

WOMEN

Page 8, The Guardian Saturday, Nov. 19, 1955

HAPPENINGS OF THE WEEK

Prince Charles who celebrated his seventh birthday on Tuesday is having a typical British upbringing—devoted parents who do not spoil him, an adoring grandmother who does, a younger sister whom brother Charles checks up on, loving friends and relatives who approve of it all, and a loyal Commonwealth happily looking on.

The Royal Edward Chapter of the I.O.D.E. in Charlottetown who recently honored its members of "twenty-five years and over service" is the ninth oldest Chapter in Canada. The Royal Edward Chapter was founded 19th April, 1901. The Charter members were Mrs. Hobbirk, Mrs. James Warburton, Mrs. P. MacIntyre, Mrs. A. Peters, Mrs. John Mathison, Mrs. W. D. Ross, Mrs. A. L. Longworth, Miss B. Haviland, Miss C. C. Gardiner, Mrs. H. W. Longworth, Miss B. Hovland, Miss Peters, Miss Pippy and Miss Louise Dawson. The first meetings of this organization were held in the members' homes. The meetings are now held in the Charlottetown Hotel and the present regent is Mrs. B. Earle MacDonald.

The Royal Winter Fair in Toronto with its glamour, beauty, and personality is fortunate in having Mrs. Duncan of Prince Edward Island looking after the children. Mrs. Duncan with her love of the Island brought some of the island's good red earth to the Fair the other day. This she put in the geranium flower pots, then stood off and exclaimed: "Now watch them grow!"

The Rev. T. H. B. Somers and Mrs. Somers left Monday for Toronto. Mr. Somers will attend a meeting of the Presbyterian Church in Canada General Assembly's Committee on Revision of the Book of Common Order. Mr. Somers is to be the special preacher at the Anniversary Services in Armour Heights Presbyterian Church in Toronto. Mr. Somers and Mrs. Somers plan to arrive home November 26th. This Sunday the morning service at St. James will be conducted by the Rev. E. M. B. Wheelock, B.A., B.D., S.T.M., of Saint John, New Brunswick and the Vesper service by the Rev. Lee M. MacNaughton, B.A., of Marshfield.

Dr. and Mrs. Frank MacKinnon entertained at a buffet supper on Wednesday evening for the members of the Central Advisory Committee for Education and the Atlantic Provinces Examining Board which held their annual meeting at Prince of Wales College this week.

Base Adjutant at the station Gros Tequiqui, France is the new position of Flight Lieutenant Vincent V. Bissonnette. The transfer is made by the Air Division Headquarters Division, Flight Lieutenant Bissonnette has been at Langar, England for the past two years. He will be accompanied to France by Mrs. Bissonnette (formerly Miss Ida Doyle of North Rustico) and young son Roger Blair.

Miss Audrey Farnell's many friends will be looking forward to hearing her sing Monday night at the Queen Charlotte High School. The Notre-Dame Choral Group whose fine work is well known in this province will be the background for this musical evening.

"Young Canada Book Week" was one of the week's events at the Queen Charlotte High School when a thank you tea was given for friends of the school who have kindly donated books, magazine or money for the School Library. The members of the Library Committee of the Queen Charlotte Home and School Association who planned the tea are: Mr. R. J. Eupert, Convenor, Mr. Bramwell Chandler, Mr. Kenneth Parker, Col. Lowther, Mrs. E. K. MacNutt, Mrs. G. B. Whiteside, Mrs. Charles McKenzie and Mr. and Mrs. H. B. Armstrong. The hospitality committee are Mrs. William MacNeill, Mrs. Lemuel MacDougall and Mrs. Walter Pickard. This committee was assisted by Mrs. Robert Acorn the Home Economics teacher. The project of the Grade VIII pupils was to prepare and serve the refreshments.

A feature of the tea was the presentation of books by two chapters of the I.O.D.E. These Chapters were the Royal Edward of which Mrs. B. Earle MacDonald is the Regent and Mrs. W. E. Massey the Educational secretary and the L. M. Montgomery Chapter of which Mrs. Edward Miller is the Regent and Miss Catherine Bethune Educational secretary. The Librarian at the Queen Charlotte High School is Mrs. Charles McKenzie, a graduate of McGill University.

