

Women's Institute Meetings

NORTH RIVER W. I.

The December meeting of the North River Women's Institute met at the home of Mrs. Spurgeon and Mrs. John Warren. The President, Mrs. Lawrence Molyneux presided and opened the meeting with the Ode followed by the Col- lect. Roll call was responded to by 15 members, with three new members joining.

Minutes of the last meeting were read and approved. More capsules were ordered from the Red Cross for distribution to the members. Report of school committees were heard, and further supplies for the two schools were ordered. The sick committee gave their report and bills were paid in connection with same.

Correspondence was read, consisting of thank-you card, T. B. Bond. A vote of thanks from a bride and groom for a gift received, and a letter re First Aid Course. The Institute voted \$5.00 to the T. B. League. Shut-ins are to be remembered at Christmas. Business matters concerning Institute work were discussed at length, and committees to be appointed later for same.

The place of meeting for the January meeting in Warren Grove School. Lunch committee, Mrs. James Vickerson, Mrs. H. A. R. Scott, Miss Eleanor Younker, and Mrs. Keir Warren. Roll call to be answered by "The Most Unusual Hat" which will give members a chance to show their artistic ability in the art of hat decorating. Meeting adjourned and a delicious lunch was served by the hostess, and committee in charge.

RED POINT W. I.

The annual meeting of the Red Point Women's Institute was held at the home of Mrs. Jerome Sutherland, Nov. 16. The meeting opened with the Creed in unison, followed by roll call and minutes of last meeting and annual meeting. The financial statement was read and approved.

Correspondence was read and discussed. It was decided to hold a chicken supper in the Red Point School, \$2.00 was voted to the school for books and money voted for dishes at the Nurses' Dining Room in the Souris Hospital. An apron will go through the district to buy Christmas treats for the school children. As there was no further business the meeting was brought to a close with the Queen, followed by a dainty lunch prepared by the hostess. Next meeting will be held at the home of Mrs. Major Young, Dec. 7, roll call to be answered with an Auction Article.

List of officers for 1955: President, Mrs. Foster Garrett; vice-president, Mrs. Arthur Bruce; secretary, Mrs. Major Young; Directors, Mrs. Jerome Sutherland, Mrs. Clayton Rose, Miss Bernice McPhee; Auditors, Mrs. T. J. Robertson, Mrs. Nelson Stewart; Red Cross Secretary, Mrs. Alexander Robertson; Organist, Mrs. Alva Ching.

WINSLOE NORTH W. I.

The December meeting of the Winsloe North Women's Institute met at the home of Mrs. James Cudmore. In the absence of the President and Vice President, Mrs. Stanley Younker conducted the meeting. Mrs. Grant Laird acted as secretary. The meeting opened by singing "Jingle Bells," and repeating the Creed in unison. The roll call was answered by seven members passing in Christmas gifts for the Protestant Orphanage.

The minutes of the previous meeting were read, approved and signed. The school and sick committee had no report. It was moved and seconded that \$35.00 be donated to the Winsloe Road Hall and also that \$5.00 be given to the teacher to help buy the Christmas treat for the school children. Correspondence was read

and discussed. Mrs. James Cudmore offered to arrange plans for a cake sale to be held as soon as possible. Roll call for next meeting is to be answered by "What I Dislike Most About Housework."

The lunch committee for the next meeting is Mrs. Grant Laird, and Mrs. Reg Nunn with Mrs. Grant Laird in charge of the program. Place of meeting to be announced later. Collection for the meeting amounted to \$1.00. The meeting closed by singing "The National Anthem." Lunch was served by the hostess and committee in charge.

NEW ANNAN W. I.

—Mr. John Moase was hostess for the December meeting which opened with "Hark The Herald Angles Sing," followed by the Creed. Twelve members answered roll call with an exchange of Christmas gifts.

The meeting was pleased to have the teacher, Miss Murray, present and to have her become a member. Minutes were read and approved and correspondence read. It was reported that the canvas for the C. N. I. B. had been completed. The articles passed in for needy children will be given to the Kinnamen to be distributed at Christmas. After discussion it was decided to buy a treat for the school children at the Christmas concert, Secretary to see about getting the treat. Each member will make three pounds of sugar into candy for the children and for sale at the concert. Candy to be packed at Mrs. Robert Williams on the evening of January 20th.

