

KEEP IN TRIM

Habit Of Keeping Slim

By Ida Bailey Allen

Alas and alack! A national poll reveals that more than half the overweight people who lose fat start re-weighing when they stop dieting.

KEEP TO PLAN

At the finish of a diet, overeating for a couple of weeks won't add more pounds... but, if continued, this reconditions your appetite back up to its former high level, and pounds bound back on.

Include other favorite foods, but watch the amounts and be chary of the foods that added weight before. If it was too much bread and butter, limit yourself to 3 or at the most 4 thin slices a day, and a half pat of butter per meal.

ELLEN'S DIARY

A Dozen Sons

"More sales today," James offered when he stopped for a few minutes in the old armchair after dinner to read the newspaper.

"The old seeder which has brought every cropping to both, long sunshine-spread days spilling over with every promise of full-filled hopes; the first gang-plow, discarded in recent years in favor of a power-drawn affair.

"If we were to sell this place," he thought came to mind. "Any sale is a sad event," he mused. James nodded.

COOK'S CORNER

LIME SHERBET FROSTED package lime jelly cup hot water 1/2 cup sugar 1/2 cup milk 1/2 cup light cream 1/4 cup lemon juice Salt Dissolve jelly in hot water, add rest of ingredients. Freeze until partially firm. Remove and beat until fluffy. Freeze until firm.

ANNE ADAMS PATTERNS



"PRINCESS" DRESS If you're the shorter, fuller figure—choose this "princess" dress to keep you looking slim and smart all season! Its simple, smooth lines are easiest sewing—adapt so beautifully to almost every fabric. Cool neckline, three sleeve variations! Pattern 4783: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 4 1/2 yards 39inch.

MORNING SMILE The skipper of a tramp steamer, in writing up the log recording an eventful day, rounded off his task with the entry: "Mate intoxicated."



ENGAGEMENT IS ANNOUNCED

Mr. and Mrs. Wilfred Gaudet, Noella to Cyril Alan son of Mr. and Mrs. Frank Longphie, Charlottetown, Marriage to take place the 27th of June.

HAPPENINGS

A visitor from Bermuda is Mrs. G. B. Miller, who is staying with Mr. and Mrs. A. W. Rogers, city. Mrs. Miller is being entertained by many friends she made when visiting the Province nine years ago and others.

Mrs. John B. Andrew and Mrs. Winston Mayne, 62 Ralph St., Ottawa, were guests at the Annual Meeting and Banquet of the Canadian Women's Club at the Chateau Laurier on Thursday.

Highfield W. A. Mrs. Rae Weeks was hostess to the April meeting of the Highfield United Church Women's Auxiliary held on the evening of the 25th.

Mrs. Ralph Gay the devotional leader opened the meeting with a hymn. The 6th chapter of Galatians verses 1 to 16 was read in unison. Mrs. Gay then led in prayer, another hymn was sung.

The president, Mrs. Sellick then took charge of the meeting. Roll call was responded to by 14 members. Minutes of last meeting were read and approved.

The friendship secretary reported 6 cards sent. The treasurer reported the cake sale a great success and a substantial bank balance.

Mr. and Mrs. William D. Ives spent the weekend in Dartmouth, Nova Scotia, visiting Mr. and Mrs. George Ives.

Mr. Arthur Roberts, Highfield left Tuesday morning for Guelph, Ontario to attend the graduation of her son Lea from the Ontario Veterinary College. Mrs. Roberts will spend several days with her son and daughter-in-law. She is accompanied by her daughter, Mrs. Lomer Gay, Charlottetown.

Among those attending the graduation exercises at Acadia University, Wolfville, this week, are Mr. and Mrs. Robert Palmer Summerside, (whose son Malcolm, one of the graduates), and Mr. Palmer's mother, Mrs. Chester Palmer.

Mr. and Mrs. Ralph Silliphant and Mrs. Gladys MacQuarrie have motored to Boston due to the illness there of Mrs. Joseph Mill, sister of Mr. Silliphant and Mrs. MacQuarrie.

Mrs. William Sweetman, Slemom Park, entertained at bridge on Tuesday evening.

Mr. and Mrs. J.E. Dalton are in Halifax attending the funeral of Mr. Dalton's sister, Miss Annie Dalton.

A meeting of the Ladies' executive of the Summerside Golf and Country Club will meet Wednesday evening at the home of the president, Mrs. Tom Baker.

BABY SHOWER On Thursday afternoon May 10th the Senior W.M.A.S. of the Charlottetown Baptist Church met at the home of Mrs. Charles Scranton.

