FORMER LIEUTENANT GOVERNOR IS HONORED

A group of former Prince Edward Islanders met recently at the home of Mr. and Mrs. Earl Mokler, Belmont, Massachusetts, to honor one of the Island's most distinguished sons, Lt. Gov. Joseph E. Bernard. The party was held in the Television Room of Moklers' lovely home.

Mr. Bernards' yearly visits to Boston are always a source of pleasure to his many friends from the Garden province and this year's was no exception. At the close of the party, Mr. Austin Callaghan proposed a toast to the honored guest and Dr. Phillip L. Farrell for their gracious hospitality.

SEATED LEFT, Mrs. Gerald Mokler, little Mary Mokler, Mrs. Don Mundy, Mrs. Thomas L. Matthews, Mrs. Philip L. Farrell, Mrs. Earl Mokler, Mrs. Austin P. Callaghan, Mrs. Eric C. Loth.

STANDING LEFT, Gerald Mokler, Earl Mokler, Thomas L. Matthews, Austin P. Callaghan, Neil Campbell, Dr. Eric Loth, Joseph E. Bernard, Dr. Philip L. Farrell, Mrs. Neil Campbell, Mrs. Lester Campbell, Don Mundy, and Lester Campbell.

ELLEN'S DIARY

We Know His Name Will Be Dr. Anderson!

On Island farms now, the lambkins come and the calves; Pussy Willows by the roadside commence to emerge from confining brown sheaths; we speak about "the week the chicks will be here" — and over against an horion the brightness of the Easter Season appears.

And is not the March-month gone now and the April we had been yearning for here?

"Count these!" Mack smiled to us when we came today to the house across the lane, giving us his collection of trout-hooks. "There should be enough there" he chuckled, to open the season."

Kept indoors because of a cold picked up somewhere of late, his hours were not the winged things of his schooldays. The change of Winter to Spring, or more likely because bodily resistence has ebbed in the long battle with the dark of Fall days and the succeeding frosts and snows, in any event seasonal illnesses appear — the common cold and its incidental miseries. And we would wish that the healing sunshine of later Springtide was here.

So Granddaguther must start away alone to classes this morning, to join at lane's end another little lad and lass of this road, all to be somewhat surprised we suspect when the day gave them, as we recall these the mixed pleasure of the school-inspector's visit.

"Tell me about the first visit of an inspector to your school—going back as far as you can remember", she begged with an amused smile, when she came by after classes. It is, we can understand something of a problem to reconcile the thought of a grandmother with that of a little schoolgirl.

She comes to settle comfortably on a corner of the couch, when we are alone, much as does the furry black cat, almost purring in content as she becomes absorbed in any fresh reading matter which may have come during her absence, or stops just to chat.

"Its' a little embarassing to remember" we grinned.

"That should make it more interesting" she smiled.

"The first visit of the kind? Well the one that comes to mind in a long long memory was not made by the country inspector but by what was then called "The Chief Superintendent of Education" — you'll know by the term what it means.

At that time there were about a half-dozen of what were known as first class schools in our (Queens) county — successors in a way to what your great-grandfather knew as 'Grammar Schools,' and its was the Chief's duty, or maybe his wish to inspect these himself. Ours, a graded school of two rooms, was in the next district to one of those, so it happened that one time after his inspection was over there, he came to visit ours. What an event it was"

"What time of year was it?" she asked.

Until tomorrow — — — Diary — Goodnight. . . . . .

DAILY PATTERN

4890
SIZES 12—20
by Anne Adams

STORK-STYLES

Waiting for baby? This Printed Pattern is the answer to a pretty maternity wardrobe! There's a sun-top and collared style, you can sew in endless fabric variations; slimming cut-out skirt.

Printed Pattern 4890: Misses' Maternity Sizes 12, 14, 16, 18, 20. Size 16 sun-top takes 2 yards 35-inch; skirt 2 yards.

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Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front Street, W., Toronto, Ont.

MARY HAWORTH

Parents Know A Thing Or Two

DEAR MARY HAWORTH—I am a girl 18, employed in an aircraft factory. Last June the boy I'm engaged to marry left for college 2,000 miles away.

Since then I have become very fond of a man 25 years old and this is where my trouble begins. Juan, I'll call him, is Spanish and I am not. He is Catholic and I am of the Protestant faith. My parents don't approve of my going with a man of another faith and nationality.

I have fallen for Juan in a big way and don't think I'll be able to get over it very easily. As for Don, the boy I'm engaged to, he'll be gone for five years and I shall see him only 10 days of each year. That's a long time in which to sit and wait!

