VALERIE LOIS ROGERS

LIEUTENANT H. P. WILLIAMS-FREEMAN

ENGAGEMENT ANNOUNCED

Mr. and Mrs. Benjamin Rogers announce the engagement of their daughter Valerie Lois to Lieutenant Harry Peere Williams—Freeman, the Queen's Oeon Rifles of Canada, Calgary, son of the late Major F.C.P. Williams—Freeman, D.S.O., and Mrs. Williams—Freeman, County Cork, Ireland. The marriage will take place on Saturday, September 29, at three o' clock, at Grace Presbyterian Church, Calgary.

HAPPENINGS

Mr. and Mrs. Roy Barbour, Montrose, have had an enjoyable visit with Senator and Mrs. G.H. Barbour. They also visited Mr. and Mrs. Sheldon Duncan.

Mr. Richard Ferguson, B.Sc., of the National Research Lab, Ottawa, is spending his vacation, the guest of his parents, Mr. and Mrs. Edwin Ferguson, Hampton.

More lovely parties for another bride are the following: Mrs. Louis B. Gallant and Mrs. D.J. MacDonald were joint hostesses on Monday evening, August 20th, at a miscellaneous shower in honour of Miss Shirlee MacNally.

On Wednesday evening, August 22nd, Mrs. J.M. Calcott entertained at her apartment, Palmer's Lane, in honour of Miss Shirlee MacNally. Attractive gifts were presented to the bride to be, after which a delicious lunch was served by the hostess.

On Saturday, Miss Joan Weir, entertained at a dinner party in honour of Miss Shirlee MacNally. The guest of honour was presented with a beautiful piece of Wedgewood to mark the happy occasion.

Miss Ruth Boswell and Miss Doris Hillion entertained a a Miscellaneous shower for Miss Heather MacLean Monday evening. This delightful party was held at Mrs. Ralph Manning' apartment, Green Street.

Mrs. Henrietta Rackham De-Generes left Tuesday for her home in Long Beach, California, after spending the summer with relatives and friends on the Island.

Mrs. D.W. McAllister and little daughters Margaret and Marilyn motored Tuesday to their home in Grand Falls, New Brunswick. They spent part of the summer with Mrs. McAllister's father, Mr. Pius McGaughey, Bonshaw. They were accompanied by Morgan and Gerald Mitchell, Charlottetown.

Miss Viola MacDonald has left for Rosemere, Quebec, where she has accepted a teaching appointment. Miss MacDonald who attended Prince of Wales College has taught in this province for four and a half years. As well as teaching, this coming year Miss MacDonald plans to continue her academic studies. She is a daughter of Mr. and Mrs. Edward MacDonald, Flat River.

Mrs. W. Chester S. McLure and Miss Lena McLure have taken up residence at the Queen Hotel. Mr. McLure bought the McLure property in 1919 and Bonnahinley has been the home since 1921.

Miss Shirley Glennie whose marriage takes place Saturday, September first at the Baptist Church has been the guest of honor at several lovely parties. Mrs. Jackie Garnhum recently entertained at a miscellaneous shower for Miss Glennie at Mrs. Arthur Gamester's residence.

Miss Dorothy MacDonald, Cumberland Street, entertained at a Miscellaneous shower Wednesday evening in honor of Miss Shirley Glennie. Miss Glennie recieved many and lovely gifts at all her showers.

Miss Mildred Brown and Mrs. Cecil Ferguson were hostess at a shower on Thursday evening at Mrs. Ferguson's home, Spring Park Road in honor of Miss Neva Heckbett of Kensington. Miss Heckbett is to be married in September. The bride to be was escorted by Miss Rhoda Brown to her chair in the dining room. This was gaily decorated for the occassion with pink and white streamers and mixed flowers. The nicely decorated basket of gifts were brought to the bride by Miss Rasita Croken and Miss Ann Horne The verses were read by Miss Mildred Brown. The gifts were arranged on the table by Mrs. Ferguson. The bride to be thanked her friends and extended an invitation to them to visit her in her new home. After singing for she's a jolly good fellow. Miss Mildred Brown entertained the guests with two contests. Lunch was served by the hostess, assisted by friends of the bride..

