



MISS ESKIMO

Joanne Hobbs, 19-year-old household economics student at the University of Alberta, has been named Miss Eskimo of 1959 and will represent the Edmonton WIFU team in the Miss Grey Cup contest at Toronto Nov. 27. Her statistics: 36-24-35. (CP Photo)

### York Institute Meeting At Home Of Mrs. L. Vessey

The regular meeting of the Women's Institute met at the home of Mrs. Louis Vessey, York, with an attendance of 21 members. Meeting opened by the Institute. Ode followed by Collect in unison.

Roll call was answered by paying one cent per 10 lb. weight. The scales were placed in the centre of the room and amid fun and laughter, each one was weighed as her name was called. The minutes of last meeting were read and approved. It was decided to have a Halloween party in the public hall on Friday, October 30th.

Entertainment committee was appointed: Mrs. Dolph Murray, Mrs. Stuart Vessey, Mrs. Lowell Watts and Mrs. Arthur Johnson while Mrs. Frank Watts was appointed receptionist. The fee was set at 25 cents for those in costume, 50 cents for others.

The donations for the Orphanage and Cancer Campaign were handed in. The Red Cross sewing and knitting were handed around to the various members. Mrs. Harry Lewis gave two very interesting and amusing readings. The correspondence was read and discussed.

The next meeting is to be held at the home of Mrs. Harold Watts. Luncheon committee: Mrs. Harold Watts, hostess, assisted

# Women

The Guardian, Charlottetown, Wed., Oct. 14, 1959

## ELLEN'S DIARY

### Spud-Picking Time Brings Memories Of Older Days,

"Maybe it's an owl," we chuckled to Mack this morning when his eyes shielded against the sun, he regarded with some curiosity a strange bird perched on the ridgepole of barn, just above the apex of eave. Fresh-bathed in a cool dew the day was then, across which long fingers of sunlight were stretched to brighten winsomely the far side of the valley. They touched the woodlands to a loveliness there where the flowing colors of Autumn are being beautiful spread.

Mack shrugged. "I guess it's only a starling," he offered. "But no," he smiled noting its peculiar strut "it's a pigeon! One of Gage's, I guess."

It was a pigeon - a gentle dove come to us over the fields in, it came to mind fancifully, a good-luck token of the day.

"A dove is a symbol of peace," we said. "Meaning," we smiled "this is going to be a happy day for you at the potatoes-one you will look back to remember kindly, always."

"I hope so," he grinned. "I'm going to like it, I know."

With no potatoes to help harvest at home this year, he joined Granddaughter today at the picking abroad. They spent the day pleasantly with its own pair of children and their elders on the farm down the River Road, where nearer us also sits the school. There too we suspect to make a nice memory, they gathered the tubers to horse-drawn farm-carts, on land "only a field up from the shore."

"Any boats on the river?" we asked Mack this evening, recalling potato-pickings in fields overlooking the Strait in young October we knew.

"Oyster boats down along."

"No steamers' smokes funneling in dark plumes against a far blue horizon as we remembered

of ours, nor schooners as graceful as swans, white sails catching the Autumn wind as they channeled to harbour or away.

"Times have changed," the farmer who brought the children home from the picking while we were still at supper remarked, speaking of scenes of years gone. "It's getting hard to keep up with them. There's no resting on your oars nowadays. We must move with Time tide or "he chuckled teasingly to James, "be swamped!"

Mr. D. came from his neat pictured cottage down the river to day to chat of old times. Serene behind his white-painted pickets that home sits. A yellow rose climbs there toward an eave, in summer blossom-filled. Hollyhocks smile demurely to passers-by; and to the friend and stranger alike who follow the well-beaten paths to the hospitable door.

Gifted with a long and good memory, Mr. D. can relate to us stories of the old days and ways, tales always interesting to hear.

"Now to bed, Ellen!" James says putting by in the pantry the glass and cookie tin of his luncheon. "We mustn't get the notion that because our harvest's been gathered, the Fall work is all done! Dear, when I think of all we must do before the snow flies. Well let's get to bed, to be ready to rise in good time tomorrow."

Until tomorrow -- --Diary-- Good-night.

**NAMED AS AMBASSADOR**  
WASHINGTON (AP) — President Eisenhower Tuesday named John D. Hickerson to be U.S. ambassador to the Philippines. Hickerson, 61, now is ambassador to Finland, where he has served since 1955. He has had diplomatic assignments previously in Tampico, Mexico, Rio de Janeiro, Paris, Ottawa and with the state department here.

