



ENVOY AND WIFE

E. Herbert Norman, Canadian ambassador to Egypt whose death in Cairo was described by police as suicide, is shown here with his wife. Police said the ambassador labelled as a former Communist

ELLEN'S DIARY

Alderlea Has A Day Of Minor Catastrophes

This was a day which gave our farmers some spells of concern. Not that it was not one of the best of all days, sunny and blue-skied, with the sun and warm wind winking away in spring-streamlets some of the white leavings of winter. But it was as James declared at supper "a delaying day at the farm-work."

DAILY PATTERN



Quick color for your kitchen! In a gay, modern gingham effect! Do them in natural colors, on kitchen or guest towels. Pattern 7228: Transfer of 6 motifs 6 1/2 x 6 1/2 inches; directions, Cross-stitch in fast, fun to do! Send THIRTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian Household Arts, Dept., 50 Front St. W., Toronto, Ontario. Print plainly, NAME, ADDRESS, PATTERN NUMBER. Two FREE patterns - printed in our ALICE BROOKS Needlecraft book - stunning designs for you, all 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!

French Countess Will Be Hostess To The Queen

By NADEANE WALKER PARIS (AP) - A tall, blonde mother of four children will be hostess for Queen Elizabeth when she visits France next week. The French government's choice, 35-year-old Countess Jacqueline de Crouy-Chanel, is the wife of a French undersecretary of state for foreign affairs and daughter of a friend of President Rene Coty. Someone like the countess was needed because the French president is a widower. She will meet the Queen at Orly Airport, sit in her box at the opera and attend her at every step on her visit, ready to do whatever is required.

KEEP IN TRIM

Everyday Movements Need Correct Posture

By IDA JEAN KAIN Posture correction can't lead to glamour or smooth efficiency unless it is carried out into everyday movement. As long as we stand, walk, sit, work and move daily, why not get the knack of making everyday movements beautiful? Once the correct way becomes habit, it's natural and requires no special effort. In walking beautifully, the principal rule is to keep upper legs close together and toes pointing straight ahead, with feet not more than one or two inches apart (this refers to width of stance for foot placement, not length of stride). This insures a smooth, balanced walk without exaggerated emphasis. Models walk on a single line of tread, one foot placed directly in front of the other, which is apt to appear theatrical. The one or two inches apart rule is more natural, yet prevents any side-to-side movement. By the way, keep knees easy. DON'T BEND OVER There is a right and wrong way to bend, too—bend down, don't bend over. To pick something up from the floor, bend your knees, not your back. In lifting, let the powerful thigh muscles do the work, keeping the back straight. Never put your back into

LET'S EAT

Unhealthy Eating Habits Make Trouble For Women

By IDA BAILEY ALLEN "Dietary problems seem to be more prevalent among women than men," remarked the Chef. "Why does this condition exist, Madame?" "There are several reasons," I replied. "In the morning women prepare breakfast, struggle to get the family up in time to eat it and get everyone off to a good start. By this time household matters need attention, so they often settle for a gulp of juice, a bite or two of toast and a cup of coffee. "Mid-morning they have more coffee, warmed over, and perhaps a piece of cake. Noon often finds them snacking leftovers beside the kitchen sink. By dinnertime, they are 'too tired to eat' enough to make up for this day's deficiencies. "Whose fault is this, Madame?" he asked. "The housewife's fault. "It's usually the housewife's own fault, Chef. She won't take time to eat. Most homemakers won't or don't realize that their efficiency, good humor, poise and usefulness to their family and community depend to a considerable extent on their daily diet. They plan for everyone except themselves. "Groups of essential foods are only too often eaten in small quantities or omitted. Good meals need for a balanced diet these snatched meals are more meat or fish, milk, eggs, and vitamin-rich fruits and vegetables. All of them are available, easy to prepare, and rich in nutrients. TOMORROW'S DINNER Salad of Grapefruit-Water Dressing Raised Pork Chops Braised Potatoes-Onions and Green Lima Baked Maple Apples Glace Coffee Tea Milk All measurements are level. Recipes proportioned to serve 4 to 6. Braised Pork Chops: Remove excess fat from the edges of 6 large pork chops. Dust all over with pepper and onion salt. Oil a frying pan with fat removed from the chops. Brown the chops in this. Add 1 c. boiling water and 1 beef bouillon cube, 6 halved, peeled small whole onions, Cover. Simmer 40 min., or until chops and vegetables are fork-tender. After 25 min. add 1 pkg. frozen green lima (thawed) and finish cooking. Overlap the chops on a large platter. Garnish with vegetables. Baked Maple Apples: Glace: Wash 8 cooking apples and core. Peel. Remove 1-3 of the skin. Fill the centres with a mixture of equal parts chopped nuts and cookie or cake crumbs. Add 1/4 c. water and 1/4 c. blended maple syrup. Spoon 1/4 c. extra syrup over the apples. Dot each with 1/2 tsp. butter or margarine. Cover. Bake 45 min. in a moderate oven, 375 degrees F., or until fork-tender. Uncover. Spoon the syrup in the dish over the apples. To form a glaze, finish in a hot oven, 425 degrees F., or under the broiler. Serve warm or cold, with or without cream or ice cream.

