Pauline McCardle, 15, of Kinkora, P.E.I., gives a sample of the baking that won her the national teen-age baking championship in Toronto Saturday to Mrs. John Diefenbaker, honorary judge of the final. Background of the picture is a mural. (CP Wirephoto)

MARY HAWORTH

Civil Rights Movement Solution To Boredom?

Dear Mary Howorth: May I make a suggestion? You often receive appeals from people who for some reason feel their lives are empty.

Your usual response is the perfectly acceptable proposal that they join a church group. Well and good; but why not vary this a little?

Why not suggest specifically, in this period of social upheaval, that people seeking an activity with meaning and substance see what they can do to further the civil rights movement?

Yes, I know this is controversial; but doesn't your column thrive on controversy?

I myself have become increasingly active in the civil rights movement this past year. Aside from the moral aspects of the matter, I must say that never before in my adult experience (I am over 50) have I come in contact with such an astounding array of personalities.

I am finding the whole problem absorbing, fascinating — sometimes maddening — and I defy anyone who lets himself become even partly involved, ever again to find much time to think of his private woes and problems. Yours truly, J.P.

Dear JP.: This column doesn't thrive on controversy in the sense of courting controversy or trying to fan it. Instead we simply make a point of sharing with the audience, from time to time, a sampling of pro-and-con comment that some topics evoke.

Your testimony is most interesting, concerning the brave new world of bracing commitment you've found since espousing the cause of civil rights (initially in search of relief from boredom, it appears).

In proposing, as I often do, either church affiliation, political involvement or other forms of good citizen endeavor, as avenues to group belonging, for persons disturbed by social isolation, I take for granted that if they act on these suggestions, they must come to grips, inescably, with the civil rights challenge.

It is a world-wide 20th century phenomen, known by different labels in other lands. However unwelcome to some and by whatever name it is called, it is an irresistible advance in moral consciousness that seems to be busting out all over at this hour in human history. M.H.

Dear Mary Haworth: I am a girl, 13, five feet tall and weigh 135 pounds. My boy friend goes to the same pool I do and I want a two-piece bathing suit.

He likes girls with a good figure, so is there anyway I can lose 35 pounds in four weeks? Mother took me to a doctor, then put me on a starvation diet and I also tried a food supplement, but couldn't stick to either. Please answer quickly as it is very important. E.C.

Dear E.C.: You want a handy substitute for will power, it seems. I can't give you that. What you can do, however, is form a mental picture of priceless reward for painful effort, to keen you on the beam of thinning down.

See yourself as a graceful water sprite, weighing 100 pounds precisely, sweetly attired in a two-piece suit. There set yourself the goal of making the picture come true, by losing, say, five pounds a week until the goal is reached.

Don't think in terms of starving for weeks. Rather, do as the Alcoholics Anonymous do, when breaking the grip of drink. Just meekly stand - off temptation this moment, this hour, this day.

Surely you can get by without food from a basic 7 a.m. breakfast to mid-morning snack. And from that mid-point, you can hang on until noon and the skimpy lunch break. Then continue the same stubborn hour-to-hour resistance to despotic appetite until the next honest snack or skimpy meal is due.

P.S.: In case your hunger seems hysterically urgent, if you feel faint, melancholic, sharply irritable, etc., unless fed much and often, you might read "Body, Mind and Suzar" (Holt) by Dr. E.M. Abrahamson and A.W. Pezet, for diagnostic clues to discuss with your doctor. M.H.

Mary Haworth counsels through her column, not by mail or by personal interview. Write her in care of The Guardian.

by Anne Adams

TWO-PART STORY

There are two parts to spring's favorite story — a sailor top, dashing above a lean skirt. Cotton knit is smart and practical to pack, linen, pique are crisp, clean - cut.

FIFTY CENTS (50 cents) in coins (no stamps, please) for this pattern. Ontario residents add 2 cents sales tax. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Guardian - Patriot Pattern Dept., 60 Front St. W. Toronto 1, Ont.

by Alice Brooks

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WOMEN'S ORGANIZATIONS

Kinkora Parish Council Re-Appoints Executive

At the Kinkora Parish Council annual meeting reports were heard on the year's activity. Membership convener reported a high number of parishioners took part in the council. The treasurer's report was also heard. Card parties, cake sales and catering helped the funds.

