

Women

Leta Caroline McLure, Women's Editor. Phone 8508

Page 8 The Guardian Tuesday, July 2, 1957

HAPPENINGS

Mrs. Joseph F. MacDonald entertained at a bridal shower in honor of her niece, Miss Earith MacLeod, whose marriage took place in Cavendish United Church on June 8th.

Miss Marina Murray was hostess at the home of Mrs. Gordon Ramsay, Winslow for a miscellaneous shower in honor of Miss Earith MacLeod. Many beautiful gifts were received.

Mr. and Mrs. Walter Downe, 70 Highland Ave., entertained in honor of their son, Walter Jr., and his bride to be, Miss Earith MacLeod at a miscellaneous shower. The hostesses were Mrs. Downe and Mrs. MacLeod. Many lovely gifts were received including a silver tray from DeBlois Bros., where the groom is an employee and a Tri-lamp from the Dominion Store where the bride is employed. Delicious refreshments were served and a pleasant evening spent.

Mr. and Mrs. Leonard Park of Montreal with their children Michael and Penny are visiting Mr. and Mrs. Derrill White, Hunter River.

Mrs. D. L. Gallivan and her children Danny, Patricia and Paula are visiting Mr. and Mrs. H. F. MacPhee. Mr. Gallivan will be arriving about July 6th.

Miss Mary Morrison, who for the past year has served in St. Andrew's United Church Mission, Winnipeg, is spending some time at her home in Charlottetown.

Miss Shirley Munroe, Leduc, Alberta, is visiting in the city, the guest of Miss Mary Morrison.

Mr. and Mrs. Aleck Dunn have returned to Montreal after spending a week with Mr. and Mrs. Arthur Dunn, Summerside.

Mrs. John C. Jack and Mrs. Harry Frankel motored from New York City to spend a month with their parents, Mr. and Mrs. Edmund Maynard, Notingham. Mrs. Jack has just purchased the lovely old home of the late D. N. Forbes, Tyne Valley, where she will make her summer home. Mrs. Jack is returning to New York with her sister Mrs. Frankel, whose husband passed away on June 3.

elephant sale which realized \$3.30. Two "thank-you" notes for gifts received were read. Correspondence was read and discussed. It was moved and seconded that the C.A.C. fees be paid.

Plans were made to attend the district convention. Mrs. Neil Campbell was appointed to take charge of the memorial service. Mrs. Joseph Egan and Mrs. Eugene McQuillan were appointed as delegates to attend the Convention in Charlottetown July 3-4.

It was decided to treat the children to ice cream at the annual school picnic.

Mrs. Waldron McPhee kindly invited the members to her home for the next meeting to be held July 2. Roll call is to be answered with a recipe for a super dish, a two-minute talk is to be given by Mrs. Wilfred Cambell.

Collection for the evening amounted to \$1.10. A smelling contest conducted by Mrs. Joseph Tierney was won by Mrs. Waldron McPhee. The meeting closed by singing the Queen. A dainty lunch was served by the hostess, followed by duets by Misses Donna and Bernadette Egan.

Queen Was Not Amused At Husband's Car Crash

By HAL COOPER
LONDON (AP)—A motorist in a position to know says you could hardly ask for a nicer guy to run into than the husband of the Queen.

From all accounts however, the Queen was not amused.

The motorist is Ronald Sutcliffe, an officer of the royal customs and excise service.

He was tooling along in his pin-size sedan of pre-war vintage two evenings ago at Staines, near Windsor Castle, when wham!

"When I felt the knock," Sutcliffe told a reporter, "I got out of my car thinking, 'some stupid clod's hit me.'"

"I was expecting an argument," Sutcliffe walked around his sedan and found a big sports car with one of its headlights knocked off.

PHILIP AT THE WHEEL
At the wheel was Prince Philip—who had just made a speech at

a safe-driving meet in London.

"The duke," Sutcliffe related, "was so pleasant he took the wind right out of my sails."

"It's all right," he said. "It was my fault."

"There was a lady by his side who I now realize was the Queen. But I've only seen pictures of Her Majesty smiling—and she certainly wasn't smiling then."

"When I told my wife all about it later I said, 'She looked just as disapproving as you would if I had accidentally run into the back of another car.'"

"Their spotlight was smashed and the glass strewn over the road, but the only damage I had was a small dent in the luggage grid at the back."

Sutcliffe said he probably won't bother to have the dent ironed out.

"It's almost what you would call a royal souvenir," he explained.

KEEP IN TRIM

Yes! It Can Really Happen To Your Figure

By IDA JEAN KAIN
Repeated failures tend to break the spirit of the best intentioned dieters. Perhaps it will boost your morale and give you the courage to try again to learn that the majority of successful dieters experience initial failures.

If you are typical, you'll dally with the idea of reducing for quite some time, and quite likely you will make half-hearted attempts to diet. Then one day, some particular experience will rouse you to determined action as nothing before has done.

It may be a pointed remark from your husband, or a dreaded size change. Infrequently a warning from the doctor gives the needed jolt. Generally some one thing motivates you.