## STAY ALIVE LONGER

### But Why Hasten Your Funeral

**EDITOR'S NOTE:** Is modern man killing himself to produce a better world for his wife and children to enjoy? Why do five times as many men die from heart attacks today as did 25 years ago?

### Baby Band Annual Meeting

There was a total attendance of about seventy persons at the Annual Baby Band meeting, which was held at the Valleyfield Church, and which was presided over by Baby Band superintendent Mrs. Martin MacDonald. Meeting opened with a children's hymn, followed with Scripture by Mrs. R. E. MacPherson, and prayer by Rev. F. Mackinnon.

Paragraphs from "Towards a Friendly World," were read by Mrs. M. MacDonald and Mrs. Lloyd Fraser. Mrs. MacDonald then welcomed all mothers, babies and visitors, and called on Mission Band superintendent, Mrs. W. A. Bruce to preside for the Mission Band part in the program. Mrs. Bruce, who has been Mission Band superintendent for a total of about 25 years expressed appreciation to all who have helped with this Mission Band through the years. Several of the mothers present today were once members of this Mission Band.

The Mission Band purpose was repeated, followed with a reading by Donna MacPherson, singing by Susan and Arlene MacPherson, reading by Faye Martin, motion song by Faye Fraser, singing by Norma and Bruce Van Buskirk and Nancy MacKenzie. Exercise by several W. M. S. and Mission Band members.

Encouraging remarks to members and leaders were given by former Baby Band superintendent, Mrs. Dan MacKinnon. Mrs. MacDonald then called the roll of Baby Band and received their gift boxes and dues. Mission Band members gave their offering to assistant superintendent Mrs. F. MacKinnon. A very pleasant afternoon ended with refreshments served by W. M. S. members and mothers.

To what extent is a wife responsible for her husband's untimely death? How can every woman help her husband stay alive longer? In a highly-provocative series of 20 articles, Lelord Kordel brings new hope and encouragement in dealing with these major problems of modern living. Don't miss even one of the 20 installments, of which this is the second).

### By Lelord Kordel Installment Two

A recent poll by a business magazine revealed that many of the top executives included in the study feared their own crack-up more than they did a possible recession. Then, why not do something about these fears before it's too late? Heart attacks kill 800,000 yearly; they have left eight million Americans crippled. Will you be one of them? You needn't be.

Hundreds of big corporations—Bethlehem Steel, Campbell Soup, General Motors, General Electric—are giving their executives thorough physical check-ups once a year. The companies make regular arrangements with such institutions as the Mayo Clinic, in Rochester, Minnesota, John Hopkins Hospital, in Baltimore, and the Benjamin Franklin Clinic in Philadelphia. The Benjamin Franklin Clinic found that eight out of ten executives seen needed medical care to keep them from falling victim to degenerative disease and an early place in the obituary statistics.

How can you survive your success? By starting physical check-ups in your thirties or forties to discover at an early stage those degenerative changes in the body which give no warning. Only thorough examinations can detect them.

The Medical Society of the State of New York tells us that all the organs in the body are so closely linked that a minor problem in one is likely to have serious, even life-shortening, effects on the body as a whole. After your annual check-up—and this is the most important part of it—you should receive a summary of what was found, an explanation of what this can mean to your

body as a whole, and advice on what you can do about it.

### NAGGER OR HELPMATE?

Much that can be done depends on you. Perhaps even more depends upon your wife.

All too often, the tense husband returns after a day of nervous strain to be greeted by a nagging wife. The husband is unable to relax. This subjects him to a tension that eventually breaks him down in health and spirit. Henpecking is a great contributor to ulcers and high blood pressure. Overambitious wives, complain ing wives, nagging wives! Did you really take your husband for better or worse when you married him? "Well, yes," you may say. "But I just want us to live as well as all our friends do."

That was Joan Winter's excuse. "Charlie wants me to be well dressed. And he loves a nice home as much as I do."

But Charlie didn't have time to enjoy his wife or his home. To keep up with her increasing demands, he worked far into the night. He ignored his twinges of indigestion and laughed off the shortness of breath.

After his sudden death Joan said: "I wish I still had the choice. It wouldn't be hard to decide which I'd rather live on—my husband's income or his life insurance!"

Charlie, like all husbands, needed time to be lazy. He needed the peace of mind that comes from being able to meet bills on time without lying awake at night.

Helpmate, is a word that has gone out of fashion. Too bad, isn't it? Because that is precisely what a wife should be. A combination of mother, friend, companion, lover—and dietitian.

