Shown In Charlottetown

This formal gown, modelled by rs. Ronald Woodgate, at the rent Parade of Spring Fashions, is shell pink and silver brocade cented with a large bow formg a bustle in the back. Horintal tucks in the back at the hipline give it added interest. Her black Persian lamb stole is lined with black velvet to give it added depth. She carries a silver brocade evening bag.

Guardian Photo.

WOMEN

KEEP IN TRIM

Glamour Gals Reducing Club Organized At P.T.A.

By Ida Jean Kain

There's never been anything like it in the entire history of P. T.A.! At P.S. 23 in Buffalo, New York, a P.T.A. Glamour Gals Reducing Club was organized. The idea was to gain in attendance, lose weight and add glamour. If ever we needed proof positive that the reducing club idea has taken a healthy hold in our country, this is it. .

Last September 14th., 59 women and one brave man weighed in. The aim was to drop ten pounds minimum per person. The women were divided into teams of seven, with the idea that overweights in small groups could boost each other's morale.

To add a fillip of fun, the overweights called themselves Sophie Tuckers at the beginning. with each 2 pound loss, they progressed to Kate Smiths, Marjorie Mains. . and on to become Jane Russells and finally Marilyn Monroes. Not to be outdone, the man started as Jackie Gleason, progressed to Andy Devine, and set his goal as Rock Hudson, no less. It was unanimously decided that all the laughs and joking that went with these movie star titles served to make dieting more exciting.

All went well until the Christmas holidays. It was then that 37 would-be-slimmer mothers fell by the wayside during the mince pie and plum pudding season. The 22 women and one man who weighed out on February 8 made a newsworthy showing--a loss of 127 excess pounds. Four women and the one man were the star winners. One mother who is only 4' 11" tall lost 50 pounds. The lone man was part of a husband-wife team in the contest. His wife shed 22 pounds, outdoing the head of the house by 2 pounds.

During the year, the programs featured sessions on nutrition, mental health, beauty, styling, and even a session of the rumba and the mambo. The big payoff was in attendance. In fact, the programs were so intriguing, they attracted two presidents of P.T.A.'s from adjoining suburbs.

For reducing purposes, the members used the "Scientific Wonder Diet" and the "Take Your Choice Diet," prepared by your dietitian and furnished by the Buffalo Evening News.

While at first glance this reducing project may seem far afield from traditional P.T.A. activities... the children will benefit. Statistics prove that overweight runs in families. However, it is not the fat but the fattening food habits that are inherited. Improved nutrition can have far reaching effects for the whole family. And how proud the children will be of Mom's new figure!

Congratulations to the Buffalo P.T.A. at P.S. 23!

Easter Time Is Fast Approaching

Sure sign that Easter is just around the corner is this scene from a Victoria candy shop. Applying decorative touches to dozens of chocolate eggs are Mrs. Martha Bell, left, and Mrs. Kathleen Sims. They've been preparing for the Easter holiday since January. (CP. PHOTO)

ELLEN'S DIARY

A Letter From A Friend

A nice letter received this morning from an Island farm-girl of once, gave us the warmth and color of a far summerland instead of the unsettled "land-drift" of snow and the white March farmlands we had today from our windows. Her pen brought us scenes of blossoms and gay sunshine a change from the winter-charms we still have: snow-spread hillsides, dark cool wavelets of millstream, the wind of the northwest stirring coldly the lawn-trees' bare branches and playing its somber tunes in the spruces of the dam.

She is one born to the loveliness of the Anne-country with its engaging land-and seascapes. And in that cemetery against a country slope where rests now all that was mortal of the Anne-girl herself, sleeps also loved ones of this lady's kin.

As was the beloved Island writer, so this lady too was a remarkable girl. She fitted herself in that long ago with a business training to let her fare forth then to meet whatever vicissitudes life might hold for her in store-to find good fortune and romance and a home beneath far and strange skies. . .

Not whisked off each morning as niece-to-us Barbara, and other would-be business girls of our acquaintance go nowadays to their training, in magic conveyances which allow them to acquire their schooling and enjoy at the same time the comforts and fellowship of family and home, but obliged to make the long trip (Have we not too known these?) by horse or by sleigh in winter, setting out with the morning stars in the sky, with little hope of any early return to the loved hearthfire again.

The hard way? In the light of now, yes. But not then. We knew no other way. And much enjoyed the far excursions even those which took us into the twilight and sunrise of day, with a world remade for us all fresh and new.

