

Grandmother Sets Out To Stock Pheasants In Northern Quebec

GUERIN, Que. (CP) — Hunting will be a man's sport, but a woman will deserve most of the pheasant hunting because a reality in northern Quebec.

Mrs. John Carniel, a widow and a grandmother, has raised 1,000 pheasants of four varieties in an effort to acclimatize the game bird to rigorous northern winters.

The hobby she started four years ago on her farm near here, on the shores of Lac Des Quinze in Temiscamingue county, is being watched by the Quebec department of game and fisheries. Pheasants are rarely seen farther north than southern Ontario. Can they live here?

"I believe that in a few years the birds will prove they can survive in the north," says Mrs. Carniel.

The trim, Venice-born operator of a tourist camp and farm first became interested in pheasants in 1952, when she visited T. E. Storie, manager of the Dufault Lake mine at Noranda, who had been raising the birds for two years.

SPORTSMEN HELPED
By June she had won the financial support of local sportsmen; Carniel's Hunting Club was formed and 300 day-old pheasant chicks were shipped to her farm from New Hampshire.

In 1955 the Quebec game and fisheries department sent 300 eggs to her, last year 480. The first batch of eggs yielded a return of 67 per cent, but wet weather last summer cut the survival rate to 50 per cent.

Mrs. Carniel says her pheasants are temperamental creatures that have to be pampered from the day they leave their shells.

They are hatched before June 15 and must be kept indoors for several weeks at temperatures between 80 and 90 degrees. They are fed a mash. Then she transfers them to seven large pens, feeding them a mixture of scratch and cracked corn until their release at Thanksgiving.

Since 1952 Mrs. Carniel has released 1,000 Lady Amhersts, Golden Ringnecks and Himalayas.

"Last season," says Mrs. Carniel, "club members ran across quite a few of the old stock turned loose and four kills of this nature were made. The birds ranged as far afield as 26 miles."

WOMEN

Lena Caroline McLure, Women's Editor. Phone 5506

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HAPPENINGS

Dr. Helen Abell left on return to Ottawa Tuesday morning, Jan. 22. While in this city she was the guest of Miss Jean MacFarlane and Miss Doris M. Anderson.

Mr. and Mrs. Keir MacDonald have returned to their home in Toronto, after spending some time visiting with friends and relatives in Charlottetown.

KEEP IN TRIM

Successful Reducer Has Solution For Weight

By IDA JEAN KAIN
"If fat people would only learn about food, they would not find it hard to lose weight." Those words from a successful reducer gave this dietitian gladdened strength. Why lose out on 50 years of scientific advances in modern nutrition knowledge? Protective diet

when applied, is more sensational in positive results than faddy diet count or any I.R.G. By following the scientific pattern of eating, you can slim down two pounds a week without feeling hungry, losing your bounce, or chancing wrinkles. For convincing proof, here is a letter from a triumphant New York reducer:

"I have at last reached that long awaited day when everyone is saying to me, 'You are thin enough.' I have been on my diet for seven months. I weighed 200 pounds when I started and have lost 50 pounds. I knew what I was eating, and I want to say that cutting calories really was not hard at all. It is surprising how well I ate and did not suffer by reason of hunger.

"Everyone is complimenting me now and saying, 'What will you do for me?' I tell them it really does not take will power. I would say that only a half dozen times out of those seven months did I go to bed a bit hungry. I took no pills, and did not even consult a doctor because I felt fine before I began to diet and still do. I just wanted to look nicer—and I do. I have gone down from a 22½ dress to 16½. My weight of 150 may seem a lot yet, but I am 5' 6", and I guess I am more solid than most people.

LOOKS YOUNGER
"I am really thrilled to know that I look so nice, and everyone tells me I look a lot younger. Part of it is because I now wear the prettier styles that come in the smaller sizes.

"I have never felt nervous or jittery at any time during my diet months. I could not afford to be with my job, as I am a court stenographer and work under

pressure. My husband says my disposition has not suffered a bit.

"If fat people would only learn about food, they would not find it so hard to lose weight. Believe me, I am never going to let myself gain again. It's so nice to know I look my best. Many, many thanks for your help. I love your column and have advised many to read it and learn."