Please can you suggest some way of persuading my parents that I am old enough to decide for myself about the kind of friends I want to have?—E.D.

ON DANGEROUS GROUND

DEAR E.D.—You are treading dangerous ground, as your life-seasoned parents recognize, in dating an older man of entirely different background.

Already you are smitten with Juan, you admit; and the possibility exists that infatuation, plus dating association, may lead to marriage. If so, this step would involve you in those unending conflicts and uncertainties that characterize most "mixed" marriages even at best.

It happens that a new book on the emotion — laden subject of mixed marriage has just come to my attention. Authored by sociologists James H. S. Brossard and Eleanor Stoker Boll, it is titled "One Marriage: Two Faiths" (Ronald Press)—and is favorably regarded by spokesmen for both the Catholic and Protestant viewpoint.

It appears that you have a genius for heading into dead-end streets emotionally, and coming up against frustration and futility.

At your age, 18, it is a mistake to be engaged to a lad who will be thousands of miles away for the next five years. It isn't in the cards that you or he will "wait" for one another, for that length of time, in terms of not dating other friends. You've already proved it, in dating Juan and "falling" for him.

So your engagement to Don isn't a real engagement—which has to do with serious entent to wed. You two simply had a spell of thinking you'd like to be man and wife, had you been ready for domestic responsibilities when the idea struck. But you weren't; or at least Don wasn't, then; so you pledged yourselves to keep the idea in mind until he's through school. That's all there is to it.

TARGET FOR WOLVES

In representing yourself as being pledged, you reduce your chances if dating nice boys. You lose out with the better element in your age group, which isn't good for you. Thus you become a target for odd balls, for lone wolves, for social problems and complications, self-engendered.

Here's where Juan enters the picture; and it is a safe bet that if he were a sterling character, he wouldn't be crossing cultural boundaries, to rob the adle (figuratively) behind the back of your fiance. And if you were smart you wouldn't encourage it, because it puts you in a bad light.

Straighten up and fly right, as the kids say. If you feel engaged, dont 'cheat' If you can't be true, give up the option. In any case, stick to your own kind of people if you would be happy and safe. And don't underestimate your parents' horse sense.—M.H.

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

N. Winsloe W.M.S. Held Day of Prayer

Winsloe North W. M. S. held their World Day of Prayer Service at the home of Mrs. A. D. Shaw March 8. The theme being "Who Shall Seperate us". Several Members acted as leaders and prayers were offered by Mrs. C. L. Cudmore, Mrs. Reeves and Mrs. A. D. Shaw.

Hymns sung were "O god Our help in Ages past", "When I survey the Wondrous Cross", "In Christ there is no East or West" and "The Day Thou Gavest". The program from the Missionary monthly was used.

Minutes of last meeting were read and adopted. There were 6 calls, 18 cards and 4 boxes during Collection amounted to $1.70 and Temperance collection $2.00. There were 12 books read during the month.

The Mission Band Leaders reported the certificate had been received. A reading was given "The Story of Mary Lieu. April meeting was invited to the home of Mrs. C. L. Cudmore. Leaders are Mrs. W. H. Roberts and Mrs. Ormar Younker. Word for Roll call, rise or risen. Meeting closed with the Mizpah Benediction.

LET'S EAT

West Coast Souffle Takes A Bow In East

By IDA BAILEY ALLEN

"A sweet souffle is one of the most elegant of desserts, yet it is not difficult to prepare," observed the Chef, during one of the long motor drives on our tour of the West Coast.

"In France, a chestnut souffle is the favorite; in Australia, it's the chocolate souffle; in Bermuda, the banana souffle—all reported in our columns. But here on the West Coast I have met a remarkable new member of this aristocratic family which I would be honored to present with your permission, Madame."

Apple Souffle: Separate 3 eggs. Beat the yolks until lemon colored. Beat in ¼ c. sugar, 1 tsp. pure vanilla extract and ⅛ tsp. almond extract.

In a saucepan, melt ¼ c. butter or margarine. Blend in ½ c. flour; gradually add 1 c. milk. Cook-stir over low heat until thick and boiling. Stir into the egg yolk mixture.

Fold in 1 c. shredded peeled raw apples, mixed with 1 tbsp. fresh lemon juice. Add ½ c. fine cookie or light-colored cake crumbs.

Beat the three egg whites until stiff peaks form. Gradually add ¼ c. additional sugar; continue to beat until stiff.

