

# WOMEN

Page 10 The Guardian Saturday, Jan. 7, 1956

## HAPPENINGS

Prof. Neil R. Isenor, M. Sc., of the faculty of the University of New Brunswick, and Mrs. Isenor were holiday guests of the latter's parents, Mr. and Mrs. Reagh L. Barrett, Wheatley River. They also visited other relatives.

Rev. Francis W.P. Bolger left by plane New Year's day for Toronto where he is attending the University of Toronto, after spending the Christmas holidays with his brother and sister-in-law, Mr. and Mrs. Ernest Bolger, Hunter River.

Mrs. Thomas Bolger has returned to Emerald after spending Christmas and New Year's with Mr. and Mrs. Ernest Bolger, Hunter River.

Miss Patricia Arsenault left Tuesday morning for Halifax, N.S. where she is employed. Also with her were her nieces and nephew, Debra, Donald, and Alfred. They spent New Year's with Miss Arsenault's parents, Mr. and Mrs. J. Arsenault, Charlottetown.

Leading Seaman and Mrs. E. Starr left Monday morning on return to Halifax, N.S. after spending the weekend with Mrs. Starr's parents, Mr. and Mrs. J. Arsenault, Charlottetown. They were accompanied by their young son Alfred who for the past six weeks has been visiting with his grandparents.

Capt. L. R. MacFadyean and Mrs. MacFadyean have left for Toronto where Capt. MacFadyean has been posted to the Medical staff of Sunnybrook Hospital. He has just returned from duty in Korea. Prior to their departure they were widely entertained.

Miss Davida MacEachern, spent the Christmas holidays visiting Sgt. Norman and Mrs. Day of Debert, N.S.

Mr. Russell Stewart and Miss Davida MacEachern spent the New Year's holiday visiting the home of Sgt. Norman and Mrs. Day at Debert, N.S.

Miss Adrienne Lawton has returned to University of New Brunswick, Sackville, N.B., after spending her Christmas holiday with her parents, Mr. and Mrs. Hawley Lawton of Montreal.

Mr. Richard Carson, student at Acadia University, has returned by plane to his studies after spending the holiday season with his father, Dr. W. R. Carson.

Miss June Dickson has returned to her position with the Bank of Nova Scotia, Fredericton, N.B., after spending the New Year's holiday at her home in the city. She was accompanied by Mr. Bruce MacKenzie who was the guest of her and Mrs. Stuart Dickson, 32 Brighton Road.

Hostesses at the Charlottetown Curling Club on Saturday evening will be Miss Jean MacLean, Miss Marjorie Stewart, Miss Iris MacLellan and Mrs. R.L. Blakeley.

Mr. and Mrs. John T. Whitlock, Charlottetown, had as their guests over the holiday, Mr. and Mrs. Roddy MacLeod, and two sons from Dorban, New Hampshire.

Miss Uldine E. White, daughter of Mr. and Mrs. Derrill White, spent her Christmas vacation with her sister and family, Mrs. John C. MacNay and L.A.C. MacNay at Trenton Air Training Station, Trenton, Ontario. Miss White went on to Montreal to spend New Year's with another sister and her family, Mrs. Leonard V. Park and Mr. Park, who reside at Valois, Montreal, Quebec. Miss White arrived by plane in Charlottetown the early part of January after her pleasant holiday trip.

Miss Margot Frazee formerly of Amherst, Nova Scotia, who attended Prince of Wales College in Charlottetown, has entered for training at the Victoria General

Hospital, Halifax. Miss Frazee spent New Year's and the week prior as the guest of Mr. and Mrs. Sidney Stead.

Friends in this province will be interested to hear of the marriage which took place recently in Rockcliffe, Ottawa, of Corporal J. G. MacDonald to Miss Barbara Woodard. Corporal MacDonald is a son of Mrs. R. J. MacDonald, Charlottetown.

Miss Betty MacDonald, R.N. has returned by plane to duty at Camp Hill Hospital, Halifax. Miss MacDonald spent New Year's with her mother, Mrs. R. J. MacDonald.

Mr. and Mrs. Roddie Kidson quietly celebrated their 37th wedding anniversary on Jan. 4, 1956.

Mr. Brent Robertson has returned to his studies at the Moncton Bible School, after spending the holidays with his parents, Mr. and Mrs. T. J. Robertson, Red Point.

Mr. Ian McGregor returned on Tuesday to Moncton Bible School following the holidays spent with his parents, Mr. and Mrs. R. Stewart McGregor, East Baltic.

Mrs. Allan MacDowell (nee Evelyn MacVane, Kingsboro, is a patient in the P.E.I. Hospital. Her many friends wish her a speedy recovery.

