

Women

Lena Caroline McClure, Women's Editor. Phone 888

Page 8 The Guardian Tuesday, Nov. 5, 1957

HAPPENINGS

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St. Dunstan's C. W. L. Has Communion Breakfast

The St. Dunstan's sub-division of the C.W.L. held their annual communion breakfast Sunday, November 3rd with a representative attendance of the sub-division members as well as visiting members of Holy Redeemer and St. Paul's sub-divisions.

After attendance at 8 o'clock Mass, and reception of Holy Communion the members proceeded to the Queen Hotel where Mrs. Fret MacMillan presided and welcomed those present.

After partaking of a sumptuous breakfast, the guest speaker, Rev. Walter Reid of the Basilica staff was introduced by the president, Father Reid gave a very interesting and comprehensive discussion taking as his subject, "Sharing the Faith."

This was very much appreciated by those privileged to be present and the thanks of those in attendance was expressed by the president.

ELLEN'S DIARY

There Will Be Ice On Horsetrough Before Long

A white rime of frost greeted us at Alderlea, from the nearer hills. The sun was shining brightly. James coming to the south window of the bedroom after a bath of some water, said "The new day split it there. 'I'm thinking, Ellen' he offered with a shrug, 'the ice should be on the horse trough this morning.'"

Later, the children about to set out for school, discovered the puddles of it on a small patch of grass in the yard. "I may say, with more gleam than truth, that the ice will be on the horse trough in the last harvest."

KEEP IN TRIM

Teenagers -- This Column Is Directly For Your Use

By IDA JEAN KAIN

Overweight teenagers, today's column is directed to you. Since the start of the school year, many of you have been writing in asking for diets, and a lace holder with Pete, Pan collar, studded with pearls. The lace sleeves attached to points over her hands. Her shoulder length veil was held in place by an embroidered tiara of sequins and pearls. She carried a white prayer book with streamers.

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For travelling, the bride donned a light checked suit with powder blue and navy accessories. She wore a corsage of tea roses. The young couple will reside in Montreal, Quebec.

Let's try a fresh approach. Chances are it's not so much the meals you eat that pile on the pounds, but the between-meal "sweets and other junk" as one teenager expressed it. So that is the first problem to tackle.

Play detective and for three days keep a diet diary. Eat as usual, keeping a record of every morsel you eat. In a separate column list all between-meal snacks. When you add up the calories, you may be startled to find that the assorted chocolate bars, peanuts, sodas and other "snacks" add up to a higher total than mealtime calories.

A snack is so deceiving because, as the name implies, it means just a bit -- a taste. A small chocolate bar or a packet of peanuts or chips may seem hardly worth the counting. But your diet diary will point up the fact that the collective calorie to be had in one day can have a powerful effect weight-wise.

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WIFE PRESERVERS

The term cereal comes from the corn-goddess Ceres, of the mythology of ancient Greece.

It is a very active one and was nearly congratulated by Miss I. Arsenault, Queen's County Commissioner, who she visited them this week to present badge which the Guides had won at Camp during past summer.

Two of the Guides are working on their Gold Cord Requirement. The Company is to be the proud possessor of a brand new Union Jack, the result of the hard-earned savings of each member. The beautiful and well-equipped patrol boxes belonging to this company are really something to see.

The fact that four of the eight Guides mentioned as the most outstanding at Guide Camp during the past summer were members of 1st Southport Co. reflects great credit not only on themselves, but on their very efficient leaders.

Virginia Boudreau, P.L. of the Canaries, expressed thanks to Mrs. A.W. Welner and presented her with a gift from the Company as a token of appreciation for the leadership she has given as Captain last year and as Lieutenant for a number of years by the Canary Patrol this month.

The badges presented were as follows: Athlete, Dorothy Boudreau, Bonnie Mackie, Eleanor Henry, Marsha Welner, Virginia Boudreau, Betty Carol Matheson, Mary Lee Rogerson, Pioneer, Dorothy Boudreau, Marsha Welner, Betty Carol Matheson, Eleanor Henry, Virginia Boudreau, Summer, Marsha Welner, Eleanor Henry, Virginia Boudreau, Dairymaid, Bonnie Mackie, Lifesaver, Bonnie Mackie, Eleanor Henry, Virginia Boudreau, Mistral, Betty Carol Matheson.

ROYALTY BROWNIES A number of interested parents inspired by Vince Pickard, met at Central Rotary Hall to make plans to organize the 1st West

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DIAL 8506 FOR THE "GUARDIAN" ADVERTISING DEPARTMENT

GIRL GUIDES COLUMN

14 - LUTHPORT CO

Colonel F. H. Ainslie, C.D. M. D., F.R.C.P. and a Medical Officer to Her Majesty Queen Elizabeth II, was educated at the University of Western Ontario, London, Ontario, where he received his degree of Doctor of Medicine in 1933 and his Master of Science degree in 1935. In 1942, he received his Diploma in Anaesthesia from the Conjoint Board in England. In 1944, he was Certified in Anaesthesia by the Royal College of Physicians and Surgeons of Canada, and in 1950, he obtained his Fellowship in the Royal College of Physicians of Canada by examination and at that time was Certified in the specialty of Internal Medicine.

