Happenings of The Week

The Queen Mary Needlework Guild is holding its annual general meeting, Monday, at the Charlottetown Hotel. Mrs. Harry Millar, the President, will be in the chair, and Miss Lena McLure will be the guest speaker.

• • •

Mr. George V. Fraser, Chief of the Caledonian Club of Prince Edward Island and President of the Club last year when the Earl and Countess of Elgin visited this province, heard from these distinguished visitors at the Christmas season. They wrote a delightful letter and sent a remembrance of Scottish country folk music. Mr. and Mrs. Bruce MacPherson, who entertained Lord and Lady Elgin at their home during the Elgin visit received a card with a picture on it of Sir George Bruce of Culross Palace. This palace is considered to be one of the most interesting buildings of its period in Scotland (1597-1611). The Palace was bought by the National Trust for Scotland in 1932 and is held under the guardianship by the Ministry of Works. The MacPherson children received a treat of Scotland short bread from Lord and Lady Elgin. Miss Lena McLure who came over on the same ship as Lord and Lady Elgin, the S. S. Nova Scotia, also heard from the Scottish visitors.

• • •

Their many friends have been pleased to hear that Dr. and Mrs. Jerry Barrett and children who have been living in Halifax are taking up permanent residence in Charlottetown

• • •

Bridge parties are the popular form of entertainment at this time of year in the Centennial City of Charlottetown. An old encyclopedia, twelve inches by eight, in a set of four, bound in solid leather, called the American Educator, being a library of Universal Knowledge, bought in Prince Edward Island in 1896 gives this quaint but comprehensive definition of cards: "Oblong pieces of paste board, inscribed with certain figures and points, and used in various games of skill and hazard. The origin of this invention is obscure." Cards were first probably used by the Egyptians, the Ancient Jews and the peoples of the Orient, before the Christian era, and introduced into Europe by the Crusaders or by the Moors. The present day common games include: whist, euchre, casino, cribbage, draw poker, skat, sloitaire, scrabble and — Bridge! Many of the great classicists have made references to cards in their writings. Swift, the greatest of England's satirists says: "I must complain the cards are ill-shuffled till I have a good hand." In entire agreement with Mr. Jonathan Swift will certainly be those who are attending the bridge parties.

• • •

Mrs. J. C. Montgomery has been entertaining at a series of parties at her residence, West Street.

• • •

Miss Marion Humphrey has returned to Edgehill, Windsor, Nova Scotia, after spending the holidays with her parents, Mr. and Mrs. R. S. Humphrey, Kensington.

• • •

Mrs. George Michael and Mrs. Edward Miller are joint hostesses Monday evening at Mrs. Michael's residence, Longworth Avenue.

• • •

Mrs. Roland Laughlin, Fredericton, has been visiting for a week her sister, Miss Lillian Duchmein. While in Charlottetown, Mrs. Laughlin attended the Community Concert given by the Irish Festival Singers and afterwards was a guest at the reception for the artists at Government House. There have been several parties for Mrs. Laughlin during her visit in Charlottetown.

• • •

Mrs. Gordon Warren and Mrs. S. D. Irvine were joint hostesses Tuesday and Wednesday at supper bridges held at Mrs. Warren's residence. Bridge was in play for five tables at the parties.

• • •

Mr. and Mrs. Gordon Warren entertained Thursday evening at a mixed bridge at their lovely new home, North River Road. Bridge was in play for six tables.

• • •

Mrs. H. J. Gordon has returned from a months visit with her son-in-law and daughter, Mr. and Mrs. F. S. Olmsted in Long Meadow, Mass.

• • •

Mrs. J. A. Webster is entertaining at her residence this evening at a supper bridge.

• • •

Miss Joan Connolly leaves Monday to resume her work at the R. C. A. F. station, Cold Lake, Alberta.

• • •

Mrs. Charles Llewellyn, Fredericton, New Brunswick, has been visiting for the weekend her sister, Mrs. Earl Clark, Kent Street.

• • •

Mrs. Frank MacMillan entertained at her residence McGill Avenue on Tuesday evening at three tables of bridge.

• • •

Dr. and Mrs. Frank MacMillan entertained Wednesday evening at a square dancing party.

• • •

Mr. and Mrs. Arthur Mould entertained at dinner on Saturday evening at the Charlottetown Hotel. A large bouquet of beautiful spring flowers decorated their table in the main dining-room. Covers were laid for ten.

