

MARY HAWORTH

Lonely Social Worker Misses Social Life

Dear Mary Haworth: In a city where the female outnumber the male by a large proportion, what chance does a woman in her forties, with few contacts, have to find social prospects? I know much depends upon the woman herself, and actually I don't have much difficulty socializing, where some opportunity exists.

The financial outlook on cruises, trips, etc., can be enormous, in just speculating.

I would like to settle in a city less crowded and less lonely, and as a social service worker, with no family ties, I feel free to make the change. I've looked in the Almanac, but it offers no guidance—maybe I don't know how to use it properly.

How do you learn the average age, occupation, and status of persons in a given city? I suppose this is the exact kind of information that I need to know before rushing off to unknown parts.

Do you think this kind of question is foolish? I mean, if a woman really wants to meet a man, can she meet him, anywhere? I can't frequent bars alone. There are certain things a lone woman can't do, even unconventionally. I shall appreciate your interest and advice. P.R.

MUSTY FIGURES

Dear P.R.: It may be a little out of date, in certain tables of information, but Dr. Clifford Adams' book, "How to Pick a Mate" ("Dutton"), first published in 1946, contains a lot of man-hunt information that should be useful to you.

Among other things, the book lists the 10 best and 10 worst states in the United States (as of 1946) for husband-hunting women. Also, the 20 best cities for the purpose, and the 20 cities most to be avoided.

Of the 10 best states for corraling a man, all are West of the Mississippi, and least promising areas are New England and the Deep South.

Dr. Adams gives husband-hunters a psychological shot-in-the-arm as follows: "If your (marriage) expectancy rating is low do not become pessimistic. That's the worst thing that could happen. Rather decide what you want in a mate . . . find where such a mate exists . . . establish friendships that will lead to introductions to possible mates by studying their wants and needs and appearing to fill them. This is a formula that will get almost anyone a mate if he or she really wants one."

SPARKS SUCCESS

Then the book provides 34 test questions to determine just what is your "expectancy of marriage" (see page 35). Sample questions are: Do you sometimes compliment a person, even though it isn't deserved? Do you prefer "different" or unconventional people? Do you often become involved in heated arguments? Are you a good dancer and good mixer? Are you generally in good health?

After reading Dr. Adams' book, you may wish to explore the contents of others in the same category, in your local library. A good many pretty sound books, by both men and women, on the general theme of "How to Meet Men and Marry" have been produced in the past 15 to 20 years—and the gist of them all is that "faith with works" is the way to success.

WHY ISOLATED

You are rather tragically isolated from human fellowship, if actually you never meet a man, an eligible man, in social encounters, in the big city from which you write. So perhaps it would be further helpful if you summoned the courage to discuss your loneliness with a psychiatrist. Do not discover why you are deprived of friends with whom to circulate. M.H.

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

Milk, cheese and canned salmon are good sources of calcium, a vital mineral element in the human body.



NARROW NEW TOPPERS

These two little jackets are the latest line in toppers to wear with summer dresses or blouses. They are also fun to don on a cool night, over a frothy evening gown.

The collarless model is a straight-line shrug in bright red woolknit, lined throughout with black silk taffeta. Pencil-thin white trim and black piping emphasize the narrow contour.

At right is a double-breasted jacket in skipper navy wool with diatone stripes, used as a trim around the neck, front panel and twin flap pockets. It is lined in navy silk taffeta.

ELLEN'S DIARY

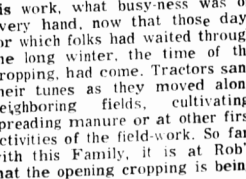
End And Beginning

Today, occasioning much regret to all the Family, James cut down the cherry trees, of late years affected by a progressive and incurable disease. These were the off-shoots of a raggedy company lost to us in the long ago, which Time had multiplied into a small plantation at the foot of our small garden-plot by the lane-side. Many a handful of lush fruit, young and older had enjoyed, many a pie made by the cooks, and jar of preserve put by to brighten winter-tables. And in the June-time, they made an arresting picture, covered then richly with bloom.