Mrs. Frank McDougal announced that the same slate of officers had been returned for next year.

Speaker for the evening was spiritual director, who reviewed the various phases of Catholic Womens' Work. He urged the close co-operation of groups, working together for the common good, and expressed the hope that next year study groups would be held as a follow up of catechism instruction classes.

Refreshments were served.

SPRINGFIELD WI

Painters, musicians, and artists were named during roll call of the Springfield Women's Institute in May.

The Red Cross Committee reported that a donation of clothing has been received. It was also decided to make donations of a quilt to the Sherwood Hospital and $5.00 to the Bradalbane Library.

Convener for the meeting, Mrs. Reginald Haslam presented the theme Citizenship, with a symposium, How Retirees have Enriched Canadian Life.

Mrs. John Haslam won a contest.

Refreshments were served by Mrs. Geo. Dunning, the hostess, and her committee.

ST. EUGENE CWL

The annual meeting of St. Eugene sub-division of the Catholic Womens League was held recently in the church hall.

Spiritual director opened the meeting with prayer.

The president reported that special projects of last year had been very successful. Card party treasurer reported on a profitable series of tournaments held since November. Other committee reports were heard.

Asecap book is now being compiled of CWL work since its organization.

It was decided to order plates for sale, bearing the church picture.

Plans were began for a supper and bazaar in July.

Elected to new terms are: vice-president, Mrs. Herbert Baxter; president, Mrs. Charles Aylward and treasurer, Mrs. Leo Doyle.

The spiritual director spoke on scholarships and offered to assist interesting students.

KILMUIR WI

A variety of seeds, plants, and slips were exchanged during the roll call at the April meeting of the Kilmuir Women's Institute.

It was decided to collect for the "Flowers of Hope Campaign in aid of the Retarded Children. The members also agreed on May 16 as "spruce up" day for the school and grounds. Trees will be planted on the front lawn.

Among the reports of the treasurer and committee it was announced the remnant sale was a success.

Hostesses at the meeting were: Mrs. Malcolm MacPhee and Mrs. Sinclair MacPhee. Assisting in the serving of refreshments was Mrs. James Campbell.

LONG RIVER UCW

Mrs. Gerald Johnstone was hostess for the monthly meeting of the Long River United Church Women.

Scripture verses were featured during the roll call. The worship service entitled Training for Witness was taken by Mrs. Andrew Johnstone.

The study book of The Word and the Way was handled by Mrs. James Bernard.

It was decided to cater to the Young Peoples Union Banquet.

The meeting closed with a hymn and prayer.

ANGLO RUSTICO WI

The May meeting of Anglo Rustico Women's Institute was held at the home of Mrs. Dan Anderson.

Roll Call was responded to by 6 members each donating money for Cancer Society. Correspondence consisted of a letter from Central Queens Regional High School requesting money for prizes; It was moved and seconded that $5.00 be donated. A letter from Sterling Institute concerned a meeting in New Glasgow School to make arrangement for the district convention which is to be held June 11.

New committees are as follows: program, Mrs. Lyle Parkman and Mrs. Exton Bulman; sick, Mrs. Ira Craswell and Mrs. Lyle Parkman; lunch, Mrs. Noel Hooper and Mrs. Ira Craswell; school, Mrs. Lyle Parkman.

Mrs. Ira Craswell invited members to her home on June 3. Roll call to be answered with flower slips, seeds and bulbs.

Lunch was served by hostess and committee.

MORELL CWL

The Little Flower Parish Council of Morell Catholic Women's League held their May meeting in the sacristy. Mrs. Emmett MacDonald presided. The spiritual director, opened the meeting with prayer.

The membership convener presented a list of new members for the year.

Convener of League magazine urged more subscriptions and asked the press convener and councillors to have a subscription drive.

A list of new conveners and councillors for the coming year were read by the secretary. The treasurer reported a favorable amount in the bank.

A request was received asking CWL to cater to wedding breakfasts; after discussion a committee of three was appointed to meet with the executive when the need arises to make plans for such catering.