Cheers for this extraordinary dieter who is content to stay at 150 pounds which is normal for her generous frame. Her healthy attitude toward that nebulous quality termed will power is indeed unique. If you've never adventured in eating the scientific way to slim down, you've got an exhilarating experience in store.

RUHAMAH SCHEINFELD FRANK

WE AND OUR NEIGHBORS

ONE HORSE

"So it's a problem shared by both sexes, is it," wrote a woman reader, "this finding 'Happy Balance' between home and community living you discussed in your last column? As far as I'm concerned the sharing is in about the same proportion as the rabbit and horse-meat in the English war-time story. You remember—?

"A man complained to the inn-keeper that his rabbit-pie didn't taste at all as he expected. 'I know some horse-meat is allowed,' he said, 'but I can't see and I can't taste any rabbit. Just how much rabbit did you put in?'"

"Oh," said the inn-keeper. "I used equal parts of horse and rabbit."

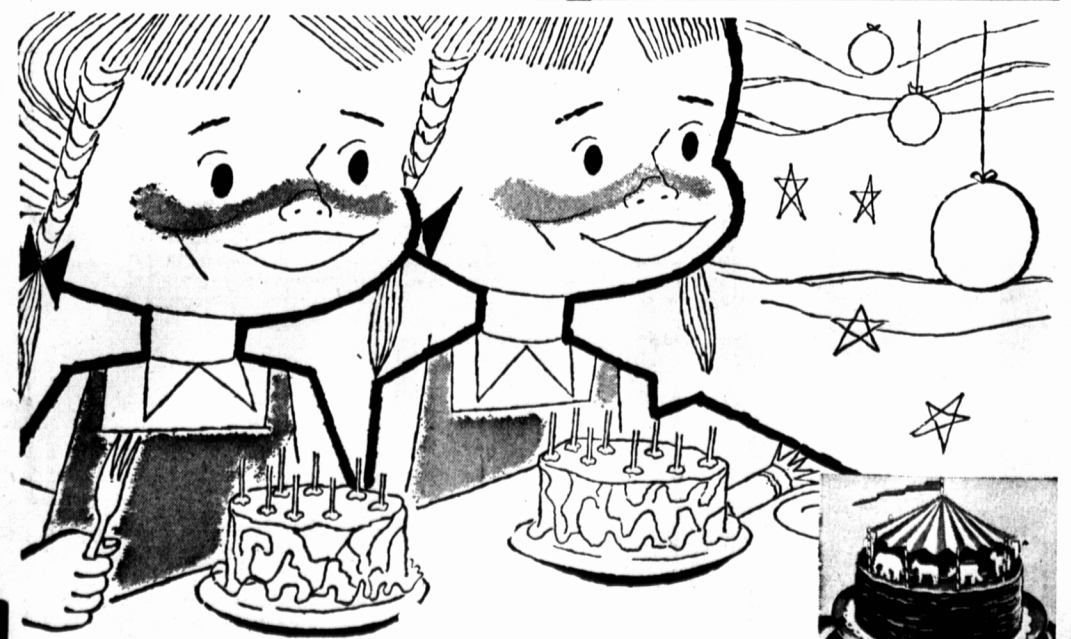
"And that," concluded my somewhat irritated reader, "is about how it is between men and women in the home-community problem. One horse to one rabbit—with the man's share about the size of the rabbit."

SUPERWOMAN
Later I met the lady personally and she explained further out of her observation and experience. My picture of Mr. Davis, the typical community leader (last week's column) was quite true, she said. All he needed to do was to grab a clean shirt and leave his wife and children and go off to this club or that. But the woman leader? If she married and has chil-

dren—as she usually is and has—she needs the brains of a Prime Minister, and the tact of a Member of Parliament—and unlimited energy—and pocket money or her own! And if she lives in the country and is the wife of a farmer—she needs it all to the nth degree!

Suppose, for instance, (said my informant) we take a look at Mrs. Harris, farmer's wife, presiding cool and well-groomed at an afternoon executive meeting in town. Can it be she is the same woman who was flying around like mad from 6 a.m. to 10.30 a.m. doing various farm chores (feeding the hens, washing the milk cans, etc.) baking bread and pastry she had started the night before, preparing a hearty breakfast dishes and cleaning the kitchen—and setting the table for the noon-day meal and giving her oldest daughter minute directions about heating the soup and vegetables already prepared, just where the cold meat and relishes and dessert were located, etc. etc.?