Their blossoming in more recent years has been associated with Grand-daughter's birth and its anniversaries. And in consequence of their loss, she was somewhat saddened, even though we assured her with every confidence, "You needn't worry about it. They'll come again from the roots, new and fresh and clean, you just wait and see."

As we assisted James there at his work, what busy-was on every hand, now that these days for which folks had waited through the long winter, the time of the long water, the time of the long waiting, had come. Tractors sang their tunes as they moved along neighboring fields, cultivating, spreading manure or at their first activities of the field-work. So far, with this Family, it is at Ros' that the opening cropping is being done.

COOK'S CORNER



OATMEAL MACAROONS

2 cups of sugar
1 cup of shortening
2 eggs
4 cups of oatmeal
2 teaspoon of vanilla
1 cup of fruit-mix, nut meats, raisins or cocoanut.
Cream sugar and shortening, beat an egg, add oatmeal a little at a time, add vanilla and fruit, mix well. Bake 10 minutes at 350 degrees. This recipe may be cut in half for a smaller amount of cookies.

KINGSTON BAPTIST W.M.S.

The May meeting of the Kingston Baptist W.M.S. was at the home of Mrs. Clifford Holmes with the president presiding. Meeting opened by singing a hymn, followed by prayer by Mrs. Oswald Newson.

Scripture was read from Mark 10, 17-32. The leader was assisted by several members. Mrs. Tyrus Holmes read from the Study book. Minutes were read and approved. Roll call was answered by nine members and one visitor was present. A bill of \$2.56 was paid to the Secretary; collection \$1.20; sick fund, 32 cents.

Mrs. Richard MacLean kindly invited the members for their next meeting. Roll call word for next meeting is "Father." Mrs. Earl Ward is to have Study book and Mrs. MacLean to be devotional leader.

ANNE ADAMS PATTERNS

SHEATH-SLIM!

A slim silhouette is summer's rule—and see how beautifully it's achieved by this sheath design. Adapted from far-eastern fashions in the most flattering way, with little mandarin collar, or cool scooped neckline. Easy to sew—wonderful to wear.

Pattern 4604: Misses' sizes 10, 12, 14, 16, 18. Size 16 takes 3 1/2 yards 35-inch fabric.

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, care of Guardian, Pattern Dept., 60 Front St. West Toronto, Ont.

MORNING SMILE

"The cold weather is affecting my wife's eyesight."
"Sorry to hear that, old man."
"So am I; she has visions of fur coats."

HOUSEHOLD HINT

A couple of galvanized steel pails filled with sand make useful "ash trays" for outdoor party guests and keep them from littering the lawn with cigarette butts.

Words Of The Wise

A teacher affects eternity; he can never tell where his influence stops.—(Henry Adams).

HAPPENINGS

Marlborough House, the vast town palace of the late Queen Mary, overlooking the Mall is now open to the public.

The Queen has lent the State rooms on the ground floor to the Royal school of Needlework, one of Queen Mary's great interests. There is a fascinating display of furniture, tapestries, and embroidered vestments.

Visitors looking through the big windows onto Queen Mary's garden find it hard to realize such a beauty spot exists behind the high birch wall. Laburnum and lilac and chestnuts are in bloom and the neat beds bright with flowers in the late beloved Queen Mary's garden.

Mr. and Mrs. Jay Edwards entertained a family dinner party Sunday evening at their residence, MacEdward Manor, New Glasgow.

