

WOMEN

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Page 12, The Guardian Monday, Nov. 19, 1956

HAPPENINGS

The Misses Dorothy Darrach and Eleanor Carson, spent a recent weekend visiting friends in Montreal and Sheela, N.B.

Col. W. J. and Mrs. MacDonald have had as house guests the past two weeks their two grandchildren, Master Danny and baby Andria Grant, children of Mr. and Mrs. Alan Raymond Grant of Summerside.

Mr. and Mrs. Frank J. Greenan are to-day observing the fifty-fifth anniversary of their marriage. A host of friends in Kinkora and elsewhere are joining with their immediate family in extending congratulations to this most estimable couple.

Mr. and Mrs. Greenan were married in St. Ann's Church, Hope River, on November 19, 1901.

Alpha Chapter of Beta Sigma Phi held their regular meeting at the home of Mrs. William Thompson, The president, Mrs. Gordon Bears presided over the regular

business meeting. Mrs. Lea Semple introduced Miss Hunter from Cerebral Palsy Centre, who spoke of future plans for helping cerebral palsied patients and gave suggestions as to how the Sorority could be most helpful in this, their main project. Lunch was served by the hostess, assisted by Mrs. Jack Balcolm and Mrs. Hugh Simpson.

Mrs. Marcus Calder left Thursday for California to visit her son, Dr. Ralph and Mrs. Calder. Enroute, Mrs. Calder will visit in Calgary and Edmonton. She will be joined later by her sister, Mrs. Morley Bell. After their extended visit, Mrs. Calder and Mrs. Bell will return via the United States.

A delightful shower sponsored by her friend, Norma Sinnott, was tendered Judy Steele in Morell, by her many friends. The bride-to-be, taken completely by surprise, was ushered into a tastefully decorated room, to the singing of "For She's a Jolly Good Fellow". The many beautiful gifts were presented by Norma Sinnott and verses read by Marion Kelly.

Thanked all, after which a delicious lunch was served by the hostess, assisted by Marion Kelly and Mary Ledwell. The remainder of the evening was spent in singing, with music supplied by Mrs. Layton Coffin.

Mr. and Mrs. J.W. MacGregor, Kensington Road, Charlottetown, returned recently from a three weeks motor trip to Winnipeg, where they visited their son-in-law and daughter, Mr. and Mrs. L.J. Palmer and family. Mr. and Mrs. MacGregor were accompanied by another daughter and her husband, Mr. and Mrs. Andrew Meko of Halifax. The latter went to Melville, Saskatchewan to visit Mr. Meko's parents. They spent three days travelling each way.

KEEP IN TRIM

Gradual Weight Loss Protects The Muscles

Many overweights need to lose pounds and slim inches off the waist, abdomen and hips but without losing through the bust measurement. Here is a typical request: "I am 5'11", weigh 130 pounds and have medium frame. I am 26, have two children, and these are my measurements: bust 24, waist 29, hips 40. Isn't that awful? Believe me I heed help."

With no excess fatty deposits on the bust, you will not lose these when you reduce weight, provided your daily nutrition is up to par. This measurement more than any other reflects general state of health. Faddy diet fare can be disastrous in that respect. Special exercise to strengthen the muscles which support the bust will prevent sagging.

First, nutrition... build each meal around a high value protein — eggs for breakfast; cottage cheese, cheese, or lean meat or fish for lunch; and lean meat at dinner, plus a pint of skim milk or buttermilk daily. For vitamins and minerals, eat three vegetables daily, plus a leafy green salad, and have 2 or 3 fruits, one a citrus fruit or juice. Limited bread and butter complete the pattern. Keep calories around 1200 daily so as to lose no faster than one pound a week. A gradual weight loss on good nutrition protects the bust.

POWERFUL MUSCLES
Now the exercises... The pectoral muscles which support the bust are powerful muscles which originate under the breast and spread fanwise across the chest, with the handle inserted in groove of the arm. These are the muscles to be toned.

Position: Sitting in a straight chair, pull slim through the middle. Bend elbows and have palms of hands together, fingertips pointing to ceiling, hands in front of chest.

Movement: Resisting strongly with muscles of the right arm, pull up with left arm as you slowly move hands toward the right. Then relax, grip again, and push toward the left. Resistance and holding are the best toning measures. Repeat three times, twice daily.

To help raise the bust contour, do this resistance exercise: Position: Standing in balance, arms down at sides, backs of the hands forward.

Movement: Moving against resistance of chest muscles, very slowly raise arms forward to overhead, backs of wrists leading. Then turn palms toward ceiling, and holding palms in this position and keeping elbows straight, very slowly bring arms down, this time leading with underpart of wrists. Resist with chest muscles. Repeat 2 times. Rest, and continue 6 times in all. Do not hold breath.

FAMED LANDMARK
The copper-covered dome of St. Joseph's Oratory, 125 feet in diameter, is a distinctive landmark at Montreal.

MORELL C.W.L.