ATTRACTIVE



Gray rayon crepe of fine quality is the fabric used for this good-looking dress and jacket. Fashioned to the new fashion trend, the dress is a soft, sheath, the jacket a double-breasted blouson embellished with eight brass buttons. Note the interesting treatment of the lapels. BRITISH COMPOSER Michael Balfe, British musician who died in 1870, conducted the Drury Lane theatre orchestra at age 19.

Women

Lena Caroline McLure, Women's Editor, Phone 8500

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HAPPENINGS

The conference Committee of the Yarmouth Business and Professional Women's Club have announced that Miss Helen Yeo of Prince of Wales College will be the guest speaker at the Saturday evening dinner at the Provincial Conference to be held in Yarmouth in October, Thanksgiving weekend. Mrs. W. H. V. Dunbar also expects to be in attendance at the Conference. Mr. and Mrs. R. C. Parent had as their guest for the weekend Miss Katharine MacLennan, R.N. Miss MacLennan arrived by plane Friday to attend the funeral of the late Dr. P. A. Creelman. Miss Bessie Beer has gone to Florida for a holiday. Miss Mary Newsom is planning to spend Easter in New York.

Paris Ends Preparations With Calm Efficiency

By EDGAR SIMON Canadian Press Staff Writer LONDON (CP)—The Queen, a French naval officer told a press conference, has chosen a "dangerous" time to visit Paris. He explained that it may possibly rain. And what has perturbed the women's magazine, Elle, is that the schedule for next week's state visit by the Queen and the Duke of Edinburgh will be too crowded to permit much time for shopping. It helpfully offers a page picturing knickknacks she can pick up close to the Chateau de Versailles, where she will be staying. Aside from these and similar preoccupations, the French capital appears to be rounding off its preparations for the arrival of the royal visitors Monday with calm efficiency. The most spectacular public function is a scheduled barge trip up the Seine Tuesday evening during which an expected 120,000 Parisians will see the Queen and the duke on a raised and glassed-in observation platform at the stern of the vessel. The royal party will be greeted in turn by floodlit pageants on the river bank, fireworks and a water-jet salute from the Paris fire brigade. President Coty, members of the

The Search For Why's And Wherefore's Attracts Women

OTTAWA (CP)—The challenge to wider knowledge leads women as well as men to scientific professions. Perhaps more than any other field, science offers a constant search for "why's and wherefore's" through experiment and exploration—at least that's the consensus of Canadian women who responded to a survey of women's occupations by the Women's Bureau of the federal labor department. Fifty-seven of 1,000 members of the Canadian Federation of University Women who replied to the bureau's questionnaires were in scientific occupations. Results of the survey, published monthly in the department's *Labour Gazette*, also include studies of teaching, nursing and other professions. SEEKING KNOWLEDGE Marion Royce, bureau director, said the purpose of the survey was to gather "authentic reflections" on the reasons why women choose their work. For women in science—laboratory technicians, chemists, bacteriologists, biologists and chemists—physiologists and physicists—one reason was general. "The inquisitive turn of mind of people who delight in hunting

TEN MILE HOUSE

The monthly meeting of the Ten Mile House W.L. was held at the home of Mrs. Edward Fitzpatrick, with an attendance of eight members. The meeting opened with the Institute Ode, followed by the Mary Stewart Collect in unison. Minutes of last meeting were approved as read. Correspondence was read and discussed. Sick committee was heard from and reported one sick call. School committee reported that paper towels, toilet tissue and toilet soap are needed for school. Statement of Treasurer showed a net proceed of \$30.25 from lottery, the winners of same being as follows: 1st prize, all wool blanket, won by Mr. James McInnis; 2nd prize, fruit cake, won by Master Paul McInnis; 3rd prize box of chocolates, won by Master Danny O'Connell. A card of thanks from Mrs. Leo Mullen for treat received was read. A get well card is to be sent to one of the members. Auction of patches then took place, proceeds amounting to \$4.15. Articles played for at meeting by men present netted a profit of \$3.03. It was moved and seconded that \$2.00 be sent to the Easter Seal Campaign. It was decided that the Institute members prepare a box of clothing for the Social Welfare. There is to be a card party in aid of the school at the home of Mrs. John Fitzpatrick on Thursday evening, April 25th. The meeting closed with the singing of the "Queen." Mrs. Fitzpatrick served a delicious lunch to all the members and friends present. The May meeting is to be held at the home of Mrs. George Hennessey. All the members and friends are kindly invited to attend.

COOK'S CORNER

CHOCOLATE MARSHMALLOW SQUARES 1 large pkg. Baker's Dot chocolate 1 can Eagle Brand condensed milk (sweet) 30 marshmallows 1/4 cup broken walnuts 10 single graham wafers Melt chocolate and add milk. (Mix well). Cut up marshmallows and walnuts. Crush walnuts on buttered pan 8x8. Place half on the bottom of pan. Add chocolate mixture, then sprinkle remainder of crushed walnuts on top.