"Take Three Girls" presented Thursday evening at the Church Hall at the Baptist Church was the most capable direction of the splendid performance of the Rev. H.L. Milton addressed Mr. and Mrs. Inman on behalf of the Baptist Young people's Union. Mr. Milton spoke in great appreciation of Mr. and Mrs. Inman's outstanding service through the year. Miss Eva Wood presented Mrs. Inman with a bouquet of red roses. These lovely flowers which Mrs. Inman took to the Sunday morning service, Miss Iris Lewis presented to Mr. and Mrs. Inman's outstanding service through the year. Miss Eva Wood presented Mrs. Inman with a bouquet of red roses. These lovely flowers which Mrs. Inman took to the Sunday morning service, Miss Iris Lewis presented to Mr. and Mrs. Inman's outstanding service through the year. Miss Eva Wood presented Mrs. Inman with a bouquet of red roses.

Mr. and Mrs. Bruce Lewis entertained at their residence Fitzroy Street, for members of the Baptist Young people's Union. Mrs. G.H. Lewis assisted Mrs. Bruce Lewis.

Mrs. C.W. MacArthur has returned from Stoneham, Mass., where she visited her sister, Mrs. John Cole.

RENNIES RD. W.I.

The Rennie Rd. W.I. was held at the home of Mrs. Fred Smith meeting was called to order by the Vice-president. Ode was sung followed by Mary Stewart Collect in unison.

Roll call was answered by six members with a house-hold budget of 75 cents for fruit was paid; also a bill of \$7.35 for electricians work at school was paid. Mrs. Harry Smith, Grant from Government was received in the amount of \$2.50.

Program consisted of a contest, Next meeting is to be held at the home of Mrs. Roland Warren. Roll call is to be answered with a Get Well card. On program for next meeting is Elaine Bulman. Collection for evening was \$1.05. Lunch was served by hostess. Meeting closed with the Queen.

YORK POINT W.I.

The May meeting of York Point W.I. was held at the home of Mrs. Aubrey MacLean with Madam Bank Women's Institute as guests. The meeting opened with the singing of "The More we get together," followed by minutes and roll call. Correspondence was read and discussed. Unfinished business was considered and a discussion on sending woollens took place to send in the near future with Mead Bank. Polio Post was distributed to members for the quarter. Collection is amounted to \$1.30.

Next roll call is to be answered with a Sympathy or Get Well card. A nice sum of money was realized from a Parcel Post Sale.

A sing song and a very enjoyable programme was put on by committee; also a "Say Pictures" contest was very interesting and put on by Mrs. A.C. MacEachern. Next meeting is to be held at the home of Mrs. Cleve Roberts. Lunch was served and a social hour spent.

MARY MILLER AUXILIARY TRINITY UNITED CHURCH

The May meeting of the Mary Miller Auxiliary W.M.S. of Trinity United Church, Charlottetown was held in the West Parlour on Monday evening, May 14th with the president, Miss Dorothy Auld in the chair.

The Christian Stewardship secretary, Miss Enid Morson announced that the Auxiliary was being asked to accept an increase of 10 percent in our allocation and in view of the fact that we had exceeded our allocation substantially in the last 2 years, this new allocation of \$665 was accepted.

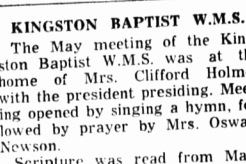
END OF MAY CLEARANCE

SUMMER DRESSES	REG. TO 14.95	4.99
BOLERO SWEATERS	Sm. - Md. - Lge. CLEARING	1.99
COTTON SLIPS	LACE TRIM SIZES 32-40	1.49
BLOUSES	REG. TO 7.50 ALL SIZES	1.99
ANKLE SOX	SIZE 9 - 11 ALL COLORS	25c
T-SHIRTS	Sm. - Md. - Lge.	1.00
COATS, clearing	20% off	
ORIENT HOSIERY	Spring Shades and White	1.08
PURSES, STRAPLESS BRAS		1.00
OTHER ODDS N' ENDS REDUCED		

HELPS OVERCOME CONSTIPATION

Maybe you aren't getting at the cause of your constipation. Good-tasting Kellogg's All-Bran gets directly at a common cause of constipation: lack of good food bulk in the diet. Laxatives that do not contain bulk cannot correct this condition. All-Bran, made of whole wheat grain, provides all the bulk (gentle roughage) you need daily for regularity. Kellogg's—the original, ready-to-eat Bran cereal. Enjoy comfortable, natural regularity within 10 days or return the empty carton and get twice what you paid.