• • •

Dr. and Mrs. J. P. Lantz leave shortly by train for Montreal. Dr. and Mrs. Lantz, with Mrs. Lantz's parents, Mr. and Mrs. R. D. Brodie, will then motor to Melbourne, Florida, where they will be for a short holiday.

• • •

Mrs. Alex MacIsaac, Crestwood Drive, entertained at bridge on Monday evening.

• • •

Mrs. Earl Lavers and Mrs. Ernest White were joint hostesses at Mrs. Lavers' reidence, Hillsboro Street on Wednesday at the tea hour in honour of the newly elected worthy matron, Mrs. Hildred Walker, and her officers of Crystal Chapter Number One, O.E.F. Pouring tea was Mrs. Jessie Parker, District Deputy Grand Matron of the Grand Chapter of Nova Scotia and Prince Edward Island.

• • •

Mrs. Earl Lavers entertained at bridge Wednesday evening and Thursday afternoon.

• • •

Mr. and Mrs. Gordon Rayner who leave shortly to take up residence in Moncton are being entertained by their many friends. Among those recently who have given them hospitality are Mr. and Mrs. Joseph Robinson and Miss Margaret MacMillan.

• • •

Sergeant Major D. A. Dunlop and Mrs. Dunlop are entertaining this evening in honour of Mr. and Mrs. Gordon Rayner.

• • •

Mrs. Emmett MacDonald left Friday by plane on a month's visit to her son-in-law and daughter, Mr. and Mrs. James Pastorelli, West Newton, Mass.

• • •

Mr. and Mrs. W. E. Armstrong and small daughter who have been living in Toronto, have moved to North Bay, Ontario. Mr. Armstrong is connected with the E. P. Rowe, Company and Mrs. Armstrong is a daughter of Mr. and Mrs. Harry Miller.

• • •

Mrs. Arthur Peake and Mrs. Orin Simons were joint hostesses at bridge Thursday and Friday evenings at Mrs. Peak's residence, North River Road.

• • •

Mrs. F. A. Large, North River Road, entertained at bridge on Wednesday and Thursday evenings. Four tables were in play at each party.

• • •

Mr. and Mrs. Earl MacLeod entertained at bridge on Thursday evening.

• • •

Mrs. Fred MacMillan entertained at the tea hour Monday afternoon.

• • •

Mrs. Lloyd Cameron and young son Randy of St. Andrews, New Brunswick, have been visiting Mrs. Cameron's parents, Mr. and Mrs. Arthur Clark, Longworth Avenue.

• • •

A delightful surprise party was given recently for Mrs. Fred Egan when her friends gathered at her lovely new home on McGill Avenue. A gift was presented to Mrs. Egan and buffet supper served.

• • •

Mrs. J. C. Saint and Mrs. J. A. Carruthers were joint hostesses at a mixed bridge on Friday evening at Mrs. Saint's apartment, Grafton Street. Bridge was in play for five tables.

• • •

The Exemplar Chapter of the Beta Sigma Phi Sorority met Wednesday evening at the residence of Mrs. L. E. Wellner, Jr. The programme on "Conversation" was given by Mrs. George Rogers and Mrs. George Walters. Luncheon was served by Mrs. George Walters and Miss Marion Shaw.

• • •

The hostesses at the Curling Club Saturday night are: Mrs. Gordon Stewart, Mrs. Alan MacMillan, Miss Grace Campbell, Mrs. Erskine Hoywood and Miss Gertrude Holmes.

• • •

Acadia University has received a valuable legacy of approximately $46,000 from the estate of the late Mrs. Rita Saunders Moore, of Rochester, New York, to endow scholarships in the name of her father, the Reverend Edward Manning Saunders (Acadia D.D., 1858). Dr. Saunders was minister of the First Baptist Church, Halifax from 1867 to 1881, a governor of Acadia University 1874-1907 and the author of numerous important works, including a History of the

(Continued on page 11)

CHOCOLATE ICING

2 squares chocolate
2 tbs. butter

Melt them together, but do not boil. In a separate bowl place—

1 c. icing sugar
1 egg
¼ (scant) c. milk or coffee
1 tsp. vanilla
Pinch of salt

As soon as chocolate and butter are melted immediately pour into bowl with other ingredients. Begin at once to beat with an egg beater in a cold place, such as a porch. If this cannot be done, beat for a few minutes then place in refrigerator for about 5 minutes. Beat again until icing stands in peaks. This icing is never unsuccessful.

