

KEEP IN TRIM
Reduce With a Protein
Diet That Provides Energy

There is a wise saying that we should be careful to get out of an experience only the wisdom that is in it.

That certainly applies to diet. When faced with the solid fact that you really should take off some weight, you painfully recall the time you tried dieting. You felt simply wretched... nervous, cross, weak... not like yourself at all. Finally your husband put his foot down and insisted you go back to sensible eating and stop all that nonsense.

That brief brush with diet convinced you that reducing is unhealthy... and that dieting is not for you. Like as not, you surprised your husband that night with apple pan dowdy, whipped cream and all.

Alas, you jumped to the wrong conclusion. What you should have gotten out of that experience is that a semi-starvation diet is not for you, or for anyone else. The result is always the same, weakness, lethargy, fatigue... and a quick return to fattening desserts. Make no mistake, if you are taking excess pounds you would feel better at normal weight. But you can never become healthy slim by the starvation plan. What do you want out of a diet? Less weight, to be sure, but more than that... you want better health and increased strength instead of weakness. Then analyze what kind of diet would do that for you and follow it. You get out of the three meals exactly what you put into them.

If you've never tried eating to slim down, there's a pleasant surprise in store. You can lose two pounds a week and have more energy, not less. Regardless of what you are trying to do about your weight, the backbone of every menu should be protein. So the start is to build each meal around a complete protein food—eggs, cheese, milk, lean meat or fish or fowl. These foods provide repair material needed to make good the daily wear and tear. The regulating minerals and vitamins are also essential in the daily menus. These are furnished by dairy products, veget-

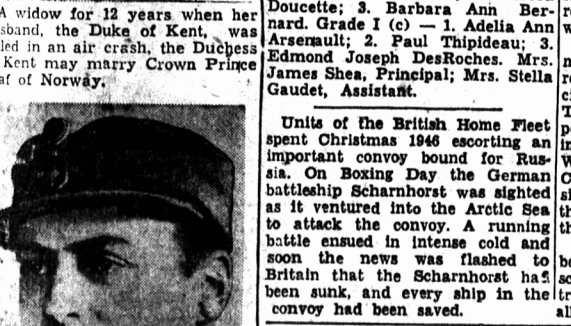
Breakfast	Calories
Citrus fruit or juice, 2/3 glass	75
An egg — soft boiled, poached, baked or scrambled in top of double boiler	75
Toast, 1 thin slice	50
Butter, 1/2 pat	25
Coffee, clear	0
Lunch	225
*Soup, 1 cup	100
*Open-faced sandwich	200
Tangerine	50
4:00 P.M. Pick-up	350
Hot tea with 1 lump of sugar	25
Dinner	300
Lean meat, liberal serving	200
1 green vegetable	25
(green beans, asparagus, Brussel sprouts, spinach)	
1 starch food	100
(chose root, potato or other starchy vegetable)	
Raw vegetables, liberal serving	25
Butter, 1-2 pat	100
Fruit: fresh, frozen or canned	100
Total calories for day	1075

*Note: Soup should be made with a cup of skim milk, plus vegetable—tomato, celery, asparagus, spinach. Open-faced sandwich can be with lean meat, cheese or hard-boiled or scrambled egg. A grilled sandwich is most satisfying.

LADY FANE SCHOOL
November Report:
 Grade X — Mary Robblee, Jean Robblee, Grade VIII — 1. Maureen Craig; 2. Frankie Murphy; Grade VII — 1. Evelyn Gamble; 2. Vernon Walsh; 3. Ruth Robblee.
 Grade IV — 1. James Craig; 2. Elizabeth Cairns; Grade III — 1. Miriam Gamble; 2. Barbara Brown; 3. Margaret Francis.
 Grade II (a) — 1. Sylvia Wilson; 2. Harry Craig and John Waddell; 3. Fraser Brown; Grade II (b) — 1. Gerald Craig; 2. Howard Francis.
 Teacher: Phyllis Cairns.

