

# WOMEN

Page 8 The Guardian, Saturday, July 23, 1955

## Happenings Of The Week

Mr. Justice James D. Hyndman and Mrs. Hyndman of Ottawa are registered for their annual summer holiday at Keppoch Beach Hotel, Mrs. Hyndman, as well as her husband James Hyndman, has a Prince Edward Island background. Mrs. Hyndman was the former Miss Ethel Davies, daughter of the late Sir Louis Davies, Chief Justice of Canada, and Judge Hyndman has many relatives in the provinces.

Miss Florence Burnett, Fort Augustus, had as her guests Air Force Lt. Col. John R. Burnett and family, Florida, who are also visiting relatives and friends in Kinkora before Lt. Col. Burnett is transferred to Washington. He is the son of James A. Burnett, formerly of Charlottetown, and has not been to the island for twenty years.

Captain T. Drummond Cobb and Mrs. Cobb, Halifax, with their children are vacationing at Keppoch. Mrs. R. Donald Scott, and her son Stuart are expected next week from Ottawa, Ontario.

The Charlottetown Business and Professional Women's Club have received most appreciative letters from visiting B. and P. members who enjoyed the delightful hospitality of the Charlottetown Club at the B. and P. Centennial Weekend Get-together. Mrs. Maude Bayley of Toronto who was the guest speaker wrote to all members of the committee commenting in detail upon this splendid visit to Prince Edward Island.

Mr. and Mrs. Kenneth A. Parker, with their daughters Margaret and Barbara left Friday for Halifax. They will visit Mrs. Parker's mother, Mrs. B. J. Porter. Mrs. Ivan McClure of Moncton is visiting her mother Mrs. Colin C. McLure, Brackley Point.

Maxwell House in Dumfries-shire is one of the special places of interest to visitors to Scotland.

Maxwell House is "Annie Laurie's" birthplace, and is the subject of one of our most popular Scots' songs. Incorporating a part of the old castle of Glencairn, the house was built by Annie's grandfather.

Mrs. J. William Duggan of Melrose, Boston, Mass., is visiting relatives in Kensington and Charlottetown. Mrs. Duggan is registered at the Charlottetown Hotel.

Miss Marian Newson of Ithaca, New York, and Miss Vera Newson of Vancouver are visiting their parents Mr. and Mrs. Harold Newson, Mt. Edward Road, Orange, New Jersey.

Mr. and Mrs. Edward Miller have as their guest Mrs. Miller's mother, Mrs. G. P. Gordon, East Orange, New Jersey.

Mr. and Mrs. Douglas Gordon of Montreal are visiting Mr. and Mrs. J. P. Gordon, Longworth Avenue.

Mrs. Edith Bauld of Halifax is spending a few days in Charlottetown.

Mrs. Ronald F. Norman entertained at a Coffee Party Tuesday morning at her residence in honor of Miss Reta Norman of Winnipeg and Mrs. R. Pitt, wife of Mr. Pitt, the new manager at the Charlottetown Hotel.

Mrs. J. H. Cery entertained on Wednesday at her residence Brighton Road at a luncheon in honor of summer visitors.

Dr. Tom Stewart and Mrs. Stewart of Montreal with their children are at Brackley Beach.

Mrs. Harold Steckley, Toronto, and children John and Ann, are visiting Mr. and Mrs. J. A. Lawson, Inkerman.

Mrs. William Corbett, Montreal, and her young son Robert, are visiting Mr. G. G. Hughes and Mrs. Hughes, Inkerman.

Mr. and Mrs. J. Fraser Macmillan, of Edmonton, with their children Louise, Bruce, and Catherine are visiting Mrs. J. A. Macmillan at Inkerman.

Mr. and Mrs. Gregory Lambros and their year-old daughter Alberta arrived by plane yesterday from Winnipeg on a visit to Mr. and Mrs. Fred Lambros, parents of the former. Mr. Lambros who is a graduate of the University of Manitoba in Architecture, is on the staff of Norwood, Chivers, Chivers and Co.

Mrs. G. H. Beaman of Montreal has been visiting in Charlottetown and Montague. Mrs. Beaman is leaving soon for New Zealand. She will go by plane to Vancouver and then by ship. She will be visiting in New Zealand, her daughter, Mrs. Percy Webber and Mr. Webber, and will be away for a year.