Flowers are to be bought and a general church cleaning arranged prior to confirmation on May 18th. A treat is to be given by CWL to the children after confirmation.

It was decided the CWL would hold a tea on May 20.

The programme an article from the league magazine was read, written by Mrs. Grace Steel of Charlottetown dealing with the spiritual activities of the League.

The installation of officers followed with blessing by the spiritual director, and the act of consecration.

MRS. LAURA MacINNIS

HONORED AT MONTAGUE

Mrs. Frank Green, Winnie Green, and Mrs. Arthur Brown, Monague entertained at afternoon tea on Saturday afternoon on the occasion of the 88th birthday of Mrs. Laura MacInnis. Mrs. MacInnis, the former Laura MacQueen of Victoria Cross, spent 12 years in Boston, married the late Rev. James MacInnis, lived for years at Mt. Mellick, and is now a resident of Montague.

Several of her friends also honored her on this occasion, and a special birthday cake was decorated by Mrs. Bruce MacPhee. Mrs. MacInnis is alert, enjoys TV, reading, and cross word puzzles. She prepares her own meals, does her shopping, and in general continues to enjoy the best of health.

GEORGETOWN

Miss Barbara Llewellyn who is taking a nurses aid course at Riverside Hospital, was the weekend guest of her parents, Mr. and Mrs. James Llewellyn.

Mrs. Joseph MacPhee is a patient in the Kings County Memorial Hospital in Montague.

Mr. Vernon Myers, school teacher at deGros Marsh spent the weekend in Georgetown as the guest of his mother, Mrs. Walter Boudreault.

Mr. Dennis Clory who is employed in Charlottetown was a weekend guest of friends and relatives in Georgetown.

Mr. James Publicover, crew member of Dominion government department of public works dredge, Pownal No. 6, spent the weekend at his home in Georgetown.

Mrs. H. P. George Sr. has returned to her home in Georgetown after being a patient in the Charlottetown Hospital.

Miss Helen Gotell is the guest of her sister, Mrs. Michael Burke Jr. and Mr. Burke, following a visit spent in Charlottetown.

Mrs. J. W. Lavers and Mrs. W. J. Fitzgerald motored to Lower Montague on Sunday, where they visited their aunt, Mrs. Samuel Robertson and Mr. Robertson.

Mr. Havelock Stewart was a business visitor to Charlottetown on Thursday.

Mr. Garry Scully of Charlottetown was the weekend guest of relatives in Georgetown.

Mr. Arthur MacNeill, principal of Georgetown High School spent the weekend at his home in St. Peters.

Mrs. John Dicks was a recent visitor to Charlottetown, where she visited her husband, Captain John Dicks, who is a patient in Hospital.

Mr. and Mrs. Norman Thomson, daughter Debbie and son Douglas of Vernon, motored to Georgetown on Sunday and were guests at the home of Mr. and Mrs. J. Waldron Lavers.

Mr. and Mrs. Gordon Stewart and family of Charlottetown, were recent guests of Mr. Stewart's parents, Mr. and Mrs. A. H. Stewart.

Mr. and Mrs. Chester Walker motored to Rimbury over the weekend where they were guests of their son, Mr. Howard Walker and Mrs. Walker.

Captain Bernard Batchilder, of Dominion Government dredge, Pownal No. 6, was a recent visitor to his home in Georgetown.

Miss Aldine MacCormack, a student at St. Dunstan's University spent the weekend as the guest of her parents.

Mrs. Minnie Affinse entered the Kings County Memorial Hospital in Montague

Cosmetic Is Banned

By DARDEN CHAMBLISS

NEW YORK (AP) — A new wrinkle has developed in the wrinkle-removing business.

But the U.S. government has stepped in, and unless things are smoothed out, a potential $100,000,000 market may be in jeopardy.

Ten weeks ago, Helene Curtis Industries, Inc., pioneered a lotion which may, for a few hours, restore youthful smoothness to faces.

Sales sky - rocketed, and other cosmetic firms — Coty, Hazel Bishop, Revlon—quickly prepared their own versions.

Then last week the U.S. Food and Drug Administration seized a batch of Helene Curtis' product, Magic Secret, in Baltimore, claiming it is a drug instead of a cosmetic and should have had drug clearance. The agency raised no question of health, nor did it ban further sales.

