



PRINCESS HAS A TOOTSY ACHE

Britannia's Princess Margaret eased her aching right foot from a snug white pump as she stands near paddock rail at English der-

KEEP IN TRIM

Sixty Year Old Reducer Sheds 100 Excess Pounds

By IDA JEAN KAIN
To some overweight, the thought of losing an excess 25 or 30 pounds looms as an overwhelming task. They are defeated by their gloomy outlook before they even start. On the other hand, there are overweight women who get firmly set on a slimming course and successfully reach normal weight. The answer lies in attitude.
Today's letter is proof that one's attitude toward reducing is far more important than the number of pounds to be lost.
"I'm one of the many who read your column, reduce and say nothing about it. I'm 60 years old and have lost 100 excess pounds over the last few years. I still

need to pull off some 10 or 15 pounds, but mostly want to stay slim...if you would call me slim! I'm 5'6" and weigh 160.
HUSBAND NO HELP
"I must admit my husband was of little help in my dieting. He thinks dieting is crazy, and has the feeling that my surplus just fell away, I guess. Anyway, my weight loss was quite gradual and so was no great shock to him at any time.
"I'm pretty badly crippled up by arthritis, and so I can't do much about exercise. About all I can manage is to keep pulling up-and-in."
"Thanks so much for your help. I am enclosing three stamped addressed envelopes for three sets and the Stay Slim For A Lifetime

News Chronicle said "It may not have been regal, but it was very human." (AP Wirephoto)

Diet and the New Calorie Chart. The other two sets are for my daughters who are only a few pounds overweight, but they don't want to get fat!
Good for you! Aim at 150 pounds, which will be perfect for your height and build. By reducing gradually on balanced protective fare, without realizing it you have been "in training" for staying slim.
CLUE IS IN EATING
The clue to staying at normal weight lies in retraining your eating habits. It is for this very reason that quick losses from faddy diets are invariably temporary. With weight on healthy normal, stay with your basic eating pattern, and gradually add calories until you find the level at which your weight is stabilized. The trick is to cut fats to a minimum in cooking, for this automatically restricts calories.
You have done yourself a real favor healthwise by lightening the load. Your up-and-in routine not only improves posture, but actually provides continuous toning exercise.
Heartiest congratulations — and thanks for sharing!

MARY HAWORTH

Don't Rush The Children

Dear Mary Haworth: I would like to know how this situation sounds to an outsider.
I hold a professional job which brings in half the family income, and manage my home with the help of a maid. We have two fine children — healthy, intelligent, well-adjusted, morally sound, trustworthy, loving, with lots of interests.
The problem is, I find myself pushing the children almost constantly, to get them to do the things we all agree must be done. The struggle begins with my efforts to get them out of bed in the morning, and continues until I get them to bed at night.
My teenage daughter, a delightful child, isn't doing too well at school, to my great sorrow. I've taken to supervising her home work, and find she goes through the motions, but doesn't really learn because she isn't really trying. She is just doing a disagreeable task under pressure; and, after an evening of applying pressure, I am too exhausted, emotionally, to sleep.
TOUGH FOR ALL
The younger child is less of a problem; but this one, too, doesn't work to capacity. And school work isn't the only difficulty. It's getting them to take responsibility for their pets, hang up their clothes in the bathroom and living room, and so on.
It can't be good for the children to be prodded constantly, even if the prodding were effective. And the strain is beginning to tell on me. My husband and I are hard workers; we have to be and we like to be; but I am exhausted from carrying too heavy a load.
What do you suggest? Both children have high IQ's. G.S.
EMOTIONAL FIT
Dear G.S.: The fact that you go to bed too exhausted, emotionally, to sleep, after an evening of putting pressure on Carla, let's call her, shows that you are fighting each other. She has a placid, easy-going disposition, you say; but, even so, she is unconsciously striking against your "handing" of her, from A to Z.
The problem I see, basically, is that you have always (unconsciously) rejected the children emotionally — as a department of re-

Women

Lena Caroline McLure, Women's Editor, Phone 8508

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HAPPENINGS

Mr. Justice Mark R. MacGuigan and Mrs. MacGuigan returned this week from Toronto where they had the pleasure of seeing their son receive his doctorate in philosophy at the convocation of the university. Dr. Mark will spend a holiday on the island next month.