KEEP IN TRIM

Inspiration For Slimming

By Ida Jean Kain

LIVE HAPPILY SLIM EVER AFTER

The secret of sustained enthusiasm is this: Move toward your goal in steps; share your struggles and triumphs with others; do something exciting about yourself while making your figure over.

Your immediate goal should be your next smaller dress size, which may require that you lose 10 to 16 pounds, depending on stature. Sharing . . . in a reducing club or through the column . . . can help you and help others.

It's a fascinating fact that improving your appearance as you whittle your weight makes a slimming routine exciting. You will

come alive, look years younger and feel like a new person.

On the strength of the new figure you're cutting, stand proudly. Never again settle for the slump! Pulling slim through the middle will give your figure and your morale a lift. Hold your head proudly, with that line at the back of the neck almost straight. That discourages a double chin.

Speaking of the chinline, this is the perfect time to restore tone to lax underchin muscles and finish with a young throatline. Follow the cold cream routine with one simple toner every night. Lie across bed on your back, with shoulders well on bed, head tipped slightly down. The toner is merely to lift head to bed level and hold to a slow word count . . . firm, young, strong, beautiful throatline. That's what you want! Surprising how this bracer firms the throat muscles, dieters happily report.

Another flabby spot to tone as you reduce . . . the backs of upper arms. Arms out at sides, shoulder level, palms down. Rotate arms until palms face forward, then up . . . hold.

To keep on the beam, visualize yourself at shapely normal weight. Daily stretch bends help you feel slim and svelte. Done to a lilting tune, these circulation rousers will do as much for your mind as for the muscles. Never forget, it's a limp spirit — not middle age — that is back of the spread. Keep your zest for living and the new protective food habits, and normal weight will be a natural. You'll stay young, too . . .

Choice diet Week-End Menu

Breakfast 250 Calories

Citrus Fruit or Juice
Choice of:
Poached Egg, 1 Strip lean bacon
Thin slice Toast — Butter 1-2 pat
Or Toasted Flakes with Sliced banana (1-2)
Whole Milk, 1-2 cup — Sugar 1 tsp.
Coffee — Black

Luncheon 330 Calories

Protein Choice:
200 Cal.
Grilled Cube Steak 3 1-2 oz. 200 Cals. on Thin slice Toast
Or Cottage Cheese (1-2 cup) in Quartered Tomato
Melba Toast, 2 slices
Or Grilled Cheese, 1 oz.
Thin Slice Toast

Buttermilk or Skim Milk
Grapefruit Sections or Small Pear 50

Late-Afternoon Pick-Up
Cocoa made with skim milk, sweetened with Sucaryl — 100 Calories
Or, Buttermilk or Skim Milk

Dinner 465 Calories

Choice of:
50 Cal.
Shrimp cocktail — 4 shrimps) with 1 Tbsp. Sauce
Hot Bouillon

Protein Choice:
250 Cal.
Broiled Steak,4" x 1" (fat trimmed)
or Broiled Mackerel with lemon
Roast Chicken — 3 slices — 200 Cal.

Choice of: two 20 Cal. Count-Veg. — 3-4 cup each
Asparagus (5 stalks) broccoli, cauliflower, string bean, turnips, tomatoes, cabbage, spinach

Butter for vegetables, 1-2 tsp. 25

Cheese 1 oz. with 1 cracker; or Frozen or Fresh Fruit 100

Coffee, black or Tea

Total Calories for Day — 1145

Note: To lower calories, women should delete first course or dessert course.

ELLEN'S DIARY

by an Island Farmer's Wife

"When the Weatherman softs weather and sends rain" why, "rain's our choice!" And whether it be moonlight silvering the old fields and a clear sky lighting stars in the millpond, or a night like this, mild and damp ish and dim, with a gusty wind about the roof, it is we remember an unseen Hand that measures and gives.

In the House across the Lane at the moment Jeanie is busy bathing her babies. Soon lights upstairs will indicate that Mack is in his bed and Granddaughter to has come to hers . . . Because recently he had been similiarly indulged, she came to spend last night here. She brought with her, her best pink and white pyjamas and a doll. Not her best, but a favorite rag-doll "soft and cuddly that Aunty Karolyn gave me the last Christmas she was here" she explained. "She's not what one would call pretty" she twinkled "but you'd be surprised what good company she can be!" So into the wide old bed in the room above this kitchen went man and woman, a doll and a maid to rest comfortably until dawn set the light of the new day that was this, on the panes of the small eastern window.

