



NEW HAT

Success of the season is the hat of printed fabric, a natural companion to the monochrome dress. Every house has several versions and some of the nicest have been designed by the talented Adolpho de Emma who was one of the first to introduce the little hat of fine print. Here is one of the nicest seen so far, a neat little swager hat with a high, soft, fedorina crown and the popular up-turned rolling brim that moves down to a profile. The fabric is tafeta in a bold print of brush strokes of black and brown on white.

ELLEN'S DIARY

Ellen & James Discuss The Small Rural School

"Do you suppose there will come a day when our one-room school will be retired from the educational scene?" we asked James this evening, putting down the farm-paper we had been reading. "He had come in now from the last chorings of his day. "Oh, I don't know, Ellen," he replied hanging up cap and jacket in the recess behind the kitchen-door. "It's been there for quite a spell - since years before my time (my father attended it, and long long years ago my aunt taught there, and later my sister too), and it's still going strong! What makes you ask that?" "Well this farm-paper reckons that by 1966, Canada will need 46,000 more classrooms. And the chances are—it's probable, that will mean larger units. And where will the one-room school be retiring? Personally, James chuckled slipping off his work-boots "I don't remember ours as a particularly happy place! As a matter of fact to me it was anything else—though I guess that was no fault of the schoolroom itself. School-walls are confining wherever you find them. "But," we offered, "it helped rear you—the same as the home and the Church. And it taught you more than the three R's too! Pretty serious lessons sometimes! And in those days, perhaps not always for the best." "Aye," he nodded grimly. "When I think of it, some of my teachers were... well, they were 'sure' on discipline, that's for sure! There surely must be nicer generations of them nowadays, or the children wouldn't be so happy about going to their classes." "Yes, been so many changes," we've seen. But I don't believe we'll see the one-room rural school done

away with too soon—not in our time, Ellen. When winter-roads can be kept open, then there will likely be a swing toward consolidation of the rural districts into larger school units—for young and older. Whether or not it would be a good move—it's hard to say. Both have their good points. "This article," we said picking up the paper as he settled with his pipe in the old armchair "speaks out in favor of the district one-room school. It's the actual experience of parents who by choice settled in the country so that their son might enter classes in the schooling there. It proved to be a rewarding venture. One of the pleasing results was that his school-work improved. But that wasn't the only highlight of the change his mother notes. She says "In the country he finds each farm family different and exciting. He gets to know not only the children but the fathers and mothers. Instead of planning pie for the family supper, I can go to the corner store for a new comic or a coke, he is helping to find lost calves, or talking over the business of raising Angora rabbits with his pal, or shooting pigeons for pie for the family supper. I think he learns as much about the world and its people and how to know right from wrong, and how to achieve, on his way to and from school, as he does in the classroom itself. "Oh, there's no doubt about it, Ellen," James commented, "the small rural school does prove its worth in more ways than one." "It has its good points," we noted. "Until tomorrow - - - Diary - Goodnight."

DAILY PATTERN



by Alice Brooks

MOM-TO-BE! LOOK! Easy to make! Just two main pattern parts in this gay, cool maternity top! Make with trim one with embroidery; other with colorful rickrack. Pattern 7301: Maternity Misses' Sizes 12, 14, 16, 18, 20. Tissue pattern; transfer. State size. Send THIRTY-FIVE CENTS in coin for this pattern (stamps cannot be accepted) to Charlotteville Guardian, Household Arts Dept., 60 Front St., West, Toronto Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER AND SIZE in our FREE PATTERNS—printed in our ALICE BROOKS Needle-stunning designs for yourself, for your home—just for you, our readers! Dozens of other designs to order—all easy, fascinating hand-work! Send 25 cents for your copy of this wonderful book right away!