Mr. and Mrs. William Osborne of Montreal, and three children are spending three weeks at Stan-

Miss Florence A. Robertson, New York City, is spending the summer in Charlottetown, visiting Mrs. W. A. Smith, 14 Rochford Square.

na MacEwen, prior to her marriage to Mr. Allison K. Mutch. Mrs. Gussie Bagnall assisted Miss MacEwen in opening the gifts.

Mrs. Christina Crabbe of Winnipeg and Mr. and Mrs. Charles Armstrong of Truro are vacationing at Stanhope.

Mrs. Vernon Rodd has had as her guests her son Mr. Allison Rodd, Three Rivers, Quebec, and Miss Gaby Bourassa, also of Three Rivers.

The hostess this afternoon at the Charlottetown Tennis Club is Miss Norma Dalziel.

The Golf Club hostesses for Saturday are: Mrs. F. G. Hutchison, Mrs. R. A. Parker, Miss Isabel MacDonald, Miss Kay Sutherland, Miss Dorothy Gormley, Miss Helen MacDonald.

On Wednesday, June 15, Miss Patricia Clark entertained at her apartment on Maple Ave. at a shower in honor of her cousin, Miss Phyllis Hogg. Miss Dorothy Clark arranged the gifts and Miss Barbara Matheson read the accompanying verses. A dainty luncheon was served by the hostess, assisted by her mother, Mrs. James N. Clark.

Mrs. Charles Ballem and Miss Marjorie Huestis entertained at the former's home on Granville Street on Saturday, June 18, at a miscellaneous shower in honor of Miss Phyllis Hogg. Miss Huestis read the accompanying verses and Mrs. Charles Schurman arranged the many lovely gifts. Lunch was served by the hostesses.

The staff of the telephone office, Summerside, entertained on Wednesday, June 22 at a salad tea in honor of Miss Phyllis Hogg. She was presented with an electric kettle.

Mrs. William Toombs and Mrs. Charles Schurman entertained at a surprise shower at the former's home in Kensington on Thursday, June 23 in honor of Miss Phyllis Hogg. Mrs. Seaman Bell read the verses and Miss Clara Mountain arranged the gifts. A delicious lunch was served by the hostesses.

A miscellaneous shower was held at the home of Mr. and Mrs. Earle Hogg, Wilnot Valley, in honor of their niece, Miss Phyllis Hogg, on June 25 when she received many beautiful gifts, including crystal, silver, linen and china. Miss Valerie Waugh played the wedding march while Miss Marjorie Huestis escorted the guest of honor to the seat of honor which was tastefully decorated with pink and white streamers and white bells. The Misses Lillian Ann Hogg and Sandra Fern Huestis carried the heavily laden baskets. The Misses Helen Clark and Marion Huestis opened the gifts and Mrs. Kingsley Shaw and Miss Miriam Caseley read the accompanying verses. Lunch was served by the hostess assisted by friends of the guest of honor.

Miss Joan Bulmer, of Toronto, is visiting her mother, Mrs. William McLean and her aunt, Mrs. Robert McNeill.

Dr. Donald Campbell and Mrs. Campbell and their daughter of Charlottetown are vacationing at Cavendish.

Mr. and Mrs. George Troop of Toronto are vacationing at Gregor's Hotel.

Mrs. George MacDonald, Mrs. Shirley Dixon, and the Misses Wright of Montreal are registered at Gregor's Hotel.

Mrs. Albert Clark of Moncton and his daughter Gail and son Brian have been visiting Mrs. Clark's father Mr. Frank McKee, Dorchester Street.

Mr. and Mrs. Arthur La-Rosee have returned to their home in Waltham, Mass., after visiting at the home of Mr. Frank M. McKee.

Mr. James R. McKee and Mrs. McKee, Mt. Healthy, Ohio, and their three children have been visiting Mrs. McKee's mother Mrs. Bertha McKee and his sister Mrs. Robert Nicholson.

Mrs. Vera Murray arrived last Saturday from Montreal to visit her mother and sister.

Mrs. David MacPherson, Halifax, and Miss Constance Reid, Montreal, are guests of Mr. and Mrs. J. C. Cook, Upper Prince Street.

Mrs. G. J. Craddock and two children, Jeffrey and Vivian, of Ralston, Alta., are spending the summer in Charlottetown, the guests of Mrs. Craddock's mother, Mrs. W. S. Hughes.