A sum of money is to be sent to the T. B. League, and Christmas boxes of fruit to be sent to the shut-ins as well as the sick. School committee reported paper towels had been bought and nothing more was needed at present. Sick committee reported six calls made and fruit taken. Red Cross work was passed in and more taken out by the members.

Next meeting to be at the home of Mrs. Robert Williams with Mrs. Stewart, Moase and Mrs. Lewis Moase on lunch committee. Roll call to be answered with something toward a quilt. Sick committee, Mrs. John Moase and Mrs. Don Schurman, School Committee, Miss Gladys Murray; Program, Mrs. Lewis Moase and Mrs. Charles Waugh. Cards were sold amounting to \$8.30, L.L.O. capsules 50c, collections \$1.00 for wreath on Remembrance Day; 23c for paper towels; \$2.10 for sick treats. Two enjoyable contests were put on for entertainment by the program committee. A lovely lunch was served by the hostess assisted by the committee. Meeting closed with The Queen.

VALLEYFIELD W. I.

The annual meeting of the Valleyfield W. I. was recently held at the home of Mrs. W. A. Bruce with the president Mrs. Alex Martin presiding. The meeting was opened by the singing of the Ode followed by the repeating of the Creed in unison. The minutes of the last annual meeting and the minutes of the last regular meeting were read and approved. Roll call was responded to by eight members paying dues. Collection amounted to \$1.15. Several members paid their subscription to the "Institute News," and ten dollars was voted to the King's County Memorial Hospital. The president's address was followed by the report of the treasurer, Mrs. W. A. MacLeod. In the unavoidable absence of the secretary, Mrs. VanBuskirk, her report was read by Mrs. W. A. Bruce. The appreciation of the members was expressed to the Institute's retiring officers for their faithful work during the year.

The Red Cross convener reported that most of the knitting and

That Personal Touch Always Appreciated

By ELEANOR ROSS

When you give Christmas gifts and remembrances, it's the extra personal touch that makes the gift doubly appreciated. Whether you planned your gift list, and shopping early in the Autumn, or whether you do it at the last minute, there are always difficult names on the list: people for whom you would like something specially distinct and personalized.

Fancy Containers

One good solution for this problem is cake, candies, cookies or nuts, packaged in decorated metal tins. This makes a double gift, especially if one sends along a note suggesting some of the many interesting ways these handsome containers can be used after their contents are but a sweet memory.

Pretty and Practical

Decorated metal containers are so pretty and practical. They can be used the year round in many ways, by various members of the family. Mother would love having one of

the canister-size containers for her kitchen shelf. If she's fortunate enough to receive two tall, round containers, she has a matching canister set for flour and sugar, say.

For the Knitter

If she likes to knit, the shorter, round containers are perfect for holding a ball of knitting wool. Write a note on the enclosure card, suggesting that the recipient punch a hole in the lid of the container with a can opener and tape rough edges. By drawing the wool through the hole in the lid, there's no peaking or snagging of the yarn.

On Bathroom Shelves

Many of the smaller containers could find a place on bathroom shelves. Some of the dark-colored metal ones, not overly decorated, are excellent for masculine use to hold shaving items, or for home or office desk use, to hold paper clips or pencils.

The sewing received from the Red Cross during the year had been completed and returned. The members have the best attendance record during the year was Mrs. Angus Martin. The proceeds from remnants received from Simpson's and Eaton's and given to charity amounted to \$7.00. Receipts from the sale of Christmas cards amounted to \$6.62.

The treasurer's report also showed that the Institute has paid toward the Mysone project, to the Drama Festival, the school library, and Christmas treats to school and pre-school children and to older people in the district. Methods of raising money for these projects were collections, lunch fees, sale of articles by members at meetings, sale of ice cream, cake and candy at outdoor film shown during the summer.

Correspondence was read and dealt with. Some items were left over until the next regular meeting which will be held at the home of Mrs. W. A. MacLeod and the roll call will be answered by the exchange of Christmas gifts.

