

Dieters Deserve The Best

By Ida Jean Kain

"I deserve this," a "dieting" piece-mealing with a purpose. In the middle of the morning, she had a small glass of orange juice or tomato juice. Late afternoon, she had a protein pick-up. She varied doing. Suddenly she stopped and questioned. "Why am I doing this? It is certainly no favor to myself—I am trying to lose weight."

Society Does Not Ask As Much Of Women As Men

By OLI DAUM Canadian Press Staff Writer TORONTO (CP)—Elizabeth Long for 46 years a sharp-eyed observer and forceful spokeswoman on women's affairs, says society doesn't demand as much from women as from men.

Now 63, the former newspaper woman who retired at the end of March after 18 years as head of women's interests in the Canadian Broadcasting Corporation, said men have always to be informed and to preserve their dignity.

"But a woman can be silly, make mistakes, be emotional, and even behave past what is good judgment and the world forgives her," Miss Long said in an interview. "She still keeps her dignity and if she apologizes for her mistakes society thinks 'how charming.'"

Because people didn't expect as much from women they rarely reached the peak of their abilities. If they did, their scope would be unlimited, particularly in Canada where there was a growing need for qualified people.

COOK'S CORNER

MARSHMALLOW CHEWS 30 Graham waters rolled to crumbs 1 small jar marshmallow sherries 1/2 cup walnuts 1 can condensed milk

MIX TOGETHER, SHAPE INTO BALLS AND ROLL IN COCONUT. PUT IN FRIG. GRAHAM GEMS Butter size of walnut 1 cup brown sugar 2 eggs well beaten 1 cup sour milk 1 cup white flour 1 cup graham flour 1 cup health bran 1 tsp. baking soda 1/2 tsp. salt

Mix and bake in oven 400 deg. for 25 mins. DISCOVER MINEFIELD YORK, England (Reuters)—Hundreds of acres of desolate Yorkshire moorland were declared a danger area Friday when police discovered a forgotten Second World War anti-tank minefield pitted with live mines.

ANNE ADAMS PATTERNS

TEEN DELIGHT—Teen fashion with a pretty variation—a neckline that's gracefully high or low! Base all her summer dresses on this new sew-easy pattern—just vary the fabric and trim. She'll love its fitted and flaring style—waistline cinched by a gay cummerbund!

MORNING SMILE Junior: "Mommie what becomes of an automobile when it gets too old to run any more?" Mother: "Why somebody sells it to your daddy, dear, for a used car good as new."

Words Of The Wise Many people consider the things which government does for them to be social progress, but they consider the things which government does for others as socialism.

4734 10-14

4734 10-14

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WOMEN

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LET'S EAT Cook's Best Friend Is Kitchen Clock

By Ida Bailey Allen

"What a comfort a good clock can be, Chef!" I remarked. "Ever since history began, mankind has been trying to beat the hands around the clock. But rushing never accomplishes it."

HAPPENINGS

The Queen Mother, Queen Elizabeth, said to the National Trust for Scotland last September: "In our desire for progress, and our hurry to achieve it, there has been a danger that some of the treasures of the past might be allowed to decay, or even to be destroyed."

And the bride wore — a gown fit for a princess is the one MGM Designer Helen Rose made for her Serene Highness, Princess Grace to wear in at the Cathedral wedding ceremony in Monaco.

Mr. and Mrs. George MacDonal and young son Paul, who left Charlottetown recently to reside in Marshfield, Mass., U.S.A., were widely entertained prior to leaving by the Church Choir, Kinsmen Club, family and friends.

HOLY REDEEMER C.W.I. The annual meeting of Holy Redeemer sub-division C.W.I. was held in Community Center on Monday April 23rd. The president Mrs. F. J. Steele occupied the chair and the meeting opened with the prayer by the spiritual director Rev. G. Murphy. After roll call the secretary, Mrs. John A. MacDonal read the minutes and executive meeting which were approved as read.

ELMWOOD W.I. The monthly meeting of Elmwood Women's Institute was held at the home of Mrs. Wilfred Campbell on April 11th. In the absence of the president and vice-president, Mrs. Cyril Egan was in the chair.

FREELAND W.A. The Women's Auxiliary of St. Peter's Anglican Church, Free land, held their March meeting on Thursday, March 23rd, at the home of Mrs. Oscar MacNeil with a good attendance of members.

Following the opening hymn the W.A. prayer was repeated in unison and the scripture portion was read by Mrs. Clinton Morrison. Several readings were enjoyed. Material was distributed to be used in making bazaar articles.

The preparing of the bazaar was discussed. Meeting closed by repeating the Lord's Prayer. A dainty lunch was served by the hostesses.

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IVES - DENNIS

A floor length gown of white nylon tulle was worn by Miss Vernon S. Dennis when she exchanged marriage vows with William Dawson Ives. Her strapless bodice was topped by a short sleeveless jacket and she wore elbow-length nylon gloves.

The church was decorated with baskets of spring flowers. White satin bows with lily of the valley marked the guest pews. The bride was given in marriage by her father.

Mr. Murray Carmody, cousin of the bride, was matron of honor in a gown of aqua nylon net over a pink taffeta. She wore an off-the-shoulder net jacket and a headband of aqua flowers to match.

The mother of the bride chose a medium blue dress of lace over taffeta with navy and white accessories and a corsage of white carnations.

A brown dress and jacket ensemble was worn by the groom's mother with matching accessories and a corsage of yellow roses.