TOUGH AT FIRST

Once you make up your mind to take serious action, here's what to expect: The going will be tough for the first week, or perhaps two. But after that, you will not be really hungry. The scientific explanation is that after a week or so on smaller meals, the stomach begins to shrink and appetite is appeased more quickly. From then on you feel satisfied with less food.

One overweight who had an enormous amount to lose explained that it took weeks of diet-

ing for her to feel assured that she wouldn't feel hungry all evening when she got up from the dinner table before she felt content. She found that in 30 minutes her hunger was appeased, and in an hour, she had forgotten about food.

Invariably our dieters express amazement at the amount of food they can eat and lose one to two pounds a week. They praise the science of nutrition that makes this miracle possible. More often than not, reducers wind up stating an actual preference for this protective way of eating. They find that they no longer hanker for fattening foods.

LOSE EXCESSIVE CRAVING
The one change that surprises them most is that they lose their excessive craving for sweets. That really isn't surprising, for once the powerful stimulation to the pancreas is stopped, the craving diminishes. This takes only a few weeks.

Of course, dieting is not all smooth sailing, but most reducers work out little schemes by which they learn to cope with calories. The enthusiasm over the results is unanimous. The last sentence in most letters from successful dieters is apt to be: "I wouldn't go back to being overweight again for anything in the world."

It's all true and it can happen to you.

Kenya Housewife Battles Expense

VANCOUVER (CP)—Kenya housewives are succeeding in their battle against rising living costs. Mrs. Merlyn Squires of Nairobi said in an interview here.

"They have made themselves heard by forming an association called The Housewives, and they may refuse to buy a commodity or may even boycott it," she said.

"They watch market prices of all commodities and publish a 70-page monthly bulletin reporting shops where the best values are found."

"We compare prices and say quite openly a certain commodity is selling at too high a price. If women resist prices, they have to come down."

FAIR RETURN
For example, a local fish called lipapapa rose from seven cents to 23 cents. Members investigated and decided the price was unreasonably high.

"We held a meeting and decided to buy no fish until the price came down to 21 cents. The boycott, set for some days ahead, was cancelled because suppliers dropped the price to 21 cents."

"It was necessary for us to make a stand somewhere, but we always make certain that the producer gets a fair return on his time and money."

"Prices here average fairly well below those in Kenya. I paid 49 cents for two boxes of strawberries on this side of the ocean and back home we would pay 56 cents."

"And the prices you pay for your cheaper-priced dresses are so reasonable it is incredible. A dress purchased for \$3 at a sale here could not be purchased in Kenya for less than \$15."

She said Kenya women tried to keep their figures in reasonable trim, but were not nearly so calory-conscious as Canadian women.

Discuss Colic And Its Causes
EDMONTON (CP)—Dr. Charles E. Snelling says tense parents can generate colic in their baby by "fussing over it all the time."

"It is frequently a good therapeutic measure to take the baby out of its environment on the pretext of making tests or trying new feedings," he said. "After a few days rest, these parents often will settle down and have a perfectly tranquil child."

Dr. Snelling, associate professor of pediatrics at the University

We All Speak Impromptu

MONTREAL (CP)—There's an art in impromptu speaking, says Mrs. Earl Baker, even when you're ordering the milk, or disciplining the children.

A member of Toastmistress International, Mrs. Baker tells housewives and craze girls to speak up—preferably in public—for confidence, success, poise and knowledge. And she tells them how.

"Women don't realize their little slips in grammar, and how limited their vocabularies can be," she says. "Enunciation and a pleasing voice, not too high-pitched, are important."

That's the start. With a catchy punch line, clear concise delivery and a strong closing sentence, a woman can get along finely—in the butcher shop or on the podium.

"As soon as you get up in the morning you start impromptu speaking. The woman who can express herself right away leads a smooth-running, successful existence."

Toastmistress International teaches parliamentary law, and committee efficiency along with self-expression.

The ultimate, she says, for a woman speaker addressing more women is to get up in a smart outfit, make a speech, and leave the ladies wondering what she wore.

"This means no dangling earrings or rattling bracelets, a plain dress, and a hat that's becoming rather than distracting."

It also means, of course, an effective speech.

Mrs. Baker's advice to the timid woman who can't talk at all: keep up-to-date, check current events, politics, sports, read books, magazines and daily newspapers.

"Then when you go to a dinner party, turn to your partner and start in on something. If you draw a blank, try another topic. As soon as you interest him, he'll take over, and think what he's doing."



SUMMER GLOVES

The gloved hand adds the finishing touch to the well-thought-out carefully planned summer outfit. Something new has been added to the summer glove wardrobe, something which many of us have longed for ardently. Here it is, a glove of tissue-thin glace kid that launders like a charm, the result of new tanning techniques developed by American scientists. This one comes in many desirable shades including a soft yellow. Hand or machine washable, the leather neither shrinks nor stretches and the color remains true. Shown, too, is a widewhite calf leather belt with gold touches.

murdering a Negro high school boy—a crime that merited a 50-year prison sentence for an eighth member of their gang. Joseph Schwartz, 18, has been sentenced to 10 years for wielding the hammer which killed Alvin Palmer, 17, a high school honor pupil, as he stood at a south side bus stop March 11.

7 CONVICTED OF MURDER
CHICAGO (AP)—Seven white youths were convicted Saturday of

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