Most of the new books on display this week at the High School were donated by the Prince Edward Island Library and were arranged by Miss Frances MacMillan and Miss Eas Marjorie Murphy.

A delightful feature of Young Canada Book week was the talk on "Books for Children" given over the radio by Miss Mary Newman of the Charlottetown Library. Children from the City schools on this programme did remarkably fine work in presenting the Book week play.

Mr. and Mrs. George Ives and their family who are leaving to spend the winter in the south, are being pleasantly entertained by their many friends. Mrs.

Ford-Doucette Vows Solemnized

The marriage of Mr. and Mrs. Gerald Ford was solemnized in a double ring ceremony in Charlottetown on September 19, 1955. The bride, the former Miss Shirley Doucette, is the daughter of Mr. and Mrs. Ralph Doucette, North Rustico. The groom is the son of Mr. and Mrs. George Ford, Winsloe. The attendants were Miss Eleanor Doucette, sister of the bride as maid of honor, and Mrs. George MacMillan, groomsman.

They had a lion incident all their own. Going out for one last look they saw some impala who were very nervous, and some were bleeding.

They had been told to watch for nervous game, as it quite often meant lions. Miss Beer continues: "Sure enough, there was a lioness strolling along just off the road. This was our quite 'private' lion, and we were quite pleased with ourselves for having spotted her. We turned the car around and followed her along for about a quarter of a mile, and she crossed the road right in front of us. As she did so, we leaned out to take pictures, and when she saw the movement, she snarled beautifully for us, and continued casually on her way! Next week a final excerpt will be given from this travelogue letter.

Mr. Derrell B. MacClure acting accountant of the Canadian Bank of Commerce at St. John's for the past two years has been transferred to the Bank of Commerce in Charlottetown as assistant accountant. Mr. MacClure with his wife and two small children Shane and Lawrence Scott will take up residence in Parkdale.

Mr. F. D. Webster, 9 King's Square, was surprised and kindly remembered on Tuesday, November 15th, being the occasion of Mr. Webster's birthday, by friends who called to wish him "Many Happy Returns of the Day" and also improved health.

The hostesses at this Charlottetown Curling Club this Saturday evening are Mrs. Michael MacDonald, Mrs. Edison Wood, Mrs. Leigh Donald and Mrs. Douglas Cameron.

Mr. and Mrs. D. L. Miller, and family, Central Street, have returned home after visiting Professor and Mrs. Jeffrey Pezant, also Dr. and Mrs. L.A. Duchemin, Sackville, N. B.

Mrs. Lester Clark and children leave Saturday for Quebec City from where they will sail to join Mrs. Clark's husband in Germany.

Mrs. John Court and Mrs. Earl Lavers entertained at a Coffee Party on Tuesday at Mrs. Lavers' residence. Guests of honour were the Drill Team and President of Renown Lodge Ladies Auxiliary to the brotherhood of railroad trainmen, Moncton, Officers of Gulf Garden Lodge, Charlottetown assisted in serving.

Miss Emma Nicholson has arrived in Victoria, B.C. to join her sisters Mrs. Oscar McCallum and Miss Edna Nicholson. They will be spending the winter in Honolulu.

Mrs. George Fisher and young son Bobby have been visiting Dr. F. A. Fisher, Sackville.

Mrs. F. A. Large left last week for Los Angeles where she will spend the winter.

Mrs. Arthur Putnam left early in the week for New York City to visit relatives. Mr. Putnam expects to join her later in the year.

The following students from Mount Allison University were home for the Armistice week-end: Mary Cairns, Janet Horne, Jessie Bingham Helen MacMillan, Deanna Bell, Peggy Preston, Herb Crockett, Donald Lefurgey, Creelman MacArthur, Arthur Callbeck, Bobby MacWilliams and Wendell Waite.