Mr. and Mrs. Alton Robertson, Munns Road, celebrated their 37th wedding anniversary at their home on Jan. 2, 1956. Their son and daughter-in-law, Mr. and Mrs. Boswell Robertson celebrated their fourth wedding anniversary on that date.

Senator Elsie Inman and Mrs. Walter M. Bears left Friday morning for Ottawa, where they will attend the opening of parliament.

**NEWTOWN CROSS W.I.**  
On Tuesday evening November 1st, the members of the Newtown Cross W.I. met at the home of Mrs. Ralph Collins for their annual meeting. The president presided and the meeting opened by the collect, followed by singing the Ode. Seven members were present at the meeting and Roll Call was payment of usual fee. Some visitors were present.

In the absence of the Secretary the president gave the financial report for the year. Election of officers took place and are as follows: President, Mrs. Gerald Rooney; Vice-president, Mrs. Ralph Collins; Sec-treasurer, Mrs. Gerald Roach; Directors, Mrs. Michael Morrissey, Mrs. Michael Naddy, Mrs. Charles Mc Kenna; Sick Com., Mrs. Michael Naddy, Miss Anna Morrissey; Auditors, Mrs. Elmer Power, Mrs. Michael Morrissey.

All bills were on motion paid. Mrs. Gerald Roach kindly invited the members to her home for the December meeting.

Roll call to be exchanged of Christmas presents. Program game of forty fives. Lunch was served by the hostess after which the meeting adjourned.

**WEST ROYALTY W.I.**  
On Dec. 1st, twelve members of West Royalty W.I. gathered at the home of Mrs. Ralph MacDonald for their monthly meeting. The president, Mrs. Fred Gates, presided and meeting opened with the creed. The treasurer, Mrs. Russell Bell gave a satisfactory report.

The correspondence was then dealt with. Three tablecloths were handed in to be used for card tables in the hall. A report on the leadership course at Parkdale was given by the president and secretary. It was decided to have Mrs. Russell Bell send the usual Christmas treat to the older people of the community.

The following convenors were appointed: Agriculture, Mrs. Harold



### ONTARIO GIRL HELPS HANDICAPPED

Miss Ursula Diemer, Windsor, Ont., office worker, conceived the idea of an organization which would enable physically handicapped persons to help themselves. Now seven victims of maiming accidents and disease in Windsor operate Secretarial Services, an organization which performs such business services as answering telephones and book-keeping. Here Miss Diemer, able-bodied herself, talks with Tom Daniels, business controller of the venture, who operates an adding machine. (cp photo)

### MORNING SMILE

Husband to wife: "If you don't stop mumbering in your sleep, dear, I'm going to send you home to mumber."

### ELLEN'S DIARY

By An Island Farmer's Wife

Past the pealing bells, the joyous anticipation, and hope, of the New Year's arrival and with seasonal good wishes to our fellow-travellers on lips and in heart, we have now blazed our trails along the hours of its first week of days. There was, it comes to mind now, no sound of singing winds or summery weather to mark its coming, no sight of any especial token above or about the fields of the farmstead. Only on a kitchen-shelf the old clock, without haste but surely, measuring away last minutes of a twelvemonth of time. The hands met and paused in a brief halt; the chimes rang... And out on the island hills, covered white with wintry snow silvered by moonlight, the New Year was born. We smiled, the small household and visitors who had been waiting with us to greet it, and in steaming mugs of coffee then, we drank to the health and happiness of the days that were ahead.

And now along unexplored terrain, reverently we may say, for each day granted us is a precious gift and not to be lightly regarded, we have opened first trails. Straight-laid as the first furrows of the good plowman, who strikes them true by keeping his eye on the staff he has placed for his guide on the far side of his field?

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Prayer was offered by repeating Psalm 58 in unison. Bible exposition was read by Mrs. Sterling MacLeod. Mrs. Nicholson led in prayer.

Thirteen members answered roll call with verses of Scripture containing the word "joy". The offering was then taken amounting to 2.50. Readings were given by Mrs. Orvin Corney and Mrs. Donald Nicholson.

It was decided to remember the shut-ins with a treat at Christmas also to remember our very faithful organist with a gift for his splendid service rendered to us so freely. Mrs. Clarence and Mrs. Charlie Frizzell read from the story book.

Next meeting to be held at the home of Mrs. Hugh MacDonald. Roll call to be answered with a verse of Scripture containing the word "Beginning". Meeting closed by singing a hymn and repeating Mizpah Benediction in unison. A gaily lunch was served by hostess.

**AVONLEA W. I.**  
The Avonlea Women's Institute met on Dec. 17, at the home of Mrs. John MacNeill with 17 members and three visitors present. Mrs. M. J. Doyle gave an account of her recent trip to Newfoundland. The meeting opened with "Silent Night" and by repeating the Mary Stewart Collect. Roll call was answered by sing, say or pay Christmas song or poem.