Mr. and Mrs. James Widdowson, Toronto, Ont., are spending their holidays with Mrs. Weddowson's parents, Mr. and Mrs. Ernest Dunning, Long River.

Mr. D.O. Stewart, Summerside, is attending the Canadian Bar Society convention in Montreal. Mrs. Stewart accompanied him on the trip, and en route they visited Boston, Mass., seeing a major league baseball game while there.

Mr. Charles Chisholm of Ottawa was a recent visitor in Summerside, the guest of Miss Amy Burrows.

Mr. and Mrs. Hammond Brehaut of Milford, Michigan, have been the guests of Mrs. Brehaut's sister and brother-in-law, Mr. and Mrs. Roland Diamond, Montague. They also were the guests of Mr. Brehaut's brother, Dr. L. Brehaut, and Mrs. Brehaut, Murray River. Accompanying Mr. and Mrs. Brehaut to the Island, was Miss Charlik, R.N., who is co-owner with Mrs. Brehaut of the "Hammond Rest Home", in Fenton, Michigan, and Miss Loney, a member of the nursing staff.

While in Charlottetown, the party were guests at the "Kirkwood Motel", and from there, motored to many points of interest, and were most enthusiastic with the hospitality they received and with the natural beauty of the countryside. Mr. Brehaut is an office employee at the Proving grounds of General Motors, Milford, Michigan.

Miss Winnifred Kenny, R.N., has returned to New York. Miss Kenny spent the month of August with her brother-in-law and sister, Mr. and Mrs. J.J. Morris.

Miss Phyllis Tait, R.N., has been widely entertained by her friends prior to her marriage, which takes place this Saturday, September 1st as Trinity United Church.

Mrs. Hibbert Howatt and Mrs. Neil McLellan entertained at an evening party for Miss Tait at Mrs. Howatt's residence, Villa Avenue.

Mrs. Walter Hyndman and Miss Nancy Hyndman had a supper party for Miss Tait at their summer home at Holland Cove.

Miss Carol Creelman entertained at a kitchen shower in honor of Miss Phyllis Tait and Miss Heather MacLean at Dr. and Mrs. Creelman's residence, McGill Ave. The guest were the Polio Centre Staff.

Mrs Don Wonnacott held a miscellaneous shower at her apartment in honor of Miss Tait.

Mrs. Sinclair McKay and Mrs. Orin Carver had a supper party and shower for Miss Tait at Mrs. McKay's residence, Spring Park Road.

Dr. and Mrs. G.G. Houston entertained at a mixed dinner party for Miss Tait and Mr. Dobson at their summer place at Holland Cove.

Misses Jean, Doris and Irma Tait, aunts of the bride to be, held a mixed supper party at their summer place, Lewis' Point.

Mrs. J. Harold Shaw had an afternoon tea and miscellaneous shower for Miss Tait at Dr. and Mrs. Shaw's summer place at Stanhope.

August 26th was Flower Day at the Provincial Sanatorium. As has been their custom for many years the members of Parkdale W.I. paid their annual visit. With Mrs. V.M. Hudson and Mrs. M.F. Rodd co-conveners the following committee were in attendance: Mrs. H. Douglas, President, Mrs. H. Frizzell, Mrs. F. Ross, Mrs. E. Cook, Mrs. H. Clay, Mrs. C. Pickard, Mrs. F. Gallant.

Each patient was presented with a lovely bouquet of flowers and the children were given balloons. Supplying transportation were Mr. H. Douglas, Mr. H. Frizzell, Mrs. H. Clay, Mrs. E. Cook and Mr. C. Pickard.

Miss Heather MacLean was guest of honor at a miscellaneous shower, given by Mrs. Wilfred MacLeod, on Friday evening, August 24th. The lovely young bride-to-be was escorted to a gaily decorated chair to the strains of the wedding march. The numerous gifts were presented to her in a pink and white basket. Appropriate verses and good wishes were read by Miss Helen Crosby. The pink and white motif was carried out in bouquets of late summer flowers.

