



EASTER VIOLETS

Mrs. Temple Hooper is bewitching in this Peter Pan ever glazed cotton with ruffled bows and streamers. This year's fashion is combined in this dream of a dress with violets — and Velma!

KEEP IN TRIM

Try Abundant Diet To Change Food Habits

By IDA JEAN KAIN
 "Don't think for a minute I haven't tried to lose weight," an overweight writer. "I've tried the Blitz Diet, but after two days I had cottage cheese up to my ears. I tried the Fabulous Formula, but felt awful and quit. I'm married for seven years, and in that time have gained 85 pounds. Is there any help for me?"
 This dietitian is convinced that faddy diets are actually to blame for much of the overweight that exists today. Most of these popular diets are restricted to a few foods, and the very monotony of the fare sends you back to eating as usual. Just as important, faddy diets accomplish nothing toward permanently changing food habits.
 The satisfying way to reduce is to follow a protective pattern of eating, leaving out unnecessary calories. This plan can be so nearly like your regular ways of eating, you will scarcely know you're dieting. The difference will be registered on the scales.
KNOW YOUR FOODS
 Once you know which foods provide the essential nutrients to make good the wear and tear of daily living, and the approximate calorie value of standard servings you've got the pattern by which you can lose 2 pounds a week—without going hungry.
 Look over the following list of foods and the amounts suggested:

lean meat, fish or fowl, ¼ lb. (4 oz.) cooked; 1 pint skim milk or buttermilk (hot soup made with skim milk is delicious); citrus fruit or juice, small glass (5 oz.); plus second fruit; an egg and choice of second egg or cup of cottage cheese or 1 oz. yellow cheese; green leafy or yellow vegetable and another low calorie vegetable plus one small serving of starchy vegetable, such as half a baked potato; also 2 thin slices bread and 3 half pats of butter.

IT WORKS
 That doesn't sound much like a strict diet, but so it can. Lose two pounds a week. Since this pattern provides all nutrition essentials, you can safely stay with it until normal weight is reached. By then, eating for normal weight becomes habit.
 Convincing proof is found in this letter: "I had tried all kinds of popular diets, and while I was successful in losing pounds quickly—I gained them all back just as fast. I am now on the slow, safe, not-hungry way to losing my unwanted poundage. I have lost 38 pounds since September. I feel so much better now. Will write you again later as I have 20 pounds more to lose."
 Good for you! When you reach same protective pattern of eating normal weight, stay with the adding about 500 calories daily. You'll never again be overweight.



ENTRANCING

Navy blue lace and snowy ermine—what an entrancing fashion alliance! Pierre Balmain must think so for this is the formula for one of the loveliest numbers in his latest collection. The deep navy blue French lace is re-embroidered for rich effect and the little bolero jacket is bright with scarf, away-from-the-neck collar and narrow cuffs of ermine. The belt skirt is banded at the hemline with silk organza.

I. C. W. Are Holding Triennial In Montreal

Entertainment planned by the Canadian government will be highlight of the triennial conference of the International Council of Women, being held in Montreal June 5 to 15. More than 300 women registered for the conference and also for the all-day visit to the Capital city which is scheduled for Friday, June 7.
 Leaving Montreal by special buses, in the morning, the group will arrive in Ottawa in time for a government sponsored luncheon at the Ottawa Country Club. High ranking government officials will be on hand to welcome them and following the luncheon the group will visit the House of Parliament.

A special concert will be performed for the visitors by the carillonner of the Peace Tower. A tour of the city of Ottawa will follow and this will include a visit to the residence of the governor-general, Rideau Hall and its gardens.
 The guests will end their tour at the government experimental farm where they will be entertained at another concert, this time given by the Royal Canadian Mounted Police band.
 Canadian council members will remain at the experimental farm for tea while foreign visitors will be entertained at special parties in their countries embassies. The entire group will depart for Montreal at six in the evening.

ALEXANDRA W.I.