One new member was welcomed. The collection amounted to \$3.15. Gifts were exchanged at the close of the meeting and the National Anthem was sung.

Plans for obtaining a projector were postponed until the spring. Mrs. W. Toombs reported on the leadership convention and Mrs. R. G. Fleming reported that the blood donor clinic was a success. Five dollars each was voted to the North Rustico and Cavendish schools for a Christmas treat.

The next meeting will be at the home of Mrs. Will Toombs. Standing committees are Cavendish sick, Mrs. R. A. L. Burdett, Mrs. John MacNeill; North Rustico sick, Mrs. Robert Woolner, Mrs. Earl Simpson; Cavendish school, Mrs. Lowell Wyand, Mrs. Sterling Stewart; North Rustico school, Miss Irma Toombs and Mrs. E. S. MacLure.

## N.S. Health Department Offers Nutrition Tips

By IAN MACDONALD  
Canadian Press Staff Writer  
HALIFAX (CP) — The Nova Scotia health department says you can feed a family of 10 in the province for as little as \$34.04 a week, and it tells how to do it.

The nutrition division gives that figure for Truro. The same food would cost \$34.99 here, \$38.46 in Stellarton, \$36.61 in Kentville, \$36.33 in Sydney and Bridgewater and \$35.03 in Yarmouth.

For scoffers, the department has issued a booklet which tells how to cut food costs without sacrificing a family's health.

**WISE BUYING PAYS**  
"For example," said Dr. Juanita "the nutritionists show that for every dollar spent wisely on food, the careless buyer can spend easily as much as two dollars for the same food value."

"Surprisingly too, home made cakes, bread and other products cost less than fancy prepared goods," she said. "Once the oven is hot, it costs very little to keep it hot for several hours."

Under the plan, the average cost of feeding a moderately active man in Nova Scotia ranges from \$3.49 a week in Yarmouth to \$4.42 in Stellarton. A moderately active woman would spend from \$3.16 to \$3.57 a week.

The cost of feeding children varies from \$2.02 for the one-to-three-year-old group to \$3.80 for the 10-to-12-year-old group. Teen-agers' grocery bills start at \$3.75 and reach \$5.18 for 20-year-olds living in the most expensive provincial centre.

These figures are based on Canadian food rules which say children and adolescents should have a pint to a pint and a half of milk daily; one serving of citrus fruit or other juices; one serving of other fruit; at least one serving of potatoes, two servings of other vegetables; one serving of whole-grain cereal; four slices of bread with butter or fortified margarine; one serving of meat, fish or meat alternates such as dried beans, eggs or cheese.

And in addition, eggs and cheese three times a week and 400 international units of vitamin D daily for growing persons and expectant and nursing mothers.

**SAMPLE MENU**  
Armed with these facts the nutrition division compiled a sample menu for one week, designed to give all the necessary foods and at the same time provide variety and low cost.

As an example, the menu suggests the week start with grapefruit, bran flakes, poached eggs, toast, jam, milk and coffee. For lunch or supper, cottage cheese, graham wafers, salad greens, oatmeal cookies and milk.

Dinner would consist of roast pork, baked potatoes, boiled carrots, butterscotch pie, milk, tea or coffee.

Meat is suggested for five days a week—Wednesday is traditionally reserved for baked beans and Friday as fish day.

One suggestion to cut costs is to figure the cost per serving. A table shows that a pound of round steak costs 89 cents, there are four servings to a pound, a cost of 21 cents a serving.

Another table tells how much the average person eats in a serving.

**ELEANOR ROSS**  
**New Colors In Hosiery**  
Stylists have been busy making hosiery a thing of beauty. They've brought out new shades with iridescent overtones, a far cry from the lights and darks the variations on taupe, rose beige and suntan shades of other years.

For instance, the dark tones are brilliant purple, brilliant rose, brilliant brown and even brilliant black! New gray tones are actually half pearl, half beige.

**IMPORTANT ACCESSORY**  
Stockings are now an important accessory and it behooves us to care for them as such. This means that we must take the best possible care of them.

The tried and true method of sudsing nylons to protect them against snags or against losing their color in the wash basin, is to put them in a jar three-quarters full of suds. Cap the jar and shake it till the stockings are thoroughly cleansed and rinse them in the same manner. Blot in a clean towel, hang to dry.

**METAL DRYING ROJ**  
Don't risk hanging them to dry on a wooden rack where they will get pulls, runs and even minute splinters. A smooth metal drying rod is best, or hang them over a towel placed over the drying rack.