Mrs. William Brown and Mrs. John Gordon assisted the hostess and Mrs. Gordon MacLean presided over the tea cups. Mrs. MacLeod showed some interesting slides, taken on her recent trip to Scotland and the remainder of the evening was spent in an informal sing-song, wtih Mrs. Bessie Farris and Mrs. William Brown accompaning at the piano.

Miss Shirley Prowse and her sister, Mrs. Robert Acorn, Jr., have returned recently from an enjoyable trip by train to New York City and Boston. While in New York, Miss Prowse and Mrs. Acorn stayed at Tathem House, the Y.W.C.A. residence. In Boston, they stayed at the Pioneer, the Y.W.C.A. residence in that city.

The hostess for the Golf Tea are the following: Mrs. H. Allan MacMillan, Mrs. W.R. Connolly, Mrs. Angus MacEachern, Miss Mary Gunn, Mrs. Ralph Carr, Miss Wilma MacKenzie and Miss Edna McInnis.

CORNWALL W.I.

The regular meeting of Cornwall W.I. met at the home of Mrs. Stewart Drake on August 6. The meeting opened with an epic for August, On Life's Way, followed by Creed. Roll call was answered by 18 members paying 20 cents each to buy something needed for First Aid Kit. The treasurer reported $36.22 on hand.

Mrs. Hazen Howard gave a very interesting report of Annual Convention. Mrs. Douglas MacDonald will be hostess for September meeting. The topic will be painting as an art Roll call will be answered by members showing a picture painted by themselves. Lunch committee will be Mrs. James Beer, Mrs. George MacMillan, Mrs. Jack MacMillan and Mrs. Herbert Scott. Members are to have suggestions for ways of making money. Mrs. Harold Donahue won the scrambled words contest. Collection for evening amounted to $1.21. Meeting closed with the Queen after which lunch was served.

CLYDE RIVER W.I.

The regular meeting of Clyde River W.I. was held at the home of Mrs. John Beer on Monday evening, Aug. 6th. The president, Mrs. Matheson presided. Meeting opened by singing, "The Island Hymn" followed by Colled repeated in unison. Eleven members answered the roll with a salad recipe. There were also some visitors present.

The minutes of the previous meeting were read, approved and signed. Correspondence was read and discussed. It was decided to send a donation towards a gift for Mrs. Manning. Thank-you note was received from Mrs. Dan McNeill for sympathy expression. There was no report from sick or school committees.

Plans were made to hold a pantry sale the following week. Betty MacLean is to make arrangements and advertise same. All ladies of the district to be canvassed.

Mrs. Harry MacLean invited members to meet at her home for September meeting. at which this Institute will entertain St. Catherines and York Pt. Institutes. A programme committee was appointed. Each member is asked to bring lunch. Roll call will be answered by a joke. Both Institutes are asked to contribute one item towards programme. Collection $1.28 Meeting adjourned.

Wanda MacPhail gave a demonstration on jellied salads and how to prepare same, which was much appreciated by all. Lunch was served and social chat followed.

SPRINGVALE W.I.

Twelve members and six visitors were entertained at the home of Misses Florence and Alice Dollar on Friday evening, August 10th, at the regular monthly meeting of Springvale W.I.

The meeting opened with the Ode, Creed and silent prayer. Minutes of the previous meeting were read and approved. It was reported that the cans and paint for the school had been purchased, also the blankets had arrived and were distributed. Seven Blankets are yet to be sold. It was decided to go to the School Monday afternoon at 2 o'clock to finish the work started.

Sick committee reported sending two treats and one card. School committee had no report. New committees for the following three months were appointed.

Sick, Miss Edith MacLeoad and Mrs. Ralph Crabbe. School, Mrs. Everett Clow and Mrs. Omar Neill.

Correspondence was read and attended to. It was moved and seconded that a collection be made for the Cancer Campaign. Members were asked to take their donations to the next meeting, also that 50 cents be sent to Mrs. R. L. Burge towards a gift for Mrs. Manning the retiring supervisor. Three thank you notes were read for cards received. The Institute News was distributed to the members. Bills were presented and paid. One member put money in the Birthday Box. Collection $1.10. It was moved that money be given to the card convenor to purchase stamps.

