



AUDREY GALLANT

PATRICIA MacDONALD

### CHARLOTTETOWN HOSPITAL GRADS

Mary Audrey Gallant, a thorough nurse, is a member of the 1957 graduating class of the Charlottetown Hospital School of Nursing. She graduated from Stella Maris High School, North Rustico, in 1951, and in the following year she was successful in earning a diploma in Commerce from Notre Dame Academy, Charlottetown. The business world claimed her for two years before she began her course in nursing. A gifted pianist, Audrey is ever ready to use her talent for the pleasure of others. She is the daughter of Mr. and Mrs. Edmund Gallant, North Rustico, Prince Edward Island.

Patricia Louis MacDonald, daughter of Mr. and Mrs. John J. MacDonald, Souris, Prince Edward Island made her advent into the world on St. Patrick's day 1936. Patricia graduated from St. Mary's Convent, Souris, and the following year she enrolled in St. Dunstan's University for further study but after one year she decided to make nursing her profession and was admitted to the Charlottetown Hospital School of Nursing in September 1954. Patricia's friendly smile and cheerful disposition have won her a host of friends everywhere.

Craswell Photo.

### KEEP IN TRIM

## The Right Attitude And Right Diet Are Necessary

By IDEA JEAN KAIN

What does it take to stay with day to day slimming? The formula consists of two parts, both of equal importance—the right attitude and the right diet. Ironically, however, with a preponderance of excess poundage, the spirit as with the body is apt to be bogged down. When this is true, a change of attitude can make the difference.

Today's letter from a disheartened young mother, determined to make a last ditch stand against the pounds, is a case in point.

"I am a mother of four children, have been married 18 years, and have a wonderful husband—just what I really don't blame him for. I am disgusted with myself.

**DON'T STAY ON DIET**

Here is the trouble: "I am 33 years old, 5' 3", and weigh 204 pounds. When I was first married I weighed 120. After my third child was born, 13 years ago, I weighed 145 pounds. Now I weigh 204 pounds!

"I have gone on a number of diets and lost up to 25 pounds, and then gained it all back again. My doctor tells me I should lose weight, for my overweight is going to affect my heart, but still I haven't got what it takes to stay on a diet.

"Would you send me all the diet leaflets you have—just maybe they will help."

For the moment, let's forget about the diet leaflets—for until you get on the right beam psychologically, all the diets in the world wouldn't be of any real help to you.

You weigh 204 pounds, with 84 pounds to lose. True, that's a sizable amount to reduce, but the 84 pounds is not the hurdle. Once your attitude is right, the number of pounds to be lost is of relatively little importance, and matters only with regard to the length of time it will require to reach normal weight.

The blunt fact is this—as long as you think you haven't got what it takes to stay on a diet, your mind will be working against you and won't stay with it, as past experience has proved.

Do an about face in your thinking. Think in terms of what you want to be free of (the burden of fat). Get this thought fixed in mind and it will subtly influence your attitude. Constructive thoughts are a powerful help—use them to be the person you want to be. Think rightly, imagine and picture rightly—see yourself at healthy normal weight. Then, as if by magic, will power strengthens. You'll find yourself eager to follow a scientifically planned diet. On the right diet you will feel vitally alive as you eat for ideal weight.

Past failures in slimming attempts were due in great part to your frame of mind. Get a fresh viewpoint!



PATTERN M300 by McMullen

### SHIRTDRESS IS A SUCCESS

The "personalized" shirtdress—an all-flattering classic, to sew to your very own taste in colors and fabrics! Make this McMullen Original in a cool pastel, or a crisp white cotton with buttons that sparkle. For glamorous use, make it up in one of the new floral silks. Leave the tucked front, smocked, simple, or trim it with eyelid, lace, or embroidered edgings—so feminine as you choose. Its soft, easy-fitting lines are as becoming to slimmer sizes as they are to Size 16. Enough fabric for a very best attempt at sewing. Best of all, the pattern includes three sleeve lengths for all seasons, any occasion!

Pattern M300 is available in Misses' Sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 5 1/4 yards 35-inch fabric.