Fold into the apple mixture. Turn into a not-oiled 1½ qt. baking dish. Place in a pan. Pour in hot water to the depth of 2". Bake in a slow to moderate oven, 325 degrees F., or until puffy and brown.

Serve at once with fresh lemon nutmeg sauce.

Fresh Lemon Nutmeg Sauce: Combine ½ c. sugar, 1 tbsp. cornstarch and a few grains salt in a saucepan. Stir in ¾ c. water. Cook, stirring constantly, until thick and clear.

Remove from the heat. Stir in ¼ c. fresh lemon juice, ½ tsp. pure vanilla extract and ¼ tsp. ground nutmeg.

Serve warm over Apple Souffle.

TOMORROW'S SKILLET DINNER

Tossed Mixed Salad Avocado
Lamb Chop-Vegetable-Skillet
Buttered Zucchini
Apple Souffle
Coffee Tea Milk

All measurements are level; recipes proportioned to serve 4-6.

Lamb Chop-Vegetable-Skillet: Slash the edges of 6 lamb chops so they will lie flat while cooking. Dust with 1 tsp. salt, ¼ tsp. pepper and enough garlic salt to make the chops look frosty white.

Heat 2 tbsp. vegetable oil in a large skillet that can go to table. Brown the meat in this on both sides.

Add ¼ c. chopped onion, 1 (10¼ oz.) can consomme, ¾ c. tomato juice, 1 tsp. grated lemon rind, and ½ tsp. dried mint. Cover. Simmer-boil 1 to 1¼ hrs., or until the meat is fork-tender.

Thirty minutes after starting, arrange over and around the meat in the skillet, 6 halved small peeled white potatoes, 6 peeled spring turnips cut in thirds, 4 scraped carrots halved lengthwise and 1 c. halved green beans.

If more liquid seems necessary, add a little water. Cook until fork-tender.

TRICK OF THE CHEF

Add ¼ tsp. fine-crushed cardamom seed when making apple souffle or applesauce.

Model, Horse-Trainer, Writer

LONDON (CP) — Canadian-born Sara Lee Tufnell, already known to Britons as a successful model and horse-trainer, is touring Eastern Europe with a view to establishing herself as an author.

The former Sara Eberts, who came to Britain from Montreal at the age of 12, has left London for a three-week expedition to East Germany, Czechoslovakia and Hungary and hopes to write a book about her adventures when she comes back.

Her husband, businessman Carleton Tufnell, with whom she was recently reconciled after an eight-month trial separation, wasn't in the party, which included author Michael Alexander, photographer James Verner and Sarah Wignall. Tufnell was busy looking after their two-year-old daughter.

"He couldn't join the group because a woman was needed to balance the party," the 22-year-old model explained.

When she isn't modelling or dining and dancing with the Duke of Kent's set in London, Mrs. Tufnell trains a stable of trotters at her country home in Gloucestershire.

COOK'S CORNER

HAM AND POTATO SALAD

3 cups cooked diced potatoes
1 cup minced ham
1 tbs minced onion
½ tsp. salt.
¼ tsp. pepper
1 cup salad dressing.
2 hard-boiled eggs.
Lettuce.

Mix one-half salad dressing with hot potatoes and chill. About an hour before serving, mix thoroughly the potatoes, ham, salt, pepper and onions.

Arrange on lettuce and garnish with slices of hard boiled eggs and remainder of salad dressing.

WIFE PRESERVERS

A sturdy new brush for cleaning barbecue grills has crimped brass wire bristles and a steel scraper set in a black molded handle of styrene plastic. Stubborn spots of charred food or grease left on the grill yield to the steel scraper attached to the back of the brush which has a handle with ridges to assure a firm grip. It can be cleaned by dipping in warm, soapy water.

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8508

HAPPENINGS

Mrs. A. B. Cosh who has been visiting her son Lieutenant Commander A. B. Cosh, Mrs. Cosh, and grandchildren, David and Susan, has returned home.

The Exemplar Chapter of Beta Sigma Phi met Wednesday evening at the home of Mrs. Carl Burke. The meeting was conducted by the present, Mrs. Ralph Jenkins. Letters were read from Mrs. Lothian and Miss Eleanor Lowe expressing thanks for gifts they received for being guest speakers at previous meetings of the Sorority. The program which was in charge of Miss Allie MacLeod, took the form of a Quiz on Africa, which country we have been studying. Lunch was served by the hostess, assisted by Mrs. George Rogers and Mrs. Arthur Carruthers.

