

WOMEN

Page 8 The Guardian Wednesday, Feb. 9, 1955

ELLEN'S DIARY

by an Island Farmer's Wife

Surely, you would have. To sit there with us in our longish creases of woolen stuff-berge, it was likely—and the warm pretty sweaters, though these were not to be had in the variety of shades of now. Long buttoned gaiters we wore then, a step more modish than the lengthy over-stockings of black of our earlier years. In a girlish fawn felt these were, rather than black, the under-strap securing safely the rubbers worn over the black or tan winter-boots, either buttoned or laced. Silk stockings? No indeed! But warm hose of cashmere or other winter-weight, the better to protect us from the cold, we smile, or just such wintry weather as this!

Would you sit with us on the hard sofa of those years? Or on one of the kitchen chairs, quaint now to see but as James would say "without much give to it" in the way of comfort? Or maybe you preferred to sit on the little home-made bench of wood in the chimney-corner? Or if other seats were taken, on one of the smooth hardwood blocks beside? If one has not known the feel of such seating, how can she appreciate the comfort of the couches and easy chairs of now, or sink into them so nonchalantly?

And did you not enjoy with us the granddaddy of the place—the tall, spare man, with the blue eyes and the graying hair and beard? Was it not fascinating to see him transfer a live coal from the hearth to the top of the stained pipe-bowl to make the smoke he so obviously enjoyed? And listen as he told of past years, of the

KEEP IN TRIM

Why Weight Goes To Hips

By Ida Jean Kain

Sedentary workers are inclined to regard hips as an occupational hazard. When you sit and type all day or keep books . . . or just sit, if you gain weight, chances are the added poundage will go largely to hips. Fat tends to accumulate where it is least disturbed. It isn't the sitting itself that spreads the hips, but the fact that these big muscles are inactive on the job.

However, before you blame it

Circle from the hips



all on an eight hour day, bear in mind that you could not add padding to the hip area if you were not eating more than your daily calorie requirements.

Another factor is the predisposition to store fat in certain areas. Just as structure is inherited, so is the normal variation of the distribution of fat. But even with a tendency to accumulate fat on the hips, it cannot be stored there unless and until you overeat. An active appetite on a desk chair job is the basic cause. To lose, shrink that overly stretched appetite down to size through smaller meals. To stimulate circulation in the inactive area and lose in the right spot, swing into action on hip exercises.

"What about glands?" you may inquire. If you piled on an abnormal amount of fat in a hurry and gained only in the hip region, it

Women's Meetings

RIVERDALE - CHURCHILL W. I.

The regular, monthly meeting of Riverdale-Churchill Women's Institute was held at the home of Mrs. Guy MacLeod, with a good attendance of members and visitors. The meeting opened in usual way. Roll call was responded to by naming a "Famous Person". Minutes of last meeting were read and approved.

Under the direction of Miss McQuaid, a jumbled word contest was put on, the prize being won by Mrs. Guy MacLeod. Next meeting will be held at the home of Mrs. John A. and Mrs. Waldron MacKinnon, roll call, something for "Fish Pond".

ALEXANDRA W. I.

The February meeting of the Alexandra W. I. was held at the home of Mrs. Wallace and Mrs. Glendon Brehaut with an attendance of eight members and six guests. The meeting was opened by singing "The Ode", followed by repeating Creed in unison. Roll call was answered with a household hint. Minutes of last meeting were read and approved.

Mrs. Aubrey Gamble and Mrs. Atwood MacRae were appointed delegates to Annual Red Cross meeting on February 14th.

Mrs. Harold Beaton invited members to her home for March meeting when roll call will be answered with a grab bag (25 cents).

Lunch committee will be Mrs. Bruce Judson, Mrs. Benjamin Wood, Mrs. Ernest MacCabe.

Collection amounted to 80 cents. Meeting adjourned and committee in charge.

KINGSTON W. I.

The February meeting of Kingston W. I. was held at the home of Mrs. Tyrus Holmes. Meeting opened by singing, "What a Friend We Have in Jesus". Roll call was answered by 12 members. Mrs. Newson, three new members were welcomed to the institute. Minutes of last meeting were read and approved.

