assorted organic minerals without which life cannot exist.

But if vegetables are wilted or of poor quality, the vitalizing principles become less potent or they are lost.

VEGETABLES AND FRUITS

We go to the market, see displays of appetizing fresh vegetables and fruits and take them home. There they must be as carefully protected as at the market; that is, refrigerated, and kept slightly moist, either in a hydrator or in tightly closed polyethylene bags.

"If bought loose by the pound instead of in package form, the homemaker should wash and dry the vegetable, then put it into a polyethylene bag. Be sure that one or two holes about ½ inches in diameter are cut in it, so the vegetable can "breathe" suggests the Chef.

VITALIZING QUALITIES

"This method of keeping vegetables cool and therefore fresh, also applies to root vegetables such as potatoes, turnips, rutabagas, onions and carrots. Potatoes and other root vegetables that feel flabby, and onions that have begun to sprout, have lost part of their vitalizing qualities.

"If they are purchased in large quantities, they should be kept in a cool basement, in slatted boxes, standing on racks to permit circulation of air. Only enough for each day's use should be brought to the kitchen," advises the Chef.

NEVER SOAK THEM

"And I must add, never, never, soak vegetables in water to 're-taste' them, or soak them in water until cooking time. In either case, most of the vitamins, minerals and soluble proteins are lost.

"Why pay money for necessary food elements, then wash them away?"

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Cornmeal Bread Stuffing
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Milk
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Children's Own TABLETS

Alberton Is Scene For Early Spring Wedding Ceremony

The home of Mr. and Mrs. Leigh Morrell, Alberton, was the setting on Thursday, April 5 at 1.30 p.m. for the marriage of Miss Lillian Georgina McArthur, daughter of Mr. and Mrs. James McArthur, and their son Aubrey Leigh Morrell. Rev. Quincy Stairs, minister of the United Pentecostal Church, Charlottetown, officiated for the ceremony.

The bride was lovely in a two-piece dress of blue crepe with navy accessories. Her corsage was of pink carnations.

Miss Ruby McFadyen, maid of honor, wore winter white with turquoise accessories and a corsage of pink carnations.

The groomsmen were Mr. Gordon Stevenson.

For her daughter's wedding Mrs. McArthur wore a wine ensemble. The groom's mother chose a blue dress with rose accessories and a corsage of mums. Mrs. John Morrell, grandmother of the groom, wore a navy dress with white corsage.

A reception followed at the home of the bride's parents for eighty guests. The bride's table was centered with a three-tiered wedding cake.

For traveling on her wedding trip the bride donned a blue coat and navy hat.

HONORED

Following the reception a miscellaneous shower was held for the couple in Alberton Parish Hall. Hostesses were Mrs. Gus Shaw, Mrs. Branford Shaw and Mrs. Neil Stangaard. The bride and groom were seated on a decorated settee. They were assisted in opening their gifts by Mrs. Addison Rayner and Miss Ruby McFadyen while the verses were read by Miss Gloria Shaw. The gifts were arranged by Mrs. B. Shaw. Mr. Morrell expressed appreciation and all joined in singing "For They Are Jolly Good Fellows." Dancing was enjoyed with music by Joseph McDonald, violin; Ian Matthews and Ralph McArthur, guitars. Refreshments were served by the ladies.

Stork Faster Than Aircraft

SIoux LOOKOUT, Ont. (CP) — The stork outtook a Norseman aircraft as it approached this northwestern Ontario community Wednesday and presented Mrs. Beatrice Roundhead with a 10-pound daughter.

The baby was delivered by Mrs. Fred MacDonald, a nurse who accompanied the mother. She was born as the aircraft approached the field. Mother and child were reported in good condition.