So Jeanie bathes her babes. And with the seemingly casual air of the male though as we are well aware, concerned with the hundred items of financing and providing for the family which falls to the lot of man, the younger farmer, their father, is gone, lights of the little truck blazing a bright road in the dark of the night, up the hill and beyond. He will make a call at the butcher-shop, and another at the corner-store, before he returns.

And in the sanctuary of this place at Alderlea reserved for the two "ould" ones, we pity somewhat those who must be abroad, away from the comfort and serenity of their own fireside. We have been chatting, but now James has settled to his reading in the old armchair, pipe as it happens drawing well without resort to a needle of the knitting we have just put aside.

We talked of the week now dying and those items that have filled its days . . . of the unseasonal weather, so mild we could fancy we were come to spring days, yet so lacking in sunlight we wondered that the children could keep their usual good health. We spoke of the woodswork, furthered by the assistance of Rob and other helpers to make five altogether, to hasten this harvesting of winter more speedily to its close.

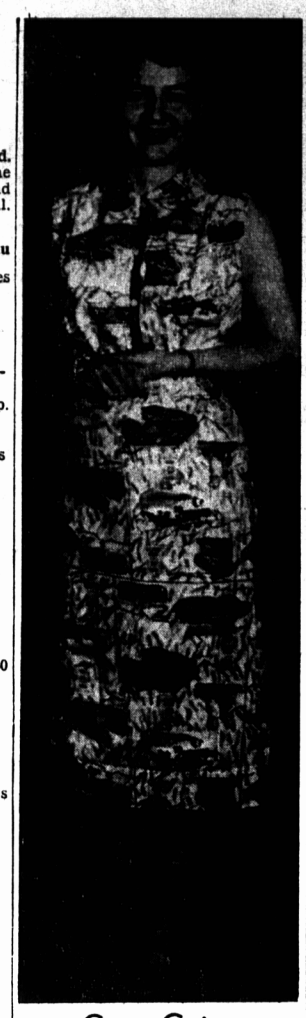
And chatting there, we remembered, that with all the changes the years had brought to our winter-farming—and they are many — this wood-getting was among the things which remain. There are too, other fixed items of our living God-made, God-ruled which while time is, will suffer no change.

"An unseen Hand waves leafy boughs,
A hidden power roll billows high,
A silent voice instructs the birds
To flood with song our earth and sky.
An unseen artist paints the sky
And tints the flowers in every land;
The planets move through time and space
Obedient to a hushed command."

Until Monday — — — — Diary — — — — Good-night . . . . .

HOUSEHOLD HINT

If your fur coat gets wet, do not put it near a stove or radiator to dry. Put it on a hanger and let it dry slowly at room temperature. The hanger had better be padded to conform to the shape of the neck and shoulders. If furs get very wet, take them to your furrier for expert drying.



Gay Getup

Brilliant yellow, greens and reds are featured in eye-arresting sports clothes being manufactured for Saskatchewan residents who celebrate the 50th birthday of their province this year. Mrs. Wanda Hendren models a skirt and sleeveless blouse which bear Saskatchewan scenes. Similar patterns will be used for men's sport shirts.

—(CP Photo)

Address And Presentation

On January 7th, residents of DeSable gathered in Hampton Hall to welcome Mr. and Mrs. Earl Buell and family, who have settled in this district recently, taking over ownership of the Blue Goose Restaurant.

Melville Bell as chairman called the gathering to order, the address was read by Clifton Ince, and, on behalf of those present, Ralph Cameron and Mrs. Wm. Campbell, presented the Buell family with a beautiful floor lamp and smoking set to match.

Both Mr. and Mrs. Buell expressed their sincere gratitude and thanks. Complimenting remarks were made by Mr. J. H. Myers and all joined in singing, "For They Are Jolly Good Fellows."

A splendid lunch was served by the ladies of DeSable, after which dancing ended a very happy social event.

ADDRESS:

To Mr. and Mrs. Earl Buell, dear friends,—On this night, in the New Year, your neighbors of DeSable, and friends from adjacent districts, have gathered here to extend to you and your family a warm and hearty welcome to our part of the country.