Good nutritional habits can improve your health from poor to good, from good to optimum. Strengthen your body's resistance to disease and you increase its capacity for repair.

A wise wife would not feed her overworked husband an indigestible high-fat diet. She'd know that the fat, by turning into excess cholesterol, could clog his blood vessels and choke up his coronary arteries.

The food we eat sustains our very life. But how many wives and mothers know the foods that are good or bad for their family?

Test your wife on her N.Q.—nutrition quotient. Most women know the latest styles, but they lack the knowledge they need to

feed a husband properly for his ordeal in the workaday world.

Remember Satchel Paige? He was still a winning major-league pitcher when he was almost fifty. Here, in his own homespun words, is what he has to say about food and about how he achieved a vigorous middle age. On the one: "Avoid fried meats, which angry up the blood." As to the other: "If your stomach disputes you, lie down and pacify it with cool thoughts."

That's good advice at any age. Knowledge is our weapon in the fight against disease. Facts—and the courage and determination to use them. You can help yourself to a healthy body, or you can face death by default. Success in living, as in any game, depends upon you. You can achieve what Dr. Alfred Adler, the famed Austrian psychiatrist, called "the human being's power to turn a minus into a plus."

Eddie Cantor learned how to do this. In the stockmarket crash of 1929 he lost \$2,500,000. He laughed his worries away and started over again. Now, after a heart attack, he still refuses to be defeated. He'll have no truck with tensions. He takes long walks every day, continues to work, eat naps when he needs the rest, and daydreams to stimulate his creativity.

WHY KILL YOURSELF? Dr. Robert Collier Page tells us that the average man of sixty-five is actually older than his chronological age would suggest. A man should begin to taper off earlier in life to avoid the stresses of tension, the forerunners of heart disease.

As you grow older, live within your physical budget; have regular examinations to guard against illness, avoid nutritional deficiencies—and enjoy a healthy, happy old age.

Now an octogenarian former President Herbert Hoover takes excellent care of his health. After suffering a gall bladder attack at fifty-three, he cut fats and starches out of his diet, and is trimmer now than he was in his early fifties. He has a complete physical checkup every six months, and does all he can to keep himself fit. Each day he tops the benefits of a good night's sleep with an early morning walk. He takes frequent vacations and refuses to let worry or frustration wear him down.

If you weigh fifty pounds, too much by the time you are fifty, your life expectancy is reduced by 50 percent. Overweight of 10 percent or more puts a strain on the whole system. Improperly fed,

overweight bodies invite invasion by chronic disease.

Why should you kill yourself? Science tells us how to take a positive steps to safeguard health to prolong life. Will you listen?

### SCENIC BAY

The Bay of Naples, renowned for scenic beauty, is a semi-circular sweep from the Isle of Capri to the Isle of Ischia.

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Milk of Magnesia Tablets Sale Price, 100's	31c	Skin Balm Sale Price, 16 oz.	83c	Multiple Vitamin Tablets Sale Price, 250's	3.68
Brewers Yeast Tablets Sale Price, 100's	39c	Glycerine and Rose Water Sale Price, 8 oz.	52c	Vitamin Sale Price, 100's	2.19
Cascara Yeast Tablets Sale Price, 100's	47c	Egg Creme Shampoo Sale Price, 8 oz.	55c	Beef Iron and Wine Sale Price, 32 oz.	1.15
Vegetable Laxative Tablets Sale Price, 100's	69c	Peroxide, 20 Volume Sale Price, 8 oz.	39c	Milk of Magnesia Sale Price, 32 oz.	59c
Halibut Liver Plus Capsules Sale Price, 250's	2.08	Cod Liver Oil Capsules Sale Price, 200's	1.60	Iron and Liver Capsules Sale Price, 100's	1.79
Health Salts Sale Price, 1 lb.	52c	Halibut Oil Capsules Sale Price, 250's	1.79	Brewers Yeast Tablets Sale Price, 500's	1.35
Olive Oil Sale Price, 8 oz.	72c	Vitamin Senior Sale Price, 100's	4.79	Saccharin Tablets Sale Price, 1000 1/4 grain,	78c
Soda Mint Tablets Sale Price, 250's	31c	Vitamin Senior Sale Price, 250's	10.35	Saccharin Tablets Sale Price, 1000 1/4 grain,	95c
Multiple Vitamin Tablets Sale Price, 100's	1.96	A. S. A. Tablets Sale Price, 500's	95c	Air Reshener Sale Price, 10 oz.	98c
				Hand Lotion Poly Pak Sale Price, 2 1/2 oz.	19c



T. EATON, C. O.

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