At present this woman's life is that of partial confinement to her home. And we who have also known what it means to be shut indoors, while others accepting their privilege all too casually could be out about, can readily understand the joy that was hers when one afternoon she was able to be outdoors to a spell of work at her gardening.

"I worked on a recent afternoon from 2.30 till 4.45" she wrote, "and it was just wonderful to breath again the air of the out-of-doors. I trimmed some rosebushes and swept the walks. Also cut down the Mexican dahlias, portioning them with a saw for planting-planted four of them in front of the pergola till its vine gets a good start again. It was cut down so I could get a view from my western windows. At eventide it is something to rave about, when the last rays of old Sol touch up all the trees and make golden the windows and glass doors of the houses across the way. . .The weather here is so springlike now."

Springlike? In Island places, what a mixture the March-month gives! Sometimes wintry with cold winds and frost-bands, and again with every charm and loveliness of spring's dawning.

Until tomorrow — — — Diary — Good-night.

LET'S EAT

"Never Fail" Meringue

By Ida Bailey Allen

"Ever since the first pies were made, Madam,e" said the chef, "it seems meringue pies have been cosidered the most glamorous. Why is this?"

"Because many homemakers find a meringue difficult to make. Chef," I replied. "And anything that's difficult to make or to attain zooms into the glamorous class. But sometimes they fall; sometimes they weep."

"You mean the ladies, Madame?" asked the Chef.

"Oh, no! The meringues."

BEADS OF MOISTURE

"Sometimes they devlop little beads of moisture after baking. Or perhaps the meringue shrinks because it was not spread way out to the edge of the pie so that it is anchored in place."

"But all this is so unncesssary, Madame. The ladies can learn to make meringue like an expert pastry chef."

"The only special equipment needed is an electric mixer."

THE CHEF'S "NEVER FAIL" MERINGUE

Separate the yolks from the whites of 5 eggs.

Place the egg whites in a quart double boiler top. Place over hot, but not quite boiling, water. Beat until bubbly with a wire whisk or hand beater. Do not let the egg whites cook.

Remove from the heat. Add 1 c. granulated sugar and ½ tsp. salt. Beat 10 min. with an electric mixer, or until the meringue holds its shape.

This will make enough to top 2 (9 inch) pies or to put together an 8 inch layer cake. No baking is necessary. Left-over meringue may be covered and refrigerated at least 24 hours.

TOMORROW'S DINNER

Spinach soup croutons
Beef Patties
Onion-Pepper Garnish
Hot Potato Salad
Peach Meringue Pie
Coffee Tea Milk

Hot Potato Salad: In the top of a double boiler, combine 1 tbsp. flour, 1 tbsp. sugar, ½ tsp. salt, ⅛ tsp. pepper and ¼ tsp. dry mustard.

Add 1 egg and stir. Gradually stir in 2-3 c. milk. Cook-stir over hot water anout 5 min. or until thickened.

Then beat in 5 tbsp. vinegar and 2 tbsp. water; cook-stir until the mixture thickens again. Add 4 c. fine-chopped hot cooked potatoes. With a fork stir in3 tbsp. minced pickled onions and 1 tbsp. minced parsley.

SUGGESTION OF THE CHEF

To keep leftover egg yolks from drying, add cold water barely to cover. Refrigerate and use in scrambling eggs, omelettes or in making custards or icings.

Happenings

The Hon. A. W. Matheson, Prier of Prince Edward Island, d Mrs. Matheson entertained at buffet supper party, Wednesday ening, at their residence Crestod Drive, in honor of the mems of the Legislature.

Lieutenant General Guy Simonds s in Toronto to address the Woen's Canadian Club in Eaton Autorium on March 20. After the eeting he was received in the foyer with the president, Mrs. Char Gundy.

Mr. and Mrs. Walter Hyndman e on a trip. Mr. Hyndman will oceed as far as Winnipeg and rs. Hyndman will visit in Ottawa th her daughter, Miss Nancy yndman who is with the Nation Research. Mr. and Mrs. Hynnan will spend a weekend in ontreal before returning to Charttetown.

Mrs. Walter A. Smith and son nnie leave Friday morning for agara-on-the-Lake, Ontario here they will spend the Easter lidiay with Mrs. Smith's brother, r. J. S. Unsworth and Mrs. Unyorth.

Mr. and Mrs. Mrs. F. A. S. nes are leaving this Saturday on to drive to Boston and New ork. They will be away for two eeks.

Mrs. Weston Whitlock who has en ill in the Prince Edward Isnd Hospital is improving. Mrs. dson Logan and Mrs. Ralph amsay, Summerside, are visiting Charlottetown during their moer's illness.