Up until now we've always been told what gauge and denier was best for each occasion. But fashion experts have finally realized that technical terms in fashion are completely out of place. Stockings are now classified as "evening sheer" or a "dress sheer" or for sports or country wear.

## Women In Public Life As Persons Not Proportions

By CAROLYN WILLET  
Canadian Press Staff Writer  
OTTAWA (CP)—Fewer than a dozen women lecture in Canadian universities in the fields of political science, history, economics and sociology.

One of them is Dr. Pauline Jewett, 32, svelte brunette who lectures in political science at Carleton College here.

Dr. Jewett says she is a political scientist because the work excites her in both its general and particular aspects.

The native of St. Catharines, Ont., went to Queen's University in 1940 intending to study law. She even spent a summer in a lawyer's office in preparation for the course.

**CHANGED CAREER**  
But she changed her mind and five years later graduated with a master's degree in political science. She continued studies at Radcliffe College, Harvard University; the London School of Economics and Oxford University, all on fellowships.

Dr. Jewett said in an interview that she has never "pushed" a career. "I've just rolled along with it."

"It's a pity when an able woman has the ability, time and interest for public affairs and doesn't enter the field. Such women should be given as much encouragement as men."

"Women should be in public life as persons, not as proportions."

One of two full-time women lecturers on the staff, she likes the academic atmosphere of Carleton College because there she can be strictly a political scientist. She came to Carleton last fall, joining the staff of the graduate school of public administration.

She developed a taste for teaching while studying on fellowships and during two years as a full-time lecturer at Queen's.

**DEVELOPED SPECIALTY**  
Four years ago she settled down to "particular" political science by doing an analytical study of the



**WOOL EVENING DRESS**  
This Italian model wears a white all-wool evening dress designed by Naide of Turin. Features of the dress include a rich embroidered band around the neckline. It is worn under a short coat which has matching embroidery and is trimmed with white fox. (CP Photo)

## Alice Brooks Designs

**TOASTER-PROTECTOR**  
She protects your toaster — brightens your kitchen! Everyone is sure to fall in love with this doll on a first sight. Make him of scraps — the gayer the prettier!

Pattern 7332: embroidery transfer, easy-to-follow directions for making a gay Toaster Doll.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. West, Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

**HOUSEHOLD HINT**  
To dry leather gloves after washing, roll them in a turkish towel from fingertips toward the cuffs. After kneading for a few minutes, unroll and blow into the fingers to shape them correctly. Then dry them slowly away from direct heat. While still damp, soften the leather by working it gently with fingers until pliable.

**HATTIE says:**  
HATFIELD'S SPECIAL PROCESS makes em Just Right!

Look for the "HAT" on the tub

- Crunchy
- Appetizing
- Easily digestible
- Perfect for parties

FOR LUNCHEONS

FOR THE GRILL

**SANDWICH FILLING**  
3 hard boiled eggs  
1 small can sweet pimentos  
Chop fine and put in double boiler, then add:  
4 oz. plain cream cheese  
1 tsp. mustard  
1 tsp. flour  
1/4 cup milk  
1/4 cup vinegar  
salt and pepper to taste  
Let cook about 30 minutes. Seal tight until wanted.

Be sure you get HATFIELD'S Canada Krisp

# POTATO STICKS

at your food shop or counter. Keep a tub or two on hand.

## ANNE ADAMS PATTERNS

**CINCH TO SEW!**  
It's so thrifty, easy to make this new side-button and wrap weskit! See the diagram — sewing's a cinch! Weskits are so smart this season—you'll want several of the classic style too. Choose wool tweeds, corduroy, cotton!

Pattern 4529: Misses' Sizes 12, 14, 16, 18, 20. Size 16, upper version takes 1/4 yard 54-inch; lower version, 1 1/2 yards 39-inch fabric.

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 with care of Charlottetown Guardian, Pattern Dept., 60 Front St. West, Toronto, Ont.

**ANNUAL MEETING**  
The annual meeting of the Senior Ladies Aid of the Prince Edward Island Hospital will be held on Monday, Jan. 9 at the Cudall Home at 3 p.m.

The annual meeting will be postponed. The regular monthly business meeting will be carried on as usual.

## Words Of The Wise

When a man has equipped himself by thought and study for a bigger job, it usually happens that promotion comes along even before it is expected. —(P.J. Winnet)

## "Prettiest Girl"

This photo of Princess Margaret, taken in Government House, Port of Spain, Trinidad, won the Associated Press citation for the "Prettiest Girl Photo" of 1955. The shot was taken by Norman James of The Toronto Star on a pool basis for syndicates and newspapers, and to get it he used a telephoto lens and balanced on a chair as a state dinner was in progress.