Mrs. Clifford Rankin and Miss Joan Clouston were co-hostesses at the home of the former on Thursday evening, honoring Mr. Garth Gay, who leaves shortly to reside in Hamilton, Ont. Mrs. Gay was presented with several farewell gifts. Lunch was served by the hostesses, assisted by Mrs. Ben Schurman.

Mrs. Gardner Marks and Mrs. Joe Storey were hostesses at the former's home on Tuesday evening in honor of Mrs. William Campbell. The guest was presented with a farewell gift. Lunch was served by the hostesses assisted by Miss Mary Silliphant.

Mrs. Donald MacKay entertained at the tea hour on Thursday in honor of Mrs. Gordon Maxwell who is now residing in Sackville, N.B. Mrs. David Miller and Mrs. Emmett Ranahan assisted the hostess in serving, and Mrs. Ernest Walker presided over the tea cups. Later in the week Mrs. Maxwell was presented with pictures of two island scenes from the young adult group of the Presbyterian Church.

MORNING SMILE

Billie Burke was enjoying a transatlantic ocean trip when she noticed that a gentleman at the next table was suffering from a bad cold. Billie Burke (sympathetically)—Uncomfortable? The man nodded. Billie Burke—I'll tell you just what to do for it. Go back to your stateroom. Drink lots of orange juice. Take five aspirin tablets. Gower yourself with all the blankets you can find. Sweat the cold out. I know what I'm talking about. I'm Billie Burke of Hollywood. The man smiled warmly and said: Man-Thank, I'm Dr. Mayo of the Mayo Clinic.



EARLY NOVEMBER VOWS

The Kirk of St. James was the scene of a pretty fall wedding on Saturday afternoon, at two o'clock on November 5th, 1955, when Mary Jill McKay, only daughter of Mr. and Mrs. James Sinclair Donald Carver, son of Mr. and Mrs. Walter Carver, Parkdale. The minister, Rev. T.H.B. Somers officiated at the double ring ceremony.

Under the direction of Miss Lillian MacKenzie, organist, Miss Bac, the Girls Gallery Choir sang for their professional hymn "Praise My Soul, The King of Heaven."

Baskets of white 'mums were arranged in the chancel and the guest pews were marked with white satin ribbons. The bride, given in marriage by her father, wore a floor-length gown of blush duchess satin, with fitted bodice, square neckline and long tight sleeves with applied lace trim. The skirt had long flowing lines, falling into a short train. She wore a chapel length veil of French illusion, held in place with a crown headdress of seed pearls and rhinestones. Her bouquet was a cascade of pink Sweetheart roses.

Miss Betty Proctor was maid of honor and Miss Virginia Carver, sister of the groom, was bridesmaid. Mr. Walter Carver, Jr., was groomsman. The ushers were Mr. Keith Carver and Mr. Harry Norton.

During the signing of the register, Miss Nancy MacNeil sang "The Wedding Hymn." The bride's attendants were dressed alike in waist-length gowns of Royal blue velvet with low V-neckline, fitted bodice and three-quarter sleeves. They wore matching bouquets of blue velvet and carried nosegays of white baby

'mums, with pink rose center. The bride's mother chose for her daughter's wedding, a Gainsborough blue satin dress on long torso lines, with square neckline and three-quarter sleeves, with which she wore a matching hat and a corsage of pink roses. The groom's mother wore a wine crepe gown with navy accessories. Her corsage was of white 'mums.

Following the ceremony, a reception was held at the home of the bride's parents. The bride's table, covered with a Madeira cloth, was centered with a three-tier wedding cake, flanked by bowls of pink 'mums and fall white tapers. Pouring tea were Mrs. Wilfred Lecky, and Mrs. Arthur MacKinnon.

Assisting in serving were Mrs. LeBaron Tait, Mrs. Harold Schurman, Mrs. A. W. Gaudet, Mrs. Earle Baker, Mrs. R.S.P. Jardine, Mrs. A. A. Williams and Mrs. R.H. Nicholson. The toast to the bride was proposed by Rev. T. H. B. Somers.