PALMER ROAD SOUTH SCHOOL
November Report
 (Senior Department)
 Grade X — 1. Melvin Doucette; 2. Theresa Shea; 3. Evelyn Mokler.
 Grade IX — 1. Joyce Mokler; 2. Edith Doucette; 3. Velda Doucette.
 Grade VII — 1. Terrence Perry; 2. Helen Doucette; 3. David Thipideau; Grade VI — 1. Richard Gaudet; 2. Ada Peters; 3. Russell Gaudet.
 Junior Department
 Grade V — 1. Jean Mokler; 2. Austie Bernard; 3. Elmer Perry.
 Grade IV — 1. Irma Mokler; 2. Jimmie Doucette; 3. Catherine Gaudet; Grade III — 1. Jean Doucette; 2. Jimmie Doucette.
 Grade III (a) — 1. David Gaudet; 2. Gordon Thipideau; 3. Michael Mokler; Grade II (b) — 1. Aurdey Myers and Vincent Doucette (equal); 2. Karleen Myers; 3. Willard Mokler; Grade I (a) — 1. Wilbert Doucette; 2. Victor Doucette; 3. Brenda Gaudet; Grade I (b) — Vincent Bernard; 2. Theresa Doucette; 3. Barbara Ann Bernard; Grade I (c) — 1. Adelia Ann Arsenault; 2. Paul Thipideau; 3. Edmond Joseph DesRoches. Mrs. James Shea, Principal; Mrs. Stella Gaudet, Assistant.

Units of the British Home Fleet spent Christmas 1946 escorting an important convoy bound for Russia. On Boxing Day the German battleship Scharnhorst was sighted as it ventured into the Arctic Sea to attack the convoy. A running battle ensued in intense cold and soon the news was flashed to Britain that the Scharnhorst had been sunk and every ship in the convoy had been saved.



Duchess of Kent, Norwegian Prince May Pledge Vows

A widow for 12 years when her husband, the Duke of Kent, was killed in an air crash, the Duchess of Kent may marry Crown Prince Olaf of Norway.

Crown Prince Olaf has been a widower for eight months. Buckingham Palace officials said there were no grounds for the rumor of romance so far as they knew.

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Nine-foot Angels Trumpet Entry of Christmas

Angels, nine feet tall, lift their trumpets in front of New York's Rockefeller Centre as the Christmas season opens. Evergreen boughs and red, green and yellow illuminated plastic globes form a royal carpet down the centre, making a picture-postcard setting a reality.

Women's Institute Meetings

Hazelbrook W. I.
 The annual meeting of the Hazelbrook W. I. was held on Monday night, Nov. 8, at the home of Mrs. James and Mrs. Carl Wood. With the president presiding, meeting opened in the usual manner, and roll call was responded to by 12 members paying dues of 35 cents. One new member Mrs. Malcolm Hicks was welcomed. Minutes of last annual and regular meetings were approved as read. On motion all minor bills were moved to be paid. The T. B. delegates, Mrs. C. R. Jenkins and Mrs. Willard Pippy gave a brief report of the annual meeting. Some discussion was held on the leadership course and the president and secretary will attend if possible. It was also decided to remember shut-ins at Christmas and to purchase the organ for the school, which the music committee reports in good condition. Cod Liver Oil Capsules were also distributed for the children. The president gave a brief report and thanked the members for their endurance during the past year. The secretary and treasurer's reports were brief, but very encouraging, showing the total receipts outstanding compared with some years. Kind words of appreciation and gratitude were given last year's officers and the following were elected for the ensuing year: President, Mrs. C. R. Jenkins (re-elected); Vice-President, Mrs. Bruce Crane (re-elected); Secretary, Mrs. Henry Jones (re-elected); Treasurer, Mrs. Harold Carver (re-elected); Sick Committee (West) Mrs. Willard Pippy, (East) Mrs. M. Hicks; Buying Committee, Miss Louise MacLennan and Mrs. Emmett MacDonald (re-elected); Directors, Mrs. Earle Jones, Mrs. Carl Wood and Mrs. Alvin Myers. Auditors, Mrs. Kent Jones and Mrs. Perry Pippy.
 Roll call next meeting will be answered by paying 25 or 50 cents and the place is undecided. Meeting adjourned by singing the "Queen" and a tasty lunch was served by the hostess.

HAMILTON W.I.
 The December meeting of the Hamilton W.I. met at the home of Mrs. Wyman Clark. The president, Mrs. Alton Ramsay, presided and opened the meeting with Silent Night, followed by the Creed. Minutes of the last meeting were read and approved. Correspondence was read and discussed.
 A receipt from C.A.R.E. for money sent for food parcel was received. On motion, it was decided to send \$5 to the T.B. League. The following members were appointed to work with the executive in making the 1955 program: Mrs. Wendell Crozier, Mrs. Wyman Clark and Mrs. J. A. Ramsay. The sick committee reported sending three boxes. Money received from the pantry sale was reported.
 The shut-ins are to be remembered this year as usual, and the school children are to receive treats at Christmas. It was moved all bills be paid. Before the close