A vote of thanks was extended to teachers and pupils for cleaning the school. Correspondence was read and discussed. It was moved and seconded to give \$5.00 to March of Dimes, it was decided to have a social evening in the hall Feb. 10.

Committees appointed: School, Mrs. Green, Mrs. Yeo; Lunch, Mrs. Newson, Mrs. Gamster; Programme, Mrs. E. Newson, Mrs. Sylpha Newson.

It was decided to help the teachers get a science kit for the school. Roll call next month — a decorated hat.

Next place of meeting is Mrs. Heber Campbell. Meeting will be with "Blest Be The Tie That Binds"; after which lunch was served and social hour spent. Two contests were put on by the programme committee.

SOUTH GRANVILLE W. I.

The regular meeting of South Granville W. I. was held Feb. 2, at the home of Mrs. Stirling Corbett. The president presided and opened the meeting with "It's A Good Time To Get Acquainted", followed by Creed.

Reports of committees were given and the following new ones appointed:—

School, Mrs. L. Corbett and Mrs. S. Corbett.

Sick, Mrs. Sheldon Abbott and Miss Helen Wall.

Programme, Mrs. W. MacLanis and Mrs. Abbott.

Lunch, Mrs. Abbott and Mrs. S. Corbett.

The correspondence was read. Mrs. Wallace Moreside thanked W. I. for the nice treat and card received during her illness. Mrs. Abbott expressed thanks for the treats given children at the Christmas Tree.

A sum was contributed to the March of Dimes campaign. The members decided to auction the Fairfield premium blankets at a Valentine Social to be held at school Thursday evening, Feb. 10, also to serve lunches to all, charging admission at the door. Committees were appointed to arrange programme, etc.

Miss Wall reported for school stating that necessary articles had been received during month.

An invitation from Mrs. Louis



MR. AND MRS. GEORGE McNICHOL

Mr. and Mrs. George McNichol were married recently at Fort Massey United Church, Halifax. The bride is the former Florence, daughter of Mr. and Mrs. Harry Ferguson of Charlottetown. Mr. McNichol is the son of Mr. and Mrs. Charles McNichol of Winnipeg, Manitoba. Mr. and Mrs. McNichol are residing in Dartmouth, N. S. — (Meyers Photo).

Corbett for March meeting was accepted. Roll call will be "An Irish Joke".

Two contests, "The Huge Valentine Heart" and Path of True Love," put on by Misses Annie and Alexandra Keir respectively were enjoyed by all. Prizes were given. One member contributed to Birthday Box. After singing Happy Birthday, meeting adjourned with the Queen.

Lunch and singing brought a very pleasant evening to a close.

BRADALBANE UNITED W. M. S.

The Auxiliary of the W. M. S. met at the home of Mrs. Lorne Seaman on Thursday, February 3rd, at 3 p.m. The president presided and opened meeting. The evotions were led by Mrs. Lawrence Newson. Theme "The Church Universal in India." The opening hymn "O Jesus King Most Wonderful," was followed by prayer by the President. The first scripture reading 1 Corinthians 12:4-11 was read by Mrs. Allison Harper.

The service was then led by several members: Mrs. John Haslam first member gave the need in India to-day; then prayer and silence led by the leader followed. The second member, Mrs. Frank Muttart gave the report from a meeting of church leaders held recently in India. The third member, Mrs. Hedley Muttart, was taken by Mrs. Hedley Muttart.

The second scripture lesson Gospel of St. John, chapter 17, 18, 21 was read by Mrs. Nathan Bell. The fourth member's part which gave the challenge as a part of the Universal Church in support in the power of the spirit, was read by Miss Nina Wright. Prayer by the president followed a verse of the Theme Hymn, "Lord of Light Whose Name Outshineth" was sung.

The business part of the meeting was attended by 12 members. Minutes were read and roll call by the secretary, Mrs. Boyd Lowther. 16 members were present. The word for roll call next meeting is Prayer. The annual fees were received and offering taken.

Four sick friends were remembered at the meeting. Minutes were read and roll call by the secretary, Mrs. Boyd Lowther. 16 members were present. The word for roll call next meeting is Prayer. The annual fees were received and offering taken.