Send FIFTY CENTS (in coins) for Pattern M300 to Charlottetown Guardian, Pattern Department, 60 Front Street, W. Toronto, Ontario. Please print plainly your NAME, ADDRESS, with ZONE, STYLE NUMBER and SIZE.

### LET'S EAT

## Wonderful Corn Bread Is Baked In Salt Lake City

By IDA BAILEY ALLEN

Salt Lake City is one of the most hospitable cities in the West and I have visited on our many personal appearance tours. And the food is outstanding.

"Par ex a m p l e," the Chef pointed out, "the wonderful corn bread, Madame, baked in a pan containing crisp diced bacon and about 2 tbsps. of bacon fat. It melts in the mouth and needs no butter with it. It could be made very easily with corn bread mix."

We had just one disappointment during our stay there. We missed the afternoon organ concert in the Tabernacle. However, it finally caught up with us!

Recently, here in New York, Alexander Schriener, the distinguished organist of the Salt Lake City Tabernacle, gave an outstanding recital. The Chef and I sat right up front and listened for an hour to the magnificent music, which recalled our visit to Utah, and its hospitality.

**DINNER IN UTAH**

Grated Carrot Saladettes  
Veal Cubes with Macaroni Sauce  
Green Peas and Mushrooms  
Fig Coconut Cake  
Coffee Tea Milk

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

**Veal Cubes with Macaroni Sauce:** Cut 1 1/2 lbs. tender veal into cubes.  
Melt 3 tbs. fat; add the veal and 1/4 c. fine minced onion.

Saute lightly until brown. Stir in 3 c. tomato juice, 1 (4 oz.) can tomato paste with 1 can-measure water, 1/2 a minced seeded green pepper, 1 tsp. salt, 1/2 tsp. monosodium glutamate, 2 tsp. sugar, 1/4 tsp. ground clove and 1 tsp. Worcestershire. Cover. Simmer 1 hr., or until fork tender.

Blend 2 tbsps. flour and 2 tbsps. water. Stir into the veal sauce. Cook-stir until boiling.

Meantime, cook 1 (8 oz.) pkg. Macaroni shells according to directions.

Add to the veal; simmer 10 min. longer.

If any is left, transfer to a freezing jar and freeze up to 1 month.

**Fig Coconut Cake:** Make or buy 2 plain sponge cake layers. Put together with fig coconut filling. If some is left, refrigerate in a jar. It will keep up to 3 weeks.

**Fig Coconut Filling:** Remove stem ends from 1 lb. good quality figs and put through the medium knife of the food chopper. Add 1/3 c. sugar and 1 1/2 c. water. Cook in a double boiler 1 hr., or until soft and thick.

Stir in the juice of 1 lemon and 1/2 c. flaked coconut. Beat well. Cool before spreading between cake layers.

## Well-Known Island Women Play Part In Public Life

"Women in Public Life in Canada" is the authoritative list, compiled annually by the Survey and Research Committee of The Canadian Federation of Business and Professional Women's Club. This is the third list to be so prepared and there will be lists in coming years as they have in the past which contain the names of P.E.I. women. The purpose of the list is to promote the status of women by focusing interest and attention upon the important part they play in the public life of Canada. It is hoped this will encourage other women to seek public office, thus accepting their responsibility as citizens.

The material has been gathered by a committee member in each province for that province. Miss Nazila I. Dane was the chairman of the Survey and Research Committee which compiled the list. Miss Lena McLure was the committee member who contributed the names from this province. The following is the Prince Edward Island list.

**FEDERAL SENATORS**

The Hon. Elsie MacDonald Inman (Charlottetown and Montserrat), appointed 1955.

**HONOURS AND ACHIEVEMENTS**

Mrs. Rose Savage (Aramis Village), Campaign Manager for March of Dimes. Savage conducts campaigns from her bed in the Orthopedic Centre where she is taking treatment. She earns the living for herself and three small children. (Feb., 1957).

Miss Iphigenie Arsenault (Charlottetown), only woman Commissioner for the Red Cross in Canada; Divisional Commissioner for Girl Guides.