ANGLO RUSTICO W. I.
 The December meeting of Anglo Rustico W. I. met at the home of Mrs. Cyril Toombs, with the President, Mrs. Roland Buntain presiding. Roll call was answered by eight members and one visitor donating an article for the Auction Sale. At the request made to one of the members, it was decided to make a quilt. Plans were made for a treat for the children at the School closing with Mrs. Reid Stevenson and Mrs. Noel Hooper in charge.
 Mrs. Roland Buntain volunteered to send cards to the sick and shut-ins. Correspondence was read by the Secretary which included a letter from the Red Cross regarding First Aid Course. Also a letter from the T. B. League. It was decided to donate \$5.00 to the T. B. League. Another letter regarding plans for a doctor to locate in a near by district was discussed. Seven members subscribed for the "Institute News" for the following year.
 Reports were heard from the committees and new committees appointed as follows: Sick, Mrs. R. Stevenson and Mrs. N. Hooper; Program, Mrs. S. Parkman and Mrs. N. Hooper; School, Mrs. R. Stevenson; Lunch, Mrs. E. Rollings and Mrs. C. Toombs.
 Mrs. Stewart Parkman invited the next meeting to her home. The business part of the meeting was closed by singing The Queen. An auction sale followed with Mrs. Ira Craswell as auctioneer. Lively bidding ensued, and the sum of \$3.25 was added to the funds. Mrs. Roland Buntain was in charge of the Program, and an interesting contest was enjoyed by all. Lunch was served by the committee in charge.

The Guardian Page 21
Monday, Dec. 20, 1954
Kelly's Cross C.W.L.

St. Joseph's sub-division of the Catholic Women's League held their December meeting on Sunday and as usual there was a good attendance of members. The Reverend Director, opened the meeting by repeating the League Prayer, followed by the roll call. The sub-division president, Mrs. Emmett McQuaid, occupied the chair. The minutes of the previous meeting were read by the recording secretary, Mrs. Clarence Curley.
 The correspondence was then discussed. It consisted of a letter from the convener of Social and Child Welfare in which she pointed out the many ways, that we as a provincially organized body of women might work towards this end. It was decided that a collection of "good used" clothing would get underway after the New Year for the Welfare Bureau and St. Vincent's Orphanage.
 A letter was passed around for reading from Miss Isobel McDonald, who was the diocesan representative for National Defence. In this letter she stressed the need and importance in the training along this line in order to reduce the effects of disaster whether such disaster comes from natural or man-made causes.
 An interesting letter was then read from Mrs. Lorne Noonan, convener of legislation and citizenship. The treasurer, Mrs. Ambrose Monaghan, gave a satisfactory report which showed a creditable sum made from the card parties and \$3.00 of this money was voted to the parish building fund. It was decided to purchase flowers for the Altar at Christmas. The meeting was then brought to a close by prayer.
 "Candle Ceremonial Service". Mrs. Harland Day representing India and Mrs. Keith Mayne representing Canada, each holding a candle presented this part of the program. The worship service was led by Mrs. Herman Mayne. Hymn 62, "The Shepherds Watched Their Flocks by Night" was sung. Followed with prayers by members. Offering was received amounting to \$4.85 during the singing of "Angels From The Realms of Glory."
 Roll call was answered by 10 members, one visitor was present. Members reported 18 sick, 13 Hospital calls. Correspondence was read and discussed. White gifts were brought to be sent to Port Worker in Halifax. Holiday bags amounted to \$12.00. Treasurer reported sending \$208.10 to Presbyterial Treasurer for 1954.
 December meeting will be held at the home of Mrs. Sutherland MacKay with Mrs. Crawford Sinclair in charge of Study period. The word "New" to be used for roll call. The following officers were elected for coming year: President, Mrs. Elmer Stewart; Vice-President, Mrs. Harland Day; Secretary, Mrs. Lindsay Sharpe; Treasurer, Mrs. Keith Mayne; Community Friendship Secretary, Mrs. Elmer Stewart; Supply Secretary, Mrs. H. Day; Christian Stewardship, Mrs. Sutherland MacKay; Literature Secretary, Mrs. Leeland Mayne.
 Meeting closed by singing hymn 47, "O Come All Ye Faithful." Followed by Benediction.

