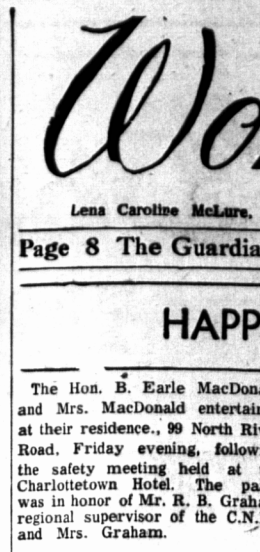




LORNA MCINNIS



CATHERINE MCEWEN



NORMA CREAMER

CHARLOTTETOWN HOSPITAL GRADUATES

Lorna Mary McInnis, came to us from the West in September, 1954, and quickly slipped into the routine of the Charlottetown Hospital School of Nursing. Her parents Mr. and Mrs. Maxwell McInnis live in Tignish, Prince Edward Island. Lorna graduated from Tignish High School in 1953. She is liked for her generous service to the sick, her pleasing personality and her never failing smile.

Craswell Photo.

Catherine Marie McEwen is another graduate of St. Mary's Convent, Souris, and of the Commerce Department, Notre Dame Academy. Kitty joined the '54 class of students at the Charlottetown Hospital School of Nursing. She is the daughter of Mrs. Anne McEwen, Charlottetown, and the late John McEwen. Kitty's sweet disposition, warm smile and willing hand will be ever remembered by her classmates, and by all those who have had the pleasure of knowing her.

Craswell Photo.

Norma Jane Creamer, the daughter of Mrs. John Creamer, Souris, P.E.I., and the late Mr. Creamer, is a graduate of St. Mary's Convent High School. Norma's joy is to work well done. She is an excellent bedside nurse, and is always ready to participate in extra-curricular activities. Norma is contemplating nursing in the Armed Forces.

Craswell Photo.

PARKDALS W. I.

The monthly meeting of Parkdale W. I. was held in the hall on May 8th, with the president, Mrs. H. Douglas presiding. The topic was Mental Health. The meeting opened by singing the Island Hymn followed by the collect. Roll call was answered by "If I were a shut-in how I would like to be remembered."

Reports were heard from the treasurer, sick, and school committees. Two neighbours had been bought for the rhythm band, and ten dollars was voted to help pay expenses of a leader or guide to Doe Lake. The guides and brownies are planning a mother and daughter get together, and the Scouts had a party, also a hike.

Numerous donors were procured for the Life Savers Club. The date of the District Convention has been advanced to June 13, place Parkdale Hall, time 2 p.m. Correspondence was read and duly noted, tickets were brought for the Kinsmen Spring Carnival. Refreshment committee for June are the following: Mrs. W. Burns, Mrs. Lois Brown, Mrs. L. MacKay, Mrs. R. Hardy.

Dr. Theriault, psychiatrist at Riverside Hospital in his address had the individual attention of the members as he told of the methods of treatment given in the years gone by and those of the present day. Rapid strides have been made in the field of Mental Health, and from the knowledge gained, we know a new era has dawned for the mentally ill. A hearty vote of thanks was extended the speaker.

Meeting closed with the National Anthem.

Women

Lena Caroline McLure, Women's Editor, Phone 8508

Page 8 The Guardian Thursday, May 23, 1957

HAPPENINGS

The Hon. B. Earle MacDonald and Mrs. MacDonald entertained at their residence, 99 North River Road, Friday evening, following the safety meeting held at the Charlottetown Hotel. The party was in honor of Mr. B. Graham regional supervisor of the C.N.R., and Mrs. Graham.

Miss Isabel Atkinson of Ottawa is another V.I.P. in our midst this week. Miss Atkinson is national president of the Canadian Association of Consumers, popularly known as the C.A.C. Miss Atkinson was formerly provincial president of the Saskatchewan branch. She gave up her home in Regina and came to Ottawa to give her full time to the work. Miss Atkinson travels throughout Canada in the interests of C.A.C. She is at present on a tour of the Maritimes, calling on all branches. Wednesday evening Miss Atkinson was in Moncton. She arrives by plane, Thursday in Charlottetown and after this visit proceeds to Halifax. Miss Atkinson will address a meeting Thursday evening, May 23, in St. James Hall. Mrs. J. A. Lawson, provincial president of C.A.C., will be the chairman. Women of many organizations will be present and the public are cordially invited to hear Miss Atkinson, an outstanding national speaker.

