



PRINCESS SAILS FROM KENYA

MOHABASA (Reuters) — Princess Margaret sailed Monday to the balmey Indian Ocean on a six-day voyage to the island colony of Mauritius where she will begin the next phase of her five-week East African tour.

She sailed from here Sunday night aboard the royal yacht Britannia after a busy two days in this Kenya port city.

The princess stood at the rail of the Britannia waving to the thousands of persons who crowded the harbor to say farewell.

Sir Evelyn Baring, governor of Kenya, and Lady Baring accompanied her aboard after a reception at Government House attended by some 1,000 persons.

Earlier the princess drank coffee with veiled Arab women when she visited the heavily-guarded home of Sheikh Ali Hinaawi, Kuwait leader of Kenya's coastal Arabs. She also inspected a rally of children.

Feminine Astrophysicist Works At Dom. Observatory

By CAROLYN WILLET Canadian Press Staff Writer OTTAWA (CP) — Quite by chance, Miriam Burland found her career in the world's oldest science, astronomy.

One of about half a dozen women doing astronomical work in Canada, Miss Burland is the only feminine astrophysicist at the Dominion Observatory here.

That's a long title for the pleasant, smiling native of Montreal, but it means she turns her stargazing to studies of the physical nature and chemical constitution of celestial bodies.

Her career was sparked by an enthusiastic lecture in astrophysics at McGill University and a summer job at the Dominion Observatory, Miss Burland said in an interview.

FOUND NEW INTEREST
Studying mathematics at McGill her interest in astronomy was aroused by Dr. Vibert Douglas, now dean of women at Queen's University in Kingston, Ont.

"I had never thought of astronomy before that," admits the trim brown-haired woman. "But here I am."

The summer job at the observatory prompted her to return to do post-graduate work in astrophysics to her arts degree, and then she came to a permanent post here.

About two years ago, she took on another task, that of an education and information liaison between professional astronomers and wondering laymen.

She finds that arranging tours through the observatory, answering queries and compiling information is tewarding work. "But I still keep my hand in on research work."

Particularly interested in meteor research, she recalls flying to North Bay, Ont., in 1946 to gain a good ground view of an outstanding display of these "shooting stars."

In 1954, she joined a group of astronomers and scientists who flew over the northern coast of Labrador to view an eclipse of the sun over the Atlantic — this time from a vantage point of five miles in the air.

In both cases, she was the lone woman member of the expedition. Interested in the world about her as well as the skies above her, Miss Burland is a former president of the local Zonta Club, an organization of business and professional women executives. She also likes "poking around in the garden."

At the observatory, she finds the number of visitors—particularly touring school groups—increasing every year.

In the observatory's copper covered dome visitors explore the heavens through a 15-inch retracting telescope.

TRAINED EYE
"Publicity about the planet Mars and the number of visitors to the observatory are closely related," says Miss Burland.

"But for the casual observers, even a telescopic look at Mars is apt to be disappointing. A trained eye, considerable experience and favorable atmospheric conditions are needed to see any details of the planet."

The illustrate the patience practised by astronomers, Miss Burland says: "I have watched Mars for two or more hours at a time . . . and for about one second atmospheric conditions are just enough to see markings."

But Mars of course isn't the only object in the sky. Miss Burland says that even on the starriest nights, the naked eye can see about 5,000 stars. With the telescope, some 12,000,000 stars leap into view.

And if you're looking to the stars for your fortune, an astronomer is the wrong person to approach. Like other serious scientists, Miss Burland has small respect for such whimsy.

GEORGETOWN C.W.L.
The regular monthly meeting of the Georgetown C.W.L. Sub-Division was held in St. James Hall on Sept. 4th, with a fair attendance.

The meeting was opened with the League Prayer by the Rev. Director, The President, Mrs. William Murphy presided. The Secretary read the minutes of the previous meeting and they were approved as read.

The various convenors gave their monthly reports of the work carried on by them during the month. The Education Convenor stated that Catechetical Sunday was soon taking place and that the usual prizes would be needed and that there were five classes attending. It was moved and seconded that \$15.00 be voted for prizes. The treasurer reported a balance on hand of \$49.95.

Mrs. Earl Walsh, delegate to the Diocese Convention held at St. Dunstons College gave an interesting report of the matter dealt with at the convention. She stated that stress was laid on the sending of money to the various organizations to send one individual amount instead of a number of small ones.

Mrs. Ella MacKinnon an enthusiastic worker in the C.W.L. accompanied Mrs. Walsh to the convention. She thanked the members for making it possible for her to attend this Convention. She also reported that satisfactory comments were made on behalf of the activities of the Georgetown C.W.L. The expenses of the delegates were then presented and \$12.30 was moved by Mrs. Agnes Murphy, seconded by Mrs. P.L. Boudreauit to be voted paid.

It was also moved and seconded that a vote of thanks be sent to Mr. and Mrs. William Jay (nee Eleanor Walsh) of Charlottetown, for their hospitality to the delegates during their attendance at the convention.

