



LIEUT. KENNETH C. AND MRS BOURGEAU AND ATTENDANTS

This pretty fall wedding took place in Charlottetown on September 8th at St. Dunstan's Basilica. Left to Right, Lieut. Robert Emberly, Miss Daphne MacMillan, Miss Franck MacMillan the bride (the former Wanda MacMillan) the groom, Cap't Frank Sigsworth, and Mr. Angus Bourgeau. (brother of the groom). Photo by Donnelly.

### Wed At Church In Shrewsbury

Miss Shirley A. Walsh was married to Eugene F. Cullinane yesterday in Church of Our Lady of the Rosary. The reception was in the Frohman Club, Shrewsbury. The bride is the daughter of Mr. and Mrs. Peter J. Walsh of 116 West Boylston St. Her husband's parents are Mr. and Mrs. Walter F. Cullinane of 23 Farragut Ave, Somerville.

Miss Anna M. Walsh was maid of honor for her sister. Bridesmaids were Misses Ann M. Tamburino of Hanover; Ann McMullin of Watertown; Eleanor M. Cullinane of Somerville, sister of the bridegroom; and Mrs. Joan B. Kennelly.

John J. Cullinane of Somerville was his brother's best man. Ushers were Arthur J. Ramsey of Bedford; Dean J. Publicover of Arlington; James T. Owens and Richard C. Couture, both of Somerville.

The bride wore a gown of nylon tulle and Chantilly lace styled with a high lace collar and tapered sleeves. Her fingertip-length veil was attached to a crown of seed pearls. She carried a prayer-book with a cover corsage of white orchids.

The couple is on a motor trip through Vermont and Canada. Mrs. Cullinane is a niece of Mrs. Lyle Crozier, Darnley, P.E.I.

**ATHLETIC QUEENS**  
Races across stubble-fields are among qualifying tests for the queen of the festival at Markgroningen in West Germany.

**PRECIOUS METAL**  
Platinum is prized for jewelry—and industrial uses—because it is much harder than silver or gold.

### ELEANOR ROSS

#### Cottons, Jerseys, For Fall

In some sections of this broad land, warm weather lingers on for some time. Almost everywhere in late September and early October there are days so summery, so downright warm, that anything but a lightweight dress is uncomfortable.

A midsummer outfit, of course, looks foolish somehow, with the stores featuring all the beautiful cold weather clothes and newspaper ads depicting all those minks. So what to wear?

Manufacturers have answered cottons that express the latest fashion trends, yet are cool for this time of year. Some of them are bare-armed sheaths with low-cut necklines. They also have separate little jackets for the right cover-up should the weather suddenly turn nippy.

The nice thing about them is that many of the separates have been planned, in color and pattern, to be combined later with flannels and other woollen separates. So it isn't an extravagance to invest in comfortably good fashions at the end of summer.

**LATE VACATIONERS**  
Summer's end and early fall bring to mind the late vacationer, the smart one who plans a vacation when she can be pretty sure of a stretch of beautiful weather, with warmish days and coolish nights, when hotels and restaurants aren't so crowded. For her, the dark cottons are a boon, as are the jerseys.

For one thing, there's such a variety in jersey fabrics. Jersey is almost invariably a comfortable fabric in all but the very warmest weather. It washes so easily, requires no ironing and packs without wrinkling. In fact, it's quite possible to have an all-jersey travel wardrobe.

Cotton jerseys play clothes—shorts and pullovers—look good in any vacation spot. Nylon jersey shirtwaist type dresses are ideal for traveling.

**VARIEITY OF STYLES**  
Variety in styling matches variety in the type of jersey, too. For evening, there are short dresses of white jersey that are as flattering as any girl could wish. So an all-jersey wardrobe can have all the color, the glamor and versatility that any vacationer will need.

What a pleasure it is to simply shake the wrinkles out of your clothes when you reach your destination! And what a convenience to know that the garments can be sudsed out and hung to dry, ready to don without further ado.

Best of all, some of the nicest of the new jersey fashions are quite moderate in price.

### COOK'S CORNER



#### PECAN SQUARES

1/4 cup butter  
1 cup brown sugar  
Boil and cool together.  
1 unbeaten egg  
1 cup flour  
1 tsp. baking powder  
1/2 cup dates  
1/2 cup nuts  
Cut in bars.

#### MORNING SMILE

"Early to bed and early to rise," said Uncle Filbert, "and you'll miss meeting a lot of our very best people."