Meeting closed with the Benediction, after which lunch was served by the hostess and committee. A most enjoyable time was spent.

Princess Margaret Loves Her Life

Stories about Princess Margaret have ranged from her entering a convent to a love affair with a divorced man. And there has been pity for the "poor little rich girl" who has no privacy or private rights.

The truth is she enjoys her royal life, but insists on being "herself." In The Standard this week, you'll enjoy reading the real story, with pictures, of the life that Princess Margaret lives and enjoys. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only 10 cents!

Clean, Freshen Refrigerator with SODA

Just sprinkle soda on a damp cloth and wipe inner surfaces. Wash ice trays in soda solution—3 tablespoons to a quart of warm water. Leaves no soapy odour. Recommended by leading refrigerator manufacturers.

COW BRAND BAKING SODA

Foot-Loose. Toddler's feet grow so fast that the span of socks is pretty short. Economy note: the new nylon stretchable socks that stretch to suit growing feet, 12 to 18 inches and inches.

"Second helping" luncheon suggestion: SWEET POTATO CUSTARD 1 cup Gerber's Junior Sweet Potatoes 1/4 cup orange juice 3 tablespoons sugar 1 egg, slightly beaten . . . salt

Combine ingredients, pour into greased custard cups. Set cups in pan of hot water. Bake at 350°F. 35 minutes. 2 servings . . . both equally lip-smacking!

Stain-less story! This from a column-reading mother: cod-liver oil stains are more easily removed if you rub spots with a bit of baby's tale before washing garment.

MARY HAWORTH'S MAIL

College Girl Has Inferiority Complex

DEAR MARY HAWORTH: My niece Paula, 20, is a sophomore at a nearby university, and a member of several clubs and a social society. All of which sounds wonderful, but she is very unhappy, due to an inferiority complex and the inability (she tells me) to have more than a social acquaintanceship with a girl or boy.

She says she is just a member of organizations, not really one of the group. She is never included in special doings, like going downtown with the girls, or double-dating with other students. Her only dates are blind dates for dances that all must attend; and someone has to arrange these dates. She is a very fine girl with high ideals; average in looks — a little too heavy, I think. Many times I've suggested she ask one or two friends to dinner or the movies, but she says she doesn't know anyone that will.

She is undecided what her college major is to be; she is interested in scholastics generally but not in any specific subject. She blames her present plight partly on me, someone has to care since her mother died when Paula was five. My husband and I have been parents to her and she loves our home.

Very Serious And Reserved

Paula always has been very sensible, serious and reserved; and during her last two years in high school — when she had no intimate girl friends and never a beau — I did try to push her a little. I had several small parties for her (all girls), and I don't know if this did more harm than good. My heart almost breaks at times because of her unhappiness, and I feel I haven't done my duty by her.

Now I see all this is out of my reach; I can't help her at college for I don't know her acquaintances. Usually she is very busy with studies, but still she can see the needs she is unable to meet. Is there anything I can do? Or any reading, or any course at college, that might help her? She says she is always nervous with people.

Rearing Too Heavy Handed?

DEAR G. Y.: The remarkable aspect of your appeal is that you haven't the faintest notion what handicaps Paula. This suggests exceeding obtuseness in human relations. But if Paula is always nervous with people and blames you partly for her plight, it may mean that you heavily damaged her self-confidence (in a willful way) by being overly solicitous, fussy and managerial in the rearing process with the best of intentions, of course.

This possibility seems implicit in your feeling, nowadays, that her problems are out of your reach; that you "can't help her" at college, because you don't know her acquaintances. As much as to say you'd still be running the show for Paula if you were in a position to round up the cast. That overweening kind of maternal shepherding tends to condition a youngster to weakly dependent or stolidly resentful apathy—and such may be the nature of Paula's emotional difficulty, unconsciously, in dealing with society "on her own".

MOM'S GINGER COOKIES

1/2 cup shortening
1 cup sugar
2 beaten eggs
1/2 cup molasses
2 1/2 cups flour
1 tsp. baking powder
2 tsp. baking soda
1 lb. ginger
1 White sugar

Cream shortening, add sugar with beaten eggs. Add molasses; sift flour, baking powder, baking soda and ginger. Add to mixture. Place in refrigerator for about an hour. Break off and roll in balls and roll in white sugar. Pat down on pan. Bake in moderate oven.