Mrs. F.J. DeLory, contributed some Catholic literature, including Catholic Digest books, etc., to the library in connection with C.W.L. for distribution among members.

The Regional Rally which is held in the early autumn was discussed and the matter of where it was to be held was brought up. Mrs. Earl Walsh was assigned to follow up this matter and report.

No further business, the meeting was adjourned following the Act of Consecration to the Blessed Virgin.



MR. AND MRS. RAY CECIL CHAPMAN WED AT MURRAY HARBOR

Miss Amy Mae Hancock, daughter of Mr. and Mrs. Chester Hancock, Belle River, and Mr. Ray Cecil Chapman, son of Mrs. Louise Chapman and the late Captain Milton Chapman, Murray Harbour were united in marriage at the Murray Harbour United Church Manse on August 25, at 5 p.m. The officiating Clergyman was the Rev. L.S. Halfrey.

The bride wore a white balerina length dress of flowered net over satin and matching net bolero with Peter Pan collar, trimmed with pearls and sequins. Her head dress was a coronet with veil of silk illusion. She carried a bouquet of Better Time roses.

The attendants were Mrs. Cleve Hancock and Mrs. John Hancock, sisters-in-law of the bride. They wore a mauve balerina length dress with matching headdress and a yellow balerina length dress with matching headdress.

The best man was Mr. Milton McKay, nephew of the groom.

The wedding reception was held in the Rainbow Room of the Bison Restaurant in Montague, thirty-five guests were present. Miss June Hancock, sister of the bride, was in charge of the guest book. —Photo by V.R. Pepler.

KEEP IN TRIM Loss Of Weight Restores Energy

By IDA JEAN KAIN
Many an overweight, mentally reviews past failures in diet attempts and all too often feels that reducing is beyond her. The interesting fact is that almost all reducers who achieve their goal have experienced the same feeling of discouragement. Today's forthright report should give assurance to doubting overweight's and encourage resolute action.

"I have tried starvation diets and usually ended with practically a nervous breakdown. I kept glancing at your articles and the reports of success stories, and finally last Christmas I said, 'Well, why not me?' I'm 41, and of a large frame, height 5' 7", and weighed 185 pounds. I thought I would be doing well to go from a woman's size 40 to a size 20, but I now weigh 153 pounds and wear a size 18 . . . and I am so proud of this! While I feel I could lose still more, my friends say I look just right.

"I followed your take your choice diet, and never went hungry. I ate three well balanced meals a day, and included all the nutritive foods you listed as daily essentials.

"I used to puff when I climbed the stairs and was always as tired. Now my energy is boundless.

"I treat myself to an occasional dessert, but never will I go back to the old fattening ways of eating! Others are trying to follow in my footsteps, and I encourage

Wife Preservers ENDS IN DEFEAT

Strict dieting on semi-starvation fare inevitably ends in defeat, for the result is an all-gone feeling, stemming from lack of energy. After a few days on such a diet, or a week at the most, you decide you'd rather be overweight than to lose your bounce and zest—and back you go to your old habit of overeating.

The first step in reducing is to make up your mind to reduce—but the right way is to decide to eat for normal weight. On the practical pattern of eating you can lose two pounds a week on three meals a day without shortchanging yourself nutritionally or going hungry. The real test of this plan is that while you reduce, you change your food habits so that from then on, eating for normal weight is a natural thing.

Forget about past diet failures. This time eat for normal weight. Keep in mind that you want to stay at healthy normal weight for the rest of your life, and put yourself on the only course that can achieve lasting results.

Clean Baby's Bath with SODA

Baking Soda is a safe and mild cleanser. To clean baby's bath, sprinkle a little baking soda on a damp cloth and wipe over fabric.

FREE 18-page booklet of recipes, nursery and medicinal uses. Check & Bright Ltd., Box Life Bldg., Montreal.

MORNING SMILE

Teacher — Now, class, how do you suppose Noah spent his time on the ark? Would he, for example, have done a lot of fishing? Voice—With two worms!

"No Second Helpings" --- Diet Rule In Push Button Age

OTTAWA (CP) — The hefty scale-tipper is not the only person who should watch his or her weight, says Dr. L. B. Pett.

"Canadians should control their weight at all ages," says this expert who directs the federal health department's nutrition division here.

But he said that controlling slight differences in weight and whittling away at greater excesses of poundage are two different things. Persons greatly overweight should get medical advice.

FOOD AND ACTIVITY
Dr. Pett's suggestions for controlling weight don't entail any drastic changes in the types of food consumed, provided individuals are satisfying both their appetite and nutritional requirements.

But because man is quite logically what he eats, he says that the amount of food intake with the amount of activity he engages in. This balance is most important, says the nutrition expert.

Relaxing on the doorstep of a pushbutton age, an individual's former outlets for activity and exercise are often reduced, but without a similar reduction in waistlines.

So Dr. Pett's first weight-controlling suggestion is an emphatic "no second helpings." This even includes second nibbles at calorie-loaded cocktail snacks.