Death In Moncton Of Island Woman

The citizens of Central Beauce and vicinity were saddened to hear of the passing of Mrs. Smith Sherron who died at the Moncton General Hospital on Sunday, December 12.
 She had left her home in Central Beauce a short time previous to spend the Winter months with her daughter, Peggy in Moncton. She only lived a short time after undergoing a serious operation. Her funeral was held from the United Baptist church Central Beauce on Wednesday afternoon at 2 p.m. and was largely attended. Many relatives and friends coming from Crapaud.
 Rev. Charles Britten conducted the service. His address was based on the Text: 1st Samuel 20th Chapter, 18th verse "And Thou Shalt Be Missed". He referred to the energetic work of the deceased in community welfare which will be greatly missed in the district. The music was under the direction of the organist, Mrs. Howard Schurman. Hymns sung were: "What A Friend We Have In Jesus", "Nearer My God To Thee", and "Abide With Me."
 Pallbearers were: Messrs. Ivan Dawson, John Green, Otto Doull, Ellis Webster, Walter Hogg, and George Smith of Moncton. Interment in Central Beauce Baptist cemetery. The many floral offerings were expressive of the high

SOUTH WINSLOE W. M. S.
 The W. M. S. of South Winsloe United Church met at the home of Mrs. A. B. Sellar on December 9, with Mrs. Archie Auld as devotion leader. Mrs. Auld followed the program in the Missionary Monthly with all members taking part in readings and prayers. Christmas hymns were sung in keeping with the Christmas season.
 The business portion of the meeting was presided over by Mrs. Earle Rodd. There were ten members and one visitor present. Minutes of the last annual monthly meetings were read and approved. The treasurer's report was received with great satisfaction. Reports on Mission Band and Baby Band work were very encouraging.
 Correspondence was read concerning Presbyterial, Literature supply, and World Day of prayer and partly decided upon.
 Mrs. Erith Hughes talked about the bookshelf and passed out books to several members. She also agreed to take charge of the Study Book. Mrs. Hardy was appointed to the chair for the election of officers which resulted in all being re-elected with the exception of the secretary.
 Mrs. Dan Coles is to be devotional leader for the next meeting to be held at Mrs. Orville Turner's. Roll call to be answered with word "faith". Mrs. Erith Hughes is to have prayer for the newly appointed missionary. It was decided to start all meetings at eight o'clock. The members were asked to have their Christmas cards in the hands of the secretary by December 27th. Meeting closed with the Mizpah Benediction. A delicious lunch was served by the hostess assisted by Mrs. Erith Hughes and a social half-hour spent.

SUMMERFIELD W. M. S.
 The annual meeting of the Summerfield Women's Missionary Society met on Thursday evening, Dec. 9, at the home of Mrs. Keith Mayne, the vice-president. Mrs. Harland Day presided.
 The meeting opened with a

ALICE BROOKS DESIGNS
EASY TO CROCHET

Skirt of the season! Rows and rows of crazy shell stitches — baby shells at the waist grow bigger and bigger toward the hem! It's the stitch you love — easy to do!
 Crochet Pattern 7190: Misses' Waist Sizes 20-22; 24-26; 28-30 inches included. Matching stole.
 Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.
 Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalogue — 32 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

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PATENT CHIEF RETIRES
 OTTAWA (CP)—Arthur C. Halferdahl, 64, chief patents officer of the National Research Council, is retiring. He joined the council in 1926 where he worked on various problems. He became a patent officer in 1937.

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MILK, 6 cans	87c
SUGAR, 10 lbs.	83c
ICING SUGAR, 2 lbs.	19c
SEEDLESS BULK RAISINS, 2 for	35c
BULK DATES, 2 pkgs. for	29c
RADIO PEAS, 2 tins for	39c
CORN, 2 tins	35c
GLACE CHERRIES, 8 oz. pkg.	32c
GLACE FRUIT, 8 oz. pkg.	22c

MEATS

ROAST BEEF, lb.	45c
ROAST PORK, lb.	40c
CHICKEN, Grade "A", lb.	37c
GEESE, Grade "A", lb.	42c
DEVON SLICED BACON, lb.	55c
MAPLE LEAF SLICED BACON, lb.	59c

CANDY

POT OF GOLD, lb.	\$1.25
BARLEY TOYS and RIBBON CANDY, lb.	57c
SATIN MIX, 2 lbs.	59c
MIXED NUTS, 2 lbs.	85c

FRUIT

ORANGES, 2 doz.	69c
MacINTOSH APPLES, 1 doz.	45c
GRAPES, 2 lbs.	33c
GRAPEFRUIT, 4 for	27c

SALE BEGINS MONDAY, DEC. 20 AND CONTINUES UNTIL FRIDAY, 24th BOTH STORES OPEN WEDNESDAY AFTERNOON

Don't forget to get in on the Lucky Door Prize—
 1st Prize—ONE LARGE TURKEY.
 2nd Prize—ONE LARGE GOOSE.
 AT BOTH STORES.
 Drawing to take place Friday at 6 P.M.

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