Flight Lieutenant and Mrs. Lloyd Chambers of Ottawa, Ontario, are vacationing on the island the guests of Mrs. Chambers' sister and brother-in-law Mr. and Mrs. T. A. McAdam, 2 Grafton Street.

Mrs. N. W. Churchill who has had a most enjoyable visit to Charlottetown leaves this morning for Windsor, Nova Scotia, to visit her mother, Mrs. F. A. Shand. She will then proceed to Port Chester, N.Y. to visit her daughter Mrs. Wetmore and Mr. Wetmore and to Baltimore to visit her son Mr. Frederick Churchill, returning at the end of August to Toronto.

Mr. and Mrs. R. Newton Large and young son Allen spent a very pleasant vacation in Souris, guests of Mrs. Large's parents, Mr. and Mrs. Robert MacKenzie, Mr. and Mrs. Robert MacKenzie also had as their guests Mr. and Mrs. Melvin MacKenzie, Fredericton, N.B.

Mr. and Mrs. J. P. McGhen, who have been visiting Mrs. MacGhen's sisters, Mrs. C. R. Birr, Mrs. Robert Hooper and Mrs. Pope Hooper of Milton, leave July 25 on return to their home in Victoria, B. C. En route they will call at Regina and Calgary.

Miss Mary Jane Ashley, St. Catharines, Ontario, left on July 18th to return with Mr. and Mrs. William Wheatley to Liberty, Sask., where she will spend the next three weeks.

Mrs. R. E. Mutch entertained at a dinner party at Dalvey for Miss Edna MacEwen recently. Covers were laid for eight.

Mrs. Gordon Warren, North River Road, was hostess at a cup and saucer shower for Miss Ed-



B. J. HOWELL



DR. C. I. MACMILLAN

### Engagement Announced

The engagement is announced of Barbara Jane Howell, R.N., daughter of Mrs. John Howell and the late Capt. Howell of Hebron, N. S., to Dr. Charles

Ian Macmillan, son of Major and Mrs. J. F. Macmillan of Charlottetown. The marriage will take place August 20 in St. Ambrose Cathedral, Yarmouth, N. S. Photos by Wright.

### Look Fresh As A Daisy On Your Vacation Trip

GOOD grooming on vacation is as important as being well groomed at home.

Of course, at home it is easier with everything for keeping oneself and one's wardrobe in good condition, close at hand. But just a little extra planning and careful packing is all that is necessary to insure a good appearance with a minimum of time and fuss.

**PLASTIC KIT**  
If one is to be a guest, then, of course, it becomes doubly important to plan in order to avoid borrowing. If the luggage doesn't include a train case, then a zippered plastic kit containing plastic squeeze bottles and containers for make-up and lotions should be packed in the suitcase as well as a smaller plastic kit for carrying soap, toothbrush and dentifrice.

**TO FRESHEN UP**  
A scarf-size piece of pliable plastic will come in handy when you want to freshen up while en route. Tuck it around the neckline of your dress, and it will keep your dress dry.

We generally like to take along a couple of extra towels for use on the way as well as a pack of those expendable compressed washcloths. They come in a plastic case, which also has a pocket

for used clothes. A complex brush, a good but small hair brush and a couple of combs should be packed, too.

**SUDSMAKERS**  
A good traveller invariably includes several packages of sudsmakers to take care of dunking those nylons and undies. A few minutes at the wash basin and everything is fresh and clean again. A hand-size "washboard" of plastic or rubber is of great use here, too, as one of those tiny braided latex clotheslines which expand to all of eight feet. No pins are needed since garments are tucked between its strands.

It is also wise to take along a thin sheet of plastic. This can be spread over a bed or other large space so that damp things, such as a bathing suit, can be spread to dry quickly. It's also good for rolling up damp items.

**SEWING KIT**  
Include a tiny sewing kit for fast repairs and one of those good-looking plastic-lined cotton beach bags, some of which can double nicely as a handbag with beach clothes or simple cottons. All little items, but how big they loom in the important task of looking well and keeping beautifully groomed while away from home.

### ELLEN'S DIARY

By An Island Farmer's Wife

And deserving it or not, rain came to island farms in needed refreshment for thriving field and tree and garden. It came through the night, a silken, rustling sound in the stillness. And hearing James stirred on his pillow and commented, "It's a good country this, Ellen. The fields were commencing to need it. It will do good - more than we can even imagine."