DAILY CROSSWORD

ACROSS	1. Foot lever	6. Lift	11. Island (Du. W. India)	12. Mistake (abbr.)	13. Girl's name	14. British Dominion	15. Question	16. Maastricht (sym.)	17. Excess of chances (Central Plains)	18. Greek letter	19. Splendid	20. Organ of sight	21. Walking stick	22. Melody	23. Ostrich-like bird	24. Dispatches	25. Extra	26. Total amount	27. Dry	28. Perform	29. Prosecutes judicially	30. Dutch (abbr.)	31. Landing place with stairs descending to a river (India)	32. Music note	33. American Indian	34. To line again	35. The lima bean (Sp.)	36. Avoid	37. Shed, as feathers	38. Relieved	39. Affray				
DOWN	1. Sleeping garments	2. An erased spot	3. Dip into liquid	4. Man's nickname	5. Louisiana (Eur.)	6. The turmeric	7. River (It.)	8. Sultan's decree	9. A kind of sod house (Central Plains)	10. Rub out	11. Harmonize	12. Walking stick	13. Pincer-like claw	14. The entire ankle (anat.)	15. City (Pruss.)	16. home	17. Java tree	18. A genus of swine (Eur.)	19. Land-measure	20. Fit to be ridden	21. Train	22. Quarterless	23. A king of Israel (Bib.)	24. Man's nickname	25. Garden tool	26. Millimeter (abbr.)	27. Rise and fall of water	28. A king of Israel (Bib.)	29. Man's nickname	30. Water god (Baby.)	31. Rise and fall of water	32. A king of Israel (Bib.)	33. Man's nickname	34. Garden tool	35. Millimeter (abbr.)

DAILY CRYPTOQUOTE — Here's how to work it:

AXYDLBAXR IS LONGFELLOW

One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters are, except for the length and formation of the words are all hints. The letters are different.

W L K Q X X K H I Q C H Q C N F Q U Z K V X C L T T H M L F X E P Q U P Y H Q M B G F I H C H T C Q D H C G U W M M L X N F H M U P — G P W Z H G R H W C H.

Yesterday's Cryptquote: PEACE; COME AWAY: THE SONG OF WOE IS AFTER ALL AN EARTHLY SONG — TENNYSON.

Distributed by King Features Syndicate

Girl Is Bitten By Rabid Rat

PARRY SOUND, Ont. (CP) — A rat which bit nine-year-old Mari Rooney of nearby Nobel last Saturday has been proven rabid, Dr. Peter Scott said Wednesday.

Dr. Scott said the little girl would begin receiving Pasteur anti-rabies treatment immediately. The Georgian Bay community is midway between Orillia and Sudbury.

Mrs. Mark Rooney, her mother, said Maria was putting on her rubbers outside the family's apartment when she discovered something inside one of them.

When she reached in with her hand she was bitten on the finger by a rat. The girl's father killed it with a broomstick.

VETERAN COUPLE

PENTICTON, B. C. (CP) — Mr. and Mrs. P. A. Morden have just celebrated their 85th wedding anniversary. Married at Manitoulin Island, Ont., he is 94 and she is 84.

Tasty-tons
BY STEWART S.

Why not give folks a surprise And treat them to Our fine fresh pies?

Pleasant cream to palate-pleasing apple, our pies are all you can ask for.

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PHONE 3/11

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161 KENT ST. CHARLOTTETOWN

Adella's Millinery
177 Grafton Street

Hey There, Where Do I Get My Spring Hat? ...

At ADELLA'S

From a wide range of new styles and your style hats to choose from.

ALL WEATHER COATS

* TWEEDS
* CHECKS
* TARTANS
* SOLID COLORS

With Matching HATS
From \$21.95 to \$45.95

If you need an All Weather Coat... then come in and see our Rain or Shine Coats.

We carry sizes for the Petite Girls and half sizes.

THE FASHION SHOPPE

Mustard-Pickle Dumplings

Mix and sift into a bowl, 1½ c. once-sifted pastry flour (or 1½ c. once-sifted all-purpose flour), 3 tps. Magic Baking Powder, ¼ tsp. salt. Cut in finely 2 tbs. chilled shortening. Make a well in dry ingredients and add ¼ c. finely-chopped mustard pickle in sauce and ¼ c. milk; mix lightly with a fork, adding milk if necessary, to make a drop dough. Drop in 6 portions, over hot cooked stew. Cover closely and simmer (never lifting the cover) for 15 mins. Yield—6 servings.

MAGIC BAKING POWDER

Always Dependable