The Victoria Group of the Baptist Church, Charlottetown, held their annual banquet at the Charlottetown Hotel. The party was in honor of Mr. B. Graham regional supervisor of the C.N.R., and Mrs. Graham. The banquet was a special feature of the get-together was the presentation of a lovely Island painting to Mrs. Hartley Cunningham who is soon to take up residence in St. John's, Newfoundland. The presentation was made by Mrs. Walter Baker, Vice-President of the group. After a few well-chosen words Mrs. Baker and Mrs. Harold Jenkins sang a parody on "The Squire Jigger's Grounds" in which they very humorously substituted the names of the hon. guests and family. The Group plans to resume activities in Sept.

There are more than two hundred and fifty delegates from I.O. D.E. chapters across Canada attending the national chapter of Canada, Imperial Order Daughters of the Empire, being held May 25-29 at the Hotel Vancouver, Vancouver, B.C. Mrs. Lawrence B. Smart, Toronto, national president will be present.

SOURIS C. W. L.

Mrs. J. J. MacDonald the district president of the Souris sub-division of the Catholic Women's League, presided at the May meeting which was held in the Parish Hall on Tuesday evening, May 4th, and opened with the league prayer by Rev. Edwin Steele.

The treasurer, Mrs. Joseph Campbell reported that the White Elephant Sale was a decided success, adding a considerable amount to the funds.

The conveners of the standing follows: entertainment, Mrs. J. B. St. John, Spiritual Mrs. Joseph Campbell; Membership - Mrs. James Paquet, Sick visiting, Mrs. John McCormac; Press - Mrs. St. Clair Paquet.

A special feature of the evening was an address and gift presentation to the past president, Mrs. Artemus Paquet. A Pantry sale was planned for Saturday, May 25th and arrangements were made for catering to the regular Friday night dances in the Parish hall.

SOURIS LINE ROAD S.

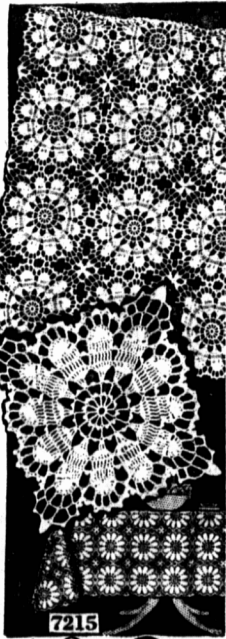
The regular monthly meeting of the Souris Line Road South W.I. was held April 2 at the house with eight members present. Meeting opened with Institute Ode, followed by the minutes of the March meeting which were approved and signed.

The committees gave their reports and new ones appointed namely: school, Mrs. Hugh MacAulay; sick, Mrs. Blaine MacAulay and Mrs. Bernard MacAulay. All correspondence was read and discussed. A thank you note was read from a member who received a fruit treat.

It was moved and seconded that \$2.00 be sent to the crippled Children's Fund. There being no further business the meeting closed with the National Anthem. The next meeting to be at the home of Mrs. Cyril MacDonald. Roll call answered by paying a nickel. Lunch was served by the hostess, Mrs. Emmet McGough, followed by a social hour and vote of thanks tendered.

On May 1, twelve members of the Institute Souris Line Road South, and one visitor met at the home of Mrs. Cyril MacDonald, and Mrs. George MacDonald. The meeting opened by singing the Institute Ode, followed by roll call answered by paying a nickel.

DAILY PATTERN



by Alice Brooks

PRIZE-WINNER! Sure to win prizes - and it's such EASY crochet! Do a square at a time; join to make lovely articles large and small!

Pattern 7215: Directors for 7 1/2 inch square in bedspread cotton. Thrifty crochet - only 10 skeins for cloth; 20 for spread!

Send THIRTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

A bonus for our readers - two FREE patterns, printed in our new Alice Brooks Needlecraft Book for 1957! Plus a wonderful variety of designs to order - crochet, knitting, embroidery, huck weaving, toys, dolls, others. Send 25 cents for your copy of this exciting NEW needle book - now!

SALAD SUPPER COMMUNITY CENTRE

Stewart St.