Mrs. Frank C. Dalziel of 96 1/2 Elm Avenue, Charlottetown, left Monday June third on an extended visit to her son, Constable Frank C. Dalziel, Mrs. Dalziel and grandsons Frank and Michael of Nanaimo, B.C. Constable Dalziel is a member of the R.C.M.P. of that city. En route home Mrs. Dalziel will visit her daughter Mrs. Robert McBrearty of Murdochville, P.Q.

The hostesses at the Charlottetown Golf Club this Saturday afternoon are the following: Mrs. J. Malloy, Mrs. D. H. Saunders, Mrs. A. S. Weir, Mrs. E. C. Baker, Mrs. W. G. Barbour, Mrs. W. A. Beer, Mrs. F. M. Cannon.

Mr. and Mrs. Donald Adams and Mr. and Mrs. Ben Champion, Summerside, have returned home from a motor trip to Boston.

Mrs. Keith Pickard entertained friends at bridge on Monday evening.

The tea hostesses at the Summerside Golf and Country Club on Saturday, June 8, will be Mrs. Norma Sutherland (convener), and assisting serving, Mrs. Walter Callbeck, Mrs. Blanche MacPherson, Mrs. Kay McIver, Mrs. Evelyn

MacAlpine and Miss Blanche Hogg.

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Mr. and Mrs. Ernest Walker, Summerside, are in Sackville, today attending the wedding of their son, Mr. Neil Walker to Miss Norma Sault of Sackville. They were accompanied by Mr. and Mrs. John Walker, and Mrs. T. D. Caruthers.

Mr. and Mrs. William Lawson, Siemon Park, left recently for a month's holiday at their summer home in Silver Lake, Ontario.

Mrs. Clarence Mercer presided over the closing meeting of the Beta Chapter of the Beta Sigma Phi on Wednesday evening at the home of Mrs. E. R. Jones. After the routine business Mrs. Beatrice Bowman gave a humorous talk on "Oratory." Lunch was served by the hostess, followed by the closing ritual.

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Commemorate Suffragette And Prohibition Advocate

OWEN SOUND, Ont. (CP)—A memorial to Nellie McClung, noted feminist and author, will be unveiled June 8 on the farm near here where she was born in 1873. The memorial has been erected by the Women's Institute of Grey County.

Her journalist granddaughter, Nellie Lillian McClung of Edmonton, will officiate at the unveiling, which will take place at 10 a.m. on the farm near here where she was born in 1873. The memorial has been erected by the Women's Institute of Grey County.

Her name was among those of five women inscribed on a plaque at the entrance to the Senate Chamber in Ottawa, unveiled in 1938 by the late Prime Minister Mackenzie King in honor of women who had fought for woman's suffrage.

IMPASSANT POSTS
Mrs. McClung became the first woman to be named to the CBC board of governors and was Canada's only woman representative to the League of Nations in 1928.

Youngest of six children of Irish-born John Mooney and his Scottish wife, she was born in a log house at Chatsworth. The family moved to Western Canada when she was seven.

It was at Manitou, Man., that she became interested in the suffrage question and after her marriage to Robert McClung moved to Winnipeg where she helped to form the political equality league, the campaign for prohibition, one of the issues that brought about the defeat of Sir Rodmond Roblin's Conservative government in Manitoba in 1914. Two years later she was granted Manitoba women the vote, four years before passage of the Dominion Franchise Act establishing uniform suffrage in federal elections for men and women.