# WOMEN

Lena Caroline McLure, Women's Editor. Phone 8508

Page 8, The Guardian Thursday Oct. 4, 1956

## HAPPENINGS

The late Hon. A. C. Saunders, Premier of Prince Edward Island and later a Justice of the Supreme Court is still remembered by a host of friends in this province. Mrs. Saunders is in residence at the Charlottetown Hotel for part of the year.

It is of interest to their many friends to hear of their granddaughter Barbara, daughter of Mr. and Mrs. Reginald Saunders, who is attending the University of Florida. This is the largest college in the South, having an enrollment of approximately 11,000 students.

Barbara Saunders recently graduated at the University of Florida with honors at the College of Arts and Sciences, one of the most difficult courses.

Barbara is still just twenty years of age and will be writing a letter of recommendation, the head Professor replied that she was one of the most brilliant students who ever entered the University of Florida.

Her father after many years away from this province makes the humorous and the heart warming comment: "It could be the background of fish or potatoes or just the Finest People in the World!" Barbara is a niece of Mrs. Howard Schurman, Summerside.

Misses Bea Jenkins, Joan Rogers, Marion MacDonald and Esther Johnson have returned from a delightful ten days motor trip. They visited Montreal, Ottawa, New York and Boston.

Mr. and Mrs. Lloyd E. Wellner have as their guests, Mrs. R. G. Henderson and Miss Lou Ford of Sackville, New Brunswick.

Miss Isabel Downe last Saturday's bride was entertained at several showers, at which she received many lovely gifts. Mrs. Raymond Vickerson and Miss Ruth Corbett entertained at the latter's apartment, Upper Hillsboro St., Mrs. Garth Downe at her home Highland Ave., Group 5 of Zion Ladies Auxiliary at the home of Mrs. A. G. King, Highland Ave., and Mrs. Roma Dunning at her home, Esker St., with an afternoon tea and shower. The table was very lovely with fall flowers and tall candles in silver holders, Mrs. Percy Downe, aunt of the bride poured.

Pianist comes home is the caption in a Toronto paper in regard to Mr. Malcolm Troup who played recently in Charlottetown. The article goes on to say — IODE members who for years have been giving scholarships to outstanding students, do not always have the opportunity of seeing how the recipients profit from the training. But this year a talented Toronto musician, Malcolm Troup, who was given his chance to study with the world-famous pianist, Walter Gieseking, by an IODE scholarship will give concerts in 37 Canadian cities. This way the "Daughters," and their friends, as well as the music-loving public, will be able to hear Mr. Troup, who has been five years in Europe.

His Toronto concert is on the Eaton Auditorium on Oct. 4, and is being sponsored by the National Chapter of the IODE. Among the proudest people in the audience will be Mr. Troup's parents, Mr. and Mrs. William Troup, who still live in Toronto.

**EARLY WINTER**  
LETHBRIDGE, Alta. (CP) — It will be a long winter for Lethbridge units of the militia, who received orders from the Western Command to convert to winter dress starting Sept. 15. They had changed to summer dress on May 21.

### KEEP IN TRIM

## When You Stop Losing ... Increase Your Exercise

By IDA JEAN KAIN  
Dieters who make excellent progress in reducing often stop losing when they are within 20 pounds or so of ideal weight. Here are five examples:

"I have followed your scientifically planned diets with good results and lost 30 pounds. Now, although I am following the same diet, my weight has been at a standstill. I need to lose 20 more pounds." Another reducer writes, "I need to lose 75 pounds, and though I have tried, really tried, I reduce 25 to 30 pounds—then stop losing. Discouraged, I slip back into my former eating habits."

After considerable weight has been removed, you will reach a point where you stop losing, even though you are following the same diet. This is tough to take. So it is important to understand the physical reason for failure to lose at this stage.

Weight loss is determined by the deficit between the calories burned for energy and the number eaten. In the beginning of the reducing period, a 1000 to 1200 calorie a week weight loss. (One pound of body fat has 3,500 calories.)

As body weight lowers, fewer calories are required. It took fuel to tote the excess fat—now removed. In other words, your calorie requirements were higher at your heaviest weight. Now, however, the deficit between the number of calories required for running your body and the number furnished in the 1000 to 1200 diet has diminished. This is the reason for lull in losing—it is normal and to be expected.

Two measures will be helpful at this stage. First, step up your exercise. Exercise does increase the calorie burning as well as tone the muscles. After considerable fat has been lost, it is easier to walk and take simple toners. This is ideal weather for walking. . . . step off 2 to 3 miles daily, at the rate of 4 mile in about 25 minutes. If you can, get a companion to walk with you.