SUMMERSIDE C.W.L. The regular monthly meeting of the Summerside sub division of the Catholic Women's League was held Monday, May 7th, in the Knights of Columbus Home with the president, Mrs. Carrol Delaney presiding. The general meeting was preceded by a meeting of the executive. The meeting opened with prayer followed by the minutes, read by the secretary, Mrs. Leo Blacqueure. The treasurer, Mrs. Bonnie Clow, reported a satisfactory bank balance.

Correspondence, as read by Mrs. Thomas Linkletter, consisted of thank you notes, letters from the Knights of Columbus Catholic Club.

NEW ANNAN W.I. The regular monthly meeting of the New Annan Women's Institute was held at the home of Mrs. Delbert Raynor. Owing to the absence of the Secretary Mrs. Stewart Moase kindly substituted.

The meeting opened with the Institute Ode followed by the Creed. Twelve members and one visitor were present, answering roll call with a house-cleaning hint.

Correspondence was read and discussed. It was reported that the new rope for the school flag was not put up last year, but is now in its place and ready for use.

Sick Committee reported seven School committee reported nothing needed at present. Coupons and box tops were turned in. Red Cross work was handed in and more taken out by the members.

The secretary reported sending \$18.25 which had been collected in the district to the Red Cross. After discussion it was decided to honor the New Annan hockey team with a "feed" at a restaurant after the game. April 7th. Mrs. Wall offered to tell the hockey Captain about it and make arrangements with the restaurant about it. The cost was to be divided evenly among the members.

Cards were sold amounting to \$1.15 collection was \$1.15. Bills were paid amounting to \$2.45.

Next meeting is to be held at the home of Mrs. Elmer Moase with Mrs. Robert Moase and Mrs. Don Schurman on lunch committee. Mrs. Delbert Raynor of the school committee; Mrs. Richard

WOMEN

Page 8, The Guardian Wed., May 16, 1956

MARY HAWORTH

Advise People Slay Married Reader Urges

Dear Mary Haworth: Why don't you advise people to follow the eternal, God-made rule that marriages are made to last a lifetime, and therefore cannot be severed by human means. Maybe if more people realized this, they wouldn't rush into marriages so hastily and regret them afterwards.

Marriages are made by God, and before God, and cannot be dissolved by man. Most every Christian creed teaches this. If the married state were made more difficult to enter, there wouldn't be so many divorces today. People should make every possible effort to adjust to each other, before they think about separation.

Marriage is one institution that distinguishes the human race as essentially different from the animal kingdom. It is a sacred and holy state, and should only be entered with the idea that "This is for keeps"—not something that, well, if it doesn't work out, one can always get a divorce.

TAKES STAND You may not agree with me, but I think you advocate divorce and separation too readily. Maybe I am not so old-fashioned, but I think the old-fashioned ideals of marriages still hold. I think these ideals are going to keep this country strong—the ideals of fidelity to marriage, family and religion, which make this country different from other countries.

Where do countries first begin to slip? In the neglect of religion, looseness of the marriage bonds,

Girls Scholarships and a letter re Sacred Heart program. The following conveners gave reports: Red Cross, Mrs. Cecil Clow; membership, Mrs. Raymond Grant; program, Mrs. Abdon Arsenault; ways and means, Mrs. Clifford Gaudet; magazine, Mrs. William Profit; citizenship, Mrs. Joseph Linkletter; Press, Mrs. Arnold McIvor; sick, Mrs. Ivan Clow; Education, Mrs. M. J. Muller; Report forms, Mrs. Wilfred Perry; Spiritual, Mrs. Gordon Sullivan.

Mrs. Wilfred Perry, convener for weekly card parties, reported a very successful project thus far and suggested that a large card party be held during May. This was agreed upon and it was also decided to hold a cake lottery at the same time.

Plans were made to hold a bingo and a rummage sale before closing activities for the summer months. Arrangements were made to hold the annual collection for the league during the month of May. Before adjournment a section of the Constitution was read by the President and a discussion held.

KELLY'S CROSS W. I. The members of this Institute met in their new Institute room for the May meeting. Following the roll call, the minutes of the previous meeting were read and adopted. Correspondence was read and discussed. The different committees tendered their reports.

The sick have been treated and drinking cups, a gas lantern and four window shades have been purchased. The treasurer gave the financial report which showed all bills paid.

At the June meeting final plans will be made for the district convention, and at this meeting a collection will be taken up.