Mrs. J. O. MacCallum and Miss Elsie and Emma Nicholson who have been spending the winter in Honolulu have left for Victoria.

Malcolm Troup, eminent young Canadian pianist, will make a coast to coast concert tour of Canada under the patronage of the Imperial Order Daughters of the Empire in October and November of this year. Mr. Troup attained his A. T. C. M. at the age of fifteen. He was accepted at age 23, last year, for the Master Course with the celebrated pianist Professor Walter Gieseking of Saarbruecken, Germany. The National Executive Committee of the I. O. D. E. underwrote the cost of his — $12-00 — from the Educational Fund.

Born in Toronto in 1931, Mr. Troup comes of a musical family, his great-uncle having been Precentor of Music to Queen Victoria at Balmoral. He studied at the Toronto Conservatory with Alberto Guerrero, a friend and compatroit of Claudio Arrau. His Canadian debut was made at the age of 17, when he performed Liszt's Second Concerto in Toronto.

Mr. Troup has frequently been heard in London and the Provinces both as solo-artist and in joint-recial with such names as Leon Goossens and Frederick Grinke. In 1955, Miss Harriet Cohen awarded him the Commonwealth medal for pianistic excellence, one of the International Awards set up by the late Sir Arnold Bax, Master of the Queen's Musick.

Mr. Troup has taught at Covent Garden, has done work for the BBC, appeared at the Edinburgh Festival, the Festival of Britain and completed a concert tour of Austria and Germany. He also acted as accompanist for the Bishop Strachan School. Choir in Britain at the time of the Coronation.

Mrs. George Ives, Halifax, who is visiting her sister Miss Florence Owen is being welcomed by her numberous Charlottetown friends. Mrs. Ives is accompanied by her children, Rosemary and Douglas.

Mr. and Mrs. Orin MacGregor, Halifax, have returned from a five weeks holiday trip to Florida.

CARDROSS W.I.

The monthly meeting of the Cardross Women's Institute was held on March 14th. at the home of Mrs. John Ployer. The vice-president, Mrs. John Quinn, occupied the chair and opened the meeting with the creed.

Roll call, consisting of a grab bag was responded to by six members and two visitors. Proceeds amounted to 60c. The minutes of the previous meeting were read, approved and signed. All committees were heard from and new committees were appointed as follows: School, Mrs. Cyrus Dockerty, Lois Babineau; Sick, Mrs. John Quinn, Mrs. Richard Quinn.

Correspondence was presented and discussed. Roll call at next meeting to be answered by "sing, say or pay". It was decided to hold a bingo and card party in the school on Friday, March 23rd., and to draw the lucky ticket on the blanket at that time. Plans were discussed for re-decorating the interior of the school during the Easter holidays.

The program committee led a contest. Mrs. Cyrus Dockerty was the prize winner. Mrs. Cyrus Dockerty invited the members to her home for the April meeting. There being no further business the meeting adjourned. Lunch was served by the hostess.

CLERMONT W. I.

The members of Clermont Women's Institute met at Mrs. Edson Rayner's for their March meeting. The vice-president, Mrs. Gerald Mill presided and members answered roll call by a donation for a fish pond. Committees reported sending treats to sick and supplies to school. A committee was appointed to choose a play. New sick committee: Miss Theresa Coen and Miss Dorothy Smallman. Secretary was asked to send an order for cards. A new member was welcomed.

Plans were made to hold a card party. Mrs. Wm. Mill and Mrs. Gerald Mill invited members to their home for the April meeting. Program committee: Miss Theresa Coen and Miss Dorothy Smallman. Mrs. Cecil Mill on lunch committee to assist hostess. Roll call: "A Housecleaning hint."

Collection amounted to $1.25. Mrs. Wm. Mill led a contest. A social time was enjoyed and lunch was served by hostess, assisted by committee.

NEW HAVEN W. I.

The monthly meeting of New Haven W. I. met at the home of Mrs. Hugh McDonald. Meeting opened with Institute Ode and repeating collect. Roll call was responded to by 15 members with an article for a family who had lost their possessions. Minutes of last meeting were read and approved.

The secretary reported that $163.12 was now on hand after concert, etc. Sick committee reported five treats had been sent. Mrs. Brewer Boyle thanked the members for treat sent to Mr. Boyle. There was no school report.

Correspondence was read and discussed a thank-you note was read from Mrs. Artie McPhee for gift received, also a letter from Robert Ferguson for gift. A letter was read from W. R. Shaw regarding Red Cross Campaign. A letter from Mrs. McGowan, convenor of citizenship. Some discussion took place regarding young boys joing the cubs but it was decided to leave it until next meeting.