But announcement of the seizure dropped Helene Curtis stock by $3 to $59.75 (its 1964 low) on the New York Stock Exchange that day and, said some New York retailers, sales slumped.

CRITICIZES FDA

Hazel Bishop's president, Willard Gidwitz, promptly charged in a statement that the FDA was seeking publicity to further an effect to get tougher controls over cosmetics. The FDA has jurisdiction only over drugs and food).

Then, in broadside newspaper ads, he said in effect, that drug or cosmetic, FDA or no, his product was good and people should please keep buying it.

He says shipments are continuing strong and the controversy may by now have given orders a boost.

Makers of these lotions contend that they are not drugs. They describe the chief ingredient as a protein extracted from cow's blood that acts only on the surface of the skin. The lotions therefore differ, they say, from the steroid-hormone creams previously marketed, which are long-term treatments affecting the moisture - retaining capacity of skin cells.

Helene Curtis, in its ads, says the FDA "felt we were giving the impression that we could turn a prune into a plum permanently. . . Of course it won't remove wrinkles permanently. We never said it would."

Before the legal questions are resolved, however, the consuming public may render the more crucial judgment: Whether it likes the stuff.

Famous Scottish School Creates Culinary Cuisine

By ROD CURRIE

GLASGOW (CP) — Mountain hare pate—a culinary delight to make the taste buds stand up and scream for more . . .

Followed by River Spey salmon, roast saddle of Cheviot lamb, Blairgowrie raspberry flummery, Scottish cheeses and oatcakes.

It's enough to turn maitres d'hotel of Paris, Brussels and Manhattan green with envy. In fact, it does.

"One of the slightly upsetting aspects of our success," says John Fuller, director of the Scottish Hotel School, "is that many of our best graduates end up in foreign cities instead of staying here to build Scotland's reputation as a country of good food.

"Still, it is flattering, I suppose, that our students are in demand in some of the world's greatest hotels."

Although it's the school's excellent cuisine that creates its public reputation, it is the comprehensive, three - year course in all aspects of hotel administration that makes it famous within the industry.

TWO CANADIANS

The school, largest of its kind in Europe, is housed in a century-old turreted stone mansion with attached modern glass- and - aluminum training block and residence with bedrooms for 83 students.

Among them are the first two Canadians ever to enrol, John Armstrong, 22, and Rick Keene, 20, both of London, Ont.

Keene, a handsome six-footer and former star in Ontario junior skiing, is editor of the school magazine and also picks up a little spending money coaching weekend skiers at some of the winter resorts to the north.

The course covers just about every possible phase of the hotel business from bookkeeping to butchery, from detergents to diplomacy in handling irate guests. Students spend a certain period at every job gaining practical experience in addition to book learning and also must take a hotel job during the summer vacation.

Keene hopes to get a job this year in Europe while Armstrong probably will take a job in a big Toronto hotel, as he did last summer.

FRENCH IS MUST

Both agree the hardest subject is French—"The international language of the kitchen and the menu and a 'must' for every student," as Fuller puts it.

Other courses include work in the laboratory, where they study hygiene, nutrition, the chemistry of various cleaning products, and textile technology. Then there is a bit of carpentry, pumbing and other trades so the young hotel manager will know what he's talking about when he calls in a contractor.

Drinks are a massive study in themselves and graduates are required to be experts in purchase, storage, chilling, mixing and serving.

"The easiest way for a hotel to lose money is through a dishonest bartender," says Fuller. "A manager has to be an expert to keep track—within reason—of every bottle."

Fuller's idea of an ideal hotel staff is a Swiss manager, an Italian maitre d'hotel, a French chef and a Scottish housekeeper. But at the rate his school is turning out experts, the Scottish element probably will soon be due for promotion.

Women

The Guardian, Charlottetown, Wed. May 13, 1964. 7

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8506

Week-end guests at the home of Captain and Mrs. H. Larsen, Georgetown, were their daughter, Marie, Nancy Morash and Gloria Worthen, all teachers at the Interprovincial School for the Education of the Deaf, Amherst, N.S.