Election of officers for the coming year resulted as follows: President, Mrs. Alex Martin; vice-president, Mrs. Dan Matheson; treasurer, Mrs. W. A. MacLeod; secretary, Mrs. H. VanBuskirk; directors, Mrs. A. C. Fraser, Mrs. W. A. Bruce and Mrs. M. D. Martin. Convener of U. N. and exchange convener, Mrs. W. A. Bruce; convener of Red Cross, Mrs. Angus Martin and Miss Jean MacKenzie; auditors, Mrs. Herb MacKenzie and Mrs. A. C. Fraser.

The meeting closed by singing the Island Hymn, after which lunch was served by the hostess assisted by Mrs. Alex Martin, Miss Jean MacKenzie.

INDIAN NEWSPRINT

India's first national newspaper print, in production at the end of 1954, will use salai, an abundant softwood, and bamboo pulp.

BUSY SEAPORT

Belfast, busy seaport in northern Ireland, had only about 150 houses in the middle of the 17th century.

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A Country Garden

own saving will be an appreciative gift: placed in an envelope decorated with a colored photograph of the flower makes it more pleasing and if the directions for the growing of this flower is also written down they will be more than welcome. Christmas is the time for gift plants and to a gardener nothing is half as good. For several years a beautiful Azalea has been given to me at this season and with care have lasted much longer than was expected. Of all flowering plants used for indoor gardening, Azaleas are undoubtedly the most decorative and rewarding in the performance. Spectacular in coloring, they vary from pure white to red purple, and their blooming season can be extended over an amazingly long period. With moderate care and a cool atmosphere, the plants can be expected to bloom for several weeks.

The evergrowing number of varieties cultivated as green house plants have been bred from a few original types native to the hilly regions of China, Korea and Japan. The group widely known as Azalea indica was probably derived from a species known as A. simsi. Most of the hybrids from these originated in Belgium, although many were produced in

Germany, France and England. Millions of these plants have been imported and now the hybridists in America have been busy with this lovely flower.

Azaleas are not hard to grow if a few simple rules are followed. First, and perhaps the most important of all, they require an acid soil. In the summer, plants are best kept outside in semi-shade with the pots plunged in the ground. During the warm summer days they require daily watering, but if this is not possible it is better to plant them in the ground. They can be left out until late in the fall, but protection from freezing temperatures must be assured. Then do not bring into a warm temperature too early, but they should be kept in a cool, light and airy place until mid-November.

When in flower, Azalea plants should never be allowed to dry out, as this will surely shorten the blooming period. After flowering, remove old flowers and place pots in a cool, light, airy place where they should be watered sparingly. In April, before new growth starts, trim plants to make them shapely, otherwise they become too large and ungainly.

Azaleas are not troubled with pests and if kept healthy will not require any spraying.

They like a cool, light location and will not tolerate a hot sunny window. Watering should also be carefully watched. Keep plants moist and avoid letting them dry out but they should not be wet. If these directions are followed you will be rewarded with a beautiful flowering winter plant.

GLORIES OF WINTER

He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter. It is true the pomp and pageantry are swept away, but the essential elements remain — the day and the night, the mountain and the valley, the elemental play and succession, and the perpetual presence of the infinite sky. In winter the stars seem to have rekindled their fires, the moon achieves a fuller triumph and the heavens wear a look of more exalted simplicity. Summer is more wooing and seductive, more versatile and human, appeals to the sentiments and affections and fosters inquiry and the art of impulse. Winter is of more heroic cast and addresses the intellect. The severer studies and discipline come easier in the winter.

One imposes larger tasks upon himself and is less tolerant of his own weakness.

John Burroughs.

Some of these winter mornings have been glorious! A light fall of snow on the orchard trees and I can understand the longing some of our friends have at this season for the beauty left behind when they now live in the summer climate of other countries. Always I am amazed at the love they have at the Christmas time for home and the beauty of the snow clad hills of home. Their Christmas cards bear this out when they always select a snow scene instead of one depicting the land where they now live.

