

Are Children's Meals AS Nutritious As Pet's?

By Ida Jean Kala

Success is never sudden. When you read about an overweight who has reached her goal after reducing an enormous number of excess pounds, no doubt you sigh and wish you had her will power. Perhaps your own experience has been one of trial and failure, and you have come to feel that it will never be free of the fat. It will help you to know that successful reducers at some point have felt defeated, and then have succeeded triumphantly. Take heart from today's story.

In January 1953 an overweight weighed in at 207 pounds, height 5'2" . . . bust 43, waist 33 1/2, abdomen 50, hips 48 1/2, thighs 27. She could barely squeeze into size 22 1/2. Finally in January 1954 she wrote again, lamenting that she was still FAT—190 pounds. But now she had a new incentive to reduce—her daughter's wedding in May. Again she asked for encouragement, promising to stay with the diet and slimming exercises. She wrote the members of the Tots Club in Chicago were helping to bolster her resolve.

She was a slow loser at the start. However, the second month she was elated when she lost 16 pounds and many bulky inches. She wrote that she kept picturing herself in a smaller size. Well, as I reported to you at that time, in May she danced at the wedding in

WOMEN

Page 8, The Guardian Tuesday, May 8, 1956

HAPPENINGS

Mrs. Lloyd S. Cox Sr., left on Saturday by air for Marblehead, Massachusetts, where she will spend several weeks with her sister-in-law, Mrs. D.D. Barnes.

Mrs. Whitlock, Charlottetown, left Friday to spend a week with Mrs. Gordon's mother, Mrs. E.E. Keenan, Fredericton, N.B.

The closing banquet of the Ashford group, Trinity Church, was held at the Rendezvous Restaurant Friday evening. Mrs. Mervyn Phillips, who is leaving shortly to take up residence in Chatham, N. B., was presented with a lovely Island scene by the president.

The Young Women's Guild of the Summerside Presbyterian Church held a very successful "Trousseau Tea" in their hall on Saturday afternoon. As spring is the season for brides, the guild held this function to help prospective brides plan for that important occasion and to assist friends of prospective brides in the selection of shower gifts.

Mr. Robert Hutcheson, pre-theology student at Mount Allison University has arrived home to attend the funeral of his grand-father the late Mr. G.F. Hutcheson.

The tables were tastefully decorated with white linen tea cloths and spring-like nosegays. Mrs. Don Stewart received the guests. Tea was poured by Mrs. J.D. MacKay and Mrs. Mark Gaudet, president of the guild.

Friends and relatives of Mr. and Mrs. Peter MacPhee are happy to welcome them home and wish to hear that they are taking up residence in Goodwill Avenue. Mrs. MacPhee who was formerly Miss Helen Wood R.N., served overseas in the Seventh Canadian General Hospital. Since her return to Canada she has been X-ray technician at the Royal Victoria Hospital, Montreal.

The fare was table was under the direction of Mrs. Russ Hunter while Mrs. Emmett Ranahan presided over the home cooking table. Servers for the afternoon were: Mrs. Henry Bishop, Mrs. D.R. Morrison, and Mrs. David Morrison and Mrs. Don Whidden.

Mrs. William Smallman left Friday to visit her son and daughter-in-law Mr. and Mrs. John Smallman, Halifax.

Mrs. Dove Larkin replenished. Tea was under the conveonship of Mrs. MacKay and Mrs. Ken Walker. Mrs. Enzy Campbell was in charge of the tickets and Mrs. Ralph Ramsay, of the tea.

Mrs. Wally Brawley, Centralia, Ont., was on the Island attending the funeral of her father-in-law, Mrs. Robert Schurman, Summerside.

WEST ROYALTY W.I. Thirteen members of West Royalty W.I. gathered in the hall on the afternoon of April 5th to attend the regular monthly meeting. The secretary being absent, Mrs. John England kindly took the minutes.

Mrs. James Macinnis reported on Easter treats prepared for Beach Grove. Correspondence was dealt with.

The Institute banquet was planned for May 3rd at Milton's Old Spain restaurant with Mrs. Edgar MacArthur making the arrangements. Mrs. R. Bell and Mrs. W. Trainor to find out who wish to attend the banquet and Mrs. C. Roger and Mrs. B. Moore to arrange the program.

Mrs. W.A. Gordon and daughters, Peggy of Summerside, and a lovely flowers, but always there is something interesting and new when many varieties of flowers are grown. Certainly, it keeps the gardener on the jump, planting and caring for so many varieties of flowers.

The monthly meeting of the Women's Association of Trinity Church was in the social hall, on Thursday April 26. The president in the chair. The Priscilla group was in charge of the worship period.

Lately I have been considering how perfectly, how charmingly, the birds and flowers have been named. What superb inspiration bestowed upon them their correct and happy names, so investing and so palatable and exciting; and it would seem, upon due consideration, that none of them has been named wrongly or labeled without reflection.