KEEP IN TRIM

Mystery Dieter Triumphs

The day before Spring is the ideal time to give you a progress report on our Mystery Dieter. The news is good and Eleanor is within sight of her goal.

Last October, an unhappy overweight, 28 years old, 5'4" tall, weighing 160, wrote:

"In eight years I have gone from size 11 to bursting out of a size 16. I have tried hundreds of diets, including appetite depressant pills. Result, I always gain back all the lost weight with a couple of extra pounds thrown in.

"I realize it is simply bad eating habits that have added the excess. I'm fond of cake. In spite of all my good resolutions, I find myself eating cake at odd hours. I hate myself afterwards, and really don't understand why I do it.

ASKS FOR HELP

"At a department store recently, I got a goid view of myself in a full length mirror and nearly fainted. Hence the reason for my present diet efforts. I did weigh 166 pounds, and am now down to 160. Won't you please help me follow through? I don't want this to turn into another of 'Eleanor's diets.' "

So Eleanor became our Mystery Dieter, reporting each week. By the time we had swung into action on this slimming venture, Eleanor weighed in at 157 pounds.

Her diet was three balanced meals a day, including an egg at breakfast. Total calories for the day were 1025, which allowed for a late afternoon energy pick-up.

The cake problem was handled through re-training of habit. By not allowing herself to slip backward once, this strengthened the habit of not eating cake between meals. She kept her mind resolutely on her goal, that size 12 dress.

Psychologically, our dieter was on sound ground when she resolutely decided not to break over even once. It is important never to allow a single exception to occur until the new habit pattern is securely rooted. An unbroken sequence builds up rhythm which results in compounded strength.

HUSBAND HELPS

Eleanor's husband was a definite help in this slimming venture. He always encouraged her and, as an added incentive, gave her a gift certificate to a specialty dress shop, to be used when she could fit into her proper size. Here is her latest report, written on Valentine's Day.

"I bought my dress today. It's a black sheath, fits like a dream and is a size 13. I am down to 129 pounds. . . glory be! I'm keeping right on with the exercises—will report measurements later. I never could have done this without your morale boosting column!"

Success Formual: The right attitude, a scientifically planned pattern of eating and streamlining exercises.

ELEANOR ROSS

Storage Space Limited? It's Easy To Find More

By ELEANOR ROSS

No family seems to start out with enough storage space in the house. However, space can be accumulated just as the items that need storing are accumulated.

Manufacturers and designers are doing a remarkable job of creating new and novel storage facilities, most of them ready to be attached or installed where they'll do the most good. They involve no architectural changes, no cleaning problems, no great amount of money.

For instance, consider what you can do in the kitchen with a potato bin that hangs on the wall; with a 30-inch long, 6-inch high or with panel boards equipped with wrought iron hooks to hold tools and utensils. Then see how you can adapt some or all of these storage facilities to other rooms in the house!

EXCELLENT FOR STORAGE

Spice cabinets on the bedroom wall are excellent for storing perfume bottles, ribbons, bits of costume jewelry. On the study wall, they can house paper clips, stamps, paper, ink, letters. In the sewing room, they're wonderful for spools of thead, pins, scissos, timmings and buttons.

In the bathroom, hang a framed picture on the wall and see what you have—an attractive picture that folds down flat against the wall to allow six drying racks to pop out when needed.

Large white enameled steel cabinets provide roomy storage space with hamper, drawers and a top-to-bottom compartment for brushes and cleaning supplies.

HANGING TRAYS

Hang trays of perforated metal, in various sizes, on the inside of the linen closet door to accommodate bottles and jars. Or create a dressing room by hanging a mirror and a metal flower box on the inside of a clothes closet door. The box will hold your beautifiers without danger of spilling.

The children's overflow toys can be kept dust-free in a sliding door chest that has an easy-to-wash lining and durable plastic outer covering. On second thought, why confine such a piece to the nursery ?Set one in the back hall or in a corner of the bedroom or use one as a sewing chest.

Extra wardrobes, full-size, can be had readymade ,inexpensively priced and suitable for painting and desired color. They're grand for attic or basement rooms where no closets were originally installed. You'll note that many att active open-shelf cabinets for kitchen or bathroom are designed for odd wall spaces, narrow, shallow or both.

If you're really space-conscious, you'll not overlook a single possibility in the house.

BENCHES AND SEATS

Built-in benches and seats can be converted into storage space. Lift up the seats beneath those foam rubber cushions and store your blankets there.