Mrs. Edward A. Griffin has returned to Shawinigan Falls, P.Q. after spending a week at her home in Alberton.

Mrs. Glen Costain and family of Miminigash were recent guests of Mrs. Costain's parents, Mr. and Mrs. Arthur Perry, Burton.

Mr. and Mrs. Aeneas MacDonald had as guests recently their daughter, Mrs. Stewart Gill, Mr. Gill and children Anna and Stewart Jr. of Kitchener, Ont., and Mrs. MacDonald's two sons, Merlin and Ray of Toronto, Ont.

Mr. and Mrs. Charles Bent and little daughter Teresa Mae of Nova Scotia spent the week-end with Mrs. Bent's parents, Mr. and Mrs. Edward Robertson, Kingsboro.

Mr. and Mrs. Peter Massey have returned to East Baltic after visiting with relatives in Boston and Maine for several months.

Mrs. John H. Wells has returned to Alberton after spending the winter with members of her family in Charlottetown and Montreal.

Mrs. Jack MacEachern of Souris accompanied by her sister, Mrs. Peter McAulay of Souris is are visiting in Arlington, Mass. with their sisters, Mrs. H. MacLeod and Mrs. W. Lewis.

John A. Campbell of Pictou, N.S., spent the weekend with his family at Newport, P.E.I.

Mrs. Robert Baker was hostess to the Lakeville Women's Institute last week. Special guests were members of a sister Institute, Kingsboro.

Week-end visitors to Truro were Mr. and Mrs. Nelson Stewart of Red Point.

Mrs. Irene Macdonald of Cardigan returned to her home on Friday following a visit with her son Kent and family, and her daughter Jean in Halifax, N.S.

Mr. and Mrs. John McDougall, Moncton, are guests this week of the latter's parents, Mr. and Mrs. Charles Barrett, Alberton.

ELLEN'S DIARY

Plucking First Daffodil Ensures A Rich Season

"A busy morning, Ellen?" James repeated our query when we met him in the yard, this noon. 'Well, I reckon you could call it that" he grinned.

We had homed then from spending a morning in town, with Peter and his mother. A long morning, it had been, in that we must ride thither with the one girl of the place, whose days when commuting, eved this very last one of her College term, of necessity must begin early... Peter, however, to be fitted among other items of dress, with new shoes, obviously enjoyed the outing, though when, as the day advanced, the cool of the morning became warm and summery, he voiced a wish that he "could come home now to get a breath of fresh air there!"

The sight of a neat carton on the oven - door, and a plaintive squeal, soon informed us that during our absence, the litter expected of late, had arrived to be one of James' morning - cares.

"That" he explained, following us indoors, "is a weak one, Ellen. I thought perhaps the heat would revive it. But, I'd say it wasn't born to live."

"Come!" Peter called from the porch where he had lingered. "The sticks are all out of the woodbox, and on the floor! Come and see! And, oh, on" there was a rapture in his voice, "the stripey - cat's got her new kittens there!"

"That was another thing" James nodded. "The first was born before I happened to notice her. So what could I do, but make her comfortable there —poor thing"?

"Three!" Peter said, "two right black, and one nearly black."

Three younglings, little and blind, were cuddled there beside the cat-mother, in the deep shadow within the tall-ish woodbox.

"You did have a busy morning, James" we chuckled.

So lovely the day was, full of summery scenes. A first daffodil blossomed in the lawn - border.

"Personally pluck the first daffodil of the season" an old saying has it "and you will collect more gold than silver during the year."

Intangible gold, it comes to mind, nevertheless satisfying; gold of summery days' flowerings, of the sunrise, of sunshine and sunset.

"We're getting not too late a cropping after all" a visiting farmer offered this evening.

"No, not late" the younger farmer agreed. "It came all at once."

"I've seen it like that before this; a spring fairly backward, and then all at once the field-work . . . I see you have your wood cut."

"Just cut and piled. We'll have to saw it one of these times."

"The grass is coming along well. It's surprising how fast a few nice days greens it."

And the new meadows look promising" the younger farmer said, "there'll be clover this year."

But now there are stars. And bless them for it: peepers' Maytime tunes.

Until tomorrow — Diary — Good - night....

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