Mrs. Mary A.B. Cosh (Charlottetown), Secretary for 39 years of the Queen Mary Needlework Guild which is under direct Royal patronage.

Mrs. Evelyn Cadmore (Charlottetown), Provincial Commissioner of Girl Guides and has served that organization for 25 years.

Miss Mabel Matheson (Charlottetown), President of P.E.I. Teachers' Federation; also represents teachers on Superannuation Commission and on Board Directors of Canadian Teachers Federation.

Mrs. R.A. Parent (Charlottetown) District Commissioner for Cubs; Assistant. (Feb., 1957).

Miss Helen Ye (Charlottetown), awarded the third United Nations Fellowship of \$500 by the Canadian Federation of Business and Professional Women's Clubs (Feb. 1957).

Mrs. Michael Doyle (North Rustico), member of Board of Canadian Federation of Women's Institutes and of the P.E.I. Education Council.

Miss Elaine Harrison (Summerside), had her painting, "Early Evening" displayed in the Maritime Art Association's 1956-57 exhibition.

Mrs. Fred Gates (West Royalty), member National Board of Canadian Federation for Poliomyelitis; Provincial Board TB League; Provincial Building Drama Festival. Editor W.I. News.

## Fashion Salons Have Own Personalities Like Designers

By DOROTHY ROE

Associated Press Women's Editor

NEW YORK (AP)—New York's fashion salons have personalities, just like the designers who inhabit them.

Take the Christian Dior salon, for instance. Elegantly located at Fifth Avenue and 57th Street, it retains all the atmosphere of its Parisian original.

Here editors, buyers and private customers arriving for the opening of a new collection always wear their best suits and hats and instinctively speak in hushed voices as they enter the discreet salon with its white-and-grey decor and its heavy scent of Dior perfume.

Here all announcements of garment names are given the French pronunciation—for instance, "overture" is announced as "oo-vair-toor."

**ROYAL AIR**

Here haughty and emaciated models whiz by with noses in the air, moving so fast that they stir up a breeze. Like well-trained soldiers, they keep their eyes straight ahead, pirouette with military precision and never, never crack a smile.

When Dior himself is present at his New York showing there is an air of hushed excitement, and one feels that a royal flag should be flown.

And after the showing there is much coffee and sipping and kissing of both cheeks—and occasionally champagne.

**A SONG OF HOME**

The Kirk of S. James weekly church bulletin recently contained this inspirational message by Ethel Romig Fuller.

Were I to make a poem of a day of housework—I'd not write of dust and brooms so much as of the sun in spotless rooms, of bowls of freshly cut sweetpeas—I'd say less of vegetables and kinds of bread—of endless dishes scraped and washed and dried—and more of children's hunger satisfied; I'd tell of soft, warm lips on mine instead. Oh, more of endless duties I would sing of happy hearts and of contentment—of ambitious dreams—yes, more than anything I'd tally every blessing, wherein love is greatest of them all, is the heaven exalting toll turning home to Heaven.

There's a cathedral atmosphere at a Mainbocher showing, and the designer never appears until after it is all over and sometimes not even then. Ice water is served. So it goes, when you fight your way through the jungles of the garment industry in New York.

## Succeeds Mother At Title Office

FORT FRANCES, Ont. (CP)—Mrs. Agnes Donnelly has stepped down as local master of title: sht the Rainy River District land registration office here after 24 years' service, but the job has remained in the family.

New master of titles is her only son, Murray Donnelly, 34.

Mrs. Donnelly, a widow, now will help her son add to a library of documents—thick volumes of files, about half of them filled with her handwriting before she started to type them.

Mrs. Donnelly became a clerk for the office in 1933 and was appointed the fifth master of titles in 1952. The land office, a branch of the provincial attorney-general's department, was moved to Fort Frances from Kenora in 1904.

## Honor Red Cross Nurse

TORONTO (CP)—The nursing profession's highest international award, the Florence Nightingale Medal, was presented Tuesday to Helen McArthur, director of national services of the Canadian Red Cross Society.