So much for the physical energy Mrs. Harris used to get ready for her contribution to community welfare. But who can measure the emotional stress and strain, the wit, the maneuvering that it took her to gain the consent (no matter how lukewarm) of her husband to her several hours' ab-



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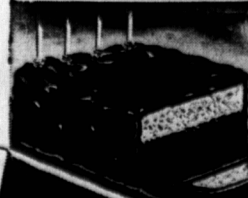
BRODIE TWIN PACK CAKE MIXES... in the YELLOW package with the big RED letters



CIRCUS — Spice cake — chocolate icing — decorate with animal crackers marching upright under a "tent" of colorful accordion-pleated tissue paper. Tent "props" are cellophane straws.



BIRTHDAY — Nothing nicer than white cake with pink icing — red roses to hold white candles. Make it a pretty pink, red and white party!



ANNIVERSARY — Combination cake — chocolate and white layers with chocolate icing — snow-white candles.



BRIDGE PARTY — White cup cakes with white icing. For fun and flavor, coloured sprinkles or chopped almonds to top the

BROOKLYN W.I.

The Brooklyn W.I. held their regular meeting at the home of Mrs. Jack MacKinnon Jan. 3rd. The meeting opened by repeating the Mary Stuart Collect. The roll call was answered by 10 members and 2 visitors present. They answered by paying a cent an inch for their waist measurements realizing the sum of \$3.74. The minutes were read, approved and signed.

We decided to buy a case of mixed canned goods for the school children for a hot lunch. The committees gave their reports. Mrs. Lloyd MacKinnon is on both the Sick and Program committees for the next month. The teacher, Mrs. MacKinnon will report to the Treasurer, Mrs. Alex Whitaway when anything is required for the school.

Mrs. Alex Whitaway invited the members and visitors to her home for the February meeting. We brought our meeting to a close by a contest followed by a delicious lunch served by the hostess assisted by Mrs. Willard Bruce.

BURTON W.I.

Mrs. Melvin MacGregor was hostess to Burton W.I. for the Jan. meeting. The president, Mrs. Colridge Rogers presided. Meeting opened by singing the national

hymn. The roll call was answered by 10 members and 2 visitors present. They answered by paying a cent an inch for their waist measurements realizing the sum of \$3.74. The minutes were read, approved and signed.

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ing opened by singing the national Ode followed by the Mary Stuart Collect. Roll call was answered by eight members, making a new years resolution. Minutes and treasurers report was read. Correspondence consisted of Polio Post, and interesting letter from our health convenor Mrs. Florence Matheson.

Sick committee, reported purchasing fruit and visiting sick, school committee reported purchasing articles needed for school. It was decided to hold card parties as a means of raising funds. The first to be held Friday night at the home of Mr. and Mrs. Edward Collicutt. Mrs. Lance Dalton thanked the members for their kindness during her illness. A round of bingo was enjoyed. Mrs. Melvin MacGregor winning the prize.

Mrs. Lance Dalton will be hostess for the February meeting. Roll call a Valentine verse, new committee: Sick, Mrs. Edna Collicutt, Mrs. Colridge Rogers; School Mrs. Harold Howard; entertainment, Mrs. Peter Dalton; Program, Mrs. Elmer Cook; Lunch, Mrs. Colridge Rogers, Mrs. Edna Collicutt, Mrs. Henry Dalton. One member paid her membership fee. Meeting adjourned with the "Queen". A dainty lunch was served. A social hour followed.

PRINCETOWN RD. W.M.S.
Princetown Road W.M.S. held its regular monthly meeting at the home of Mrs. Bessie Johnston on January 2nd. Mrs. Frank Crabbe was devotional leader for the meeting which opened with Hymn 64, "Angels From The Realm of Glory," followed by Prayer by Mrs. Murdock MacSwen. The Scripture reading was read by Sjanie Boehlhor.

Reading's from the Missionary were read by Mrs. Eva Sentner, Mrs. Ivan Sentner and Mrs. Dale Proude. Roll call was answered by 10 members with a favorite verse of a hymn. Treats were given to 6 shut-ins at Christmas. There were 7 home calls.