TRINITY W.A. The monthly meeting of the Women's Association of Trinity Church was in the social hall, on Thursday April 26. The president in the chair. The Priscilla group was in charge of the worship period.

The humming bird—a flash of yellow amid the flower-beds; the flamingo—crimson-plumed under a tropical sunset! Somehow, to my mind, the Plover remains one of the most delightful names of all, suggesting mist and cool falling rain, and how surely the Petrel suggests the sea and the wash of tides upon lonely reefs! But, above all bird names, the Skylark suggests pure song poured into the vast blue vault of the sky. And what of the plumes, that ice-white word, the Albatross?

BRACKLEY W.I. Mrs. Leslie Prowse was hostess to the April meeting of the Brackley Women's Institute. Reports of the various committees were given.

As for flowers, the miracle of their names suggests the flight of color from deep roots, the uprising of the emerald from earth, the spreading of spiraled fans in the sunlight. The Lotus, the Magnolia, the Oleander, the Heartsease, the Columbine and the modest Blue-bell, the Tamarind, the Tuberosa, the Lupin: these rare poet's words are players and not for everyday pedestrian souls at all. Such words should be spoken softly and with a certain reverence; for he who says Amaranth or Hyacinth harshly has not looked upon these flowers with more than the cold and casual eyes of a stranger.

It was decided at last one more

Mount Usher is a charming example of a garden that can be made in river valleys, surrounded by mountains and hills, which of itself, added to its position near the sea, renders it suitable for the growth of many plants and tropical trees which would soon perish out of doors in most parts of Britain.

Several of the gardens which I have described in this column have been visited by folk from this Province who have written to thank me. So you see it is a good thing to know that we are having lovely gardens and parks made for us all to enjoy as well as visitors who come from other places.

Bulbs of Galton have been bought this year, they are sometimes called Summer Hyacinths and are tall and beautiful flowers for the garden and for several years they have been grown here. They require the same culture as gladioli and must be lifted each fall.

Some new plans for the garden will be tried out as every year we gain experience and if it is not possible to have beds and borders filled with colorful flowers it is still possible to have a lovely garden with containers of many kinds filled with plants. These are called portable gardens.

Flower pots, plant tubs and boxes are essential equipment in present day gardens, especially country gardens where it is impossible to have flower borders because of the hens or other animals. Where foliage is needed to soften structure, lines or color is desired for summer interest, and in a small garden where there is not much space, they are very useful. If you provide adequate drainage and moisture-retentive soil and are careful in watering and feeding your plants, the portable part of the garden will be a pleasant adventure. A wide variety of plants can be grown in this fashion to lend that same pleasant change that occurs when you rearrange your furniture indoors.

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Any home no matter how poor can be made lovelier with some thought and care with planting. Much of the interest and much of the charm of gardening consists in the everchanging pageant of bloom and color that sweeps across the seasons. I have not much sympathy for the person who wishes for everblooming plants and shrubs. How monotonous it would be if lilacs, iris, tulips and other flowers bloomed all the time! There would be no eager expectancy, no looking forward to future bloom or changing vistas in the garden.

Some times it is true that we long for a few more weeks of cert-



MARRIED BY TWO UNCLES

Two uncles of the bride were officiating ministers at a pretty wedding at Pleasant Valley United Church on Thursday, April 26. Mrs. Ireta Olivia Stevenson, daughter of Mr. and Mrs. William E. Stevenson of Fredericton, P.E.I. Perfect Love." "The Lord's Prayer was married to Norman Best, son of Thompson of Georgetown, son of organist. The church was decorated with baskets of chrysanthemums, potted plants, lighted tapers and flowers.

The special guest of the evening Mrs. Robert Acorn, Jr. teacher of Household economics at the Queen Charlotte High School spoke to the card would be held. An evening of her pupil's work from her difficult to take advantage of the blanket erent classes and their note books to bring their materials to the next meeting.

A hearty vote of thanks was tendered Mrs. Acorn both for her interesting talk and the realization of the importance of the teaching of household economics in our schools.

Why your child needs your help when pimples strike

by MARCELLA HOLMES NOTED BEAUTY AUTHORITY (former Beauty Editor of "Glamour" magazine)

Of all the mail that reaches a beauty editor's desk, there is none so urgent as letters from adolescent girls with pimples. That's why I want to alert mothers to the double dangers of this problem. Specialists warn that pimples, under permanent damage to a child's personality. And everyone knows that acne-type pimples, if neglected, can leave permanent scars on the skin.

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ELLEN'S DIARY

Breaking-In The Axe

A bright new axe went to the bush-work this afternoon. It was the neat tool Mack had particularly requested and received from Santa Claus at Christmas and as he said: "Not really broken in yet" to any cutting. It was carried back proudly to assist in trimming away the smaller branches from the fallen trees.