The medal, awarded by the International Red Cross, Geneva, was presented by Florence Emory, honorary adviser in nursing of the Canadian Red Cross Society and herself a medal holder.

Miss McArthur joined the Red Cross in 1946 as national director of nursing services. In 1954 she went to the League of Red Cross Societies and served in Korea for 18 months as their associate relief co-ordinator. She was awarded Korean Red Cross for her services with them.

The medal bears the likeness of Florence Nightingale and is presented for outstanding contributions to the development and prestige of the nursing profession. Since its inception in 1912, seven other Canadian nurses have been awarded the medal.

### IONA C.W.L. MEETING

The regular monthly meeting of Iona Sub-division C.W.L. was held in the side chapel of St. Nicholas Church Iona, on May 12th at 7 p.m. In absence of the Rev. Director, Father Hicken, Mrs. Marie MacArthur, president, opened meeting with League prayer.

Twelve members were present. Minutes of previous meeting were read and adopted. Correspondence was read. The convenors were asked to have a concert to raise funds for painting vestery. Membership convenor was asked to appoint helpers to collect fees and solicit subscribers for League magazine.

A faithful member and a willing worker of the C.W.L. was a reminder of the gift on her departure from the parish. She will be sorely missed by her sister members. It was decided to hold the monthly meeting on the first Sunday of each month at 7 p.m. Meeting adjourned with prayer.

### STANHOPE W. I.

The Stanhope W. I. held their regular monthly meeting on May 14th at the home of Mrs. Walter Marshall. 19 members and 6 visitors were present. The president opened the meeting by having the Ode sung followed by the collect. Minutes were read approved and signed. Correspondence was read and discussed. Tickets were sold in aid of the Dickens Club.

Committees gave their reports. New committees are: School-Mrs. Lloyd Bell; sick-Mrs. Louis Marshall; Mrs. Walter Marshall; letter-Mrs. Roy Carr; Mrs. Keith Bruce; Mrs. Roy Carr; Mrs. Doug Horgan; Mrs. Earl Horgan; Mrs. Rhodes Warren; Mrs. Pat Horgan, offered to attend the executive meeting on May 10th. Mrs. Harry McLaughlin was asked to contact Marshfield Variety concert group. Proceeds to go towards the sale. Each member, however, to take lunch and judge for sale.

Mrs. Roy Carr kindly invited members to her home for the June meeting. Roll call to be "Things I wish I'd known before I was 21." The meeting closed by singing "When You and I were Young and Magic." Lunch was served and social hour enjoyed. An auction sale followed with Mrs. Marshall as auctioneer. The sum of \$13.27 was added to our funds.

## Good Eating Is Social Art

MONTREAL (CP)—The science of good eating "is a social art, not mere physical gratification," says Simon Arbellot de Vaquer, youngest member of the exclusive Academie des Gastronomes of France.

The 59-year-old Parisian said during a visit here that to be worthy of the name an epicure must also be a master conversationalist at table.

And contrary to popular belief, "the gourmet's meal is limited to two or three dishes, she added.

"Those terribly old-fashioned eight-course meals were ridiculous," he asserts. "Zut. It was sheer gluttony. The gastronome cannot savor the subtleties of such a wide variety of dishes as one sitting. The taste buds get tired."

**LIKES RUSTIC COOKING**

On dining out, he said a good restaurant need not be expensive. It can be judged by its waiters, its surroundings and its table settings. And if you stick to simple items on the menu.

M. Arbellot has dined on all sorts of specialties, including giant snails steamed in garlic, and broiled octopus steak, but he prefers simple rustic cooking.

"All we gastronomes—Balzac, Talleyrand, Pasteur and Rabelais—have found the best cooking in the provinces, not the fashionable glittering restaurants," he said.

"In the country all the secret treasures recipes have been handed down from one generation to the other.

"There is nothing new in good cooking. The kitchen is no place for novelties.

"The finest cooking is done in the classical tradition and has stood the test of time."

## RESIGNS LEADERSHIP

PARIS (Reuters)—Pierre Mendes-France Thursday resigned the leadership of France's left wing Radical Party, deputies said after a meeting of the party executive.