In our district we have always been rather proud of the reputation, built up thru the past, of being second to none as good neighbors.

We hope and trust that we will prove to you, not only good neighbors, but steadfast friends, whose loyalty you will cherish thru the years ahead.

We heartily welcome you as residents and fine citizens, who will add much to the good life of our district. With this gift we convey our regard and good will.

May your association with us, like old wine, improve throughout the years we are together.

Signed on behalf of the residents of DeSable and all present.

By HERMAN N. BUNDESEN, M. D.

Some Rules Of Life For Diabetic Patient

A DIABETIC doesn't have to eat specially prepared diabetic foods. As a matter of fact, your doctor will probably try to make your diet conform as closely as possible to the normal diet of a perfectly healthy person.

A Normal Life

Not only does this save expense and trouble in preparation, but it prevents you from developing an inferiority complex and permits you to play a regular role in social life.

The caloric content of your diet depends, of course, on your nutritional state. If you are overweight, as many diabetics are, the number of calories in your diet must be fairly low. If you are emaciated, they will be relatively high.

Normal Calorie Allowance

In general, though, we can usually allow adult men, in the 20 to 50 age bracket, about 16 to 18 calories per pound of body weight, providing they do no heavy manual work. For women, the calorie count will be about 10 per cent less.

Children require a substantially higher number of calories, in proportion to their weight, than do adults.

Carbohydrates must also be limited. Naturally, the carbohydrate content of your diet will vary with your age and sex.

Avoid Sugars and Starch

As a rule, sugars and starchy foods, which are rapidly digested and absorbed, must be eliminated from your diet.

Most diets can be built around the following foods each day:

A dish of cereal half a pint of milk and cream mixed, an egg, three slices of bread, a little butter, three oranges, plenty of green vegetables, and a moderate amount of meat, fish or cheese.

You can seldom eat too much of such vegetables as cabbage, cauliflower, broccoli, young string beans, radishes, green peppers, tomatoes, eggplant and watercress.

Diet To Fit You

Your doctor will give you a diet to fit your specific needs. When he does, you'd better follow it, if you want to stay well.

There are some general rules of hygiene you should follow, also. Skin infections must be prevented at all costs, and you've got to be especially careful of your feet. Take off your shoes and rest the feet periodically. Be sure your shoes fit, and break new ones in slowly when they're new.

Don't Cut Own Toenails

Wash your feet each day. Don't try to cut your toenails. Have someone else do it, and have them examine your feet often. Don't apply artificial heat to your feet.

And there you have them — a few simple rules to follow. If you heed the advice I've outlined in these six columns, and any additional advice your doctor gives you, you'll probably be able to live happily with your diabetes.

QUESTION AND ANSWER

L. M. M.: If one ovary is removed by surgery, would the menstrual periods continue?

Answer: Removal of one ovary would not cause the menstrual periods to stop if the other ovary is functioning properly.

LET'S EAT

"Cottage" Style Dishes

By IDA BAILEY ALLEN

"In the early part of this century, many popular but simple dishes were called 'cottage' this or that because they were enjoyed by everyday folk living in small cottages or humble homes. Cottage cheese, always made at home in those days, and cottage pudding, are familiar examples.

Glamorous Variations

"Many of the simpler dishes that belonged in the 'cottage' classification are popular today, either as originally served or with a slight variation which approaches the glamour class. For instance, creamed chicken on toast, corn chowder, tea biscuits, hot potato salad, and coddled apples."

"And what modern magic touch has glamourized these foods, Madame?"

Those Extra Touches

"The chicken for creaming is cut in bite-sized pieces, instead of being minced, Chef. The chowder is glamourized by adding oysters. Hot potato salad is enlivened with diced celery, green pepper and minced dill, while tea biscuits contain grated cheese, and coddled apples are served a la mode with ice cream!"

MONDAY DINNER

Corn Chowder in Bowls
Grilled Sliced Ham
Grilled Sweet Potatoes
Brussels Sprouts
Coddled Apples Whipt Topping
Coffee Tea Milk

Corn Chowder: Fry 3 tbs. small-diced fat salt pork until crisp (or use 3 tbs. butter). Add 1 chopped peeled small onion; saute until yellowed. Add 1 (No. 2) can cream style corn, 1 pt. diced white potatoes and 1 pt. boiling water. Simmer until potatoes are tender. Add 3 c. whole milk; bring to boiling point.