THE FALLING SNOW

The footsteps of the snow . . . They tread the rugged earth as tenderly. As April venturing her first caress: They bind the old Earth's furrowed griefs and scars Within the white form of a soundless sea. And bring a deeper depth of quietness.

KEEP IN TRIM

Energy Diet for Reducing

By Ida Jean Kain

Many overweights who want to reduce, are afraid dieting will drain their energy. This goes for homemakers and career women alike. Today there are more wives than there are single girls who work. With two jobs to do daily, a woman has to eat to keep up her strength.

No argument there . . . so all those interested, tune in. On a scientific low calorie diet you have more energy, not less. This is true for two reasons: The scientifically planned diet includes the essential nutrients in amounts needed to make good the wear and tear of daily living. Lowering the calories forces nature to draw on stored

Be alert to the fact that only reserve fuel is stored in extra pounds, so they can be used only for fuel. The materials required for repair, regulating and the continuous upkeep of vital internal activities must be furnished daily, not in reduced amounts, but in normal amounts.

Through a judicious choice of foods, the scientifically planned low calorie diet furnishes the required nutrients in safe amounts. Every food included must supply its full share of repair and regulating materials. Here is a sample menu by which you can lose 1 to 2 pounds a week and increase your energy even while reducing.

Breakfast Calories
Tomato juice with lemon wedge 25
Scrambled egg (plus second egg white—scramble in top of double boiler with no fat added) 50
Toast, 1 thin slice 25
Butter, 1-2 pat 6
Coffee, clear 200

Luncheon
Grilled cheese on thin slice toast, 1 oz. yellow cheese Or carred sandwich — 2 thin slices of rye bread, cheese, mustard 25
Combination green salad (use dark green leaves, vinegar and seasoning) Or Celery stalks and carrots sticks 100
Fruit 10
Tea or coffee 275

Dinner
Lean meat, 4 oz. (not fried) 200
Baked potato, medium size 100
Butter, 1-2 pat 25
String beans, asparagus or tomatoes 25
Radishes and green onions 10
Hot grilled grapefruit, plus one tablespoon brown sugar 100
4:00 Protein Pick-up . . . Glass of buttermilk or skim milk. Or hard cooked egg Plus Tea with lemon if desired 80

Total calories for day 1015

fat for part of your fuel needs, and this lessens the burden of fat.

Excess fat is a burden to carry. For example, you know how heavy 20 pounds of groceries are to lift . . . toting them even for a short distance leaves you all tuckered out. With a sigh of relief you put them down. Extra pounds are a burden you cannot put down at the end of a couple of blocks. Toting this excess weight drains energy.

Of course you have to eat to keep up your strength . . . but it is a mistake to think that over-eating builds more strength. Food furnishes fuel for energy, but fuel is burned according to the demand of the muscles for energy, not according to the amount eaten. Whatever is eaten in excess of immediate needs is stored for future use. For this reason three balanced meals a day best meet daily energy needs.

If you are overweight, but feel dragged out while dieting, it is not because you are losing, but for other reasons. You are not eating the foods which furnish sufficient repair and regulating materials and you are taking the bulk of calories at the evening meal when there is less demand for energy.

To graves asleep beneath the silent stars.

The snow is the very best covering for the garden and next to it I think some fragrant spruce boughs. They are good to see too and not like some of the coverings used. In this province they can be had for the gathering and a walk to the woods is the best tonic anyone can take.

Grace Noll Crowell writes: Walk a mile in the winter twilight. Mark its whiteness and breathe its cold. Reach your hand to the sunset embers. Warm them there, and when you are old, You will have drawn to your heart forever That hour — the snow — the light in the west — Walk a mile in the winter twilight And store it's beauty within you: breast.

John Burroughs.

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The footsteps of the snow . . . They tread the rugged earth as tenderly. As April venturing her first caress: They bind the old Earth's furrowed griefs and scars Within the white form of a soundless sea. And bring a deeper depth of quietness.

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PRIDE
... in a better cup of tea!

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Card of Thanks

I wish to thank Dr. MacKenzie, nurses and staff of the Prince Edward Island Hospital, also friends who sent flowers, letters, cards and magazines during my recent illness in the Hospital. J. M. MacFadyen.



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