A dog is a wonderful companion . . . he'll love to walk. Also take some simple calisthenics daily. With exercise you'll feel more fit and you will start losing again. Secondly, make sure to have a protein food with each of the three meals, and enough bulky foods to ensure good elimination. Avoid taking the bulk of calories late in the day. Three moderate meals encourage nature to burn the fuel.

Helping your body to burn more food is more satisfactory and more effective than trying to cut calories to semi-starvation level.

### Prize Winning Novel Done After Children Abed

TORONTO (CP)—A housewife who writes in the evenings when her three children are in bed has won a cash award with her first novel.

Mrs. Gladys Taylor of Thetford Mines, Que., won the \$1,000 Ryerson Press fiction award with *Pine Roots*, a story of pioneer days at Swan River, Man., where she was born 39 years ago. It was chosen from 100 manuscripts submitted. Mrs. Taylor, wife of an asbestos

mining engineer began the novel five years ago when her husband was studying engineering in Toronto.

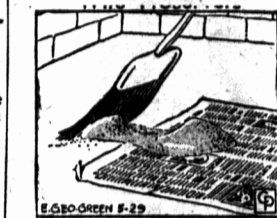
"I finished the first draft in 11 months of spare-time writing, but I revised it several times before submitting it for the contest," she said in an interview here.

An attractive brunette, Mrs. Taylor was a public school teacher in Manitoba before joining the Canadian Women's Army Corps in 1941. She was in charge of CWAC publicity for Saskatchewan. Her next novel is to be about the Quebec eastern townships and it also will have a historical flavor.

"Although my characters are completely imaginary, I have to have lived in a place to make the setting for a book," she said. She intends to devote some of her prize money to pay for help in the house. "I'd like to devote a little more time to the children, and I want to get on with my next book," she said. The children are Denis, 10, Lorne, 7, and Susan, 3.

**SOUNDS BAD**  
SCARBOROUGH, England (CP) An advertisement in a shop window in this Yorkshire town says: "Youth leaving school wanted for butchering."

### WIFE PRESERVERS



After a "do-it-yourself" job has been finished, a quick and easy way of disposing of the sawdust is to sweep it into a sheet of newspaper, then wrap it up and throw it into the burnable rubbish.

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(Quite a statement — but we have the selection to back it up)  
Bright crisp Fall days—cold frosty Winter weather—raw bone chilling Spring—what an opportunity—seven full months of perfect Fur Jacket weather. Is there any other article in your wardrobe that can be so useful! Here is your greatest selection—right now at the very beginning of the season—Island Furriers Ltd. have in stock a tremendous selection of the top quality and finest values in fur jackets. Now is the time to choose from this large stock—we invite you to visit us soon—do it today

## Everything for Thanksgiving

OCT. 8th

### POULTRY

**CHICKEN, FOWL TURKEY**

Gather your family around this Thanksgiving Day to a chicken, turkey or fowl dinner from ZAKEM'S. The cooking of this melt-in-your mouth chicken, turkey or fowl is something that should be enjoyed by all. Our poultry are selected for meaty plumpness, top quality. This is a feature for Thanksgiving and we invite you to take advantage of this value and get lots. Fry some over the weekend and watch your family brighten with anticipation.

### ORANGES

Cello Bag  
**3 Doz. 85c**

<b>BOLOGNA</b>	SLICED OR PIECE	<b>Lb. 29c</b>	Any Flavor Jello, 3 for	<b>29c</b>
<b>ENGLISH BRAWN</b>	PLASTIC BOWL	<b>37c</b>	Choc. Marshmallow Cookies, lb.	<b>39c</b>
<b>COD FILLETS</b>	CHILLED	<b>Lb. 25c</b>	Kellogg 8 oz. Pkg. Corn Flakes, 2 for	<b>33c</b>
<b>ROASTING PORK</b>	FRESH	<b>Lb. 45c</b>	24 Oz. Crabapple Jelly	<b>35c</b>
<b>FRESH FRUIT</b>			York 28 oz. Tins Tomatoes	<b>29c</b>
<b>BANANAS</b>	GOLDEN RIPE	<b>2 lb. 39c</b>	Perfection Milk, 6 tins	<b>79c</b>
<b>GRAPES</b>	NEW CROP	<b>2 lb. 35c</b>	2 oz. Jar NESCAFE	<b>59c</b>
<b>SWEET POTATOES</b>		<b>2 lb. 29c</b>		
<b>CRANBERRIES</b>	1 LB. CELLO BAG	<b>33c</b>		
<b>MINCE MEAT</b>	28 OZ. TINS	<b>47c</b>	<b>ISLAND</b>	<b>29 OZ. TINS 2 for 35c</b>

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**\$179 TO \$225**

### Grey and Black Persian Lamb

You just can't imagine how light in weight, how flattering the new "feather lite" persian lambs can be. Made from the choicest pelts which offer years of fashionable durable wear. Lustre character curis. Large variety of styles, sizes, prices. Reg. from \$325 to \$475.