MARY HAWORTH

Why Do Wives Magnify Faults

DEAR MARY HAWORTH—The more I read your column, the more I tend to minimize my marital troubles. Your review of really big difficulties sheds light on my small trials and melts them into insignificance. However, there are some persons who write to you, to magnify a simple fault in their spouse and view it as a catastrophe. Why will women take their husbands and tear them apart? It is so difficult to see and appreciate their good qualities? Do these critics expect perfection? If so, they never will be happy, because they themselves aren't perfect, being human—and like attracts like, you know. I love my husband in spite of his faults, and I truly think he feels the same about me. Sincerely, —K.Y. PHARISEE AIR DEAR K.Y.—An interesting commentary. But may I say, it is entirely possible that your husband's faults aren't very major; and he may be magnifying in bearing with yours. Thus possibly you don't deserve any special credit for feeling thankful problem-free, as compared to women who ventilate their difficulties here—large or small, as the case may be. So take care that you don't slip into a self righteous, self-satisfied superior bias, when taking stock of less fortunate creatures—who aren't as lucky, or as comfortable in their home life, as you. You say in effect that you've grown by reading these discussions; you've acquired insight and perspective, and a way of thinking, that makes your trials manageable. Well, as a matter of fact, we purposely try to illuminate the general area of human relationships in which the specific problem occurs. We hope by this means to help the individual who writes; and at the same time indicate to others how to get out, or stay out, of similar trouble. M.H. HAVE ARGUMENT DEAR MARY HAWORTH—We boys (three to 11 & 2 & 2 students) were arguing recently, as to

THE EXPERTS SAY

More Canadian Products Win Insignia Of Design Awards

By CAROLYN WILLETT Canadian Press Staff Writer OTTAWA (CP) — Well - designed Canadian products—56 of them—now are wearing black and gold cardboard tags, insignia of the 1957 Design Awards. Pots and pans, furniture, toys and even a step-ladder are among the items displayed in the Design Centre's showroom here. The items, examples of excellence in form, function and originality and of good value, will eventually be shown in other Canadian centres. This is the sixth year the National Industrial Design Council, an extension of the National Gallery, has sponsored design awards. Design expert Norman Hay, the centre's acting director, says the aim of the awards is to promote better design in consumer products and to encourage manufacturers to use the talents of Canadian designers. The award tags are also trustworthy guides for design-conscious shoppers. Those who designed the award-winning items and the experts who selected the winners considered each item in terms of appearance and go to taste. Judges selected items suitable and efficient for their function or purpose. For instance, tea pots that represent a little girl watering flowers are out. Some items represent a designer's basic improvement on traditional design. Others are considered good values because of their price, simplicity and usefulness. Only eight of the 56 winning items are of foreign design, Mr. Hay said. Pointing to an eye-catching occasional arm chair, he added that numerous articles were designed by immigrants who now are contributing their talents to Canadian designs. PLEASING FURNITURE "The furniture generally pleases me," he said. "It's refined, clean, has some sophistication and would stand out in any international exhibition." Among the Designs Award "firsts is a series of saucers, made in Canada to combine the qualities of aluminum and stainless steel for the first time in kitchenware history. The saucers have aluminum bottoms for better heat diffusion and stainless steel lids for long wear and stain resistance. There's a do-it-yourself furniture kit for girls, made of sturdy polished birch with pieces easily pulled apart or put together. Another design is a new power mower with handle - controlled speeds and refrigerators and stoves, visitors find a solid-looking stepladder. The stepladder isn't as comfortable as the award-winning Stratford Festival folding chair with a foam rubber back and seat. But the ladder has ingeniously arranged hinges that slide and adjust when it's placed on rough or uneven ground so the climber can avoid slips.

