



### BEAUTY CULTURE CLINIC

Mr. Edward Fellman professionally known throughout Canada as Edward of the Biarritz, hair stylist of Montreal, is shown at the Beauty Culture Clinic creating a hair style for a model, Miss Vessey.

Born and educated in Switzerland, Mr. Edward has resided in Canada for the past 18 months. He was guest artist at the Montreal and Toronto Spring Hairstyle shows. He was featured on a six week "Cavalcade of Beauty" through entire Western Canada last fall for Helene Curtiss.

A thorough knowledge of hair cutting, permanent waving and

### ELLEN'S DIARY

#### Still In The Hospital

Still in the hospital, the pair of children from the house across the lane continue to make good progress towards recovery. Mack the sprayer of the two at present was interested to learn how evening how the animals in the stables and the pup is faring in his absence and she asked about the welfare of the three sows and lambs. How eager he was to see the calves and the lambs, the horses and kit-cats and the kitten and kin about.

At milking-time this evening the stables seemed quiet and empty, though every stall was filled. We missed the young chatter, the busyness of the cat-feeding and that of dividing a measure of the warm new milk between Blackie and the pup. Learning by the chore a sense of fairness and tempering it with tenderness—giving the older dog "A little more because, poor fellow, he's not young any more," as we have seen them, and the younger "a mite extra too to help him grow."

"Pretty quiet here this evening, Ellen," James said, leading off to his stall in an adjoining stable the all white winter-calf from its nursing. "I didn't think I would miss them that much. It doesn't take long for a youngster to worm his way into one's affections, does it? I guess I'm partial but they're good children. Oh, not perfect at all, but not mischievous—sensible for their years."

And then after a last round of stalls and stys (How content the animals cuddle down to rest or sleep) we walked abroad into the spring-night. The stars shone as brightly as a well-trimmed, clean-polished lamp and the moon silvered the paths for our steps. Sound and scent of season blessed the countryside.

"It's a nice time of year, Ellen," James commented, "plenty of work to be sure before the fields are all sown again, but still... there's something mighty satisfying, isn't there? about the spring."

And satisfying too about this day which has brought the Family at Alderlea safely "to this hour."

Until tomorrow — — — Diary — Good-night.

### Words Of The Wise

As a rule children are often more sensible than grown-ups. For one thing they don't entertain grudges. They can bicker and quarrel and fight and howl... and make-up, all in one breath. Child grown-ups doing that! Oh no. They may

To produce a mighty book, you must choose a mighty theme. No great and enduring volume can ever be written on the flea, though many there be that have tried it. —(Herman Melville).



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## KEEP IN TRIM

### What To Do When The Pounds Won't Budge

By Ida Jean Kala

Often reducers who have lost 60 to 70 pounds and still have 30 or so to go are puzzled because the last pounds are stubborn to budge. The fact is that when food intake is drastically cut over a long period of time, nature starts to conserve and uses less fuel. In other words, metabolism lowers, the system shifts into low gear, and actually gets along on less food. This economy of energy is a protective measure on nature's part, but from the reducer's viewpoint, it doesn't seem like much of a favor.

As one plucky dieter writes: "I have reduced from 257 pounds to 183 in the last two years. I eat 1,000 calories a day. The last months have been rather tough sledding, and only by a drastic cut have I been able to lose anything at all. I had my health checked, and everything except my weight is fine. Will it harm me to continue on a very rigid diet until I reach my goal of 150 pounds? I will have the will power to diet, but no incentive when the pounds do not disappear. Can you suggest anything that might help?"

**HAS TWO COURSES**  
At this point, your dieter may choose between two courses: She can struggle along on a stringent diet, or she can try this plan: Hold

### COOK'S CORNER

**PARSLEY CHEESE PUDDING**  
1/2 cup cold mashed potatoes  
1/4 lb. grated cheese  
pepper and salt to taste  
2 springs chopped parsley  
1 tsp. butter, little milk

Mix together potato, cheese and seasoning, add well-beaten egg, melted butter and enough milk to form a thick cream. Turn into well-greased dish, sprinkle with parsley and bake brown.

### What Women Don't Know About Being Female

In being female a bundle of tricks, such as squealing at mice or being poor at arithmetic?