THURSDAY, MAY 23rd

5 to 7 P.M.

Tickets \$1.00

Sponsored by C.W.L. Holy Redeemer Sub-Div.

ROGERS MAJESTIC TELEVISION

ALL MODELS IN STOCK See Our Display NOW

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KEEP IN TRIM

Poor Head Carriage Is Back Of Chin Troubles

By IDA JEAN KAIN

Poor head carriage is back of most chin troubles. That line at the back of the neck is the test. It should be held almost straight. When your head is held squarely on your shoulders, the chin is level, not tilted up, jutted out or dropped down. There is neither a stretch or a sag. The muscles are bracing on the job.

But when your head is strained forward out of proper alignment, the front muscles have no support and tend to become flabby. SPOT FOR FAT Flabby muscles make an ideal parking spot for fat. Add fat to weak muscles and the result is a double chin effect. But whether or not calories bloom under the chin, droopy head posture and

sloak muscles let the chinline sag. For enlightenment, test your head posture. Put on a pair of earrings, the long dangling type. The earrings, hanging from the lobe of the ears should form a straight line with your shoulder bone.

If the earrings swing forward, you are not carrying your head squarely on your shoulders. The correction is to pull up with that line at the back of the neck. EXERCISE WILL HELP Exercise helps to restore tone to flabby throat muscles. In taking

and loosens it's important not to overly stretch the skin. Here is an exercise which affords strong resistance without stretching the skin on the front of the throat. Position: Lie on back on floor or bed, with knees flexed. Clasp hands firmly back of neck. Movement: Raise your head, slightly, a couple of inches only. Then slowly lower your head while strongly resisting this action with clasped hands. Three times will be ample. Do this exercise night and morning and you will begin to get beauty returns by the first day of summer.

INCREASE PRICE SYRACUSE, N. Y. (AP)—Sunday newspapers here will be increased from 15 to 20 cents, effective May 26. The Herald-American and the Post-Standard announced the boost Monday.



MAY CLEARANCE

THURSDAY, FRIDAY and SATURDAY

COATS (sizes 2 to 14x) clearing at 20% off

Special lot of Girls' and Boys' COAT SETS (3 to 6x) clearing at \$5.95 each

Special group of Girls' JEANS and SLACKS (sizes 10 to 14) clearing at \$2.00 each

Assortment of BABY GOODS, clearing at \$1.00 each

THE MISSES HOLMES and BRADLEY

159 QUEEN ST.

DIAL 3414

Coming to town May 31st and June 1st

with free silver dollars for every member of your family!

the Cream of the West jolly miller

Will visit homes in Charlottetown and District

WATCH FOR HIM. If you have a bag of Cream of the West Flour when the Cream of the West Jolly Miller visits your home, you—AND YOUR ENTIRE FAMILY—each get a FREE SILVER DOLLAR! So be sure to have New, All-Purpose Cream of the West Flour on hand.



New, All-Purpose

Cream of the West FLOUR

Now, thanks to Cream of the West's new high-protein formula, your bread bakes up high, light and white as white can be—tender-crust and even-grained every time. And cakes and pies are delicious perfection with new, All-Purpose Cream of the West Flour. So be sure of better results every time you bake. Ask for new, Cream of the West Flour now!

Buy a bag today!

Modelling at the fashion show at R.C.A.F. station Summerside on Thursday evening, Mrs. Beryl Gibbons displays a Natlynn Junior original frock of woven shadow cotton, heavenly blue with grey, fashioned with a full skirt and surplice bodice, and her picture hat is rose trimmed.

Photo by Wotton.

PRETTY FOR A SUMMER TEA

ELEANOR ROSS

If You're Tired All The Time, You're Bored

Psychologists have a new theory about what makes people tired. If you're tired all the time, you're bored. It's as simple as that!



By VERA WINSTON

BEACH BLOUSE

For beach, patio or lounge wear, here is a shirt blouse of brilliant blue and green silk print. It is tailored enough to go beautifully with almost any daytime suit, and it is a very versatile item. Here it is shown worn over a play bra and with flannel pants cut straight and slipped in back. A bra of solid blue or any other color would be good.

If you feel that you just can't drag one foot after the other—healthy—they maintain that it's because you are not doing your job efficiently!

This theory, of course, doesn't apply only to the homemaker. It applies to anybody in any type of job — to anyone who's just too tired to ever catch up on his work.