Newspapers frequently referred to Mrs. McClung as "Mrs. Western Canada." At the height of her

fight against liquor the old Winnipeg Telegram dubbed her "Cannibals' Nemesis."
In 1921, Mrs. McClung was elected to the Alberta legislature as a Liberal and held the seat until 1926.

The memorial to be unveiled by her granddaughter is made of native stone. Its bronze plaque is the gift of the Canadian government through the historic sites and monuments board. It bears the inscription "Nellie Mooney McClung—lecturer, teacher and writer—ardent advocate of women's rights in Canada—author of Sowing Seeds in Daring and other works—born at Chatsworth 20th October 1873—died in Victoria, B.C. 1st September, 1951.

Victoria (CP)—The 36 poles lying on a beach in the Queen Charlotte Islands have been there for 100 years, and are decayed and weatherbeaten. But Wilson Duff, British Columbia anthropologist, believes they are priceless.

They are the last of the Haida Indian totem poles, relics of a thriving village, long since disappeared, on the barren islands 500 miles northwest of here.

Of the 36 poles, only 15 can be salvaged. They are almost covered with forest growth.

But, says anthropologist Duff: "We think of them as works of art. They are crests of certain clans, but that's part of the story we'll never know, because there's nobody left to tell us."

Vanished Village
The poles belong to the few remaining descendants of what was once a village of Ninastins.

Ninastins was once a thriving village of perhaps 400 people," says Mr. Duff. "Smallpox and gunpowder, introduced by the white man, contributed to the dec-

imation of the population. By the 1880s only a small number were left, and they moved to Skidegate.

Skidegate is a village on the east coast of Graham Island in the Queen Charlotte Islands.

Although the poles are termed "priceless" the descendants of the Haida village won't benefit much by owning them.

"A token payment is being made to them in recognition of their ownership," said Mr. Duff. "The Skidegate band council has agreed to decide on the claims of ownership."

But while the poles must be brought indoors to preserve them there is no space to display them in the provincial museum here. British Columbia already has a wealth of historic treasures gathering dust in basements and attics.

The plan therefore is to cut them into 12-foot lengths and ship them in sections either to Victoria or Vancouver, in the hope that some day a proper display space will be provided.

ELMWOOD W. I.
The May meeting of Elmwood W. I. was held at the home of Mrs. Joseph Tierney on Friday, June 7, with a full attendance of members and four visitors present.

The meeting opened by singing the Institute Ode, followed by the Mary Stewart collect in unison. The minutes of the last meeting were read by the secretary, Mrs. Stanley Colwell which were approved and signed.

Communications consisted of a letter from the Red Cross thanking for the contributions received.

Members were reminded that the district convention will be held in Kingston, Ont., Friday, June 21. This institute is to take charge of the memorial service, commemorating the memory of all deceased members of the surrounding districts including one Elmwood member.

The Polio Post and Institute news were distributed among the members. Mrs. Eugene McQuillan kindly invited the members to her home for the next meeting when roll call will be answered with an article for the white elephant sale, not exceeding fifty cents.

Mrs. Joseph Tierney was appointed to take charge of the program at the June meeting. Collection for the evening was eighty cents. A "ring toss contest" conducted by Miss Emma Costello, was won by Mrs. Stanley Colwell.

The meeting closed by singing the Queen after which a dainty lunch was served by the hostess assisted by Mrs. G. Tierney and Miss L. Trainor.

MARY MILLER EVENING AUXILIARY
The Mary Miller Evening Auxiliary of Trinity United Church, Charlottetown, held their June meeting on Monday evening, June 3rd, in the West Parlour with 28 members and several visitors present.

The worship service was in charge of Mrs. Stanley Thompson and Mrs. Gordon Holmes, the theme, Christian Citizenship.

After the opening hymn Mrs. Thompson led in a very interesting and practical meditation on Christian Service. Mrs. Holmes read appropriate scripture readings throughout the discussion. Mrs. Thompson led in prayer. Mrs. Holmes, Christian Citizenship Secretary, had an interesting quiz on Canada. Two interesting films were shown. Mrs. K. Kennedy presided over the business part of the meeting.

