

WOMEN'S ORGANIZATIONS

Year's Work Reviewed
By St. Alexis League

Prayer by the president, Mrs. Edwin Peters, opened the annual meeting of St. Alexis Parish Council of the Catholic Women's League.

Executive reports by Mrs. Adolphus Conway and Mrs. George Christy reviewed a very successful year.

Letter from Mrs. MacArthur's correspondence included a letter from Mrs. Herman Stevens, annual president, stressing the importance of the League and its work.

The following executive members were elected: President - Mrs. Edwin Peters, (re-elected); vice president - Mrs. Robert Mullally; recording secretary - Mrs. Adolphus Conway, (re-elected); corresponding secretary - Mrs. Kenneth Doucette; treasurer - Mrs. George Christy.

Rev. W. A. Keefe reminded members of the importance of their receiving Holy Communion Sunday, April 26, feast of Our Lady of Good Fruit.

Following prayer, the meeting adjourned and members enjoyed viewing films of the Holy Land shown by Rev. Charles J. Gallant, who visited there recently. At the conclusion, a number of thanks was tendered him by the president.

The study book, "The Word and the Way," was read.

Mrs. Affleck's financial report of the recent concert showed that the net share of the proceeds was \$367. Members voted \$300.00 from the club fund to send to the Holy Family.

A letter from Dr. Florence Murray described the poverty and disease which exist in Korea, and acknowledged the Club's \$100.00 donation toward her work.

Plans were completed for the men's supper.

Following the Mizpah benediction, lunch was served by the hostesses, Mrs. Ella Court and Mrs. Ada Coffin.

EGHLINGTON HOWE BAY WI

Mrs. Charles and Mrs. Edwin Mills were joint hostesses to nine members of Eglington and Howe Bay WI in April.

Reports of treasurer and committee were heard, and it was agreed to send \$15 to the Crippled Children's Fund.

As part of a Centennial program, Mrs. MacGregor gave a flag and flag pole for Howe Bay WI.

The meeting will be at the home of Mrs. Loretta MacGregor, Monday, June 10, 8:30 p.m.

Donations were received from Mrs. Bruce Stead.

After adjournment a lunch was served.

ELLEN'S DIARY

Mondays Are Washdays
No Matter The Weather
Has Rally

Mad and Alex stopped a moment at our door on their way to the laundry.

"I wish," Mack observed with obvious longing, "I could wash on Mondays."

"That's not silly, Mack," Alex chuckled happily, "Remember this is a holiday!"

"It's not a holiday! But I love to work in the woods. There's something about it that's nice. I like it!"

"You'll have your day for gathering up wood," we promised him, "but you will never, never, have these shodays again."

He smiled. "It's not that I dislike school," he explained, following Alex away, "but this would be a great day back there."

So cool today's wind was. And fitfully sunny, the day.

Page starting settled his becoming smallish black hat down more securely on his head up there on the wash stand, and turned up the collar of his dark suit.

"Bye," he said, waving as if there was something of a change in the weather, isn't it? It was so lovely," he said.

"Whatever possessed you to wash on a morning like this Ellen?" James questioned, in passing. "It's windy and there's little sunshine."

"It's Monday," we checked. "You're like the Mrs.," she'd wash on a Monday, rain or shine, or no matter what farm-work was on! In fact, she always got busier with her housework when there was some big doing about."

We laughed, recalling James says sometimes in the younger years of our farming when some busy seasonal work was in progress. "I wouldn't wash for chum or paper that room!" roared Ellen. No, we'll likely be needing you to lend us some help. You can do the wash long today, but we may not get another like this for a while, to get on with the work in the field."

Would we put aside our plans? It was not too much to ask of one who like him, always enjoyed the delight of some work of the fields. Even to be aware of a cloud of the moods of the day was enjoyable - to know the freshness of a summery morning, to see the sun long opening the shadows along the valley through the afternoon, to welcome the refreshing coolness of the after light, into which we were going, and when he had faded some adverb sign in the sunset, or "like an old man," he'd have a sunset, and the wind wadded.

THE GUARDIAN, CHARLOTTETOWN, MON., MAY 4, 1964. 7

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GLAMOROUS SUNGLASSES

By TRACY ADRIAN

OLEG CASSINI, long famous for his glamorous fashions, has come out with a collection of spectacular sunglasses to add allure to the beach and boating scene this summer.

The glasses are flatteringly shaped and are of metal-gold. Pictured with a smart spring ensemble - including hat - they go equally well with active or spectator sports outfits.

IDA BAILEY ALLEN

Hot Vegetable Chowder
Really Bowls 'Em Over

HEAR that strange rumour when you wake in the morning? It's not always a pain setting overhead or a huge truck careening down the street or an unexpected gust of wind rattling the shutters.

It may be the reverberation of hundreds of thousands of men and women striving for a "physical fitness" - Push-ups! Knee bends! Sit downs! Roll over! High kicks! Low kicks! Pump-up-bumps! Heaven knows what!

Laudable - yes, if the doctor approves. But useless unless the body machine is properly nourished by that old standby, The Balanced Ration. Try as you may - with all your heart, soul and might - the body cannot be strengthened, muscles coaxed to flexibility, bodily functions normalized, weight adjusted, unless the right food is provided.