In 1933, joined the Permanent Force and served as a medical officer with various units until May 1949 when he proceeded to the United Kingdom. From 1949 until 1953 he served with No. 1 Neurological Hospital, as Chief Anaesthetist, being promoted to the rank of Major in April, 1941. When Colonel Ainslie returned to Canada in 1942, he was appointed Deputy Assistant Director of Medical Services, at Army Headquarters, Ottawa. He was promoted to the rank of Lieutenant-Colonel in 1946 and rank of Lieutenant-Colonel in 1948. He was appointed Medical Specialist and Commandant of the Montreal Military Hospital in 1953. He was appointed as Medical Specialist, Canadian Section, British Commonwealth Hospital.

In 1953, Colonel Ainslie was appointed Medical Specialist at the Ottawa Military Hospital and assumed Command of this unit in 1954. In 1956, he was promoted to the rank of Colonel and appointed Command Medical Officer, Headquarters, Central Command, Oakville, Ontario, in September, he was posted to Army Headquarters, Ottawa and appointed Senior Consultant in the office of the Director General of Medical Services.

Colonel Ainslie is a Serving Brother in the Venerable Order of the Hospital of St. John of Jerusalem. He is married and has one child.

ROYALTY BROWNIE PACK Miss I. Arsenault, Queen's County Commissioner, and Mrs. Smith were present. Mrs. Lorne Macdonald consented to act as chairman for this fine sponsoring group, while Miss Virginia Coffin will be Brown Owl and Mrs. Clifford Rogerson, Tawney.

COurses All Guides will be interested to hear of the following courses coming up. A Laundress Course began October 24th at Vocational School. Mrs. Thomas Milton conducting. A cooks and hostess course began Monday October 28th from 4:30 at Vocational School which Mrs. Whitlock is the teacher. Also any guide working on Pioneer and Campers badge may go to Mrs. Bill Woods, Southport, where work will begin on these badges. The Guides must be qualified and sent by their Captains and may register at Mrs. Wood's any Saturday.

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LET'S BE FRIENDS

WINNIPEG (CP) — There are no grounds for unfriendliness or hostility between Canadian or Soviet peoples, Nikolai Poshin, secretary of the Soviet Embassy in Ottawa, said here Sunday. Speaking at a celebration of the Soviet Union's 40th anniversary, he said Russia is striving to establish good relations with Canada, develop new cultural ties and trade relations.

LOVER OF HUNT Juliana Barnes, 16th - Ontario head of an English conversation expert volume on hunting and hawking.

LITTLE FLOWER SUB-DIVISION The Little Flower sub-division of the Catholic Women's League met for their monthly meeting October 27th at 8 o'clock. The president, Mrs. F. W. Dunn presided.

Rev. Eric Robin, spiritual director opened the meeting with the laud prayer. Following the roll call, the minutes of the previous meeting were read by the secretary, Mrs. Thomas Milton. The report of the Regional Conference at Fort Augustus was given by Mrs. F. Dunn.

The resolutions of the provincial convention held at St. Dunstan's University were read by Mrs. Somerled Kelly. Mrs. Cecil McCarthy and Mrs. Francis McEldown were to attend a Social Welfare meeting in Charlottetown, October 29th. It was decided that Mrs. McCarthy select a committee to assist her with Social Welfare work.

The conveners gave their reports. It was moved by Mrs. E. J. Rooney and seconded by Mrs. J. Rooney that the expenses of Conventers attending meetings

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BUDGET RECIPES

No need to sacrifice variety or quality when planning budget meals, says Food Editor Helen Gougoun. In The Standard she gives money-saving recipes to prove the point. Get The Standard — on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents.

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MR. AND MRS. J. C. S. MacDONALD AND ATTENDANTS

St. Alexis Church Choir Sang At Autumn Wedding

A very beautiful wedding attended by a wide circle of friends and relatives was solemnized at St. Alexis Church, Holy Bay, on Wednesday, Oct. 30th, when Mary Catherine Elsie MacKinnon exchanged vows with James Charles Somerled Macdonald.

The bride a former school teacher is the daughter of Mr. and Mrs. Hugh John MacKinnon The groom - now an employee of the Express Department with the Canadian National Railways in Montreal, is the son of Mr. and Mrs. Charles Somerled Macdonald.

Rev. Wilfred Keefe celebrated the Nuptial Mass and performed the double ring ceremony. Rev. Charles Gallant was also present in the sanctuary.

An arrangement of dahlias and gladioli enhanced the beauty of the altar. The sanctuary was decorated with pink roses and white ribbons with marigolds marked the guest seats.

The hymns during the Mass were very sweetly sung by the choir, accompanied by Mrs. George Christian, organist.

The bride gave in marriage by her father looked lovely in a white floor length dress of lace and net over satin, and a lace bolero with Peter, Pan collar, studded with pearls. The lace sleeves attached to points over her hands. Her shoulder length veil was held in place by an embroidered tiara of sequins and pearls. She carried a white prayer book with streamers.

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