The April meeting of the Alexandra W.I. was held on Tuesday, April 2nd, at the home of Mrs. Gertrude Kaay with an attendance of five members.
 Minutes were read and approved. Roll call was answered by "My first recollection of school days." The school committee was absent and the sick committee had nothing to report.
 It was decided that all new babies in the district be remembered with a \$1.00 gift. The treasurer gave her report. Correspondence was read and all bills paid. It was decided to leave open date of district convention executive meeting. Mrs. Harold Beaton and Mrs. Bruce Judson gave report of W.I. workshop at Parkdale. There were not enough present to make any decision about film projector. Remnants received, sale of which netted \$22.
 Next meeting will be held at the home of Mrs. Ernest McCabe. Lunch committee will be Mrs. George McLennan, Mrs. Wallace Brehaut and Mrs. Ernest McCabe.
 Roll call will be an exchange of potted plants. Meeting adjourned and a delicious lunch was served by the hostess and committee in charge.

STANHOPE W. M. S.

The March meeting of the Stanhope W. M. S. was held at the home of Mrs. Horace Marshall. The meeting was opened with the theme and call to worship, followed by singing "Stand Up, Stand Up for Jesus" and repeating the Lord's Prayer in unison.
 Scripture was read by Mrs. Douglas followed by prayer by Rev. Mr. Forsyth. Mrs. Bruce Ellis presented a reading on "How we live."
 Mrs. Louis Marshall invited the members to meet at her home in April. Roll call to be answered with a verse containing the word "Risen."
 New committees: Worship—Mrs. Lloyd Shaw, Study—Mrs. Earle Higgins, Hurlbutt—Mrs. Lloyd Bell, Lunch—Mrs. Lloyd Shaw, Mrs. Rhodes Warren and Mrs. Lloyd Bell.
 Prayer closed the meeting after which Mrs. Marshall and committee served lunch.

SPRING VALLEY W. I.

Mrs. Charlie Cole entertained the members of Spring Valley W. I. for their April meeting. In the absence of the president and vice-president, Mrs. Wesley Cole occupied the chair and opened the meeting with the singing of "Coming Through the Rye."
 Eleven members answered roll call with a donation for the school. A "Thank You" message was read. One sick call was reported. School committee presented a bill of 83 cts. for articles purchased. This bill as well as fruit bill was moved to be paid.
 It was decided to invite a play to come to the hall. The Red Cross convener gave out more than a message "Why I like to be a farmer" also conducted a contest. Mrs. Charles McLellan entertained with some jokes.
 A delicious lunch was served by the hostess. Meeting closed by the singing of "Good Night Ladies". A social hour followed.

CWL, RCAF SUB-DIVISION

The regular monthly meeting of the Catholic Women's League, R.C.A.F. Sub-division was held on Monday, April 8th. The President Mrs. R.G. Jay, presided and Rev. Father J.A. Warren opened the meeting with League Prayer.
 Following roll call the minutes of the preceding meeting and an executive meeting were read by Recording Secretary, Mrs. E. Daley. Correspondence read by the Corresponding Secretary, Mrs. C. Monty, included letters from Mrs. Noonan report forms; Sister Mary Eugene of the Prince County Welfare Bureau acknowledging receipt of used clothing; Mrs. B. DesRoches enclosing tickets for a drawing on a tablecloth; Mrs. Joseph Callaghan re Radio, TV and Films; Mrs. Arsenault re Publicity; Mrs. Raymond Jay re Crusade of Good Reading; and an acknowledgement card from a member.
 The Treasurer's report read by Mrs. R.N. MacKenzie showed a

PAINT YOUR OWN HOME DECORATIONS
 Even a beginner can paint these colorful designs on trays, boxes, curtains, bedspreads, lunch-cloth mats and cloths, gaiters, waives, and furniture. Pattern 296 gives large and small tracing designs, color guides and complete directions. Price of pattern is 35 cents. Guardian Patterns, 448 West 5th Avenue, Vancouver, B.C.

