

**To Present Film**



Mr. Allan Cruickshank, noted naturalist and author of New York who will present a film "River of the Crying Bird" in an Audubon Screen Tour Lecture at Prince of Wales College Auditorium on Oct. 25. The lecture is sponsored by the Prince Edward Island Women's Institute.

(Continued from page 8)

**What To Do**

ever from then on the loss will be mostly fat, and one pound a week is a good rate.

Water swings are quite unpredictable, and can recur at any time. When this happens, the pointer on the scales may climb two or three pounds. If you have curbed calories, do not be concerned about this temporary gain.

The overweight in the first letter could "see where the fat is dissolving." With a little regular exercise, you can continue to lose bulging inches, even though the loss is not registered on the scales.

The overweight who has lost 25 pounds, should be content to hold her own for a couple of months. This enables the body to adjust to a lowered weight level. The important thing is to continue a little regular exercise and keep tone in the figure controlling muscles.

Following the holding period, to log the pounds, increase the protein. Have two soft boiled eggs for breakfast, with fruit juice and coffee; and a half pound of lean meat at lunch and sliced tomatoes; a half pound of lean meat at a dinner and a half grapefruit. Leave off the salt for two days. This stimulus to the metabolism will budize the pounds.

If you wish help with your menus, send long stamped, self-addressed envelope for TAKE YOUR CHOICE DIET. Address request to Ida Jean Kain care of this newspaper. Post card requests cannot be answered.

**FORMER EXILE RETURNS**

LONDON (Reuters) — Haile Selassie, emperor of Ethiopia who last visited England as a sad exile in Mussolini's era, Thursday rode in state through London streets with Queen Elizabeth. He was escorted to Buckingham Palace with all the formal pomp and ceremony of royal occasions for the start of a 13-day visit.

**Mrs. Billy Graham tells the story**

When this American evangelist arrived in England, the entire press scorned and jeered him—yet in three months, he had stirred Britain to its core, helped thousands of people from all walks of life find the way to Christ.

In November Reader's Digest, you'll find the deeply moving letters of Billy's wife to her parents which tell of his remarkable, history-making crusade in Britain.

Get your copy of November Reader's Digest today; 36 articles of lasting interest, condensed from leading magazines and current books.

**Serve FRY'S COCOA every day!**



you get 104 cups of nourishing cocoa from a 1 lb. tin!

Make every day FRY day!

**OH BOY! ST. CROIX!**  
the home baked beans that come in a can  
ST. CROIX VALLEY PRODUCTS LTD

**W. K. S. Home, School Meeting**

The West Kent Home and School Association held their October meeting last night with a large attendance. Miss Wayne MacDonald, a daughter of Mr and Mrs. Gordon MacDonald was one of the guest speakers. Miss MacDonald represented West Kent School at the Junior Red Cross leadership training school held at Wolfville, N.S. during the past summer. Miss MacDonald gave an account of her experiences at the training school and brought back many new ideas which she will use to advantage this year as President of Junior Red Cross in the new Queen Charlotte High School.

Miss Frances Johnston, who for the past seven years has been the Director of the Art Centre and active in the P.E.I. Arts and Crafts Society also addressed the meeting. Miss Johnston, who only last week returned from Europe, reported on her European trip and the many art societies, museums and art seminars which she attended in the large cities of the Continent.

She returned to the city to find that the work which she has been carrying out here must be concluded unless funds can be provided. One of her main purposes in her tour of Europe was the collection of historical data for a Provincial Museum for which she had hoped to establish here. Unless the public can be aroused to the need of an Art Centre and a Provincial Museum, she told the meeting, nothing will be done towards these important necessities.

Refreshments were served at the close of the meeting.

**St. Veronica's Guild Holds Annual Meeting**

Mrs. Gerald Maddigan was elected President of St. Veronica's Guild at the annual meeting of the Guild held at the Charlottetown Hospital on Tuesday evening, October 19.

The meeting was presided by the Benediction of the Most Blessed Sacrament in the Hospital Chapel. The retiring President, Miss Margaret Campbell presided at the meeting which was largely attended.

Miss Campbell gave a comprehensive report of the year's activities, and reviewed briefly the work of the different committees, which was carried on throughout the year.

The following committee gave a report: Membership, Mrs. Cletus Murphy. Religious, Mrs. R. S. MacDonald.

Telephone, Mrs. Vince Dalton. Sick, Mrs. J. E. Corrigan. Ways and Means, Mrs. Alfred Kelly.

Voluntary Nursing, Mrs. Charles Trainor.