LET'S EAT

Balanced Diet Is Best To Insure Dental Health

By IDA BAILEY ALLEN A HIGH SPOT in our visit to Wenatchee was the viewing of a new film, Gateway to Health, in the comfortable air of our host, Harold Coppel, Managing Director of the Washington State Apple Commission. This film is available for showing at clubs and schools. HEALTHFUL DIET It deals with good dental health, which stems from a healthy body which, in turn, is dependent largely on a healthful diet. Why be a dental cripple when this misfortune can largely be prevented? Babyhood is the time to start a balanced diet including an abundance of fresh fruits and vegetables, plus plenty of water, fresh air and exercise, works wonders. From age two on, children need dental supervision. And they must be taught to brush their teeth regularly, morning and night. TEETH NEED EXERCISE The teeth are as much a part of the body structure as the hands or feet and receive their nourishment from the blood stream. They also need exercise—plenty of chewing and masticating. A soft diet is not recommended for strong, healthy teeth. After eating starchy or sticky foods it's a good plan to eat crisp fruit, such as an apple. This cleans the surface of the teeth, makes the saliva flow and helps to protect the teeth from decay. MONDAY OVEN-DINNER Hot or Cold Tomato Juice Celery and Carrot Sticks Ham Slices Peanut Squash Baked Potatoes Baked Squash Apple Whip on Apples or Apples and Cheese Coffee Tea Milk All measurements are level; recipes proportioned to serve 4-6. Ham, 1 slice. Peanut-baked: Spread one slice of ham on bread, tenderized ham lightly on one side with peanut butter. Place in an oiled 7" x 11" baking dish that can go to table. Pour in equal parts milk and water to barely cover. Bake 40-45 min. in a moderate oven, 350 degrees F., or until the liquid evaporates and the ham is lightly browned. APPLE WHIP 2 WAYS Apple Meringue Whip: Make about 30 min. before serving and refrigerate. Beat 2 egg whites until stiff. Stir in 1/2 c. sifted powdered sugar and 1 c. grated thin-skinned red apple. Continue to beat with a wire whisk until stiff. Use as a topping on soft custard, on sliced bananas flavored with lemon juice and a little sugar; on warm gingerbread or lapocia cream. Apple Cream Whip: Beat 1 c. (1 pt.) heavy cream until beginning to thicken. Then whip in 1 c. grated peeled apple, 1/2 tsp. lemon juice and 1/2 c. powdered sugar. Use to top mixed fruits, fruit shortcakes, warm or cold rice pudding, stoned stewed prunes or apricots, sliced spiced or chocolate cake, sponge or pound cake. TRICK OF THE CHEF Season mashed winter squash with a little honey and 1/2 tsp. crushed caraway seed browned in butter. SKEARLETON W. I. The March meeting of the Skearleton W.I. was held at the home of Mrs. Fred Platts. Meeting opened by singing the "Island Hymn" and the "Song of Peace" followed by Creed in union. Roll call was answered by each member giving an article for a grab bag auction. Minutes of last meeting were read and adopted. Correspondence was read and discussed. It was moved and seconded that we send \$3.00 to March of Dimes party. Sale committee reported \$2.80 realized at food sale held recently at Holman's. School and sick committees gave their reports and several bills were presented and paid. Tentative plans were made to buy 25 cases entombed cans from the can factory in Charlottetown, and to send a shipment of woolsens for blankets. Committees to take charge of these items are to be appointed at the April meeting. Several subscriptions were passed in to the Institute News. A letter was read from Mrs. Delaney inviting parents and visitors to attend "open house" at the school on Wednesday afternoon in recognition of Education week. After the sale of grab bags, two enjoyable contests were put on by Mrs. Fred MacQuarrie and Mrs. George Green. Next meeting will be held at the home of Mrs. Adelbert Palmer. Roll call to be answered with a house cleaning hint. The lunch hostess are Mrs. Nell Bradshaw and Mrs. F. Bell. Members were asked to mail parcel-post letters and the auction resulting from this to take place at the May meeting. A delicious lunch and "The Queen" brought the meeting to a close. BURTON W.I. Mrs. Colridge Rogers was hostess to Burton W.I. for their March meeting. The president, Mrs. C. Rogers, presided. Meeting opened with the Ode, followed by the Mary Stewart collection in union. Six members answered roll call. Minutes of last meeting were read also the treasurer's report. Correspondence was read and discussed. Committees gave their reports and new ones were appointed. Mrs. Stewart, school-Mrs. Mabel Grant; lunch-Mrs. Doris Trainer and Mrs. Sadie Grant; programme-Mrs. Peter Dalton; lunch-Mrs. Harold How-