Following the wedding, a reception was held at Oakwood Lodge. The bride's table was centered with a three-tier wedding cake, decorated with vases of white carnations.

For her honeymoon the bride chose a yellow duchess coat over champagne colored dress with matching accessories and a corsage of white carnations.

The hall was very attractively decorated with pink, white and blue streamers and many coloured balloons.

The bride-to-be was assisted in opening the gifts by Miss Lorraine Roche and Mrs. Claire Currie. While Miss Sally Johnson read the accompanying good wishes, Ireta and Norma expressed their sincere appreciations for the many and very beautiful gifts.

A delicious supper was served and an enjoyable evening was spent in dancing and music.

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A brown dress and jacket ensemble was worn by the groom's mother with matching accessories and a corsage of yellow roses.

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MARY HAWORTH Freshman Panics When Trapped

Dear Mary Haworth: I am so frantic and panicky that I don't know what to do; so I thought I would ask your advice. I am a Freshman at college, and when I came here I thought I knew all the answers; but soon I learned differently.

The fellows here convinced me that it was sophisticated and "the thing to do," to take out girls and have blanket parties on the golf course. Well, I followed their example and now, to my sorrow, I learn that my girl friend is pregnant. Too late, I realize my mistake and shudder at all reminders of my stupidity.

I am so ashamed, and so afraid that my parents will find out. I talked to the girl (I'll call her Ann) last night, and she insists that we must be married. But it is impossible for me to marry at present, because I don't love Ann.

I have thought of a few solutions among them abortion or payment of a suitable sum to Ann—but I don't have the money. And even murder has come into my head. What can I do? D.C.

Dear D.C.: You are in that state of bewildering known as "confusion worse confounded." You were confused to begin with, when you first came to college, or you wouldn't have fallen in so readily with bad example.

Ann's predicament isn't your basic problem. Rather, your basic problem is, and your panic which you are feeling, are symptoms of a chronic difficulty. And this difficulty has to do with your having no tried-and-true standards to live by; no positive principles of behavior you deeply believe in, that might give you light, or keep you on course, in time of emotional storm.

Your lack of moral intelligence (or common sense) accounts for your desperate mood of terror, since your recent sexual folly is catching up to you, so to speak. You are not only badly confused, but you are also cowardly—there just is no other word for your stampeding emotions in the matter of trouble, is a childish reaction. It is a net result of simply not knowing how to meet the tests of life, appropriately.

And as Shakespeare has pointed out: "Cowards die many times before their deaths; the valiant never taste of death but once—"

TO LD TO MOVE Your misadventure with Ann has a long preface, I think. Apparently your relations with your parents haven't been very satisfactory. You expect them to be more outraged than solicitous, if they discovered your wrongdoing — which suggests that they've kept you on the defensive, fearful of their displeasure always, as a matter of policy in your upbringing. And, in so doing, they've failed to provide

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CHOOSE YOURS AT: S. A. McDONALD

the WINNERS MONARCH MIXES

"WHO WAS THE MONARCH" MARCH CONTENT

Winners have been determined and advised. A list of their names can be had from MONARCH MARCH WINNERS, Box 686, Saint John, N.B.

When you see the Harvey-Woods name on any item of clothing—buy it with the certainty that you'll like its comfort, fit, style and quality long after you've worn it many times.

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ELLEN'S DIARY Anticipating Lush Pastures

"I can't recall ever before cutting firewood this day of the year," James remarked to Mr. C. when they visited this evening — two pipes drawing companionably as outdoors the rain turned to snowfall and they talked shop together. "No," he continued, "I never remember being at it as late as this. Years ago, we'd perhaps be in the woods at five o'clock in April, but that would be when we were getting out of the staves and rails for the fencing, cutting down and splitting the rails. My, how the ways of the farming have changed!"

"Not many fence-rails taken nowadays from the woods!" Mr. C. smiled. "A few staves, Mr. C. nodded. "And this winter not too much firewood—up to now. No chance with so much snow about."

"A strange winter" James offered soberly. "And a long one. But he brightened "have you noticed the seeds?" Mr. C. shook his head.

"I never saw better promise," James smiled. "I was noticing some of our when we were on our way to the woods. Yes, if nothing happens to them — no hard frost or killing — damp, there should be a fine crop of wheat this year. It's great to have plenty."

HOUSEHOLD HINT If you must stand in the bathtub to paint the bathroom walls or to hang some drip-dry laundry, place either a mat or thick newspaper in the tub, or remove your shoes. The tub's enamel surface should always be protected against scratches.

Also, you will be less likely to slip and fall in the tub if you are standing on something soft or are not wearing shoes.

There were snow flurries of April tonight. But now the promise of clearing moonlight brightens the surroundings to the meadow and milldam to take Mr. C. home to his bachelor's house on the hill. In parting, James calls after him from a veranda, "We won't go to bed until we see your lights go on — then we'll know you're safely home." Home to it is this day, gone from us, and away!

Until tomorrow—Diary — Good night.....

reassuring example and understanding family care that evoke commendable habits of behavior in children.

As for what to do now, my advice is, take the course that moves towards real manhood. You simply can't afford to surrender to white-livered impulses. If you let yourself slide in that direction, your next state will be worse than the first, in terms of increasing moral confusion.

Accept your portion of responsibility for Ann's misfortune. Don't try to promote an abortion. And don't try to buy your way out of duty. Go with Ann to some first-rate family relations counsellor and get sympathetic, confidential guidance in finding the right road out of trouble. A counsellor of this sort—a clergyman or social worker—can ease the shock for your parents too, M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

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