Publicity, Mrs. J. T. Revell. Rev. Sr. M. St. Hugh, Sister Directress of the Guild, spoke briefly on the importance of unity among Catholic Nurses. In fact, Sister stated nurses have an obligation to become members of their Guild, and work in unity, so that they may be prepared to meet the many moral and social problems which face the nursing profession today.

Miss Alice Trainor who attended the International Council of Catholic Nurses held in Quebec City

**CHARTERED ACCOUNTANTS OPEN 1954 REGIONAL CONFERENCE THIS EVENING**

The 1954 Regional Conference of the Atlantic Institutes of Chartered Accountants begins this evening with a joint dinner meeting with the Charlottetown Board of Trade who have scheduled their regular monthly meeting to coincide with the Conference.

The speaker for the evening will be J. Harvey Perry, executive director of the Canadian Tax Foundation, who will address the joint meeting on the subject of "Some Reflections On Taxation in the Atlantic Provinces."

Mr. Perry was graduated from the University of Toronto in 1935 with a degree in Economics and Political Science. For 16 years he worked with the Department of Finance of the Federal Government. During this time, among other duties, he was one of the officials who advised the Minister of Finance on taxation matters. In July, 1952, Mr. Perry was appointed Director of Research of

the Canadian Tax Foundation and in April of this year became Director in charge of all of its activities.

Mr. Perry is also a noted author on taxation matters. His book "Taxation in Canada" is now in its second edition. He was co-author of "Financing Canadian Federation" and is now working on another book "History of Canadian Taxes" which will appear early next year.

The 1954 Regional Conference of the Atlantic Institutes of Chartered Accountants is being sponsored jointly by the Institutes of Chartered Accountants of Newfoundland and Prince Edward Island. Some thirty-five delegates are expected to be present from all four Atlantic Provinces. Technical sessions and discussions concerning regional professional matters will be conducted throughout Friday and Saturday following Thursday evening's opening meeting.

in September gave an interesting report. Miss Trainor spoke on the highlights of the different sessions. The general theme of this week-long meeting was Greater Unity among Catholic Nurses.

The following slate of officers was elected:

President, Mrs. Gerald Maddigan. 1st. Vice President, Mrs. Cletus Murphy. 2nd. Vice President, Mrs. Alfred Kelly.

Secretary, Miss Lumina Poirier. Treasurer, Mrs. J. E. Corrigan (Re-elected).

Councillors, Mrs. Wm. McDougall, Mrs. J. McNally, Mrs. E. McGuigan, Mrs. Jos. Callaghan.

After the meeting the nurses enjoyed a short musical programme followed by refreshments.

(Continued from page 1)

**Icebreaker Arrives**

patients and performed operations in the ship's operating room. Dentists made extractions and placed fillings and the whole population in the area, both Eskimo and White had X-rays taken. The seri-

ously ill were taken into the ship's sick bay and transported to the nearest point that could be reached by air.

"The Eskimos," said Captain Fournier "do not object to this annual X-ray and medical examination, as a matter of fact they enjoy it and word is spread from village long in advance of the arrival of the ship," he stated that as many as 450 were examined at one call.

Captain Fournier is in agreement with scientists who report that many of the Arctic glaciers are "drying up" or becoming inactive. He pointed out that most of the fjords where the ship made stops were formerly glaciers which no longer send forth their supply of ice-bergs. When asked by a Guardian representative about some "tight spots" he might have gotten into, the Captain smiled and said, "I'd rather not talk about those. If I did, I might not be here to tell about them the next time."

He explained that each successive trip made to the Arctic is almost a new experience. The waters i-

of Hudson Bay were quite deep and the course, set one year is so far as possible, followed the next year; but since these waters are not chartered, a slight deviation in way or the other quickly spell disaster. Speaking of tides he said that the rise and fall of the water in some of the northern inlets is 50 feet and in Ungava Bay the highest tide that has been recorded at 60 feet. The ship carries a full supply of fuel, water and provisions for the three month Arctic trip.

"You don't want to run short of anything on a trip like that," said the Captain.

The "C. D. Howe" will be about a week loading supplies here and after her trip of 14 days to Labrador and Newfoundland will return to Charlottetown. She will then go to Quebec City for the winter tie up. Accompanying the Captain on this trip is Mrs. Fournier who was here with him last year. Mrs. Fournier says that in spite of all her coaxing her husband has stead-

The Guardian Page 9 Thursday, Oct. 21, 1954

fastly refused to take her on the Arctic jaunt. "I may make it yet," said she with an inquiring look at her mate to which the Captain shrugged, "Not a chance."

**SAME DUCK**  
Coots, long-legged marsh birds, are also known as water hens, crow ducks, blue Peters, fool hens and mud hens.