LUNCHEON

Fruit or tomato juice or a glass of cream soup, an open sandwich (or 2) with meat, fish, cheese, egg or nut topping; fresh stewed fruit; choice of coffee, tea, milk.

DINNER

Fruit, soup or chowder; or a choice of meat, poultry, fish, or seafood, with vegetables cooked to retain minerals and vitamins, and fresh fruit or a compote, or protein-rich custard, if necessary to round out the dinner proteins.

Snacks - Fresh fruit only; milk; mid-afternoon and late evening.

Water - 4 to 6 glasses a day. Planning balanced meals soon becomes easy if the food preparation not complicated. The younger generation is good health, the planning of meals for family physical fitness is up to the housekeeper, and it is basically more important than warping the latest hair-do or newed make-up.

In planning, remember that a balanced ration is a daily menu tailored to fit your needs. If you are in the older brackets, consult your doctor. For the younger generation, good health, the planning of meals for family physical fitness is up to the housekeeper, and it is basically more important than warping the latest hair-do or newed make-up.

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TOMORROW'S QUICK DINNERS

Quick Vegetable Chowder
Individual Chicken Pie (purchased)
Springtime Beet Relish
Compte of Mixed Dried Fruits
Old-Fashioned Ginger Cookies
Coffee
Note: This menu uses 6 convenience foods.

MEASUREMENTS - level, recipe for

QUICK VEGETABLE CHOWDER

1 (11 oz.) can condensed ched cheese soup
1 (10 1/2 oz.) can condensed cream of vegetable soup
1 (12 oz.) can chicken broth
1/2 c. each chopped raw celery, onion, green beans, 1/2 c. each chopped raw cauliflower, 1/2 c. peeled minced mushrooms (optional), 1 tsp. paprika, 1/2 tsp. cayenne, 3 tsp. salt, 1/2 c. sugar.

Transfer to glass jar, stir in 1/2 cup vinegar to surface of vegetables; then stir to thoroughly mix.

Cover; set in cold place.

PIUSVILLE

Alvyn Gallant, son of Mrs. and Mrs. Peter P. Gallant, left for Toronto, Ont., where he expects to be employed.

Mrs. Beulah and Jean Myers, St. Lawrence, Elaine Dalton, Roseville and Aletha Corcoran, Piusville, attended a picnic retreat held in Alberton parish church recently.

Miss Shiraz Murray, nurse-in-training in Prince County Hospital, spent the weekend at her home at the homes of Mr. and Mrs. Vincent Gallant moved to Moncton to spend the weekend with her family.

John P. Gallant, employed by the CNR, was transferred to Halifax recently. Mrs. A. Gallant accompanied him to Halifax and remained a couple of days with her family.

Mrs. and Mrs. Loyd Turner, St. John's N.B., spent the weekend at the homes of Mr. and Mrs. Paul Gallant, Piusville, and also Mr. and Mrs. Thomas.

CAN SAVE HALF

The Canadian Cancer Society says nearly half of the Canadians who develop cancer today are saved.



NEW A-LINE FLARE

The exciting A-line flare - an easy - sew sensation to wear with every day and night. Choose round or bateau neck, color light or lively.

Printed: Pattern 4044; Misses' Sizes 8, 10, 12, 14, 16, 18. Size 16 requires 2 1/2 yards 35-inch fabric.

FIFTY CENTS (50 cents) in coins (no stamps, please) for this pattern. Ontario residents add 2 cents sales tax. Print 11 patterns in size. NAME, ADDRESS, PHONE, CITY, PROVINCE, and ZIP.

Send order to ANNE ADAMS, care of Guardian - Patriot Papers, Dept. 90 Front St. W. Toronto 1, Ont.

PROGRESTOWN 'A' Zone

Rally of Canadian Legion Ladies Auxiliary members representing Kings County branches was held recently in the Legion Hall, Georgetown. Mrs. Walter MacLean, president of the Kings County Auxiliary, presided over the visiting delegates from the Kings County Auxiliary from Monrovia, Nova Scotia, who were present were visitors from Cardigan, who hope to form a branch of the Auxiliary in the very near future.

Mrs. Andrew Jarvis of Southport, who is zone commander, conducted the meeting. Discussion included such topics as increased activities of the various Auxiliaries in the County and matters relative to the organization of a branch in Cardigan. Fund raising and increased membership were also discussed.

Each Auxiliary branch will send two visiting delegates to the annual convention in Charlottetown in June.

Following the business, delegates were entertained by Mrs. William Murphy who presented an entertaining character sketch of the Georgetown women hosted a luncheon.

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"Don't ever believe that washing you with soap and water when you are in the family has an amazing effect on diarrhea. I have known a grandma with years of experience in raising a family give you the same advice. Don't put you with Diarrhoea medicine. It doesn't put you with Diarrhoea. It only makes you feel worse. Grandma's advice is quick, sure relief. Formulated from gentle-acting roots and herbs. Dr. J. H. F. Extract does not upset your stomach. It relieves you of distressing symptoms of cramps, nausea, vomiting, and frequency of stools, quickly, effectively. Many other remedies for diarrhea are ineffective. Dr. FOWLER'S Extract, 80¢ a bottle.

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