## Island Girl Receives High Ottawa Appointment

Miss Marion Jean MacLeod of New London, P.E.I., has been selected by the Civil Service Commission to head the newly established Adult Education Section, Education Division, Dominion Bureau of Statistics.

Her task will be to develop statistics not only in the field of adult education but also in the realm of other cultural activities such as libraries, museums, art galleries, radio, television, film, music, drama and the arts generally.

## Men's Fashion Show Aimed At Concealing Figure Faults

By SYLVIA HACK

Canadian Press Staff Writer

LONDON (CP)—How figure conscious are British men? That is, conscious of their own figure faults.

In an attempt to show what skilled tailoring can do for the male figure, the International Wool Secretariat staged a men's fashion show in London giving hints on defining or disguising the obvious.

With several unorthodox male models drawn from various walks of life, the show got off to a gay start with the right outfit for the horse-racing enthusiast.

**TROUSER-EXPANDER**

First came a three-piece suit in lovat and red tweed. The jacket lined with vivid yellow satin and patterned with horses heads and bridles, has at least six pockets for tickets, slips of paper and racing items. The tweed vest has natty lapels and the trousers have a side-zip for expansion after a good meal.

Town and lounge suits tend to follow classical lines but with subtle gimmicks to help figure defects. There are back and side darts to give the stockily-built man a waistline, and turn-ups on trousers for the short man are taboo since they detract from height.

Single breasted suits are popular and contrast linings for jackets are in. A steel grey suit with blue satin lining and blue vest got around of applause from the quietly-dressed audience.

Formal outfits look regal. A claret-colored cashmere dinner jacket worn over a pleated silk cummerbund is suggested for cocktail time.

**REGENCY TOUCH**

A variation on morning dress for weddings, races and garden parties has a regency touch. Still keeping the traditional grey top and tails, shepherd plaid black and white trousers give the suit a jaunty air.

Highlight of the show was a demonstration by "guinea-pigs" with obvious figure-faults.

An electrician, just five feet two inches, demonstrated an outfit to give him height. He wore a black and white chalk striped suit, trousers without turn-ups and a black bowler hat.

British singer Laurence Hepworth, who has a portly bearing showed a loose fitting tweed suit to disguise the middle-aged spread.

Tall, angular, Charles MacArthur Hardy, a wealthy Australian, showed a blue double-breasted outfit designed to give width.

Hardy, 29, describes himself as "a squatter on an Australian sheep station" and owns 35,000 acres of sheep country.

Why did he volunteer for the modelling job? "I had sheared and cared for sheep all my life and I wanted to see what happened to the end product."

The International Wool Secretariat is a privately-owned organization to promote the use and research of wool.

## Records Management Means Housekeeper To Business

MONTREAL (CP)—Wives who resist their husband's appeals to "clear that junk out of the attic" might smile when they learn how some husbands treat a similar situation in the office, says Mrs. B. W. G. Holt, head of a Montreal records-management firm.

"If you think the attic's bad, imagine the accumulation of old, useless records in an 80-year-old firm with thousands of employees," she said.

That's the sort of situation she encounters daily.

The cause is usually a nostalgic executive who can't bear to throw anything away.

**CLUTTERED OFFICES**

"He insists he wants to look them all over again," says Mrs. Holt. "But of course he never does. In the meantime, the records clutter up the office, result in overworking and time and money wasted while workers sift what they need from masses of deadwood."

The task of Mrs. Holt and her staff is to bring order out of chaos. By studying each case, she says, it is possible to tab the client's needs and choose which records to file, which to ditch. Then she sets up a system which will prevent the pile-up starting again.

An Art graduate from Mount Allison University at Sackville, N.B., Mrs. Holt says she hasn't found her training out of step with her business career.

"Both are matters of good design," she explains. "In offices,

**Burke Electric**  
Authorized Dealer  
Electrical Wiring  
Repairing and Supplies  
Oil Heating  
Household Appliances  
Television  
DIAL 4021  
112 Kent St.