Following the reception Mr. and Mrs. Carver left by car on a wedding trip through the Eastern States. For travelling the bride wore a brown wool dress with fitted mushroom colored coat and accessories to match. Her corsage was of yellow roses.

One of the honored guests at the wedding was Mrs. M. J. MacKay, grandmother of the bride. Out-of-town guests, were Mr. and Mrs. A. D. Cameron, Moncton, N. B.; Dr. and Mrs. R. V. Gray, Halifax, N. S.; Mr. and Mrs. A.A. Williams, Mrs. H. B. Schurman, Mrs. and Mrs. J. W. Lecky, Summerside, and Mr. and Mrs. A. A. Scales, Freetown.

On their return Mr. and Mrs. Carver will reside in Moncton, N.B., where the groom is currently playing hockey with the Moncton Hawks. (Photo by Bob Donnelly)



SPORT ENSEMBLE

White wool pullover, night-brown wool flannel slacks and red knitted scarf makes a popular sport ensemble from California. The sweater has baby-turtle neck, drop shoulders and long sleeves that may be pushed up. The slacks have white saddle-stitching. (CP Photo)

Feel Energetic On A Diet

By Ida Jean Kuhn
Fifteen pounds over and above nature's curve allowance for your structure change your figure from stylish to stodgy. Twenty-five pounds of excess weight is a drag on energy. Why put up with it when you can reduce on the best diet in the world and have more energy while the pounds are being lost? The science of nutrition has taken all the hazards out of reducing.
The principal of reducing is this: When the calories in the daily diet are cut below requirements, nature is forced to draw on reserve fuel stored in excess pounds, and body fat is lost.
Whether or not you are dieting, the body is constantly repairing and renewing itself. For this vital reason, the protective foods which furnish the necessary repair materials must be included in adequate amounts in a safe reducing diet.
Or to express it another way... think of the extra pounds as being made up of fats, starches and sugars, materials that can be safely drawn on for part of your energy needs. Carry it further... think what these stored pounds lack. They lack protein, minerals and vitamins, the very nutrients needed daily. The well nourished body has some reserves of these vital materials, but there is no effective storage. And that is why the daily diet, regardless of calorie restriction, must be built around the foods that cover these protective requirements.
Modern adequate reducing diets contain as much or more protein than is normally used. A safe diet must contain adequate protein to make good upkeep and repair of body tissue. It is advantageous to have extra protein (and by extra is meant protein not needed for tissue repair), since protein stimulates the metabolism; for tissue repair, since protein stimulates the metabolism. For this reason, modern reducing diets include 1 or 2 eggs, a pint of skim milk or buttermilk or one glass of milk and an ounce of cheese or 1/2 cup of cottage cheese and 5 or 6 ounces of lean meat, fish or chicken.
And here I ought to tuck in one other little point. While carbohydrate (sugar and starch) is stored in the pounds, it's first converted into fat. And when fat alone is used for fuel, acidosis can result and bring on abnormal fatigue and an unhealthy state of the body. So to burn the fat clean, some carbohydrate is included in a scientifically planned reducing diet. Some potato, a small amount of bread or cereal, and fruits and vegetables take care of this. You don't need pie, cake or candy, since those carbohydrates boost the calories too high and defeat your purpose.
Including the protective foods in adequate amounts on a low calorie diet can even increase your energy as the pounds are being lost, and that's the way to feel wonderful on a diet.