It was moved and seconded that all bills be paid. It was also moved and seconded that we pay $75.00 on piano. Roll call next month to be answered with 25 cents. Next meeting at the home of Mrs. Louis Darrach. Collection amounted to $1.00. Meeting closed with the Queen. Lunch was served by the hostess.

FOOD EXPERTS

The first hospital dietitian in Canada was appointed at Toronto's Hospital for Sick Children in 1907.

PIONEER SHELTERS

Sod houses of the old west, made with strips of turf chinked with clay, lasted as long as 50 years.

YOUNGER PUPILS

The first kindergarten classes were opened in Germany in 1837 by Fredrich Froebel, noted educationist.

ANNE ADAMS PATTERNS

SNAPPY-WRAP!

Pretty, practical wrapon or handy cobbler apron! You'll want both versions a cinch to sew! No fitting worries, just tie at the waist; no ironing problems, opens flat. Make several in cotton use scraps of gay fabric for contrast, "tulip" pockets!

Pattern 4675: Misses' Sizes 12, 14, $6, 18, 20; 40. Size 16 takes 4 yards 35-inch; ¾ yard contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY - FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. W., Toronto Ontario.

Words Of The Wise

No horse gets anywhere until he is harnessed. No steam or gas ever drives anything until it is confined No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined.

—(Harry Emerson Fosdick)

HOUSEHOLD HINT

Moth larvae feed on dirt and grease in fabric. The primary rule of moth prevention is to make sure garments and blankets are clean before storing. Then store in sealed bags or packages.

MORNING SMILE

Plumber (at door)—I'm to fix a leaky tap, Mrs. Brown.

Owner—But I'm not Mrs. Brown; she sold us this place and moved out three months ago.

Plumber—Dig that! Call a guy and then move!

COOK'S CORNER

RAISIN NUT FILLING

Combine ¼ cup syrup and 2 tbsp. melted butter; spread over surface of dough. Sprinkle with ¼ cup brown sugar, 2 tsp. cinnamon, ½ cup raisins and ⅛ cup chopped nutmeats.

Don't irritate child's intestines with "too-strong laxatives"

Science at last has developed Children's Own Tablets for your child's protection — No cramps! No gripes! No bad taste!

Stop using harsh laxatives that may irritate the tender walls of your child's intestines, causing cramping, griping, or weak, uncomfortable feelings. Large, harsh, adult-size laxatives are often *too strong* for children. They work, but they may irritate the delicate membranes in the intestines. Medical science has at last developed Children's Own Tablets — clinically-tested for children's needs . . . just strong enough . . . not harsh . . . in tablet form, pleasant-tasting, easy to take! Relieves upset tummy, too. So try Children's Own Tablets today — made by the makers of Baby's Own Tablets. See if they are not the answer to your child's laxative problems.

Children's Own TABLETS

Mary Haworth

Wife Is Disturbed By Her Husband's Rudeness To Her

Dear Mary Haworth: I have a problem which may seem rather trivial, but right now I am feeling quite desperate. I am in my forties, married 25 years and should be old enough to manage my own difficulties.

My husband is a self-made man, with a very successful business, regardless of the fact that he has had only an elementary education. He is a good provider and an indulgent father and pleasant with everyone—except me.

I have five children living, a large house, and do all my own housework—which I don't mind, as I have a pretty good system, I think. I also do a lot of entertaining and we go out an average amount—and therein lies my problem.

LOSING SELF-RESPECT

My husband is rude to me when we are out amongst our friends or when anyone is here. He says I imagine it; and I wondered if I were too easily offended; but lately I notice our friends saying things to cover up.

However, a recent dance really brought things to a climax. As we entered, John didn't even walk beside me, but about 15 paces ahead. During supper, we sat together, but he kept his back half turned to me and he was missing from my side much of the evening. In fact it became quite a joke in our crowd. I seem to irritate him when we are out, and I feel I am losing my self-respect.

Is there any solution for this? I really feel quite sick over it all—and as if I will have to refuse any more invitations. Thank you very much for any help you can offer. L.P.

SEEMS DISHONEST

Dear L.P.: You do have a serious problem, of course. And in view of your husband's behavior as described, one wonders why he says you imagine it.