COOK'S CORNER

THIMBLE COOKIES 1/2 cup butter 1/2 cup white sugar 1 egg yolk 1/2 tsp. vanilla 1/2 tsp. cream 1 cup flour Cream butter and sugar, add egg yolk, flavoring and flour. Roll in balls size of a walnut. Dip in egg white. Then roll in walnuts. Bake in cookie tin with lining. Bake 13 to 15 minutes at 350 degrees F. Place jelly in holes. FASTER DRY CLEANING SERVICE DUDMORE'S DRY CLEANERS 120 East St. Phone 6223

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8508

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HAPPENINGS

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KEEP IN TRIM

Dieters Think Alike—Eat Well And Control Weight

By IDA JEAN KAIN It's all too easy to put good intentions on a par with action. The toughest part of tackling a sizable weight problem is in making the decision to reduce. A whimsical "I wish I were thinner" won't do. It must be a firm determination to take action. Your letters prove that the strongest motivation comes from reading the success stories of former overweighters. Triumphant reducers speak from experience, and their words have a compelling force. You catch something of their exhilaration and this spurs you on. Once you get off to a good start, you are over the biggest hurdle. It appears that Eleanor, our Mystery Dieter, has served to stimulate other overweighters to get on the streamlining course. The first success report is from a New Jersey winner. She writes "I have been following your reports on the Mystery Dieter with particular interest, as I, too, began dieting on October 31st. "I have slimmed off 30 pounds since starting and now weigh 135 pounds. I am aiming for 130 which will be ideal weight for my frame. I would like some exercises for muscle tone. My measurements are bust 36 1/2, waist 26 1/2, hips 37 1/2. FINDS IT FUN "My friends tell me I look 10 years younger, and I do feel that way. Counting calories is fun once you make up your mind to do it. I have never felt hungry, nor have I 'cheated'. I am eating better food now than I ever did. "From your stories of Eleanor's trials and hard won triumphs, Eleanor could be me—it's funny how we dieters seem to feel the same way." Hurry for you! The best part of your story is that you appreciate the science of nutrition that makes it possible to eat well and control weight, and that you have come to prefer this pattern of eating. Perhaps, without even being aware of it, you have changed the way you think about food, and so you will not have difficulty keeping weight normal. You are on the right course, too, by aiming to tone the big figure controlling muscles. Well toned muscles discourage a return of fat. Make exercise a daily part of your habit pattern, and you will stay beautifully slim. Thank you, Dorothy, for sharing.

Perinatal Committee Saves Many Alberta Babies' Lives

EDMONTON (CP)—Some credit for the fact that Alberta's infant mortality rate is decreasing as the number of births increases must go to a committee which has been operating since 1954, says Dr. J. Ross Vant, professor of obstetrics and gynaecology at the University of Alberta. The committee was set up by the College of Physicians and Surgeons in agreement with the health minister, and a federal-provincial grant was provided to assist it. Dr. Vant said that in any campaign to reduce maternal and infant mortality, the education programs for childbirth are "insignificant beside the necessity for the exacting prenatal care given by the doctor in his office to the patient." It is called the "perinatal mortality committee," the word perinatal being explained by Dr. Vant as a composite which embraces the deaths of babies before or during birth and during the first seven days after birth. The committee is composed of two obstetricians and two pediatricians from Edmonton and Calgary. Through the grant, it is able to employ a trained obstetric nurse as executive secretary, and office assistance. "In this way, we are able to review all of the perinatal deaths occurring in Alberta," Dr. Vant says. In Alberta, 100 hospitals take maternity patients. In 10 of these there is a local committee, which reviews the deaths, classifies them according to cause, and in so doing tries to place responsibility where it belongs. In the other 90 hospitals, each doctor is asked to send the perinatal form to the central committee. All the forms are reviewed carefully once a month. Finally, they are classified and indexed. "This has done two things," says Dr. Vant. "It has made the doctors in the province keenly aware of the possibility of any circumstance which may be a part in causing the death of a baby and to some degree it has made persons aware of the need of consulting the doctor and placing one's self in his care."

PROVES VALUE "That this committee has already proved its worth is evident by the fact that in 1955 there were 1,000 more births than in 1954 while there were 70 less perinatal deaths. "Our results in 1956, while not complete, show that in spite of an increasing total number of births, our perinatal rate is dropping proportionately. "We are finding, as well, that the hospitals are co-operating

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