**\$225 TO \$389**

### SPECTACULAR VALUES

Black Persian Lamb Paw \$149, Canadian Squirrel \$325, Southsea Sealskin \$369, Grey Persian Lamb (middles) \$225, Grey Kidskin \$149, China Mink \$295, Mole skin \$149, Jap Rabbit \$119, Marmot \$319, Muskrat \$179.

### FLATTERING STOLES

Wild Mink and Ranch Mink \$325, Muskrat \$159, Kolinsky \$195, Marmot \$98, etc., etc.

**VALUE! We know and thousands of satisfied customers know — that—quality for quality—dollar for dollar—Island Furriers Ltd. can and do give you more value for your money. The combined buying power of Island Furriers Ltd. and their associate stores—Maritime Furriers Ltd. (Halifax) and Brunswick Furriers Ltd. (Moncton) makes it possible to buy at huge savings—these savings are passed on to you.**

**IF YOU DON'T KNOW FURS — KNOW YOUR FURRIER**

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### CONFIDENTIALLY YOURS

—by Byrne Hope Sanders

**MONTREAL, Oct. 4th—Soft, pretty hands . . . are the result of faithful care—the constant use of Campana's ITALIAN BALM after every exposure to weather—water—work. You need only one drop rubbed quickly into your hands—that's all. And now Italian Balm—can be bought in the household size with a thumb pressure dispenser which releases just the right amount. No twisting—no turning—no leaking—no fuss! Just press lightly—and there you have it—the exact amount for your hand care. Ask for Italian Balm with the dispenser—60c at all drug counters.**

**You Must Lose Weight . . .** with your first box of delicious-tasting AYDS or your money is refunded! Here, believe me, is a sure and certain way of losing weight, simply, safely, quickly—with Ayds and the Ayds Plan. In a Clinical Test, Medical Experts proved that those who ate delicious-tasting Ayds and followed the Ayds Plan lost almost twice as many pounds as those who used other reducing methods—and with no nervousness, sleeplessness or unpleasant "side-effects". Taken before meals, as directed, Ayds—containing added vitamins and minerals—curb your appetite for fattening foods. You automatically eat less so you lose weight. They're really terrific! On sale everywhere.

**Tasting Is Believing! Add a package of Lipton Onion Soup to boiling water—boil a few minutes—and you have a soup that might have been simmering on the back of your mother's stove for hours. With a slice of toast and a spoonful of grated cheese, you've a soup that will make your hungry family doze on you more than ever—or impress your guests with your cooking skill. Use LIPTON ONION SOUP as a base for onion sauces and gravy that makes the most ordinary meals something "special"! Add it to your stews; your casseroles—and taste the delicate new flavor it brings! So go-o-o-o-d!**

**I Never Tire . . .** of marveling at the beauty of our budgie, Sir Isaac. His turquoise breast that graduates from blues to greens, and then into the yellow and grey of his wings and head is so exquisite! And he's thriving, thank you, on the BROCK'S NATURAL FEEDING DIET—so full of gaiety and comie little tricks that he keeps us in constant chuckles. If you haven't got one of these lovely little birds—do give your family the delight they bring into a home. It's wonderful for children to have a Budgie to love and tend; and endless amusement for older folk, too. Budgies are really enchanting! And Brock's Natural Feeding Diet keeps them that way.

**The First And The Best! . . .** Thousands of happy babies and their mothers testify to the benefits of FARMER'S WIFE Formula Milk. Ask your doctor which of the three types of formula is the right one for your darling—perhaps Partly Skimmed Milk (Blue Label) created originally at the request of pediatricians for a high-protein low-fat concentrated formula. Or perhaps he should have Farmer's Wife Whole Milk (Red Label) or Skimmed Milk (Yellow Label) . . . all Vitamin D increased and vacuum packed in the most modern type of milk container.