Best liked by millions



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WOMEN

It was decided to renew our membership in the P.E.I. Temperance Federation.

Mrs. Stanley Thompson reported receiving 25 cook books from Miss Mabel Willows our adopted missionary at Newcastle. The proceeds will be used to help finish a Sunday School room in the basement of her church.

At the June meeting all finished articles made by the two work groups will be on display, and in the following week these will be forwarded to Toronto, together with good used clothing.

The program was under the sponsorship of the citizenship and Inaustration secretary, Miss Alice Fraser, who was assisted by Miss Lillian Aitken, Mrs. John Simpson, Mrs. Stanley Thompson and Mrs. Barfield Ellis.

This programme took the form of a skit on the United Nations and its various specialized agencies, and how the work of the United Nations parallels the work of Christian missionaries. The United Nations helps backward countries through its specialized agencies by helping people raise more food from their land, and by drugs to prevent plagues, by giving scholarships, by a education and in any way helping to raise the standard of living of the countries concerned.

The Christian Church has been doing some of this work on a smaller scale for the last 100 years, since the advent of its Christian schools, colleges and hospital and through the teaching of the brotherhood of man and the fatherhood of God.

The Mizpah benediction brought the meeting to a close.

NEW ANNA W.I.

Mr. Elmer Morse was hostess to the May meeting of the New Anna Women's Institute which opened by singing "The More We Get Together," followed by the Creed. Fourteen members were present, roll call being answered by an exchange of plants and seeds. Minutes of last meeting were read and approved.

Sick Committee reported three letters taken to sick School Committee reported getting articles for school amounting to \$137. It was agreed to that each member pay \$1.20 towards the hockey team banquet. More coupons and box tops were turned in. Red Cross work was handed in and more taken out by the members. It was moved that all bills be paid.

The Secretary reported receiving the Government grant. Next meeting is to be held at the home of Mrs. Charles Waugh with Mrs. Walter Moore and Mrs. Lois Moore on lunch. Roll Call is to be answered by waist measurement.

School Committee is Mrs. Don Schurman; Sick Committee: Mrs. Richard Wall and Mrs. John McInnis; Program Committee: Mrs. Delbert Raynor and Mrs. Richard Wall.

After an interesting program lunch was served by the hostess assisted by the committee. Meeting closed with the Queen. AV

AVONLEA W.I.

Mrs. Leigh Warren was enrolled into the Avonlea Women's Institute on May 10, a meeting which went into the natural history of the area.

A talk on local plants and trees by Gordon Warren, Horticulturist at the Experimental Farm at Charlottetown, was followed by an auction of plants, bulbs, slips and seeds.

Minutes, financial statement and committee reports were heard. North Rustico School was reported in need of paper cups. Correspondence with the convenor of cultural activity and U.N. Exchange Programs was read and discussed.

It was decided to subscribe to Polio Post. The committee was appointed to attend the meeting at Mrs. Hill's to discuss educational problems.

Committees for June are: Cavendish School, Mrs. M. Green and Mrs. J. Simpson; North Rustico School, Mrs. L. Houston and Mrs. L. Warren; Cavendish sick, Mrs. J. Simpson and Miss M. Stewart; North Rustico sick, Mrs. C. Sampson; supper, Mrs. Reg Simpson, Mrs. A. Moore and Mrs. A.B. LePage.

A contest was conducted by Miss I. Toomb and supper served by the hostess and committee. The meeting closed with the Queen.

EVERY MOTHER SHOULD BE HOME BEFORE CHILDREN

By J. C. GRAHAM
Canadian Press Correspondent

WELLINGTON, N.Z. (CP)—Every mother should be at home when her children return from school, says Dame Hilda Ross, New Zealand minister for the welfare of women and children.

In a challenging statement she denied that there is any need for married women to work in New Zealand.