Mrs. Preston Sentner will be devotional leader for the meet-

Italian Fashion Show Puts Weight On Dramatic Heels

By JENNY NICHOLSON
ROME (Reuters)—Italian fashion showings for spring and summer began in Rome this weekend with a blaze of color, dramatic accessories and wonderful materials which North American Buyers associate with Italy.

La Tessitrice Dell Isola (the Weavers of the Isle—the Isle of Capri) showed beach and casual clothes in silks as heavy as tweed and cotton as feather-light as Japanese silk.

Their genius for color was demonstrated by the proportions in which they used greys with pinks, pale blues with white and grotto-blue with green.

A transparent cotton scarlet loose shirt was worn over dark green cotton shorts and fig-leaf bra.

All their handkerchief-cotton dresses were in palest candy stripes—sleeveless, and bouffant

ing. Our literature Secretary was asked to send for leaflets for World's Day of Prayer programmes. Word for roll call "Justice". Mrs. Frank Crabbe kindly invited the members to her home for next meeting. The meeting closed with Mizpah Benediction.

WIFE PRESERVERS



To avoid fires, never smoke when you are sleepy, and especially when you are in bed. Always see that your cigaret is out before you throw it away.

skirts with huge sashes tied with chocolate box bows behind. The accent was on heels in accessories.

Ferragamo had embroidered heels on evening slippers. Dal Co showed raptier heels in Toledo steel, and in brass, silver heels with brass spurs, crescent moons on Turkish slippers and mercury-wings on the high heels of dancing pumps.

A new Italian shoe firm

launched the painted heel—most of them painted by the best known Italian artists—landscapes and figures, abstract grimages and portraits. Some of the heels were made of porcelain or clay.

The glove-prince of Italy, rone, showed the first elastic satin gloves, and elbow gloves in softest possible leather.

Canessa, one of Italy's top millers, showed mainly court picture hats in tulle worn flat on the head.

The world's largest commercial fishing fleets are in Japan, with about 300,000 craft involved in the industry.

Bringing Up Baby

HINTS COLLECTED BY Mrs. Ben Gerber (MOTHER OF 8)
A wise old doctor friend of mine made this acute observation the other day: "One of the biggest contributions to the happiness of a baby is the natural affection that exists between the mother and father. Happiness is catching, and when love blossoms around him a baby blossoms too." What greater gift can we give our children?

Foresighted idea. If there's a second baby on the way, it's a good idea to arrange a few dates for baby #1 before you go to the hospital. An afternoon at grandmother's—perhaps a visit to a little friend's house—or an outing with a favorite sitter will help accustom your toddler to being without you.

New baby or toddler—cereal plays an important role in the infant menu all through babyhood. Gerber Baby Cereals are pre-cooked and specially prepared to meet many of your children's nutritional needs. All five—Rice, Barley, Oatmeal, Wheat and Mixed Cereal are fortified with iron, calcium and B-vitamins for extra nutritive value. Mild, pleasant flavors and a smooth-on-the-tongue texture make them especially palatable for young ones. For small babies, add enough formula or milk to make a soupy consistency. For an older tot, who likes cereal "hot," add hot water, serve topped with milk or cream.

Peace, it's wonderful for baby, especially before and after meals. A bit of quiet cuddling or distraction will do a lot to keep baby relaxed about his meals. Helps digestion and disposition—yours too!

Start to finish. When you start your baby with Gerber Foods, isn't it good to know that you can depend on the same brand throughout babyhood? Gerber has a type and variety of food for every baby need—5 Cereals—over 70 Strained and Junior Foods, including Meats—all prepared with exacting care. Gerber Baby Foods, Niagara Falls, Canada.

BARGAIN!



Get Large Size Breeze
there's a fluffy Cannon face cloth inside!



Do you know what happens to people who buy Large Size Breeze? Why, they get a built-in supply of soft, beautiful Cannon face cloths! They come in delicate shades of pink, blue, green or yellow and there's one right inside every Large Size package of Breeze—no coupons to clip, nothing to send away. And when it comes to washing, nothing does it like Breeze.

In Giant Size Breeze you get a gay, party stripe Cannon tea towel. And every King Size package contains a generous-size Cannon bath towel. Be wise... buy Breeze, white or blue! There's a premium in every package.