**BEDROOM SPECIALS THURSDAY - FRIDAY - SATURDAY**

**BEAUTIFUL LIMED OAK or WALNUT**

3-PC. SUITE: Double Dresser with large Mirror, Chest and Bed and Ribbon Spring and Spring Filled Mattress.

Total Value \$301.00 for

**254.00**

**VILAS SOLID ROCK MAPLE - With Vilaseal Finish**

3-PC. SUITE: Double Dresser, Double Dr. Mirror, Chest, Bed with Ribbon Spring and Spring Filled Mattress.

Total Value \$302.90 For

**255.00**

**WELL CONSTRUCTED LIGHT WALNUT**

3-PC. SUITE: Single Dresser with Crystal Mirror, Chest, Bed with Ribbon Spring and either White Layer Felt or Spring Filled Mattress

Total Value \$136.95 For

**114.50**

**"GIBBARD" Mahogany or Toasted Oak**

3-PC. SUITE: Double Dresser with large Mirror, Chest and Bed, "Simmons" Firmrest Spring, "Simmons" Deepsleep Mattress.

Total Value \$549.00 For

**465.00**

**"CHANGE OVER NOW" - SPECIAL OFFER**

- "Simmons" Beautyrest, reg or EXTRA FIRM \$89.50 for ..... \$79.50
- "Simmons" Deepsleep - \$69.50 for ..... \$59.50
- "Simmons" Slumberking - \$59.50 for ..... \$52.50
- "Simmons" Slumberking Spring - \$27.50 for ..... \$23.50
- "Tulip" Spring Filled Mattress - \$44.50 for ..... \$39.00
- 3 Lb. All-Wool Blankets - colored --- \$7.95 ----- Grey -- \$5.75

**YOU SPEND 1/3 OF YOUR LIFE IN BED!**

IS YOUR BEDROOM WHAT YOU CAN AFFORD? IS YOUR MATTRESS GOOD ENOUGH? Why not look over your Bedrooms now and rush your requirements to Crockett and Storey Ltd., while these specials on Bedroom Furniture are offered.

**CROCKETT and STOREY Ltd.**

BOTH STORES CHARLOTTETOWN P.E.I. SOURIS

**PJ's DIAL 8585 8586**

FREE DELIVERY — C.O.D. KENT AND PRINCE

**Swift SAUSAGES**  
Pure Pork (Brookfield)  
38c lb. 2 for 75c

Devon, Sliced BACON  
Lb. 49c

LAMB CHOPS  
Lb. 49c

LEAN PORK CHOPS  
Lb. 53c

EXTRA!  
Sweet Boneless COTTAGE ROLL  
Pickled Lb. 49c

FRESH SCALLOPS  
Large Box 43c

FRESH CARROTS  
5 lbs. 29c

WIENERE  
Reg. 45c  
Special lb. 33c

STOCK UP FOR XMAS  
MOIRS  
POT OF GOLD CHOCOLATES  
\$1.15

24 lb. bag **1.55**

**Monarch PIE CRUST**  
2 reg. Size Pkgs for 37c

MAXWELL HOUSE INSTANT COFFEE  
Reg. 89c for 69c

AYLMER RASPBERRY JAM  
24 oz. 47c

GRAVES STRING BEANS  
20 oz. 2 for 31c

PEACHES  
15 oz.—Reg. 19c 3 for 49c

Sliced PINEAPPLE  
20 oz. 2 tins 59c

LARGE RINSO 33c

SEEDLESS RAISINS 35c

EXTRA SPECIAL! Colgate Toothpaste  
Reg. 33c 2 pkgs. for 42c

BAYER'S ASPIRIN TABLETS  
100's Reg. 79c for 59c

Vicks Cough Syrup  
New—Reg. 55c for 39c

LIBBY'S Grapefruit Juice  
48 oz. — Reg. 35c for 27c

24 lb. bag **1.55**

HUNTER'S SPECIAL PARD DOG FOOD  
4 tins 49c

CAMPBELL'S TOMATO SOUP  
4 tins 79c

LYNN VALLEY Mixed VEGETABLES  
20 oz.—Reg. 20c 2 tins 29c

PEAS  
20 oz. — Reg. 19c 2 for 33c

King Cole COFFEE  
Reg. \$1.39 for \$1.19

Walnuts 1-4 lb. 20c

No. 8 MOP  
Reg. 79c For 59c

Duchess BROOMS 79c

KRAFT CHEESE VELVETA  
1/2 lb. 29c

CANDY  
1 lb. cello Bag 29c

24 lb. bag **1.55**

All Mixes **35c**