Mrs. Omar Neill kindly invited members to her home for the September meeting. Roll call is to be answered with a card. Lunch committee, Mrs. Frank Crabbe, Mrs. Herbie Dollar, Mrs. Golden Dollar and Mrs. Lester Johnston. Meeting closed with O Canada.

After the meeting closed suitable gifts were presented to Harold Peterson and Wayne Proude who passed the Grade X exams and to Miss Erna Coles a former school teacher in the district.

Lunch was then served by the hostess and committee in charge.

DAILY PATTERN

COOL STEP-IN

Half-sizers! This pretty twosome is ideal for summer! Sundress is your favorite step - in style; with a cool scoop neckline so becoming to the shorter, fuller figure. Add the little bolero — you're ready for all occasions!

Pattern 4550: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress requires 4 1-4 yards 35-inch fabric; bolero, 1 3-8 yards.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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Send order to Anne Adams, care of Charlottetown Guardian, Pattern Department, 60 Front St., W. Toronto, Ontario.

ELEANOR ROSS

Pets Teach Children Much

There's nothing like a pet in the home for fun, for teaching youngsters a sense of responsibility, for the kind of companionship and loyalty that an animal can give.

Some parents do feel a little guilty about adding a pet to the household, especially when there are small children still too young to help to care for it. Also, some feel that animals make the house unsanitary.

However, the Secretary of the Council on Scientific Assembly of the American Medical Associaiton, Doctor Thomas G. Hull, has reassuring words on the subject.

SIMPLE RULES

Doctor Hull points out that if a few simple rules of hygiene are observed, the family's health will be protected. So, too, will the animal's health, for it seems that human beings can transmit disease to their pets.

Doctor Hull recommends having your pet's health checked by a veterinarian, of course. But the daily rules simply consist of cleanliness.

Your pet's sleeping quarters should be clean and should be constantly policed to be kept free of vermin or parasites. Wash any pillow or mattress used by puppy or kitty and keep it as clean and fragrant as you would any other mattress in your household.

Keep feeding and water bowls clean, washing them with hot soap and detergent rinses. Wash food bowls after every feeding. Don't leave them around unwashed until the next feeding time.

Try not to let the baby get its face licked by an over-affectionate pet. But if it does, promptly wash the child's face with warm soap suds.

It's a sound principle, too, to have all members of the family who do play with or handle the pet, wash their hands with warm water and soap before coming to meals. Of course, hand-washing before meals ought to be a fixed household rule anyway.

ORNAMENTAL ADDITION

A well - illuminated aquarium, bright with beautiful fish, is an ornamental addition to any interior. To keep the fish healthy and the aquarium looking lovely, immaculately clean water is essential.

According to the latest rules of fish care, the aquarium and sand should be washed the detergent way. This method was worked out by Dr. F. Earle Lyman, zoologist at Southern Illinois University.

His recipe is simple, safe, speedy. The ingredients are 1-3 c. powdered or 2 tablespoons of liquid detergent, a small amount of water and sand for a 50 gallon aquarium. Mix items into a thick sudsy lather. Then rinse until no more suds appear and fill the aquarium with the clean sand.

LET'S EAT

When And How To Use Those Six Basic Herbs

By Ida Bailey Allen

"Whenever we talk about herbs on TV or radio, Madame, there is always a great flurry of interest. May I suggest that we take the group of most commonly grown garden herbs, and tell our readers how to use them? They can cut out the suggestions and paste them in their scrapbooks.

If they do not grow their own herbs, there are fine assortments of dried or powdered herbs available in food stores and super markets."

BASIC SIX

"An excellent idea, Chef," I replied. "Let's consider the 'basic six.'"

Marjoram and Savory: Use in any savory dish, including hors d'oeuvres and egg.

Tarragon: Use in salads, salad dressings, fish dishes and fish sauces.

Sage: Good with pork, stuffings, Cheddar and cottage cheese

Basil: Use sparingly with tomatoes, tomato sauce, vegetable juices, meats, vegetables, rice and spaghetti dishes.

Thyme: Use in soups, eggs and cheese dishes, with meats, poultry and game. Good, too, in all stuffings.