Moreover, it is apparent that Paula involuntarily downgrades herself, far beneath her surface rating in the public mind. Obviously she is socially acceptable to many on campus, on the score of her amity, breeding and manner, intelligence, wardrobe, grooming, etc. — else she wouldn't be going to a sorority and several clubs. Oddities and drips aren't asked to join. So why does she isolate herself even from company that moves to receive her?

I take it Paula has never felt wholly accepted and warmly approved just for herself in your family circle. She felt on suffering, a person apart, tolerated—admitted to the premises, as it were — but not really a loved insider. Hence she feels unfit for closeness to fellow students—keeps her distance to safeguard the dignity of her frightened soul.

What to do? Paula needs multiple outlets for vitality, as a relief from study, and to become so invested in physical being-and-doing that she merges with the group almost unawares.

She needs to develop specific skills suited to her present aptitudes and environment. It's a bit late for good horsemanship, maybe; but expert swimming, facility at tennis, dancing and skating are still in the cards—and these are run-of-mine assets in a college girl's repertory.

Paula ought to slim down and take a modeling course simultaneously, to give her poise and guidance in developing independent style-sense. Also, a series of interviews with a wise sympathetic psychologist might give her the hang of weaving friendships with selected associates. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Special Skills Are Liberating

Flower-pot Pockets adds the charm of novelty to this pretty apron! Embroider the flowers in colorful, easy stitches—they seem to "grow" right out of the pocket! Gift yourself or a special friend with this gay number!

Pattern 4638: Misses' Sizes Small (14, 16); Medium (18, 20); Large (40, 42). Small 2 1/4 yards 35-inch. Embroidery transfer, too. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35c in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.

Household Hint

The shoulders of your favorite dresses will stay neat and free from dust in your clothes closet if you cover them with a sheet of cellophane. Punch a hole in the center of the cellophane, reinforce with tape, and slip the sheet over the hanger.

Sunripe Fruit Is Best

Remember when, as a child, you tasted a "green" peach or apple? It was hard to bite, the flavor was "sour," and if you ate too much you had tummy ache. A similar problem confronts us today, when many fruits are harvested when partly "green" or unripe, and ripened while in transit to different parts of the country.

This is a satisfactory method with some fruits such as bananas or winter pears. But while other fruits, such as peaches, may become mellow to the touch they do not develop "flavor-ripeness." This can be achieved fully only when fruit is matured on the tree, bush, or vine.

The flavor of fruits ripened in transit cannot be compared, for instance, with that of oranges and grapefruit direct from the tree, pineapple cut in sun-drenched fields, sun-ripened peaches, strawberries or raspberries warm with sun and lush with juice and flavor. If it is impossible to obtain really ripe fruits, it is better to cook them, or to use frozen fresh fruits, which are harvested at the peak of flavor-ripeness and immediately frozen, with their nutritive values intact.

Trick of the Chef

Add 1 crushed peeled section garlic to the seasonings for grilled lamb or veal steaks.

Morning Smile

High words were flying between husband and wife. "You've never done anything without boasting about it!" "Oh, yes, I have," replied the wife. "And what?" sneered the husband. "I married you."

TOMORROW'S DINNER

Pineapple Cocktail
Grilled Lamb or Veal Steaks
French Fries
Winter Squash Squares
Banana Nut Cream
Coffee Tea Milk

Constipated? Try The EXLAX Way

EASY to Take
EASY-Acting
EASY on the System

Good for Children and Adults
EX-LAX
The Chocolate Laxative

4638
SIZES
8-14-16
M-18-20
L-40-42

by Anne Adams

ALICE BROOKS DESIGNS

MIXER COVER

Let this gay doll keep your electric mixer spotless! Just sit her on top of it—her long, full skirt is its protective cover! Use colorful remnants. Bazaar Gift.