Nurse-Editor Puts Magazine In Forefront Of Its Class

By CAROLYN WILLET Canadian Press Staff Writer OTTAWA (CP) - Nurse Margaret Kerr of Montreal, editor of the Canadian Nurses' Association monthly journal, makes no bones about how she got her job. "I was talked into it... and it took a year of talking," says the jovial, blue-eyed native of Vancouver who has been at the helm of The Canadian Nurse for 13 years. The former public health nurse and teacher "learned on the job." "I knew I could teach, but I didn't know whether I could run a journal... now I know I can." Miss Kerr said during a visit to CNA headquarters here. TEACHING HELPED The tall woman with short-cropped grey hair said in an interview her teaching experience at the University of British Columbia and collaboration on a teaching textbook helped in her new editing job. With assistant Jean MacGregor of Moose Creek, Ont., she turns out regular 88-page editions of the professional journal founded 52 years ago by a handful of Toronto nurses. Winnifred MacLean of Strathorne, N.S., and a six-member circulation staff get the magazine to nearly 36,000 subscribers in 79 countries. Issues carry pictures and professional articles written in both English and French. "We're not yet at the point where we can pay for articles," she says. The magazine became Bilingual in 1946. Since then Monreale Suzanne Giroux of the Quebec Nurses' Association has written or translated all the French-language stories. STARTED IN 1944 The magazine's circulation was about 5,500 when Miss Kerr took over in 1944. Proud of the fact that The Canadian Nurse now is one of Canada's largest professional journals, the editor has travelled throughout Canada "more than once" whipping up interest in the nurses' own magazine. "Biggest boost" to circulation came in 1949 when the New Brunswick Nurses' Association voted to include journal subscriptions in membership fees. Now eight provincial associations — excluding those in Saskatchewan and Quebec—include subscriptions in their fees. With the exception of Dr. Helen MacMurchy, all the editors have been nurses. Dr. MacMurchy became the journal's first editor in 1905, a move designed to thwart medical men's outspoken criticism of the nurses' new venture. Miss Kerr says that as a first-year arts student at UBC, she walked by a Vancouver hospital on her way to classes. The smell of the hospital and drugs assailed me every day... then it got me." She transferred to public health nursing, "and I've never been sorry."

Folklore Expert Deplores Way Traditions Are Deformed

QUEBEC (CP) - The square dance is an American invention and has no basis in Canadian folklore, says an attractive Quebec woman who has devoted 13 years to a study of the science of folklore. Mrs. Madeleine Doyon-Ferland uses the word "science" advisedly. She has been in charge of folklore archives since Quebec City's Laval University instituted a chair of folklore in 1944. "Folklore is the interpretation of human life—the translation of all man's acts from birth to death," Mrs. Doyon-Ferland says. "The aim of this science, and it is a science, is to study traditions and to know what is valuable to use." One deplorable thing found in investigating folklore, she says, is the way traditions are deformed. Many persons visualize our ancestors wearing the now-famous square-cut shirts, whereas none of them ever wore such a garment. Another error is the inclusion of the square dance as part of Canada's folklore. "Canadian dances were in the tradition of our first settlers—immigrants from France, England, Scotland and Ireland. Their dances were the quadrilles, cotillions, rounds, contre-dances and singing or chanting dances." The wife of a lawyer, Mrs. Doyon-Ferland possibly uses "Canadian dances were in the tradition of our first settlers—immigrants from France, England, Scotland and Ireland. Their dances were the quadrilles, cotillions, rounds, contre-dances and singing or chanting dances." The wife of a lawyer, Mrs. Doyon-Ferland possibly uses

Couple Operate Harness Shop

MINTO, Man. (CP)—Don and Gertrude Gardiner work at a job that gives all the pleasure of a hobby, the pleny own the harness shop in this town 150 miles southwest of Winnipeg. Mr. Gardiner, born in Stroud, England, became an apprentice saddler under his father at the age of 13. He served as an army saddler in the First World War and after the war he came to Canada. In Minto he built a harness shop and supplied the needs of the district for many years. Then when the harness business was slowly squeezed out as power machinery took the place of the horse on the farm, he and his wife turned to custom-made specialized saddlery. Now the fine design and styling of Gardiner saddles is widely known. Mr. Gardiner has all the work he can keep up with. He also has many relics of a long career hanging from the shop's walls. Saddles with fancy lacings, rosettes of leather, hand tooling with leaf and flower design, padding of gay felt and sheepskin. The smallest, and perhaps the most perfect, is a little saddle fashioned to fit a Welsh pony. It was almost entirely finished by hand.

HOUSEHOLD HINT

When cutting a pattern, prevent the material from raveling by pinning pattern firmly to material, the tracing around edges with soap.

WIN \$600.00 NOW!

Come April, a fellow needs money... for the house, for the garden, for Income Tax! The \$600 Prize offered in this week's Star Weekly Cash-Word Puzzle would come in handy "now that tax time is here". And for information on tax problems (except where to get the money to pay) read Lloyd Lockhart's "Your Income Tax" this week in *The New Star Weekly*

LOANS TO PAY BILLS

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