

To Women

8 The Guardian, Charlottetown, Thurs. May 30, 1963.

ELLEN'S DIARY

Willow And Poplar Stand Prettily In New Leaves

James, husband of ours, was pre-occupied at breakfast this morning. We could recognize by the unusual silence prevailing, there was some worry in his mind. There was no talk of the day being beautifully without. No mention of the lambskins in past night had delivered. No comment over the field or creek ahead, nor discussion as to whether or not it would be in the best interests of the farming, to market odd ones of those younglings of cattle, or to let them go to make further gains on the grass.

And all the time the sun was beaming into this old kitchen which stands towards the hills of the morning. A petite sparrow lifted a white feather from the lawn and carried it up to an eave. A pair of flickers, carrying birds to us in their raring here, flew up from the dawn to stop briefly in the morning quiet. Curiosity pursued on a path to watch them before he continued on his way to the barns. Above the yard, the swallows were already at work, winging busily higher and on.

Presently James pushed back his chair and reached for his cap, his expression continuing anxious.

"I wish, Ellen, a part of this day was over," he observed.

"Yes, I do indeed. It's today they plan to ring that heritage. And with any of that herod, no matter how docile they may seem to be, it's a risky venture at best."

"Naturally the occasion stirred some excitement in the family. Hub's truck came bringing dealers - himself and the tall quick

lad, the younger son of the farm. Alex and Peter at play outdoors, scurried for the cover of this kitchen, closing their door securely behind them.

"He can't get in here - that animal," Peter offered, breathing a sigh of relief.

"No, Dear," we said, "he can't get in here."

We saw the fence and the stout maple tree in the barnyard to which was secured, shake continuously, as he showed his displeasure at being tied.

"Will it take long?" Alex, at a window, questioned.

"A minute maybe. Just while the ring is being elapsed in the place."

We saw James smile when he soon the venture was safely past and the animal returned to his stall. It was, we knew, good to have it done.

This was a day for Granddaddy to replace a climbing rose, which had lost its graft to some frost of a winter yet was a bowler of loveliness in its profuse summer - bloom, with a clematis, to grow against a wall of the house across the lane. In the yard there, the poplars and willows not long planted, stood so prettily in new leaves against the blue of the sky, again we found a satisfying answer to the query of the poet who questions, "What do we plant when we plant a tree?"

This has been a busy day - worrisome in a manner to anticipate, but wholly pleasing in the hindsight of now.

Until tomorrow... Diary - Good-night...

IDA BAILEY ALLEN

Keeping Weight Down Is Also For Housewives

A JOCKEY'S job may be in \$100,000 a year. A movie star's often much more.

As a homemaker, the home and mothering job is worth to your family the untold hours of efficient, loving, cheerful care that movie cannot even evaluate. It is the greatest and most important of all undertakings.

The jockey has often starved on a reducing diet to maintain the right weight. Movie stars may lose their contracts if they become too fat.

Many homemakers try to lose a few pounds but, as their income and home job does not depend on it, give up and continue to take on weight, which is unnecessary.

The hazards of overweight were first recognized in England a century or more ago. Recently, a new reducing diet

was originated that has swept into 16 European countries, South Africa, Latin America, Canada and Japan, and recently this country. This diet has been thoroughly tested.

A spectacular demonstration of its success has been carried out by Eric Guerin, the famous jockey who succeeds in keeping his weight at par and at last doesn't feel hungry.

DIET BISCUITS
The diet is based on biscuits (British name for cookies). These are quite large, are sandwiched together with a satisfying cream filling, come in 3 flavors and contain no drugs. They are high in vitamins, nutritious and satisfying and are on sale nationally in most drugstores.

This new diet plan calls for three meals a day. One of two, preferably breakfast, is a luncheon, consist of a glass of milk and two cream-filled biscuits.

NORMAL TYPE
The third meal (I refer to the evening dinner) is of a normal type but free of high-calorie foods.

The milk for breakfast or lunch may be used in unsweetened tea or in cafe au lait (coffee with an equal amount of hot whole or skim milk). Clear tea and black coffee (no sugar or cream) may be enjoyed in moderation any time.

If low calorie skim milk instead of whole milk is used in the breakfast or lunch diet plan, meals, calories will not be increased by adding a small amount of orange, an apple, pear, half a grapefruit (no sugar) or a small wedge of cantaloupe.

GREEN SALAD
Or, if preferred, add a green salad tossed with low calorie French tomato dressing.

In any case, if you tend to be obese or "just overweight", consult your doctor. With will power and a long-range program you can succeed in losing those pounds.

Measurements are level

LOW CALORIE FRENCH TOMATO DRESSING
From our Test-Kitchen

1 1/2 cups tomato juice
3 tsp. salad oil choice
2 tbsp. cider vinegar
1/2 tsp. dry mustard
1/2 tsp. salt
1/4 tsp. white pepper
1/2 tsp. Worcestershire
Combine ingredients in pint-size glass jar.
Shake until well-blended each time before using.
Keep refrigerated.

SUNDAY DINNER
Cantaloupe
Roast Duckling - Fruit Stuffing
Peas a la d'Italian Green Beans
Pineapple Mallow
Coffee - Tea - Milk

CANADIAN CANCER SOCIETY
Take notice that the Annual Meeting of Canadian Cancer Society will be held in the Fort Garry Hotel, Winnipeg, Manitoba, on Thursday, June 20th, 1963, at 8:00 p.m. (local time) to receive and home job does not depend on it, give up and continue to take on weight, which is unnecessary.

By Order of the Directors,
GEORGE PIFHER,
Secretary-Treasurer.

May 30th, 1963

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BOY'S WEAR SALE

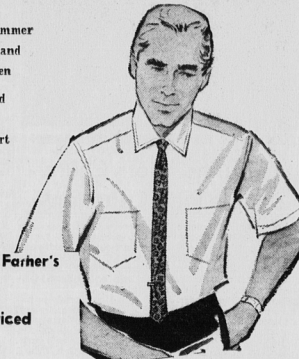
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