The monthly meeting of the St. Lawrence C.W.L. was held November 11 at the home of Miss Alice McCarthy with 15 members and four visitors present. Meeting opened with League. Prayer by the president.

The minutes of the last meeting were read by the secretary and approved as read. A letter was read in answer to one written to the League Magazine. It was also decided to hold a bingo and card game in the near future in the parish house. The members are all to donate a prize of \$1.00 for the same.

The place of next meeting was decided and lunch committee appointed. Meeting closed with prayers by the president.

BAPTIST JUNIOR GUILD
The Junior Chapter of the World Wide Guild of the Charlottetown Baptist Church met at the home of Mrs. Douglas Cameron. The devotions were conducted by Mrs. Kenneth Yeo. Mrs. Cameron presided for the business period when the minutes were read by Mrs. David Hearty, secretary.

The offering and dues were received. Twelve members answered the roll call, three new members were welcomed and one visitor was present.

Mrs. Windsor Brehaut and Mrs. Cameron led the study on the Visitation Mission Field which was discussed under two topics, the Christian Enterprise and Missionaries and the Field. Mrs. Harold Milton read an interesting letter.

Refreshments were served by Mesdames Milton, Brehaut and Cameron. The next meeting will be on Tuesday, December 4, at the home of Mrs. R.F. Welton, when the program will be conducted by Mrs. Blois Manuel and Mrs. Hearty.

INDIAN ALUMINUM
Aluminum production in India increased from 4,886 tons in 1954 to 7,245 tons in 1955.

Married In Bedeque Will Live In Summerside

Baskets of gladioli formed a charming setting in Bedeque United Church for the wedding of Edith Belle MacEwen, daughter of Mr. and Mrs. Earl McEwen of St. Peter's and John Derwyn Huestis, son of Mr. and Mrs. Albert E. Huestis of Summerside, which took place at three o'clock, Saturday, October 13, the Rev. G. A. Cowper-Smith officiating. Dr. Peter MacDonald of Crapaud was organist for the occasion and accompanied Mr. Robert Schurman, guest soloist, who sang "O Perfect Love" during the signing of the register.

The bride, given in marriage by her father, was lovely in her wedding gown of nylon net and Chantilly lace over satin, floor-length, with fitted strapless bodice, very full skirt with a panel of lace and matching lace bolero. Her waist-length veil was held by a tiara with seed pearl and sequin trim. She carried a cascade bouquet of white Alaska mums.

Mrs. J. S. Mohler, sister of the groom, was matron of honor; Miss Marina MacCallum was bridesmaid. They wore identical gowns in green and gold crystalettes fashioned with a cowl neckline, three quarter push-up sleeves, with a V-neckline in back with a wose floor-length panel and a soft unpressed pleated skirt. They wore a matching head dress and carried cascade bouquets of yellow and bronze mums.

Miss Adella Bonness was witness as flowergirl in flame crystalettes made in empire style with large self bow at back, matching head band and carried a miniature cascade bouquet of white mums.

Mr. Lowell Huestis brother of the groom was best man. Mr. Maynard Schurman and Albert MacEwen, brother of the bride, ushered the guests to the seats which were marked with coral gladioli and white ribbons.

A reception for over one hundred guests was held in the church hall. The bride's table was centered with a three-tiered wedding cake which was topped with pink roses. White candles in crystal candelabra and low vases of autumn flowers completed the table setting. Rev. Cowper-Smith presided over the ceremony.

Simpson-MacKay Wedding Is Lovely Autumn Event

A very lovely wedding was solemnized at the home of the bride, Fountain Road, New London, on Wednesday, October 24th, at 3:00 p.m. when Norma Jean MacKay, daughter of Mr. and Mrs. Oscar MacKay, Fountain Road and John Walter Merrell Simpson, son of Mr. and Mrs. Ceell Simpson, of Bayview were united in marriage. Rev. L. D. Bartlett performed the single ring ceremony.

The home of Mr. and Mrs. Oscar MacKay was beautifully decorated for the ceremony, with the guests seated under a canopy which the bride-to-be and groom stood with their attendants on either side of the arch. There were, also, several baskets of flowers.

The exceptionally beautiful bride, whose copper red hair and pale blue eyes were set off by the pale blue velvet dress, was a picture. Her gown had three quarter length sleeves and an average length skirt. Crowning her beauty was a band of simulated pearls and diamonds to which was fastened a net of pale blue tulle with simulated diamonds.

The maid of honor, Audrey Mayhew was in lovely contrast, not only with her raven hair, but with the pretty gown of complementary red satin. Both ladies were carrying perfectly chosen bouquets. The bride's flowers were pale yellow roses and the maid-of-honor's were pale red.

After the immediate families had gathered in the living room with Mr. John Walter Merrell Simpson being attended by his brother, Mr. William Vernon Simpson of Bayview and Stanley Bridge, acting as groomsmen, Miss Isabel Campbell played the traditional wedding march by Lohengrin. Miss Norma MacKay descended the steps on the arm of her father, Mr. Oscar MacKay.