FRUIT AND IVY SHORTENING PATTERNS 296
 12 DESIGNS INCLUDING MOTIFS FOR CHAIR BACKS AND DRAWER FRONTS

Robin Hood Milk
 1/4 cup shortening
 1/4 cup sugar
 1 egg
 1 cup Kellogg's All-Brn
 1 1/2 cups mashed ripe bananas
 1 teaspoon vanilla extract
 1 1/2 cups sifted flour
 2 teaspoons baking powder
 1/2 teaspoon baking soda
 1/2 cup chopped nuts

Blend shortening and sugar thoroughly. Add egg and beat well. Stir in All-Brn, bananas and vanilla.
 Sift together flour, baking powder, soda, and salt. Add to first mixture with nuts, stirring only until combined.
 Spread in well-greased 9 1/2 x 5 1/2 inch loaf pan. Bake 1 hour in moderate oven (350° F.). Cool before slicing.

Here's a loaf that's so moist and tender it just seems to disappear overnight. If you have children around, better double the recipe.

Kellogg's ALL-BRAN
 a delicious ready-to-eat cereal, an aid to health and regularity

WHIM ROAD W.I.

The monthly penny sale was held by Mrs. Lawrence Stuart, the winner being Mrs. Robert Campbell. Mrs. Cecil Campbell will have the next penny sale, when the meeting is held at her home in May. A number of members accepted Red Cross work from the convenor.
 A pantry sale held at the latter part of the evening proved to be quite a success with Mrs. Cecil Campbell winning the admiration of all as she capably acted as auctioneer.
 During the social hour following the meeting, dainty refreshments were served by the hostess, Mrs. Campbell, assisted by several of the ladies. Meeting adjourned in the usual manner.

HAMPTON W.I.

The Hampton W.I. met at the home of Mrs. Howard Myers for their meeting on Monday April 8th. The meeting opened with the singing of "The More We Get Together" followed by the Creed repeated in unison.
 The Roll call was answered by 8 members and 2 visitors. The minutes were read, approved and signed. \$2. was voted to the Easter Seal Campaign.
 Next meeting at the home of Mrs. James Campbell. Mrs. Clayton Morrison moved meeting adjournment. Conests were put on by Mrs. Warren Inman and Mrs. James Campbell. Lunch was then served.

ROLLO BAY EAST W. I.

On April 8th, Mrs. George Christian was hostess to members of Rollo Bay East W. I. for their regular monthly meeting.
 The president presided, opening the meeting by repeating the



RECITAL IN TORONTO

Music enthusiasts will be interested to hear that Miss Bethany MacDonald recently gave a recital in the Toronto Conservatory's Concert Hall. Miss MacDonald is

at present studying for her Artist Diploma in piano. She will present her graduation recital on May 7th. Miss MacDonald is the daughter of Mr. and Mrs. Leonard MacDonald, 102 Brighton Road.

Music enthusiasts will be interested to hear that Miss Bethany MacDonald recently gave a recital in the Toronto Conservatory's Concert Hall. Miss MacDonald is

at present studying for her Artist Diploma in piano. She will present her graduation recital on May 7th. Miss MacDonald is the daughter of Mr. and Mrs. Leonard MacDonald, 102 Brighton Road.

Music enthusiasts will be interested to hear that Miss Bethany MacDonald recently gave a recital in the Toronto Conservatory's Concert Hall. Miss MacDonald is

FOOD Bargains!
 TO BRIGHTEN UP YOUR EASTER TABLE

AT MICHAEL'S GROCERY

PICNIC HAMS — lb. 49c	PETER PAN
DEVON BACON, sliced — lb. 69c	PEACHES — 2 tins — 43c
GRADE "A" CHICKENS — lb. — 49c	NESCAFE — 6 oz. bot. \$1.75
	JELLO — 3 pkgs. — 29c

SEE OUR EXCELLENT EASTER BEEF AT LOWEST PRICES

6 TINS	BROKEN PEKOE
85c	TEA — lb. — 79c
	CREAMERY BUTTER — 2 lbs. — \$1.25
	MAGIC Baking Powder — 1 lb. 39c

HONEY SPICE CAKE MIX — pkg. — 19c
GRAPEFRUIT — 3 for 29c
TOMATOES — pkg. — 25c

ROBIN HOOD
PIE CRUST
 Pkg. 27c

Perfection ICE CREAM
SPECIAL! 29c
 EASTER BRICK

MICHAEL'S GROCERY
 Corner Longworth & Euston
 Dial 6421

ST. PIUS X. C. W. L.