**LIST OF LIBERAL ORGANIZATIONAL MEETINGS**  
Meetings held at 8:30 p.m.

Gasperaux Hall ..... Wednesday, May 29th  
High Bank Hall ..... Monday, June 3rd  
Glenflanning Hall ..... Tuesday, June 4th  
Elmira Hall ..... Thursday, June 6th

T. J. Kickham, Liberal Candidate, will be present.

Inserted by Kings County Liberal Association

**DEPARTMENT OF HIGHWAYS**  
Province of Prince Edward Island

**NOTICE**

Pulpwood piled on roadside is endangering public safety and interfering with road work.

All such piles found on public roads after June 1, 1957, will be moved aside by road machines.

J. G. MacKAY,  
Minister of Highways.

## She Won Bottle Collecting Duel Likes Animals But Not Zoos

OSHAWA, Ont. (CP)—Unlike stamp-collectors (philatelists) and coin-collectors (numismatists), Mrs. Alice Lee, wife of a retired upholsterer, has a hobby without a name. She collects bottles.

Mrs. Lee said she began her 500-bottle collection two years ago in rivalry with a friend in Michigan to see who could collect the widest variety of bottles. Mrs. Lee says she won.

Bottles of every conceivable weight, size, shape and age are arrayed on shelves in the Lee basement.

They range from bottles two feet tall with a capacity of more than a gallon to a bottle less than an inch tall with a capacity of a few drops.

There are featherweight wine bottles from Italy, stone gin containers from Holland, and a brass tipped bottle from Egypt.

Mrs. Lee has pop bottles, medicine bottles, beer bottles, babies' feeding bottles, liqueur bottles, shaving lotion bottles, cider jugs, artistic decanters, and an English smelling salts bottle believed to be 50 years old.

On a bottom shelf rests an old earthen crock that Mrs. Lee believes once held "ol' stupifer" or some other illegally-manufactured mountain dew.

As in art, getting rid of non-essentials makes a better co-ordinated whole. Business has already accepted the idea of good design in furniture and products. We help do the same for files and records."

Mrs. Holt served with British occupation forces in Germany after the war, where her official title was "cultural officer." Later, as the sole woman executive in a large Montreal aircraft plant, she organized a records department that led to her present post.

"Housekeeper to Canadian business" is the way she likes to describe her firm."

**AERIAL MAPPERS**

Aerial photography has become a necessity in mapping wide areas since the Second World War.

## WOOD ISLAND-CARIBOU FERRY SERVICE

May 1st - June 14th inclusive  
Daily from each terminal:  
8 a.m., 11 a.m., 1 p.m., 5 p.m.  
STANDARD TIME  
For daily report dial CFXY on first weather broadcast  
Cross early and avoid delay.  
Reservations Limited  
For particulars contact:  
NORTHUMBERLAND FERRIES LIMITED  
Charlottetown, P. E. Island

**MORTON DEW LIMITED**  
INSURANCE COUNSELLORS  
and  
TRAVEL AGENTS  
Telephones: Insurance 3046 - Travel 8541  
CHARLOTTETOWN, P. E. I.

**SEED OATS AND WHEAT**

Abegweit Oats in Registered, Certified and commercial grades.  
All clipper cleaned. New bags. Purity of germination guaranteed.  
Also a large quantity of re-cleaned Abegweit oats.  
Lowest prices on all grades. Wholesale and retail.

R. E. WHITE & SON  
Hunter River Phone 23-11

**POULTRY**

Our killing plant is now open to receive live poultry from Monday to Friday noon at best market prices.  
Bring your eggs for quick grading.  
PRODUCERS CO-OP ASSOCIATION LTD.  
58-60 Fitzroy St.

**LIBERALS IS YOUR NAME ON THE VOTER'S LIST ? ? ?**

IF NOT APPLY TO  
REVISING OFFICER  
LESTER O'DONNELL, Barrister  
162 Richmond St. Phone 3432  
MAY 23 - 24 - 25  
10:00 - 11:00 a.m. 7:00 - 10:00 p.m.

**MAKE CERTAIN YOU CAN VOTE FOR MATHESON and MILLER**  
Inserted by Queen's County Liberal Ass'n.