Mint: Use with fresh peas, tomatoes, pea soup, lamb broth, tomato soup, fresh or smoked pork, with squash, in tossed salads, with fruits and in mint sauce.

Tomorrow's Dinner: Tomato juice and horseradish cocktail; chicken-vegetable loaf; eggplant patties; potato chips; nutmeg baked custards; hot or iced coffee or tea or milk.

All measurements are level recipes proportioned to serve 4 to 6.

Chicken-Vegetable Loaf: Stir 2 envelopes unflavored gelatin into ½ c. cold water or chicken broth. Melt over hot water in a double boiler top.

Stir in 1 tbsp. lemon juice and ¾ tsp. Worcestershire sauce. Then stir into 3 c. cold chicken broth.

When dissolved, add 2 c. cooked or canned chicken, chopped medium-fine, and 2 c. mixed cooked vegetables, such as green peas, string beans, celeriac and carrots.

Oil a 5" by 9" loaf pan. Spoon in the salad mixture. Refrigerate at least 6 hrs. or until firm enough to dice.

Unmold on a large platter. Border with chicory or lettuce. Garnish with sliced pickles. Pass mayonnaise diluted with commercial sour cream and sparked with minced fresh herbs.

Eggplant Patties: Wash a large eggplant. Boil about 45 min. in water to cover or until fork-tender. Rinse with cold water. Pull off the skin; mash the pulp.

Add ¼ the quantity of enriched bread crumbs, 1 egg and ½ tsp. crushed dry mint. Season to taste with salt and pepper.

Form into medium-sized patties Roll in flour or cornmeal. Fry on both sides in enough fat to barely cover the bottom of the skillet. Garnish with crisp bacon.

Herb Trick of the Chef:

Add ½ tbsp. minced fresh tarragon when making chicken-vegetable loaf.

THE EXPERTS SAY

Planning And Teamwork

By GILLIAN PRITCHARD
Canadian Press Staff Writer

TORONTO (CP) — Early planning and good teamwork are at the root of a successful event of any kind, says Mrs. Elsa Jenkins, organizer of the biggest women's exhibition event in Canada—the CNE women's section.

Mrs. Jenkins, who has one full-time secretary and takes on another 100 helpers before the CNE opens each summer, starts planning for next year's show as soon as this year's is over.

In the two weeks the show is on she supervises food, fashion and handicrafts displays and competitions, and entertains 10,000 women at teas, managing a few words with most of her guests during the afternoon.

"We usually invite women who are directly concerned with the theme of the show for that particular day," says Mrs. Jenkins.

YEAR-ROUND TASK

Even before the clearing-up from one exhibition is done, Mrs. Jenkins has roughed out the design and theme of each section of next year's show.

She works out a new color scheme and starts looking for novelties while most of the CNE visitors are still suffering from sore feet.

Interviewed in her CNE office overlooking Lake Ontario, just before the 1956 CNE opened, Mrs. Jenkins took time off from consultations with her staff to offer advice to women organizing a social event of any kind.

"It doesn't matter whether it's a coffee morning or a national exhibition—you've got to like people to be able to put on a good show," says this dynamic, red-haired former newspaper woman from Peterborough, Ont.

Even private dinner parties, she thinks, should have a gimmick of some kind to give the guests an evening they will remember.

Mrs. Jenkins has been CNE women's activities manager for four years. Before that she had been a fashion editor, women's editor, YWCA activities secretary, a member of the Little Theatre and the Red Cross. She was a television announcer and once ran a summer holiday home for business girls—all experience which helps her in her job.

STRESSES TEAMWORK

'I have an active interest in each and every one of the women's departments here at the CNE," she says.

"It's essential that each of the women working with me wants it to be a good show, not just a good show for her department."

Each year she travels extensively looking for interesting ideas for the show. She speaks annually to 20,000 members of clubs and organizations throughout Canada about her job at the CNE.

This year her "finds" include an authentic room of 1600 B.C., a display of wedding fashions for 100 years and several couturiers' ideas of how women will dress in 1966.