It was decided to have a picnic meeting at Stanhope on Saturday, July 6th. Meeting closed with the Mizpah Benediction.

NORTH GRANVILLE
The Women's Missionary Society met on May 8 at the home of Mrs. Percy Howatt with 7 members present.

The worship period was led by Mrs. Stafford Coles. The theme singing Hymn No. 519. The scripture reading was taken from Matt. 23:31-46 and read by Mrs. Walter Parsons. Prayers were given in response by leader and members.

The study of the worship was a Trans Canada tour with the members taking part. First country was Vancouver and Stevenson B. C. by Mrs. Dunning, second File Hills, Saskatchewan "Widening our World" by Mrs. Orville Taylor, third Gypsumville, Manitoba, north-

ELLEN'S DIARY

Row With Nearest Oar— That Is Granny's Maxim

"That's my favorite motto — or at least it's one of them" — a housewife corrected herself with a smile the other day when we stopped to read the words on a card tucked tacked above her chair. "You see," she chuckled, "celebrities have something to go by — quotes tucked into their mirrors or hanging above a desk, so why have I been "in training" for staying slim."

But we move only a day's march at a time. Sir William Osler, renowned Canadian physician, teacher and writer believed in the wisdom of living one day at a time — "day-light compartments" he called it. He kept this "Salutation to the Dawn" by Kalidasa the Hindu dramatist and poet, on his desk: "Look to this day! For it is life, the very life of life. In its brief course Lie all the verities and realities of your existence; The bliss of growth, The glory of action, The splendor of beauty, For yesterday is but a dream And tomorrow is only a vision, But today well lived makes every yesterday a dream of happiness And every tomorrow a vision of hope. Look well therefore to this day! Such is the salutation of the Goodnight. . . ."

Until Monday — — — Diary — Goodnight. . . .

MORNING SMILE
There must be a lot of good in some people, when you consider how little has ever come out of them.

CAIRO (Reuters)—Official permission for British aircraft to land on Egyptian airfields will be granted within a few days after completion of certain formalities, an authoritative source in the Egyptian finance ministry said Wednesday.

GREENVALE W. I.
The members of Greenvale W.I. met at the home of Mrs. Gertrude Weeks on May 7th. The president, Mrs. Douglas Wayne, presided. Ninety members responded to Roll call, which was answered by paying according to shoe size.

The minutes of last meeting were read and approved. Further plans were made for sponsoring a play. It was reported that the Correspondence was read and bills for the school amounting to \$142 were paid. The collection amounted to \$66.

Mrs. Carew and Mrs. Sterling MacRae agreed to take charge of the program for the June meeting. The program for the June meeting, which is to be held at the home of Mrs. B. Wonnacott. Roll call will be answered by an exchange of flower slips.

The meeting was brought to a close by singing God Save the Queen. A delicious lunch was served by the hostess.

MT. RYAN C.W.I.
The regular meeting of the Sacred Heart sub-division C.W.I. Mt. Ryan was held in the Church vestry with an attendance of ten members. The director Rev. T. P. Butler opened the meeting with prayer and the president, Mrs. Walter Walker presided. Minutes of last meeting were read and approved. Prior to regular meeting, an executive meeting was held and the following conveners were appointed for the year: Spiritual—Mrs. Elmer Trainor; Education—Mrs. Dan-ay Currie; Citizenship, Mrs. Mar-

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Nice, come warm weather, to find dresses that are easy and comfortable yet look smart. Such is the fashion depicted here. It is a two-piece of navy crepe and consists of a hipbone-length middie and skirt. The top is backless, has a draped neckline, short sleeves and a yoke in front only, that is buttoned with two bow buttons. The skirt is pleated all around from a hip yoke that is encased in the figure.