Pattern 7199: Pattern pieces, transfers, directions for making mixer-cover doll. Easy! Such fun! Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

Enjoy McLARENS CRISPIE PICKLES Everybody else does

You'll drink with delight KING COLE COFFEE

COW BRAND BAKING SODA

Wife Preservers

SALT

Wife Preservers

Princess Margaret Loves Her Life

Stories about Princess Margaret have ranged from her entering a convent to a love affair with a divorced man. And there has been pity for the "poor little rich girl" who has no privacy or private rights.

The truth is she enjoys her royal life, but insists on being "herself." In The Standard this week, you'll enjoy reading the real story, with pictures, of the life that Princess Margaret lives and enjoys. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only 10 cents!

Clean, Freshen Refrigerator with SODA

Just sprinkle soda on a damp cloth and wipe inner surfaces. Wash ice trays in soda solution—3 tablespoons to a quart of warm water. Leaves no soapy odour. Recommended by leading refrigerator manufacturers.

COW BRAND BAKING SODA

Foot-Loose. Toddler's feet grow so fast that the span of socks is pretty short. Economy note: the new nylon stretchable socks that stretch to suit growing feet, 12 to 18 inches and inches.

"Second helping" luncheon suggestion: SWEET POTATO CUSTARD 1 cup Gerber's Junior Sweet Potatoes 1/4 cup orange juice 3 tablespoons sugar 1 egg, slightly beaten . . . salt

Combine ingredients, pour into greased custard cups. Set cups in pan of hot water. Bake at 350°F. 35 minutes. 2 servings . . . both equally lip-smacking!

Stain-less story! This from a column-reading mother: cod-liver oil stains are more easily removed if you rub spots with a bit of baby's tale before washing garment.

Bringing Up Baby

Hints Collected by Mrs. Ben Baker (Mother of 5)

Browsing through some old magazine and newspaper clippings the other day, I came upon this charming, anonymous poem. Am certain I was saving it to show somebody—When Junior's up to tricks all day My patience certainly wears thin, But once he's at his wits' end I say "My, what an angel he has been."

Active "into everything" toddlers need plenty of proteins to further growth, develop sturdy muscles, strong bones and body structures. Gerber's Junior Meats are rich in these basic "body-building" materials. Made from juicy cuts, they have a tender, evenly-minced texture that tots with a few teeth can manage with a maximum of pleasure, a minimum of trouble. 100% meat, they have the natural, true-meat flavor. Baby enjoyed so much in Gerber's Strained Meats. Beef, Veal, Pork, Liver & Bacon and Lamb to keep your baby's appetite bright.

Foot-Loose. Toddler's feet grow so fast that the span of socks is pretty short. Economy note: the new nylon stretchable socks that stretch to suit growing feet, 12 to 18 inches and inches.

"Second helping" luncheon suggestion: SWEET POTATO CUSTARD 1 cup Gerber's Junior Sweet Potatoes 1/4 cup orange juice 3 tablespoons sugar 1 egg, slightly beaten . . . salt

Combine ingredients, pour into greased custard cups. Set cups in pan of hot water. Bake at 350°F. 35 minutes. 2 servings . . . both equally lip-smacking!

Stain-less story! This from a column-reading mother: cod-liver oil stains are more easily removed if you rub spots with a bit of baby's tale before washing garment.

FREE for MOTHERS... A Nursery Picture

for 12 labels from NEW AYLMER Certified BABY FOODS

Years of research in the famous AYLMER Laboratories now bring to mothers new Certified Baby Foods prepared with New Formulas and packed by New Processes.

AYLMER Certified Baby Foods are pressure-cooked to retain nutrition values and flavour and then carefully strained to ensure a soft, smooth food for correct digestive function, all under constant scientific control.

HOW TO GET NURSERY PICTURES

Check above the animal picture you want. PRINT your NAME and ADDRESS below and mail this coupon with 12 Aylmer baby food labels for:

Dept. A, Canadian Canners Ltd., Hamilton, Ontario.

NAME _____ ADDRESS _____ CITY _____ PROV. _____

AYLMER Certified BABY FOODS

AYLMER Certified BABY FOODS

AYLMER Certified BABY FOODS

AYLMER Certified BABY FOODS

AYLMER Certified BABY FOODS

AYLMER Certified BABY FOODS