HOUSEHOLD HINT

The best way to wash foundation garments is close zippers or other fasteners, then soak the garment in lukewarm suds from five to ten minutes.

Be gentle in the washing action. Do not rub between the hands; use a soft brush to scrub away spots.

Thorough rinsing is important. Squeeze out excess water in a towel; never twist or wring such garments.

MORNING SMILE

The human race seems to have improved everything except people.

Makes Striking Doll Liknesses Of Br. Monarchs

By CAROLYN WILLETT
Canadian Press Staff Writer

OTTAWA (CP)—With the hands of a sculptor and the talent of an imaginative seamstress, an Ottawa housewife creates Lilliputian dolls which delight audiences young and old.

Mrs. Alex Douglas calls this art of "fabric sculpture." The miniatures, 12 to 14 inches high, are moulded from a specialy-treated fabric and then dressed right down to shoelaces.

Her collection of 22 figures includes striking miniature likenesses of British monarchs, centred around a tall model of the present Queen Elizabeth in crown and coronation robes.

HISTORIC COSTUMES

Brought from their storage cupboard to pose in a pleasant livingroom, Mrs. Douglas' dolls appeared in costumes ranging from the 16th century to the present.

These miniatures have made frequent public appearances here, always to raise money for charitable purposes. Everything about the dolls — from their carefully-curled real, or theatrical, hair and animated faces to their poised bodies in intricate and authentic costumes supports a little girl's suggestion that they are "real people shrunk."

Mrs. Douglas, Scottish-born wife of a tobacco company executive who has lived in several Canadian cities, told a reporter she began her hobby about eight years ago in Calgary.

She began making dolls" clothes for a Vancouver children's hospital, and then developed her art of creating both the clothes and the dolls to wear them.

Long study and painstaking work go into the making of the miniatures, particularly those in the likeness of actual persons.

Miniatures of the stately Queen Mary, of a smiling Queen Mother Elizabeth, a regal Queen Victoria and a lively Henry VIII called for collecting a lot of historical background.

LOVING DETAIL

Minute detail is just as important in "pretty dolls" as for an authentically-outfitted Mountie or a Highland chieftain, says Mrs. Douglas.

One part of the figure-modelling process includes a stiffening session in the refrigerator for the fabric torso, a process which startles her snack-seeking son.

Once the body is completed, the expressions captured on tiny faces comes the sewing of the costumes. Cherished bits of silk, satins and velvets, tiny beads and glass jewels find their way to the artist's workroom, often contributed by friends and admirers of the miniatures.

The largest single showing of the collection was held here about three years ago when some 500 guests attended a charity tea in the ballroom of the French Embassy.

"It was a perfect setting," Mrs. Douglas said.

She has never sold a doll, but many have been made for gifts. One of the Douglas dolls, a miniature likeness of Mrs. Louis St. Laurent, the prime minister's wife was presented to the prime minister's wife during a convention here this spring.

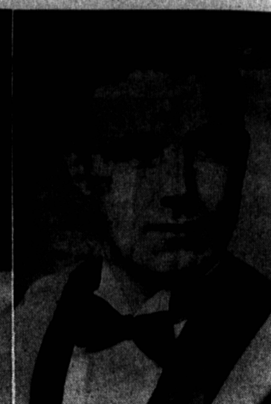
COOK'S CORNER

APPLE CRISP

Put in deep baking dish
1 qt. sliced apples
½ cup sugar sprinkled over top
¼ cup water
¼ tsp. cinnamon
½ cup brown sugar
3 tbsp. flour

Mix until crumbly and spread over apples. Bake 30 minutes until brown. Serve with whipped cream.

CATHERINE CAMPBELL, R.N.



JOSEPH MACNEILL

ENGAGEMENT ANNOUNCED

Mr. and Mrs. Joseph Campbell, Souris, announce the engagement of their daughter, Catherine Therese, to Joseph Desmond, son of Mr. and Mrs. Leonard MacNeill, Miscouche. Mariage to take place September 22nd, in St. Mary's Church, Souris.

KEEP IN TRIM

Slow Exercise, Fast Results

By Ida Jean Kain

If you'll leave the dishes in the sink, I'd like to go through an exercise session with you. Not that it is strictly necessary to take slimnastics at a specified hour, but it does help to fix the habit beautifully.

