

KEEP IN TRIM

How To Make Up Your Mind To Reduce

Your mind can make reducing a stimulating challenge or a next to impossible task. But, as some of you inquire, "How do you go about making up your mind to reduce so that 'I stays made up'?"

ELEANOR ROSS

Color In The Kitchen

Color in the kitchen is the big trend in modern decoration, but it can also be a pitfall for the amateur decorator.

EASY TO CLEAN

Of course, the most important thing in redecorating a kitchen, is to make it easy to clean. Cleanliness is essential everywhere, but especially vital in the kitchen where food is being prepared.

COMPLETED COLLEGE

With a happy twinkle in her blue eyes, Mrs. Merchant says her two daughters are sure they gained much from their travels—and they completed college careers without any trouble.

FEELS AT HOME

Now, she's already feeling "at home" in the stately brick residence, surrounded by broad green lawns and flower-bordered walks.

MORNING SMILE

"You promised you wouldn't buy another new dress," moaned the husband. "What on earth made you do it?"

Words Of The Wise

The men whom I have seen succeed best in life have always been cheerful and hopeful men, who went about their business with a smile on their faces, and took the changes and chances of this mortal life like men, facing rough and smooth alike as it came.

WOMEN

Page 8, The Guardian Sat., June 30, 1956

HAPPENINGS

Queen Mary Needlework Guild On Tuesday, June the 26th, the closing and annual display of the work of the Queen Mary Needlework Guild was held from 3 to 6 p.m. at the home of the Secretary, Mrs. A.B. Cosh, 12 West St. with a large number of members and well wishers present.

Several cash donations were received, among them a very welcome cheque from Miss Lena McLure, being half the proceeds of her recent delightful pupil recital.

Executive Committee: Mrs. James Paton, Mrs. W.T. Pethick, Mrs. Chester MacLure, Mrs. Pultane, Mrs. R.B. Fisher, Mrs. R.R. Bell, Mrs. N.H. DeBlois, Mrs. L.R. Man Davidson.

Children's Schooling And World Travel Are Combined

Elizabeth, Mrs. Merchant Luetz, who has three children, lives in Steamboat, Nev.

TRAVELLED EARLY

But to Washington-born Mrs. Merchant, travelling started when she was a child. Her father, Dr. Charles Stiles, often took his family from his Washington headquarters as he pursued his work as a medical scientist across the U.S.

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ELLEN'S DIARY

Dominion Day Thoughts

Once more Dominion Day comes to have us honor again Canada's anniversary of birth. A July child she is, born in island places.

WEST ROYALTY W.I.

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McNally - Gallant

The Church of the Most Holy Redeemer was the scene of a very pretty wedding on June 6th, when Rita Bernadette, daughter of Mr. and Mrs. Jerome Gallant, Charlottetown, was united in marriage to James Francis McNally, adopted son of Mr. and Mrs. Joseph McNally, Tracadie.

McNally - Gallant

The bride looked lovely in her gown of white lace and tulle over satin, topped with a fitted lace jacket trimmed with seed pearls. Her chapel-length veil was held in place by a tiara of pearls. She carried a white prayer book covered with red roses.

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LET'S EAT

Food Industry Welcomes Intelligent Suggestions

"The food industry is making tremendous progress," said George P. Larrick, Commissioner of the U.S. Food and Drug Administration. "But we must not bask in a sense of false security."

LET'S EAT

"Fantastic new discoveries are beginning to move out of the laboratory and into commerce: the possible preservation of foods by irradiation; the use of new chemical additives; the use of synthetic hormones and antibiotic drugs in producing human food; the effect of electronic cooking on the nutritional and taste values of food products."

LET'S EAT

"Read every word on the label. And if the contents of the package do not measure up to the printed statements do something about it."

LET'S EAT

"Monday Dinners: Refreshing Italian Antipasto: spaghetti platter with meat balls and grated parmesan; cottage cheese pie; hot or iced coffee or tea, milk."

LET'S EAT

"The young couple left on a honeymoon through the Maritimes. The bride chose a navy suit with white accessories for travelling."

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COOK'S CORNER



COCOANUT BROWNIES

1/2 cup butter, (any kind), 1/2 cup nuts (any kind), 1 cup sugar, 2 eggs, 2 squares unsweetened chocolate, 1/4 cup flour, 1/4 teaspoon salt, 1/2 cup coconut, 1 teaspoon vanilla, 1 Cream together shortening and sugar. Add eggs, beat. Melt chocolate over boiling water. Add chopped coconut and nuts. Mix well, spread in greased pan. Bake at 350 deg. F. for 30 minutes.

ROUX SHAMPOO TINT



It's quick glory for your hair with ROUX Shampoo Tints. 24 shades—one to exactly match your need. Each package contains two applications. You will be amazed at the result. Ask at your beauty parlor, drug or department store.



YES We Clean WOOLENS Dial 7366 New Method Cleaner

Dalhousie University

HALIFAX, NOVA SCOTIA FOUNDED 1818 Offers exceptional opportunities for students in Arts, Science and the professions. Entrance scholarships available on the basis of educational attainments. Special emphasis on student health and a well-regulated programme of athletics and recreation.

Advertisement for Ginny Stutzler clothing, featuring illustrations of women in various outfits and text describing the collection.