Perhaps it is significant that he is a self-made man, of limited schooling. This may mean that he had an underprivileged childhood, with little (if any) opportunity to assimilate gentle manners—which defer to social propriety and others feelings. It may mean also that he had an emotionally "displaced" childhood—i.e., little (if any) satisfactory contact with mothering-care—such as would help him to become psychologically mature, in due time—in respect to love, sex, marriage, and social interchange with womankind.

It may be that business success has put many economic problems behind him, such as overhung his early life. And that middle age leisure now exposes, as it were, the unsolved problem of his essentially ignorant unpreparedness to be a good husband. Perhaps this intrinsic problem dawns on him, dimly, as bitter dissatisfaction with the aridity of his disposition towards you.

PROBABLE CAUSE

At the start of marriage, perhaps he looked up to you as a better educated, socially more eligible person than he. Also perhaps he valued you, unconsciously, as a sort of mother-substitute—and felt grateful for your allegiance, encouragement, affection, good housekeeping virtues, etc. And possibly it is only recently that he has begun to see you objectively—that is, as "the woman I married."

Owing to his psychological underdevelopment, and consequent failure to be really your mate—in mind and spirit—all these years, perhaps he has a shocked sensation that you are emotionally a stranger to him—a middle - aged woman with whom he feels nothing in common. And therefore, in childish vexation at being linked with you in the social scene, he is lashing out irritably, in rejecting vein.

If there is a solution, it begins in facing the fact that a problem exists, and using intelligence and resourcefulness to rise above it, and to help your husband outgrow it too—if there is personal growth in him. Review the situation first-hand with a professional counsellor in your area. Do all possible to improve your mind, appearance and social graces—to enhance your womanly attractiveness. Become more self-reliant and more lovable in all your dealings—and don't let John's rudeness wreck you. M.H.

Miss Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

Engaged

ANNIE V. JOHNSTON

Mr. and Mrs. Ernest Johnston, Charlottetown, announce the engagement of their eldest daughter, Annie Verleen, to Donald Lloyd, son of Mr. and Mrs. John A. Wickstrom, Calgary, Alberta. The marriage will take place in the near future.

Are You Lonely? Here's a Cure—

We all suffer from loneliness of one kind or another. For some it's almost a chronic disease. But "loneliness" *can* be conquered, happily and satisfactorily.

April Reader's Digest tells of three kinds of loneliness . . . gives you sympathetic suggestions on how each can be recognized and solved, how you can make your own life *happier*. Get your April Reader's Digest today: 32 articles of lasting interest condensed to save your time.

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The public likes
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Hey There, Where Do I Get My Easter Hat? - - -

At ADELLA'S

From a wide range of new styles and your style hats to choose from.

Adella's Millinery
177 Grafton Street

Walnut Buttermilk Loaf

Mix and sift twice, then sift into a bowl, 2½ c. once-sifted pastry flour (or 2¼ c. once-sifted all-purpose flour), 2 tsps. Magic Baking Powder, ½ tsp. baking soda, 1½ tsps. salt, ⅛ tsp. ground mace. Mix in ⅔ c. lightly-packed brown sugar, ½ c. rolled oats and 1 c. broken walnuts. Combine 1 well-beaten egg, 1 c. buttermilk, 2 tsps. grated orange rind, 1 tsp. vanilla and 5 tbs. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into a loaf pan (4½" x 8½") which has been greased and lined with greased paper. Bake in a rather slow oven, 325°, about 1 hour. Serve cold, thinly sliced and lightly buttered.

Always Dependable

Spring HAS ARRIVED AT

The "GLORIA"

It's Spring again and The GLORIA is bursting at the seams with bright fresh new dresses, suits, all weather coats, and accessories.

For the thrill of a Spring time, come in tomorrow and see this tremendous selection that was designed for Spring . . . created for you!

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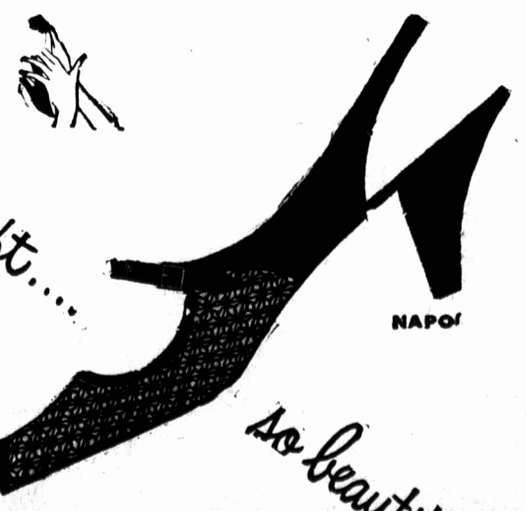

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