In the movies, a slow-motion pace shows exactly how a movement is followed through. Well, in this session, we will act out each movement in slow motion. The new technique is being put into force to help keep you on the streamlined exercise beam.

Ready? All right. Now unzip the zipper on whatever you are wearing so nothing binding can hamper your movements. Arc arms above head and clasp hands. Wait. Do not stretch arms upwards, that word arc means to round them ballet fashion. This precaution is to center the stretch where it belongs, through the middle muscles. It does little good just to stretch the arms—for this doesn't reach lazy arm muscles or fix the figure.

Now, arms arched overhead, pull slim through the middle, making the middle muscles themselves do the lifting. You should feel as if you were pulling your waist up away from the hipbones, and pulling the ribs out of the waist. Make this an elongated, smooth upstretch. When the stretch is centered, the girdle, waist and midriff muscles are all in the act. That is just what is desired. Once you get the knack of putting the stretch in the right place, the mind directs the action there every time.

FEEL IT WORK

On the third upstretch, hold the lift and carry the movement on—adding a side-bend. Slowly and smoothly bend toward the right side, bending only so far as feels comfortable. Then slowly come back to the upright position and, taking a fresh grip on the up stretch through the midsection bend smoothly to the left. This even feels slimming. Repeat easily, about four times, alternating sides.

If you are rusty on exercise, this will be enough for a starter. The aim is to become more supple—not stiff. You can end the session by dropping arms down toward the floor, letting hands dangle floorwards, and bobbing up and down limply. This releasing movement allows the tension to ooze out of the muscles and leaves you with a nice feeling of well-being.

ELLEN'S DIARY

The Charm Of Harvest Gold

September! And Summer still fresh and pretty along the country side. But a leaf falls silently from a willow. . .and in a whim of Nature, Autumn's fires catch prematurely in a maple along the stream. And a chill touches for a moment our heart. If Autumn comes, is Winter far behind?

Yet what a fascinating month this is—one of many a blessing and delight. It will give farm-folks a harvest moon; put harvest-machines in the grain-lands. . .and for the farmwives because of the shortening days set the scenes of supper in the dew—fall close to the edge of the dusk!

Dream-set days we will have. . . exquisite blue skies and the charm of the harvest gold at length deep along the reaches of countryside. With as one said recently "God's Hand evidenced mush" in the fulfillment of the harvest for which the seedtime was made.

Bonnie brides the month will see and proud bridegrooms. New homes established with high hopes and many a dream fondly realized.

"Not another Saturday, Ellen. "It's amazing how smartly the days slip by. We're not ready yet for the harvest. Got work to do on the foundation of that barn we moved; got so many things do do" he chuckled "it's no good trying to name them."

This week saw the end of the haying at Rob's. In a task which required alertness, patience and ingenuity on the part of those who took part in the round-up, it brought the necessary medical tests to the young members of the herds—the cows having received theirs before. It was satisfying to know that at the reading today all were in good health. The week gave us a marketing, and in replacements younglings of stock born. So our farming continues its cycle, busily, it is true and always with interest.

And the Kingfisher on the lead-in wire above the millpond, cap a little awry, called to this evening's anglers below, in tones of some regret: "Not many days left to you now for the fishing! Better make the best of it! Where did all the time of the open sea son go! Too bad. . .yes, but there will be another year!"

Calmly, in colors of crimson and orange this evening's sunset flowed, and peacefully ebbed in rose and amber, while Night poured its purple shadows in full measure over the valley and our workaday week was done. So it is gone from us, days spent for the most part in following the duties of that round which are common to Island farm-folks and can fill with much interest their days.

To some Island homes, this week of Summer brought sorrow—that desolation which appears when a happy family circle has been broken and a loved one taken away. And we ask, "What is death that we fear ir?" It is, one says "No more than this—
The knot between two bright contrasting skeins
Upon the loom; a resting overnight;
The brief, rich, pause between two mighty strains;
The little bridge we cross from dark to light."

Until Tuesday — — — Diary — Good-night.

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