Blend 2 tbs. flour wth 1 tbs. butter, 1 tsp. salt, ¼ tsp. monosodium glutamate, and ⅛ tsp. pepper. Stir into the chowder. Simmer 3 min. Serve with toast. This recipe serves from 4 to 6.

Coddled Apples: Select 6 medium-sized, tart, cooking apples. Wash but do not core. Place in a deep frying-pan or shallow saucepan. Add ¾ c. brown sugar, 2 c. boiling water, the peel from ¼ lemon, and 6 cloves.

Simmer uncovered 1 hr., or until tender to the center when pierced with a fork. Turn frequently to cook evenly. When done, remove the lemon rind, and put the apples in a serving dish.

Boil the syrup rapidly until thick and dark. Add ½ tbs. lemon juice and pour over the apples; chill. Serve plain with whipped cream.

TRICK OF THE CHEF

Season cooking Brussels sprouts with a few crushed caraway seeds.

Caring For Sweaters

By ELEANOR ROSS

Like the knitwear dress, the sweater has become virtually a year-round favorite, available in many fibers and trims, from simple to really elaborate.

With a variety of sweaters and skirts, it is possible to work out a pretty impressive variety, with something right for almost every setting or occasion.

How Sweaters Vary

Sweaters made today vary greatly in fiber and construction, and the majority of them are washable. Sweaters of man-made fibers are rather easy to care for, and emerge from their bath looking like new.

To wash a sweater of nylon or orlon yarn properly, place it on a clean piece of heavy wrapping paper and trace its outline before washing.

Stitch on Outline

The sweater can later be stitched on the outline to dry — an easy blocking job, this.

Make a suds of warm water and mild soap, or mild detergent, and squeeze the suds lightly through the garment, supporting it with both hands to prevent stretching. If the garment is quite soiled, use a second suds.

Rinse thoroughly in waters of the same temperature, squeezing out as much water as you can, but being careful never to wring the garment. Then roll in a clean bath towel to remove some of the excess moisture.

After removing from towel, at once place sweater on the wrapping paper, easing it gently into the marked outline. Set to dry flat, away from heat.

If the sweater has a colored strip, yoke or other colored trim, it is good insurance to place a bath towel between the two layers when rolled in bath towel and while drying. The moisture will be absorbed more readily.

Wool Sweaters

Wool sweaters, of course, require much more care in shaping before drying. If one has a collection of luxurious cashmere and fine wool sweaters, a wise investment is a press cloth between iron and garment, just in case, as many of the popular synthetic fibers used for sweaters are easily ruined by too warm an iron. If the sweater has a fluffy nap, a going-over with a soft, clean brush will bring up the pile nicely, if used just when the garment is almost dry.

As for the fine cashmere models, unless one is an expert laundress, it is best, and certainly cheapest in the long run, to let a first class dry cleaner, one specializing in the care of such garments, do the work.

Ribbon Trim

Many of the new sweaters are ribbon-trimmed, and this means a touch of the iron. When pressing ribbon trims or front edges, be careful not to have the iron too hot.

We have found it best to use a press cloth between iron and garment, just in case, as many of the popular synthetic fibers used for sweaters are easily ruined by too warm an iron. If the sweater has a fluffy nap, a going-over with a soft, clean brush will bring up the pile nicely, if used just when the garment is almost dry.

As for the fine cashmere models, unless one is an expert laundress, it is best, and certainly cheapest in the long run, to let a first class dry cleaner, one specializing in the care of such garments, do the work.

MORNING SMILE

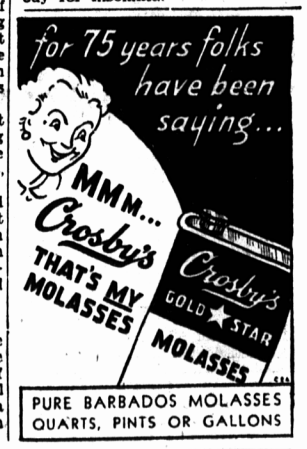
"You don't look well."

"I can't sleep a wink. If I don't get $3,000 by next Tuesday I must declare myself bankrupt."

"My dear fellow, why didn't you come to be before?"

"Can you raise the money?"

"No, but I have an excellent remedy for insomnia."



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