"These second helpings are the most dangerous. . . . But I usually hear the loudest groans when I suggest refusing them," he adds.

A slight increase in activity, even for older persons, is almost as important as refusing second helpings.

"Even a little bit of exercise shouldn't be sneered at." For instance, just walking an extra block or two won't shake many calories in one day, but can produce results by the end of a year.

A third suggestion is the first two fail — for persons to eat less food. This doesn't ban any special foods, but it does mean asking for a smaller piece of pie, for example.

If a whole generation of Canadians worked at controlling their weight, overweight with its danger and problems would be greatly reduced, mused Dr. Pett.

Scientifically tabulated tables showing the average weight of Canadians by age, height and sex are available from health departments and are useful in battling overweight.

CONTROL YARDSTICK
An individual's weight should be slightly less than the figure given in the table of averages, particularly when one is over 30.

A person's weight at the age of 25 can also be used as a control yardstick.

Healthful Eating, a handbook prepared by the nutrition division, states that after 25 persons require less energy food even for the same work. This handbook also

etc., with the collection amounting to .31 cents. Mrs. D.S. McPhee kindly invited members for next meeting.

It was moved by Mrs. Duncan MacIntosh and seconded by Mrs. Ewen Lamont meeting adjourned. Lunch was then served by hostess assisted by Mrs. Duncan MacIntosh.

notes that mental work does not increase caloric requirements. "But people continue to eat the same amount, even though they don't need as many calories," says Dr. Pett.

For this reason, "middle-age spread" creeps up on Canadians who for various reasons decrease their activities—perhaps without realizing it—but continue to eat as heartily.

Dr. Pett adds that even on a job persons over 30 are often given easier work, or they don't need to use as much energy because they have become experienced, and more efficient at the work.

SOLVE A PUZZLE WIN \$800.00



Evenings are getting longer. You want indoor entertainment. Here's a suggestion for several good evenings' fun. Get your family together and try to solve the Cash-Words Puzzle in this week's Star Weekly. You'll find it fun . . . intriguing and entertaining. If you solve it you can win an \$800 cash prize. How else can you earn so much money in such short time? That's the prize . . . \$800 cash. Give it a go. Have fun and make a try for that big cash prize. Incidentally, you can send in as many entries as you wish.

And The Star Weekly has ages and pages of pictures to entertain and inform you—special articles on timely subjects and people in the news. New fashions are pictured and there are two pages of new recipes and menus. Stories of romance and adventure. A complete novel and 30 pages of the best colored comics. The biggest buy on any newsstand.

The Star Weekly — Buy it today

Recipes from the FIVE ROSES file



APPLE CORN BREAD

1 cup Five Roses Enriched Flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 cup soda
1/2 cup cornmeal
1/2 cup butter

1/2 cup sugar
1 egg yolk
1/4 cup molasses or honey
1/4 cup cold milk
1 egg white

Sift dry ingredients together. Add milk to beaten egg yolk. Add wet ingredients to dry ingredients. Stir mixture into shallow, well-greased baking pan, place 3 apples, pared, cored and cut in eighths, in rows on batter, sprinkle with sugar and cinnamon. Bake at 375 degrees.

This is one of the many recipes in the new Five Roses Guide to Good Cooking. We'll mail you your copy right away, if you'll just send your name and address and 50¢ to:

FIVE ROSES
CANADA'S MOST RESPECTED NAME IN BAKING

Tuning's SO easy with...



ROGERS MAJESTIC
magic eye
MICROTUNER

Automatically, the world's easiest TV tuning!

"Microtuner" magic eye indicates when the Fine Tuning Control is perfectly adjusted. As shown by the dotted lines in the illustration, when your set is tuned to the exact point of best reception, "Microtuner" narrows to a slim vertical line of light. There's no guesswork—you get perfect tuning for top performance on all channels.

"Microtuner" is another great first from Rogers Majestic, who made electronic history with the development of the world's first batteryless radio.

"Vu-matic", automatic picture control, equalizes weak and strong channels and automatically adjusts the brightness and contrast as you switch channels. As well, this exclusive feature holds the picture steady and eliminates streaks, flutters and flap-over due to electrical interference.

Rogers Majestic . . . your sure sign of value. See your Rogers Majestic Dealer.



ROGERS MAJESTIC VU-MATIC picture control TV

Distributed by CENTRAL APPLIANCES & SERVICES, 182 Archimedes St., New Glasgow, N. S.

FEATURED AT

FIRESTONE HOME AND AUTO CO. LTD.
187 GREAT GEORGE STREET, CHARLOTTETOWN

MacCAUSLAND FURNITURE LTD.
230 WATER STREET SUMMERSIDE PHONE 2830

JELLY'S DEPARTMENT STORE
OTLEARY PHONE 8

MONTAGUE ELECTRIC CO.
MONTAGUE PHONE 92

SILAS D. HUGH
MURRAY HARBOR SOUTH PHONE 18-14

DIAL 5547