The reception was held in the newly married bride's home. Many well wishers arrived and went through the receiving line, which consisted of the wedding party and the parents. The guest register was passed among those

CURRENT COSTUME



By VERA WINSTON
The dress with matching, fur-trimmed jacket is the latest manifestation of the costume in fashion. Medium gray wool is the fabric selected for such a costume, the jacket treated to a rounded collar of baummarten fur. The waist-length jacket has matched square buttons marking the double breasted line and the sleeves are cut in one with the garment. The slim dress has a boat neckline and elbow length sleeves. An excellent all-day town costume for the active woman.

Break Through That Stuffy HEAD COLD FOG

Open Up Your Nose!
When a head-cold stuffs up your nose, makes breathing difficult, nothing works like Vicks Vapo-Nol Nose Drops to bring fast, soothing relief. A few drops up each nostril as directed. That's all... Your nose opens. You can breathe again! Wonderful relief, too, for sneezes or itchy nose.

VICKS VAPO-NOL

Congratulatory telegrams were received from Constable and Mrs. Mitchell Bell, Newcastle, N.B. Mr. and Mrs. Philip Stelle, New London, Connecticut; Mr. Steve Goodson, Montreal, P.Q. Guests from outside the province were: Miss Patsy MacKay and Mrs. Robert Huestis, New Glasgow, N.S.; Mr. Albert MacEwen, Fredericton, N.B.; Mrs. Robert Arrington Salem Mass. Mrs. Elmer Brissette and Mr. and Mrs. John Micalchuck Peabody, Mass.

The young couple are residing in Summerside, where the bride is on the office staff of Radio Station CJRW and the groom is employed with R.T. Holman Limited.

Photo: Left to Right: Ushers, Albert MacEwen; Maynard Schurman; Best Man, Lowell Huestis; Mr. and Mrs. Huestis; Matron of Honour, Mrs. J. S. Mohler; Bridesmaid, Miss Marina MacCallum.

LET'S EAT

Dinner At 60c A Person

"How do you like asparagus best, Mrs. Walton?" I asked, when we stopped for a brief visit at the Waltons' huge asparagus and truck garden farm, near Moores-

town, New Jersey on our tour, awhile ago, of Jersey farms. "On toast, with Hollandaise or butter-cream sauce; as a salad, dressed with olive oil and lemon juice."

ASPARAGUS SOUP
"Sometimes I combine small-cut asparagus with a little onion and make a soup by cooking them together in milk, then thickening with a little flour and butter creamed together. I use either fresh or frozen asparagus."

Her oldest daughter, Midge, 15, told me about the full course graduation dinner her home economics class prepared on a budget of only three dollars.

"Only 60 cents a person, Mrs. Allen! The girls planned the menu and bought the supplies, prepared the food in 1½ hours and served dinner in the dining room of the home economics cottage of our high school."

GRADUATION DINNER
Apple Juice
Meat Loaf topped with Bacon

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Saves you Time, Work, Space — and Clothes too!

You've long wanted to snap your fingers at old-fashioned clothes drying methods — at rainy days — at heavy baskets and endless steps. What you needed was fast, easy automatic drying. And here it is — Frigidaire's new 1957 Electric Dryer! See it today at your dealer's.

- 1. SAVES WORK!**
You set the dial — that's all! No wet wash to carry. No messy basement lines. And built-in "ozone lamp" makes clothes come out fresh, sweet-smelling.
- 2. SAVES CLOTHES!**
Your delicate blouses, lingerie last months longer. No fading or snagging. No hard clothesline creases or dusty, sooty air marks. Gentle heat dries everything safely!
- 3. SAVES TIME!**
No more waiting all day for clothes to dry. With this Electric Dryer some clothes are bone dry in 10 minutes. Wonderful time-saver for youngster's overalls, diapers too!
- 4. SAVES SPACE!**
Basement cluttered with clotheslines? Radiators covered with clothes drying? Your Dryer takes just 30" of width, dries big wash. Place it anywhere. No pipes or vents needed.

NEW! ULTRA-MODERN SHAPE! You'll rave about the new streamlined tailored look of the Frigidaire Dryer. Attractively trimmed with gleaming chrome — it looks as though it cost a fortune. Yet actually Frigidaire Dryers are now priced with the lowest.

HANDY CONTROL TOWER AT BACK. Everything you need for controlling drying time is here in one Tower that rises above Dryer back. Four clearly marked heat positions give exact heat for different fabrics. No guesswork!

EXCLUSIVE! PRESS TOE DOOR OPENER. Another creation of GM engineers! No more pushing and shoving of clothes into a too-small Dryer opening. No more feeling blindly for "lost" articles. With Frigidaire's marvelous '57 Dryer, the front panel opens all the way!

Model MO-57
Model WC-57

Ask your dealer to show you the matching Automatic Washer too — partner of the Frigidaire Dryer. Washer and Dryer in Mayfair Pink, Sherwood Green, Stratford Yellow or White.

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