The June committee are: Lunch, Mrs. Russel Nantes and Mrs. Ambrose Monaghan; Sick, Mrs. Maurice Bradley and Mrs. John Molyneux; School, Mrs. Clarence Curley.

Before the close of the meeting a lunch was served by the committee in charge.

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FACTS DON'T FIT

Dear E.L.: It seems only fair to point out that you are grossly in error, in suggesting that this column advocates divorce and separation "too readily"—as if this were a stock recommendation.

As a matter of fact, such drastic measures are very, very seldom mentioned here—and then only when the moral welfare, or the very lives, of the persons involved, are at issue. In such cases, I believe that constructive separation—which doesn't necessarily include the intention to marry again—is indicated as an emergency.

It appears that your outlook is clouded by aggrieved self-righteousness. Your utterances are full of false piety, and devoid of light. You talk as if divorce or separation were wrong per se. Actually, the fault is in human nature, or rather, in the mystery of evil in human nature—which causes "man's inhumanity to man."

TO HELP HAPLESS

Before sounding off censoriously about divorce, one should bear in mind that both church and state government, in almost every culture, or separation, as a means of protection from intolerable wrongs, that a "guilty" partner may visit upon the innocent, in the married state.

Thus this column didn't invent divorce or separation as a purported solution of tragically destructive marriages. It simply recognizes that these expedients do exist, as part of humanity's approved apparatus (so far) for trying to salvage something from disaster; or for trying to prevent lives being further fouled-up.

You speak of "the ideals of fidelity to marriage, family and religion which make this country different from other countries." It was my impression, to the contrary, that this country has led the world, for quite a while, in the field of divorce. It may not be to our credit, certainly; but awareness of our record ought at least to make us more humble and less Pharisee-like, in comparing ourselves to other peoples.

RATHER DIVORCE Your letter was written April 9, in reaction to my column of that day, no doubt, which discussed the marital woes of a couple from the Far East. The husband, an innocent lad, in an arranged marriage took a bride who stubbornly evades the duties and responsibilities of wifehood. She married for dependency, she says; scorned sex relations as beneath her intelligence, and refused to join her husband in seeking light. Now both are suicidally depressed. In which case, they ought to live apart, to get straightened out, rather than destroy each other blindly. M.H.

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



Royal Portrait Painter

MONTREAL — Mrs. Lilius Torrance Newton of Montreal has been commissioned by the Canadian government to do a state portrait of the Queen and the Duke of Edinburgh. It is the first time a Canadian artist has been commissioned to do a state portrait of the reigning monarch.

The government chose Mrs. Newton on unanimous recommendation of the trustees of the National Gallery of Canada. — C.P. Photo

AEROWAX SAVES RE-WAXING! The SHINE COMES BACK AGAIN AND AGAIN! WITH EASY BURSTING! Saves 22¢ a Pint!

IT MAY BE YOUR LIVER If life's not worth living it may be your liver! It's a fact! It takes up to two pints of liver bile a day to keep your digestive tract in top shape!

HEINZ TOMATO KETCHUP



Deliciously Different Flavour!

The distinctive flavour of Heinz Ketchup does something wonderful for food. The careful blend of spices, added to Heinz own plump, ripe, pedigreed tomatoes, brings out the best in any dish!

HEINZ Tomato Ketchup

London Wigmaker Is Doing A Roaring Trade

LONDON (Reuters) — A Sunday newspaper, Reynolds's News, reported a London wigmaker is doing a "roaring trade" in false beards and moustaches, with customers ranging from "engineers to earls."

Not only are the "falsies" sold to pamper masculine pride, but also for reasons of business. One prominent salesman admits wearing a nine-inch handlebar moustache to impress customers.

The "falsies" range from smaller moustaches selling for 21 shillings (about \$3) to full, fiery beards costing upwards of five guineas (about \$15).

Some tastes run to the exotic, others are topical. After the recent visit to London of the Russian leaders, several customers asked for beards like the tuft Marshal Nikolai Bulganin wears.

The more cunning fakers want beards pre-stained with tobacco. Others have them streaked with grey so as to gain the prerogatives of maturity.

Women who have been hoodwinked have this paradox to consider: The wearers of false masculinity are wearing women's hair. Most of it comes from Switzerland and Italy from girls entering convents.

NEW HOPE FOR CONSTIPATES Kellogg's ALL-BRAN

Where other methods fail, put your trust in nature and give All-Bran a try. Good-tasting Kellogg's All-Bran has helped millions correct a common cause of constipation: lack of good food bulk in the diet.

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