If we expressed our concern over the undertaking, having more than once through the winter tucked it out of sight, James seemed satisfied that after all it was only second nature for a farm-boy to acquire such a skill early and besides he was already fairly handy and careful with an axe. So the two the granddad and youngster stepped away happily to join the younger farmer and the three went along the fields to the woodlands together.

What was in James' jacket-pocket, in the parcel neighboring the old nail and staple, the cords for tying grain-sacks and the miscellany of items we turn out from there on a wash-day? Aye, the cookies he had appropriated from the pantry to stay a lad's strength at his trials.

So by this evening one phase of the year's harvesting of fuel-wood came to an end, when the day cool, but brightly sunlit, had traversed the sunset trail to the west. Then too the wind which had done its part to make this for Jeanie "an ideal wash-day—the best so far this spring" had horned "up the creek" leaving our world about, hushed reverently and still.

In bleats which rested plaintively on the quiet air the ewes on pasture responded to their masters' summons to come in to night-shelter, bringing with many an anxious and brightly shining lamkin with them. Robins were at evensong. As in early morning, it was an engaging time of day as it always is when the wearied

footsteps of day turn to take that strange road which leads ever the night commences to veil softly the countryside.

The morning had given Mack to school and Granddaughter too, she to remain throughout its sessions: their first classes since their hospital-stay. It was no disturbing prospect for them. They were obviously well pleased at the anticipation and then happy to be back to its pleasant round again.

"Like it" Mack exclaimed when she came in for a moment at noon. "Of course I did! Wouldn't you if you got a star for your work and also hit a homerun, all in one morning?"

These days then, May develops the design started by March and furthered by April: baseball on playing-fields of schools; birdsong rounded, strengthened, nests in the course of construction, streamlets of spring come, freshets of mill-stream abated, land firming; time of the fencing of pastures at hand. . . and "dat nice ole feelin' at home which the garden brings to first tidings of her garden and turns her thoughts to early sowings and plantings.

And now we have company. A lone man on foot-come through the starlight. "What, chores not finished yet!" "And I always thought," "that 'Man's work' is just 'from sun to sun!'"

Until tomorrow . . . Diary . . . Good-night

MORNING SMILE

Alarmed by the jerky lift in a London tube station, a woman nervously inquired of the operator, "If the cables broke, would we go up or down?"

"It depends entirely, madam," came the reply, "on what kind of life you've been leading."

COOK'S CORNER



PINEAPPLE DESSERT

1 pkg. pineapple jelly powder
1 cup boiling water
1 cup white sugar

Allow to cool. Beat 1 tin evaporated milk with juice of lemon. Pour above mixture into first mixture. Crumble graham wafers on bottom of flat dish. Pour mixture in and top with more crumbled wafers.

PRUNE AND APPLE JUICE

Cover bottom of oven dish with layer of cooked prunes. Cover this with layer of sliced apples. Sprinkle with brown sugar and small dots of butter. Bake till apples are cooked.

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A COUNTRY GARDEN

VOICES OF EARTH

We have not heard the music of the spheres.

The song of star to star, but there are sounds

More deep than human joy and human tears

That nature uses in her common rounds;

The fall of streams, the cry of winds that strain

The oak, the roaring of the sea's surge, might

Of thunder breaking afar off, or rain

That falls by minutes in the summer night.

These are the voices of earth's secret soul.

Uttering the mystery from which she came.

To him who hears them grief beyond control.

Of joy inscrutable without a name, Wakes in his heart thoughts bedded there, imperaled.

Before the birth and making of the world.

—Lampman

In the springtime we hear these voices of the earth when spring with pulsing life enwreathes off the fetters of the winter's yoke, and foms "neath smiling skies a mantle green; her newest richest charms—her loveliest cloak.

When buds unfold to cover branches bare with leafy grandeur etched against the sky, and birds so long away come flying home, and high in the topmost branches as make their song, and in their gladness fill the air with song; then spring we know is everywhere around.

house in an acre or two of land partly wooded, through which the River Vartny flows in a series of attractive wickets, the estate was transformed sixty to seventy years ago by the Walpole family into a paradise of tropical shrubs, plants and trees from all over the world.

The garden is really an island at the bottom of a valley, with well-wooded and hilly country around, and behind it rises Mount Usher.

In autumn the coloring is less vivid but still entrancing, as the eye wanders and loath lilies, gladioli, and blue agapanthus to the bracken on the slopes of the hills. An old wall makes a splendid background for the brilliant flame nasturtium, but it is seen to even greater advantage when a delicate shoot runs over a yew hedge with its arrows of scarlet blossom. Here also you may see the big red hips of the apple rose with its large leaves scented like the sweet briar.

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