Dame Hilda, who is 72 and a grandmother, is New Zealand's only woman cabinet minister. Her opinions are widely respected throughout the country, although she does not hesitate to talk bluntly when she feels it necessary.

Married women went to work to day because they wanted to have an independent income and preferred to go out to work rather than stay at home and look after the children, she declared.

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By Ida Jean Kals

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Vegetables and chewy salads provide bulk for fullness which is also necessary to that feeling of contentment. And a small portion of sweet at the end of the meal gives the perfect finishing touch. For the dieter, desserts should not exceed 100 calories. Here's a High-Satiety Low-Calorie Menu . . .

Breakfast: Orange Juice—5 oz; Poached egg on thin slice of toast; crisp strip of lean bacon; black coffee.

Luncheon: "Cream" of tomato soup made with skim milk; celery and carrot slivers; grilled cube steak on thin slice of bread; hot tea.

4:30—Glass of buttermilk or skim milk; or hard cooked egg.

Dinner: Mixed grill—liver and lamb chop (lean meat only); baked potato (one-half) with 1/2 pat butter; string beans—liberal serving (no butter); mixed green salad (dieter's dressing); angel food cake—1 inch wedge (no icing); coffee, black.

CITIES RESPONSIBILITIES

"There is no necessity for this," she added. "The country is today enjoying such prosperity that married women need not work to make up to their responsibilities in the home and stay at home."

Insisting that every mother should be at home to greet her children on their return from school, she said there were odd days when this might not be possible, but special arrangements should be made for that.

Her opinion on the matter has started a controversy among women which is still briskly proceeding.

Meanwhile, representatives of industry have pointed out repercussions on the country's economy

LET'S EAT

Pickled-Flavored Dishes

Pep Up Lazy Appetites

By Ida Bailey Allen

In my opinion, to serve food with flair depends basically on three things: temperatures, eye appeal and flavor contrast. I remarked to the Chef

"The flavor of each dish may be perfect, but if the foods served in the same course do not either harmonize or pleasantly contrast, the meal will be disappointing."

Monday Dinner: Grapefruit cup; dilled swiss steak; flaky potatoes; new cabbage; romaine-scalion and cucumber salad; lemon rice custard; coffee, tea or milk.

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

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Remove from the heat. Add 1 tbsp. chopped chives and 1/4 c. chopped sweet pickles.

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fish furnishes less of the stimulating extracts.

While potato and bread have a relatively low satiety value, potatoes are more effective in this regard than is bread. Meat with a small portion of potato can give real satisfaction to a diet, for when eaten with meat, the potato increases still further the satiety value of the meal.

Vegetables and chewy salads provide bulk for fullness which is also necessary to that feeling of contentment. And a small portion of sweet at the end of the meal gives the perfect finishing touch. For the dieter, desserts should not exceed 100 calories. Here's a High-Satiety Low-Calorie Menu . . .

Breakfast: Orange Juice—5 oz; Poached egg on thin slice of toast; crisp strip of lean bacon; black coffee.

Luncheon: "Cream" of tomato soup made with skim milk; celery and carrot slivers; grilled cube steak on thin slice of bread; hot tea.

4:30—Glass of buttermilk or skim milk; or hard cooked egg.

Dinner: Mixed grill—liver and lamb chop (lean meat only); baked potato (one-half) with 1/2 pat butter; string beans—liberal serving (no butter); mixed green salad (dieter's dressing); angel food cake—1 inch wedge (no icing); coffee, black.

CITIES RESPONSIBILITIES

"There is no necessity for this," she added. "The country is today enjoying such prosperity that married women need not work to make up to their responsibilities in the home and stay at home."

Insisting that every mother should be at home to greet her children on their return from school, she said there were odd days when this might not be possible, but special arrangements should be made for that.

Her opinion on the matter has started a controversy among women which is still briskly proceeding.

Meanwhile, representatives of industry have pointed out repercussions on the country's economy