It's always important to keep ease in cleaning in mind when you plan for storage. Shelves and drawers, bins and cabinets must be kept as clean as the items they hold. So look for enameled equipment that can be simply wiped clean with a soapy cloth. See that the insides and outsides of hampers and wardrobes are made of easy-sudsing metals or plastic, washable paint or paper.

Storage facilities need regular cleaning or they'll prove to be dust catchers.

YOUNG AND GAY

Mr. John, fabolous fashion designer, created this hat as one of a collection devoted to debutantes and young career girls and priced right to fit into their budgets. The one pictured is a very alluring member of this group. It is a pale lavender straw cloche that is gaily trimmed with Impressionist pink rose petas. A velvet band and a velvet bow are other details.

SUZANNE LIKES IT

Enjoying the sunshine with daughter Suzanne is Mr. Gordon Hughes of 169 Euston Street, Charlottetown, a retired druggist spending the winter season at Floria's beautiful Ellinor Village, the famous resort at Ormond Beach, Florida, with 650 units. Ellinor Village has complete resort facilities for all ages, and features a nursery kindergarden, and teen age program, as well as its 18 hole gold course which John D. Rockefeller made famous. (Eillinor Village

HAMPTON

This community was deeply saddened at noon on Tuesday, March 19 to learn of the death of Mr. J. Warren Villett, widely known and highly respected citizen of Hampton at the home of his daughter Mrs. Stephen MacLeod, Bonshaw, having closely reached the four score mile stone on lifes journey.

Death came following a brief illness, surviving him are his son Gordon on the homestead, Blanche (Mrs. Sandy Reid) , a brother, Rev. W. Hany Villett, United Church Minister at Edmonton, Ruth Mrs. Stephen MacLeod, Rotha, Mrs. Jack MacPhail, Cornwall. Funeral Services were largely attended from the home of Mrs. Stephen MacLeod, Bonshaw, to Hampton United Church, with the church pastor conducting the service assisted by Rev. Dr. W. A. MacQuarrie, who conducted the service for the masons of which the deseased was a member, who were present at both the church cemetery services in a body. Interment was made in Crapaud cemetery.

Rev. Dr. W. A. MacQuarrie, who has been the guest of his mother, Mrs. W. A. MacQuarrie and a visitor at the home of his brother Mr. Boyd MacQuarrie, during Boyd's illness returned to his pastoral charge at Hopewell, N. S. on March 23.

The little daughter of Mr. and Mrs. Jas. W. Morrison is being treated at the P. E. I. Hospital for virus pneumonia. Her condition at the weekend report shows considerable improvement.

Considerable improvement is now reported in the condition of Mr. Boyd MacQuarrie.. His daughters, Mrs. C. W. Hearn, R. N. of Aultsville Ont, and Miss Sara MacQuarrie, nurse-in-training at the P. E. I. Hospital, have been caring for their father during a part of his recent illness. Mr. MacQuarries daughters, Mrs. Colin MacPhail and Mrs. William Allen, recent visitors at the home of their parents, have returned to their respectives homes at Toronto to Ontatio, and Melauson N. S.

Deep sympathy is being extended to the nearest relatives of the late Rev. W. I. Green, widely known and beloved pastor, serving in many fields of labor. A missionary at Trinidad in 1910 finally at Dundas a pastor in 1940-45, whose death occurred at the home of hs son, Rev. Norman Green of Elmsdale. Funeral services conducted by members of the P. E. I. Presbytery at New London United Church on March 25, were very largely attended. Interment was made in New London cemetery.

Many of the lovers of (sacred) music, assembled in Hampton United Church under a former pastor to hear Miss Mary Doryse Mrs. Roderick James MacNeill and the late Mr. MacNeill of Tyne Valley, P. E. I. render violin solo numbers during the evening service of public worship, also to join with the large augmented Church choir, as they lead the assembly in the regular hymns sung at the service will join with Miss MacNeills many friends and musical admirers in wishing her much happiness upon and since the occasion of the marriage at Trinity Eaton Memorial Church, Toronto recently. The marriage was performed by Dr. C. Andrew Lawson, pastor assisted by Rev. C. Daniel Matheson, a former pastor of Trinity United Church, Summerside. A number of Island friends of Mrs. Hopkins (nee Miss MacNeill) were present at this wedding.

Contesting for the S. R. Johnston Trophy at North River Rink on March 20 and March 23 before a large crowd assembled on each occasion. Nine Mile Creek Bulldogs won over the Hampshire Bulldogs on March 20, and on March 23, lost to the Hampshire Bull dogs by a small margin.