The regular monthly meeting of the St. Pius X subdivision of the Catholic Women's League was held in the parish hall at Parkdale on Sunday, April 14th at 3 p.m.
 The President, Mrs. Percy MacDonald, occupied the chair and the meeting was opened with the league prayer offered by the Spiritual Director, Rt. Rev. R.V. MacKenzie. The Secretary, Mrs. (Dr.) J. Higgins, called the roll and read the minutes of the previous meeting which were approved. Several new members were welcomed.

PEMBROKE W. I.

On Thursday evening, April 4th the regular monthly meeting of Pembroke W. I. was held at the home of Mrs. Grant Graham with an attendance of 8 members and 2 visitors.
 Meeting opened by singing the Island hymn, followed by Mary Stewart collect. Roll call was answered by grab bag. Minutes of last meeting were read and approved and signed.
 Correspondence was read and discussed. It was moved and seconded \$2. be sent to Easter Seal Campaign. The secretary was asked to write to Eaton's and Simpson's thanking them for remittances received.
 The school committee reported soap, paper towels, and Go-dust had been purchased for school and was paid same. Also that school had been scrubbed since last meeting. It was decided to 6 new window shades for school also a new broom and a door step built during holidays.
 It was decided to send a bouquet of flowers to a member who is a patient in the P. E. I. Hospital. Mrs. Walter King and Mrs. Carl Graham were appointed for programme committee on next meeting.

The May meeting being cancelled, the June meeting will be held at the home of Mrs. Walter King. Mrs. Gra are to assist with lunch. Roll call to be answered with a salad recipe. The programme for evening consisted of games and contests by Mrs. Hannah Collins and Mrs. Grant Graham. Penny auction won by Mrs. Wendell Graham.
 The sum of \$4. was realized from the sale of Remnants. Mrs. Wilbert Graham acted as auctioneer. Receipts for evening were Penny Auction, 53 cents. T. Money \$1.15, auction \$4.
 There being no further business the meeting closed with the queen. Lunch was served by the hostess, assisted by Mrs. Hannah Collins and Mrs. Walter King, and a social hour spent.

Adelina Patti, the Italian opera singer who died in 1919, made her New York debut in 1859.

Msgr. MacKenzie addressed the members and expressed his gratitude for their endeavours and interest in parish activities. He announced that a Legion of Decency listing of motion pictures would be posted in the vestibule of the church. He also announced that Benediction of the Blessed Sacrament would be held every Monday, Wednesday and Saturday evening during the month of May and urged the members to attend as often as possible and to attend Mass on the feast of Our Lady of Good Counsel on April 28th.

The meeting enthusiastically endorsed a suggestion that they cater for a dinner in the parish hall to be tendered in honor of a newly wed couple on Tuesday April 23rd. It was also agreed that a supper be held in the hall late in May with the date to be announced and also that a cake be lotteried; the sale of tickets to take place at the card parties and the drawing to take place at the parish supper. The possibility of holding a bazaar next fall was discussed and generally agreed upon and the date left open. It was announced that a rummage sale would be held in the B.I.S. hall on Saturday, April 20th between the hours of noon and 3 p.m.

WIFE PRESERVERS

If you wish to know if the eggs you are going to buy are fresh or stale, old eggs are smooth and shiny; fresh ones are rough and chalky.

Springtime is funtime!

AT MOORE & McLEOD LTD.

BABY'S SPRINGTIME WARDROBE
STARTS WITH Playtex

Adorable Styles
4 BABY PANTS

Yes, Playtex Panties are the perfect beginning for baby's new spring outfit.

Snug, waterproof fit keeps baby "Socially Acceptable" always.

Stretchy latex gives with baby's every move... can never cut circulation... never bind or irritate.

And they're so easy to keep clean... wash in seconds, pat dry with a towel. No confusion about sizes, either... Playtex Baby Pants are accurately sized by baby's weight.

OPEN TONIGHT TO 9 P.M.

VENTILATED - Full-on style... made of one moisture-wicking sturdy latex... \$4

TRANSPARENT - Extra cool, extra light, extra comfortable... \$4

SNAP-ON - Side snaps for extra-easy changing... \$1.29

DRESS-SEE - Gay dress-see plastic for dress-up occasions... \$4