CHILD'S GROWTH SLOW
And because you are a high-pressure domestic executive, operating at two — job speed, you've never become geared psychologically to keeping the child's pace of growth, as a wholehearted mother does. A child's growth is of necessity slow, uncertain and faltering while his personality is getting organized; and to be persistently "rushed," tends to leave him disorganized, vaguely defensive against all pressures, and without a sense of direction or purpose or self-confidence drive in life.

Perhaps this is an overly simplified interpretation of the difficulty — rather slanted in behalf of the children's need of better understanding, and more creative handling. But, in any case, you've got to have first-hand advisory help, in getting on the right track, for the sake of all, but you crack up. And in the city through which you write, expert psychological help is available. M.H.

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



MISS DONALDA MacLEOD MR. JOSEPH BURDA

ENGAGEMENT ANNOUNCED

Mr. and Mrs. Donald Gordon MacLeod, Victoria, Prince Edward Island, announce the engagement of their daughter Donalda, to Mr. Joseph Burda of New York City.

The marriage will take place in Trinity United Church, Charlottetown. The latter part of June. Photograph by Saks Fifth Avenue, New York City.

2nd. Vice-Pres., Mrs. Patricia Clarkin.
3rd. Vice Pres., Mrs. Louis Griffin.
Secretary, Mrs. Matthias Flood Treasurer, Mrs. Walter Coady.

After the installation of officers the newly elected president took the chair and conveners were appointed for the incoming year. A receipt was read acknowledging a donation to the Precious Blood Monastery and a thank-you note from one of the members for a treat received.

Plans were made for the annual Ham Supper to be held on May 29th. Ten members volunteered to clean the Hall on May 22nd, and the remaining members to give the church a general spring cleaning. The meeting was then adjourned with prayer.

ST. ANN'S C.W.L.
The annual meeting of St. Ann's Lot 65 sub-division was held on May 19th, with an attendance of thirty members.

The minutes of the last annual meeting were read, followed by the treasurer's report which showed a successful year financially as well as socially had been closed. The Rev. Director, Father MacCarthy then addressed the meeting thanking the executive and members for their support during the past year.

Mrs. Eugene MacQuillan was appointed chairman for the election of officers which resulted as follows: President, Mrs. Vincent MacCloskey. 1st. Vice Pres., Mrs. Blanche Trainor.

CAREER BARBERS - HAIRDRESSERS WANTED Learn these Trades at Trans-Canada Beauty Industries, Ltd. Moncton, N.B.

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ROTHESAY NEW BRUNSWICK

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PEEK FREAN'S PINEAPPLE SHORTIE

Shaped and marked like pineapple slices! Pineapple-flavoured with real imported Pineapple Fruit So different . . . so delicious



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PEEK FREAN'S Makers of Famous BISCUITS

8 OZ. PACKET 25¢

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SEA-TIME SHEATH FOR SUMMER PROMINENT DESIGNER

The flattering and famous Mandarin Sheath with a new approach! Designer Noel of Hawaii calls it a "sea-timer" — interpreting its slender lines for summer social occasions. Take your choice of two smart versions. Sew it as a dress in rich variety of silks and cottons. Or true island version, with deep slashes to reveal the tapered Oriental trousers. Noel's advice is to use a bright color for the trousers (as fashioned-minded women of Hawaii do). It's a sophisticated costume for poolside

lounging, boating, or entertaining on the patio. Printed Pattern M285 is available in Misses' Sizes 10, 12, 14, 16, and 18. Size 16 requires 2 1/2 yards 36-inch fabric; lounging trousers 2 1/4 yards contrast. Send ONE DOLLAR for Printed Pattern M285 to Charlottetown Guardian, Pattern Dept., 90 Front St. W., Toronto, Ont. Please print plainly YOUR NAME, ADDRESS AND SIZE.

Next week—Watch for a Prominent Designer Pattern by A. Gregory Original.