Breasting the winds with a rustling shout, Thrusting the hayforks in and out, Mounding the hay. Glowing morn, the sun shines out, Let us rejoice, my stout of heart: Golden hours may soon depart In the death of winter's rock. This is the harvest, this the day We stave the hay."

### COURSES NOW STARTING for WOMEN

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If you are between 18 and 29, single, and have Grade 9, the equivalent or better, get all the facts right away. New courses are starting.

### SUMMER SLIMMING

Mr. and Mrs. Style

Try This On For Size

By Ida Jean Kain

IF you delete fattening trimmings on summer meals to curb calories, you can drop fifteen bulky pounds by Labor Day and wear a size smaller. It's exciting to contemplate that smaller size.

This time we'll reverse the order and take gentlemen first. Try this on for size, boys. How many pounds would you estimate you would need to lose in order to wear a size smaller suit? On the average, it's 16 pounds. There is less difference between sizes for the smaller sizes and a bit more for the larger ones. The standard number of pounds between size 34 and 36 to 19 pounds between size 40 and 42. There are 16 pounds between sizes 40 and 39 - which makes it eight pounds to size 39.

For women's clothing, the standard number of pounds between sizes is 10 to 16, depending on structure. Those figures are based on averages. To estimate the number of pounds to your next size, you must take into account the fit of your present size. If you are straining the seams, you will have to slim down the full number of pounds to wear a size smaller - but the rewards of achievement will be just that much more satisfying.

To stay on the slimming course this weekend, visualize yourself in that next smaller size - and keep that goal vividly in mind. That's the way to be a winner mentally.

### WEEKEND MENUS

DAILY DOUBLE DIET

Saturday

Breakfast  
Fresh berries or ripe peach  
Cereal, 1/2 cup  
Sugar, 1 rounded teaspoon  
Whole Milk, 1/2 cup  
Toast, 1 thin slice  
Butter, 1/2 pat

Luncheon  
Scrambled Eggs  
Mrs. 1 egg  
Mr. 2 eggs  
Fresh fruit salad  
Crisp lettuce - no dressing

Supper  
Frankfurter on toasted bun  
Mrs. Glass of skim milk  
Mr. Glass of whole milk

Total Calories 1025 1280  
\*Vanilla Ice Cream Mix. Prepare with whole milk, freeze in refrigerator. One-half cup contains 140 calories.

Notes: Save these menus if you wish them, they are not in leaflet form.

### COCONUT COOKIES

1 cup brown sugar, 1 cup white sugar, 1 cup butter or other shortening, 2 eggs, 2 cups oatmeal, 2 cups flour, 1 tsp. baking powder, 1/2 tsp. salt, 1 tsp. soda, 2 cups shredded coconut.

### Words Of The Wise

Money and time are the heaviest burdens of life, and the unhappiest of all mortals are those who have more of either than they know how to use. (Samuel Johnson)

Bread, thin slice 50 50  
Butter, 1/2 pat 25 25  
Tea or Coffee 0 0  
325 425

\*Scramble eggs in top of double boiler. Use 1 Tbsp. milk. No fat needed.

Dinner

Mixed Grill 250 250  
1 lamp chop - eat lean meat only  
1 slice liver - lightly floured  
Tomato half - broiled

Young carrots with chopped mint 50 50  
Tossed green salad 35 35  
(Reducer's Dressing)  
Angel food cake (no icing)  
(Mrs. - 2 inch wedge) 10  
(Mr. - 3 inch wedge) 150  
Iced tea, with lemon 0 0

Total calories 435 485  
Refreshing Beverage - Lemon Sparkler

In tall glass pour juice half lemon, sweeten with liquid Sucaryl. Add chilled sparkling water and 2 or 3 ripe strawberries. Calories - 15

### DAILY DOUBLE DIET

Sunday

Calories Mrs. Mr.