At well attended services of Public worship in this pastoral charge on March 24, a very attentive hearing was given to the inspiring message "Busy here and there", audicating the tendency of many to be too busy with temporal matters to attend to spiritual matters, and to make applicable to the words of Shakespeare; "Of all sad words of voice or pen,. The saddest of these it might have been."

Friends of Mr. Fred Buchanan are pleased to learn that he is convalescing following operations recently performed at the P. E. I. Hospital.

HOUSEHOLD HINT

If you have thick rugs to clean, you may find an upright vacuum cleaner your best bet.

If your cleaning includes many above-the-floor items, such as walls, draperies, upholstery and furniture, the tank type vacuum may offer more value.

MORNING SMILE

The accused had been duly convicted when it was proved on further evidence that he actually had been in prison at the time the act was committed.

"Why didn't you say so?" demanded the judge.

"Well," said the prisoner apologetically, "I was afraid of prejudicing the jury against me."

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YORK

Mr. Art Johnson has returned to his home in York after being a patient in the Prince Edward Island Hospital.

Miss Margaret Watts has returned to her home in York after being a visitor to the city, the guest of Mrs. Will Clarke.

Mr. William Cooper, Southport, is spending a few days in York, the guest of her son, Mr. Westley Cooper and Mrs. Cooper..

Mrs. Harry Lewis was a visitor to the city on Friday.

Mr. Benny Watts celebrated his birthday at the home of Mr. and Mrs. Lolyd Vessey on March 15, where a few of his friends gathered for the special occasion. Mr. Watts entertained them with his singing and harmonica music and received many birthday gifts.

Mr. and Mrs. Harry Lewis, Mr. and Mrs. Raymond Vessey, Mr. and Mrs. Leith Brown and Mr. and Mrs. Frank Vessey of York Attended the supper in Trinity' church on Thursday evening, March 14.

Mr. and Mrs. Howard Watts and children Carla and Glen, spent Sunday in Flat River, the guest of Mrs. Watts parents, Mr. and Mrs. John Nicholson.

Mr. and Mrs. Dolph Murray were the lucky winners at thh card game held in York hall on on Monday evening, March 11.

Misses Erma Watts and Shirley Vessey and Master Rickey Johnson where the guests of Mr. and Mrs. Dean Watts on Tuesday, March 12.

Mr. and Mrs. Frank Vessey were the guest of Mr. and Mrs. Robbie Brows, City, on Thursday evening March 14.

Mr. George Proud of the Maritime Electric, Souris, spent the weekend at his home in York.

Miss Dorothy Miller, teacher of York and her sister Judy, student of prince of Wales College, spent Sunday at their home in Bedeford.

Mrs. Abner Vessey, York, spent Tuesday in the city.

Mrs. Roscoe MacDonald, city, spent the weekend at her home in York.

Mrs. Leonard Adrews and son Jackie and daughter Linda, spent Monday evening in the city.

Mr. and Mrs. Leith Brown spent Saturday evening in the city, the guest of Mr. and Mrs. Jack Cooke.

The regular card game was held in York Hall on Monday evening, March 18. The lucky winners were Mrs. Harry Lewis and Mr. Louis Vessey.

Mr. Frankie Lewis spent Sunday in Bideford. BO

New Swedish Way to Be Slim

EASY REDUCING ...WITHOUT HUNGER PANGS WITH LARSON'S SWEDISH MILK DIET

WHAT IT IS: Larson's is a special diet invented in Sweden, also a country famous for health. If you are overweight because you eat too much and want to reduce easily, quickly and safely, while you discourage your appetite, then try Larson's S.M.D. See that you don't have to be so fat and bulgy. Now you can lose pounds and inches . . . look younger . . . this nourishing and wholesome new Swedish way. No underfeeding. Contains vitamins, protein, carbohydrates, iron, phosphorus.

HOW TO USE: Just take a teaspoonful of Larson's S.M.D. granules with a glass of milk 4 times a day, *only 3 days a week*, Mon., Wed. & Fri. The other 4 days you don't diet at all, but eat and drink normal meals. Larson's is tasty, easy to take. You prepare it in *seconds!* Supplies bulk and encourages normal habit time. *Larson's is 100% guaranteed.* You lose pounds and inches the very first week or return what's left to your store for a full refund. If your favorite drug or department store does not have Larson's S.M.D. then send to Marlene's Ltd., Dept. SD2 557 Pape Ave., Toronto 6, Ontario.

1 Week's Supply $1.98
4 Weeks' Supply $4.95

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