ELLEN'S DIARY

By An Island Farmer's Wife

"Those will have... joy and beauty and delight... who stand, hand stretched out for loveliness."
"Isn't it too bad that all the color and beauty is gone from the countryside?" one we chanced to chat with the other day said. "It was lovely, wasn't it? But now..." she shrugged. "November, when you think of it, is 'neither flesh nor fowl nor good red herring!' I'm always glad when it's over." And there before and about us lay an extent of loveliness, every field and wood and nook of farmland presenting, alone and altogether, bewitching pictures: evergreens silky dark, white-bloomed birches, wide-spreading and gracious old maples, slim poplars; farmhouses cuddling down in content for the winter; so much of beauty everywhere, somewhat austere perhaps, but nonetheless of much charm.
A scene we particularly recall from this week now almost gone was that of a plowman and his team, on the opposite slope of our valley, furrowing the stubble. The picture had caught James' eye, we stopped to admire it as well. "Looks nice, doesn't it, Ellen?" James said softly. "Wouldn't it have been as well?" he commented "if there never had been such things as tractors made? There's something satisfying about following a plow on a fellow seems to get nearer the heart and spirit of his land when he plows it with horses. I'm thinking" he nodded solemnly, eyes closely following the plowman breaking out his ridges, "farming has advanced too fast these last years. Farmers have sort of over-stepped the sensible night....

"Tiptoe To life - stand so And feed the keen Sharp, blind blowing through Your hair. You'll not have time To be unkind or sad, if you Stand laughing, bold, Tiptoe to life, and hold, Your arms out to the sun. So stand, each one And take, What life may give; and make A wonder of each hour- Those who will have power And joy and beauty and Delight, who stand Tiptoe to life and hand Stretched out for loveliness. When life speaks, answer, 'Yes'!"
Until Monday—Diary—Good night....

ELEANOR ROSS

Painting Party Makes Light Work Of Big Job
As city apartment dwellers move to keep each one of its homes in good order. PAINTING PARTY Whenever there is a painting job to be done, all the men in town pitch in. The women do their share, too. The whole thing is a real fun fest, a party to which guests come in working clothes. Teams are made up: one to move the furniture, the other to cover; another team dusts the walls and attends to drop cloths; still another loosens lighting fixtures and hardware. Before the guests arrive, the Here's how one community works

ANNE ADAMS PATTERNS

"PRINCESS" DRESS
Your best friend is this princess dress — it whispers such lovely things about your figure! Its lines are simple, soft — adapt so beautifully to many different occasions. Have it in rayon or cotton for daytime; lustrous taffeta, velvet for gala evenings!
Pattern 4671: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 1/2 yards 38-inch fabric.
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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. West, Toronto, Ont.

Wife Preservers

If possible, provide your young student with a good pin-to-wall electric lamp. The lighted area will be large, deep shadows eliminated, and the student studies at ease.



WOOL ENSEMBLE

This ensemble from Paris in beaver-crepe wool features an unbelted dress with tunic effect and shortened coat. The coat has tailored collar and fastenings (CP PHOTO)
host has all equipment ready. Meanwhile, his wife has prepared a nice array of food as well as prizes for amusing contests. As for the food, the feast might include spaghetti with marinara or a tasty tomato sauce, chop suey or a variety of casserole dishes. Platters of various cold cuts and cheeses, and a variety of breads and relishes are always sure to be a hit—especially with the men who say they spend their social existence devising ways to dodge dainty sandwiches. As for the games, at one party music memory contest provided fun and interest. Short selections of old recordings were played and guests were asked to identify them during the supper break. Another fun gimmick was to each guest, on arrival, to inspect a certain closet. At the end of the evening, he was asked to write down a list of the items it held. Only a minute was allowed for the inspection. The closet had about twenty-five familiar items spread on a large shelf, which included a railroad timetable, cushion, indelible pencil, colored crayons, needles and threads, various colors. Yet it was amazing how many flunked the test. But even more amazing was the speed with which the housewife painted. Many hands and a warm and jovial atmosphere had made light work of a big job.

ALICE BROOKS DESIGNS

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Charming scenes of every-day colonial life — pictured in colorful embroidery. Brighten kitchen towels this easy, pretty way!
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Words Of The Wise

Time is precious, but truth is more precious than time. —(Disraeli)
HOUSEHOLD HINT
Always store books upright; to lean them against each other strains the bindings. Use bookends on partially filled shelves to keep the books erect. Volumes that are too tall for the shelves should be laid flat, never on their edges or backs.

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say Mr. PEEK and Mr. FREEN
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
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