Breakfast  
Melon 40 40  
Poached egg on Thin 75 75  
Crisp bacon, 1 strip 50 50  
Mr. Extra slice toast, lightly buttered  
Coffee, black 0 0  
215 290

Dinner  
Broiled chicken 175 175  
Mrs. - extra piece 1/2 breast 100  
Butter for basting 1 teaspoon each 35 35  
Corn on Cob 85 85  
Butter, 1/2 pat 25 25  
Shredded lettuce with ripe string cherries 50 50  
(Reducer's Dressing)  
\*Vanilla Ice Cream Mix 1/2 cup 110 110

Supper  
Mrs. Glass of skim milk 80  
Mr. Glass of whole milk 160  
330 410

Total Calories 1025 1280  
\*Vanilla Ice Cream Mix. Prepare with whole milk, freeze in refrigerator. One-half cup contains 140 calories.

Notes: Save these menus if you wish them, they are not in leaflet form.

### HOUSEHOLD HINT

Naphtha and gasoline used for cleaning clothes are frequent causes of serious injuries. The fumes they give off are so easily set on fire that a spark or a tiny pilot flame is enough to start a terrific explosion.

### TRICK OF THE CHEF

Season the mixture for roast beef hash with 1/4 tsp. powdered basil.

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### LET'S EAT

## Save Time And Energy With A Food Blender

By Ida Estley Allen



A COOL, RICH drink that combines apricots and pineapple juice, and an orange-raisin bread both make use of the electric blender.

"MAY I inquire the name of that delicious-looking, cold pink beverage you have just poured from the blender, Madame?" asked the Chef.

"It's what I call an uncooked tomato bisque, Chef," I told him. "I especially like it for lunch with a cheese sandwich on protein bread. Pour yourself a glass."

**TANG OF TOMATOES**  
"Very nice," commented the Chef, sipping thoughtfully. "It has the tang of fresh tomatoes combined with the richness of milk."

"But I used instant non-fat dry milk, Chef. The reason it tastes 'rich' is because the blender completely merges all the ingredients."

"For a tall glass, I combined in the blender top, 1/4 cup ice cold water, 3 tbs. instant non-fat dry milk, 1 cut-up skinned tomato, 1/4 tsp. each salt and sugar and a few grains pepper, then buzzed it about a minute."

**WEDDING PRESENT**  
"Do you think the average owner of a blender uses it for as many purposes as he might?" the Chef queried.

"Most persons do not. So I certainly hope that every bride who received a blender for a wedding present will carefully read the book of directions that came with it. She will learn how the blender can save time and energy in making velvety salad dressings, soups, canape spreads, waffles, tea breads, cookies and dozens of other foods and, of course, countless new beverages."

"Let's give our readers directions for the new apricot ice cream whip."

"And, Madame," the Chef added, "I suggest we include the new recipe for orange-raisin bread, so quick and easy with the blender method."

**Apricot Ice Cream Whip:** Place the contents of 1 (8 oz.) can of apricots, 1/4 c. pineapple juice and 1/2 c. crushed ice in the glass container of a blender. Cover and turn on the blender. Run until the contents are thoroughly blended and smooth, about 15 seconds.

**MONDAY DINNER**  
Blended Citrus Juice  
Baked Roast Beef Spiced  
Sliced Tomato and Cress Salad  
Orange-Raisin Slice  
Hot or Iced Coffee or Tea  
Milk  
Orange-Raisin Slice

**Method:** Into a mixing bowl, sift together 1 c. already-sifted enriched flour, 1/4 tsp. salt, 1 tsp. baking powder, 1/2 tsp. baking soda. Stir in 1/2 c. medium-chopped pecans.

In the glass container of the blender, break 1 egg and 2 1/2 c. milk, 1 unpeeled coarse-chopped navel orange, 1/4 c. seedless raisins, 2 tbs. softened shortening and 1/4 c. sugar. Cover the container and turn on the blender. Run until the contents are evenly blended, about 1 min.

Pour over and into the flour and nut mixture. Stir only until dry particles remain. Transfer to an oiled loaf pan, 8 inches x 4 inches. Bake 1 hr. and 20 min. in a moderate oven, 350 degrees F. or until done.

Cool overnight before slicing. Serve sliced thin with butter, jelly or cream cheese. Makes 1 loaf.

**Regulation Method:** After sifting together the dry ingredients and adding the pecans as described above, stir in the sugar, chop in the fat with a pastry blender, beat the egg and add with the raisins. Beat only until mixed. Then bake as directed above.

**TRICK OF THE CHEF**  
Season the mixture for roast beef hash with 1/4 tsp. powdered basil.

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