TOO MUCH WORK

Of course, some people just have more work than should be expected of one person, so this theory, obviously, doesn't apply to them. But let's consider how accurately the theory does apply to the average homemaker in the average household.

You know how weary you feel at the end of a frustrating day when nothing has seemed to go right.

The laundry has piled up, until it's just too mountainous to tackle. The kitchen floor looks like a dust bin. The lunch dishes were left until they merged with the dinner dishes, so that there's no counter space in the kitchen to set anything down. And, no doubt, both ovens of that nice new stove have become so caked with grease that it will take you a long time to clean them — if they ever can be made clean again!

BORED BY PROSPECT

It's the thought of all these things to be done that bores you. Naturally, you feel frustrated and housekeeping seems so brightly boring, so dull and unrewarding. By the end of the day, you feel just too tired to carry on.

What's the remedy for this tired feeling? Not necessarily a trip to a faraway land. It's much too expensive and, besides, the same set of conditions will be there waiting your return.

No, the remedy is simply running your house efficiently, doing what needs to be done when it

needs it!

Instead of putting off such chores as placing clothes in the washer, do it right that minute. Instead of letting grease collect on the oven walls, swab them down with a sudsy sponge immediately after each meal. Instead of letting the floors get grimy, mop up splashes and dust frequently.

EASY TASKS

Not a single one of these jobs is difficult, not a single one requires more than a few minutes of light labor, if it's done properly.

If you accept the theory that it's the backlog of jobs postponed that gives you a tired headache done, a feeling of accomplishment is easy. Actually, it's the only remedy.

Any woman who reaches bedtime with a feeling of a job well done, a feeling of accomplishment, isn't going to be bored.

At any rate, the idea's worth trying.

MORNING SMILE

There is expected to be a salt shortage soon — due to the fact that so many things now have to be taken with a grain of it.

REFUGEES FIGHT BICESTER, England (Reuters)

Police found one man dead with stab wounds and another seriously injured Monday night after fighting broke out among refugee house here.



MARVEN'S POTATO CHIPS

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WE TAKE RADIOS IN TRADE

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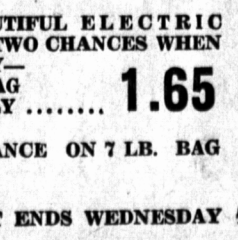
IT'S SMACKING GOOD



20 oz cans 2 for 39c

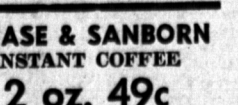


PURITAN PRODUCTS BIG 1 1/2 LB. CAN IRISH STEW 49c LARGE 7 OZ. CAN DEVILLED HAM 29c CAN MEAT LOAF CHIX 49c



WIN A BEAUTIFUL ELECTRIC CLOCK. TWO CHANCES WHEN YOU BUY— 25 LB. BAG FOR ONLY 1.65

ONE CHANCE ON 7 LB. BAG AT 59c. CONTEST ENDS WEDNESDAY



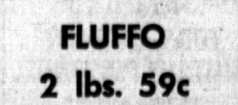
CHASE & SANBORN INSTANT COFFEE 2 oz. 49c



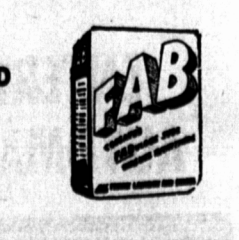
COD FILLETS, lb. 19c



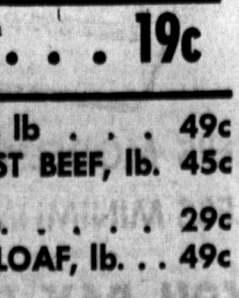
NEW IMPROVED FAB BUTTER 2 lbs. 1.19



FLUFFO 2 lbs. 59c



FROZEN FOODS Fish Sticks . . . 39c McCAIN'S French Fries . . 19c YORK Peas 29c YORK Orange Juice 39c Grape Juice . . . 25c



RIB ROAST BEEF, lb 49c SHOULDER ROAST BEEF, lb. 45c CORNED PORK HOCKS, lb. . . . 29c MAC & CHEESE LOAF, lb. . . 49c CORNED NECK RIBS, 2 lbs. 35c



THE BEST SHOP TO SHOP BEST