In May Reader's Digest, a Canadian woman doctor tells why women shouldn't underestimate their biology, give her reasons for doubting that can be a platonic relationship between a man and woman who are alone together a good deal. Get your May Reader's Digest today: 41 articles of lasting interest condensed to save your time.

**AEROWAX SAVES RE-WAXING!**

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### Bringing Up Baby

HINTS COLLECTED BY Mrs. Ben Gerber (MOTHER OF 8)

The whims and ways of a toddler are strange indeed. There's a declaration of independence one minute—a plaintive call for help the next. As guardian angel of that little go-getter, it's up to you to decide when to guide and when to let the help-yourself rule prevail. Sometimes takes a bit of doing, but with patience, perception and a full quota of common sense you'll manage.

Toddlers are notorious for developing eating whims along about that first birthday. But lagging appetites often get a real lift when you serve Gerber Junior Foods. For these carefully prepared foods have the tempting, true-to-nature flavors and appetizing colors that tickle a toddler's palate. A tender, evenly minced texture makes Gerber Junior Foods just right for tots learning to chew!

Slip tips. Toddlers can often be encouraged to drink more milk if you: (1) Use an amusing mug or paper cup. (2) Let him sip milk from a brightly colored cellophane straw.

Safety measures. Curiosity is second nature to a toddler, and the kitchen is a wonderful spot to what that curiosity... with the stove big attraction. Safety reminders:

• Use back burners first. Turn pot handles inward. Cover spattering grease.

• Don't leave matches, knives or scissors near edge of working area.

New, mouth-watering, too—Gerber Chicken Noodle Dinner. Here's a delightful combination of wonderfully tasty, delicate chicken, tender egg noodles, bright carrot bits, and savory chicken broth. It's sure to make a little appetite rise and shine... so very nourishing, wholesome... delicious, too! Gerber-Ogilvie Baby Food Limited, Niagara Falls, Canada.

# WOMEN

Wed., April 25, 1956 The Guardian, Page 9

### ELEANOR ROSS

#### Small-Fry Fashions

For spring, one of the newest fabrics used for little girls' dresses is cotton satin, printed in floral designs in sophisticated, muted colors. With a plain color for the blouse and print for the skirt, the effect is just as charming as anything Mother can find for herself.

A new "quality look" is behind the choice of fabrics for children—the look of high quality at moderate prices. Women have learned to like the idea of fabrics that look like what they're not—cottons, rayons and synthetic blends that look like silk, linen or tweed. The same pretty deceptions are found in dresses, ensembles and suits designed for little girls.

**SILK BLENDS**  
There's more silk and silk blends than you've seen in many a season. There's also a strong competitor for nylon sheer—dotted swiss. This old-fashioned new fashion is found in pastels as well as the more familiar white.

**LIGHT LAUNDRY**  
Despite all this emphasis on finer fabrics and high style, mothers can still look forward to a comfortable, light laundry season. The prettier the fabric the easier it is to look after, for small-dry fashions go into the washing machine with safety.

**HOUSEHOLD HINT**  
Asbestos cement board, which is water-resistant and fireproof, is especially recommended for laundry rooms and heating plant enclosures.



### Hold Post-Nuptial Shower At Carleton

A miscellaneous shower was held in the auditorium of Carleton School on Thursday, April 12th, in honor of Walter Paynter and his bride the former Gertrude Fall of Carleton Siding.

To the music of "Here comes the Bride", played by Mrs. Ralph McCull at the piano, the bride entered and was escorted to a prettily decorated chair by her sister, Miss Kay Fall and the groom was escorted by his brother Arthur.

The many and useful gifts were opened by Miss Margaret Dawson and the verses read by Mrs. Hazel Somers and placed on a table by

### WED AT ALBERTON

Mr. and Mrs. Aubrey Morrell, whose marriage took place at Alberton on April 5th. The bride was formerly Miss Lillian McArthur, only daughter of Mr. and Mrs. James McArthur. The groom is a son of Mr. and Mrs. Leigh Morrell.

Pictured with Mr. and Mrs. Morrell is Rev. Quincy Stairs of Charlottetown, who performed the marriage ceremony.

### Words Of The Wise

If appealing our enemies is not the answer, neither is hating them. Somewhere between the extremes of appeasement and hate there is a place for courage and strength to express themselves in magnanimity and charity, and this is the place we must find.

(A. Whitney Griswold)



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