

## Swanson Sisters Wed In Double Ceremony

Cleo and Sandra Lynn, eldest and youngest respectively of Mr. and Mrs. C. Swanson, 537 Yale street, were married Friday in a double ceremony at Chilli- wack United Church.

Miss Vickie Swanson became the bride of Ralph Elmer Holman, youngest son of Mrs. B. F. Holman, Charlotte town, P.E.I., and the late Mr. Holman. Miss Sandra Swanson wed William Herbert Whiston, youngest son of Mr. and Mrs. N. H. Whiston, Victoria.

Rev. Dr. Geoffrey Glover officiated at the double ring ceremonies, and Miss Eva Cartmell was organist. Dr. W. G. Newby sang "O Promise Me," and James Galhoun rendered "Beloved, It Is Morning."

Tall baskets of blue irises and yellow chrysanthemums decorated the church, and the altar bore a bowl of yellow chrysanthemums and lilies.

Miss Florence Fleming attended Miss Vickie Swanson as maid of honor, while Miss Joanne Marcia Swanson was her younger sister's maid of honor. Mr. Holman was attended by Douglas Kitson and Mr. Whiston by Tony Koenig, Stan Padgham, Jim Tassie, Jack Fenk and John Ritchie were ushers.

The brides wore identical gowns of floor-length lace and net over satin. They featured lily-poinsett sleeves and deep pearl trim. Crowns of seed pearls and net leaves held their finger-tips veils, and both carried bouquets of Easter lilies.

Chilliwick United church hall was adorned with tall baskets of magnolias and a floral trellis arch for the reception. Dr. Newby proposed the toast to Mrs. Whiston and Mr. Calhoun to Mrs. Holman.

Presiding at the reception were Mrs. Jeremie Kubin, Mrs. Jack Merson, Mrs. William Craven and Mrs. Jack McGinness. Serviteurs were Miss Verela Buehler, Miss Wanda Buehler, Miss Marian Rud, Langley, Miss Karen Mulder, Miss Shirley Dolman, Miss Regina Bed-

ard, Rosedale, Miss Dorothy Fleming, Miss Lannette Lester, Miss Dolores Newman, Miss Denny Arnett, Miss Alice Ganett, Miss Lyolla Shreiner, Miss Betty Ann Sauer and Miss Freida Thiesen.

For her wedding trip to southern parts of the United States Mrs. Holman donned a beige suit with avocado accessories and white gardenia en corsage. Mrs. Whiston chose a pale blue fleck suit with beige and pink accessories. She wore an orchid en corsage.

On their return, Mr. and Mrs. Holman will live in Greenacres sub-division, Chilliwick, Mr. and Mrs. Whiston will reside at 226 10th Avenue, New Westminster.

Out-of-town guests included: Mr. and Mrs. H. B. Buehler, only grandparents attending, Mr. and Mrs. Louis Buehler, Mr. and Mrs. Tony Koenig, Mr. and Mrs. Jack Thiesen, Mr. and Mrs. A. H. Thiesen, all of Abbotsford, Mr. and Mrs. Herbert Thiesen, Miss Roxie Thiesen, Blake Elliott, Miss Joanne Swanson, Miss Jeanette Buehler, Mr. and Mrs. Victor Buehler, Miss Gail Buehler and Randy Buehler, all of New Westminster.

Vancouver guests were: Mr. and Mrs. A. W. Davidson and three children, Mr. and Mrs. Lawrence Swanson, Gordon Bob and Jim, B. Henderson, Mrs. Lottie Bennett, Al Falk, Mr. and Mrs. Adolphe Kimmel, Mr. and Mrs. William Goldfinch, Miss Lolita Goldfinch, Ronald Goldfinch and George Paul.

Guests from other centres included: Mr. and Mrs. N. H. Whiston, Victoria; Mr. and Mrs. Ross Harrison, Carl Harrison and Wesley Harrison, Haney; Al Corrie, Hope; Mr. and Mrs. W. B. Cochran, Veddar Corasing; Miss Regina Bedard, Rosedale; Mr. and Mrs. Lesley Smith, Merritt; Mr. and Mrs. Alfred Forsman, Yaki-ma, Wash; Mrs. Lawrence Lewis, Vancouver Island; Mr. and Mrs. Donald Newman, Seattle; Mr. and Mrs. Vincent Brown, Mission; Mr. and Mrs. Caesar Anderlini, Bob and Betty, Mr. and Mrs. Alred Rud, and Miss Marian Rud, all of Langley.

## ELLEN'S DIARY

### What Fun It Is To See The Lambs At Play

This evening in the quiet of that hour when the day prepares to go to rest, we came with the children to see the lambskins at play in the meadow by the laneside. Our crop of these is not yet complete but there is nevertheless quite an engaging company of them to join together in games. They were running races then, as might so many happy boys and girls, with much spirit and enjoyment, and certainly according to some mystic rule. They lined up and at some signal they raced, and they were off.

"See the black twins keep together!" Granddaughter laughed. "And watch that little white one try to keep up with the rest!" He's a lucky lad!" Mack smiled broadly.

"And happy too, even when he's distanced — you can tell by his antics! You'd be sure he was laughing over it" she giggled. "Here they come back! Will they do it over again?"

They did. And continued playing about, until it was time to cuddle with their mothers to rest, to spend their first night in the open of the pasture.

Happy, too, singing a little tune,

which a wisp of wind carried to the ears of one of these farmwives, our mailman of years, after his Winter-illness and convalescence, returned this morning to resume the cares of his route. I pleased, we could appreciate, with a field all day. Now he was back as he had hoped, to see once more the spring-dances break on the farm-lands. . . . to see first stirrings and seedings and the herds and flocks come to the pastures and be a part of the spring-scenes again. Not that our relieving courier, battling the wintry weathers and roads, had not also been a fine and faithful servant of The Queen but there is a definite "All's Well," a completeness to a season which follows a pattern of former years.

What nice surprises these days bring! What miracles where Spring's hand touches — buds swelling, unfolding, the sweet of new leaves and flowers. And today in a choice gathering it was "A handful of grass for the rabbits" the children gleaned and admired bearing it off to the hutch. There was too the early bee we must come to see where he visited at

# Women

Lena Caroline McClure, Women's Editor. Phone 8506

Page 8 The Guardian Tuesday, May 14, 1957

## HAPPENINGS

**His Honour Lieutenant Governor Prowse and Mrs. Prowse** were accompanied to Divine Service at St. James Presbyterian church, Sunday morning, by Rear Admiral Roger E. S. Bidwell, C. B. E., C.D., R.C.N., and Mrs. Bidwell.

The Reverend T. H. B. Somers is attending meetings both of the committee on the revision of the Book of Common Prayer and of the committee on church worship, being held this past week in Westminster Church, Smith's Falls, Ontario.

The Reverend Donald A. Campbell, B.A., minister of St. Andrew's Church, Montague, and moderator of the synod of the Maritime provinces, conducted the service Sunday morning at the Kirk of St. James.

Mr. Campbell is also president of the Prince Edward Island Ministerial Association. He is a native of Vancouver and a graduate of McGill University and the Presbyterian College, Montreal.

The Reverend E. C. Evans who is always so welcomed at the Kirk preached at the evening service. Mr. J. Karl English, B.A., student minister in charge of the historic pastoral charge of St. Columba's, Marshfield, also conducted service during the minister's absence.

Mr. English is a graduate of Acadia University and has served for the past eighteen months in the Marshfield, Mount Stewart and Harrington Churches, to which he was appointed for the coming summer again at the recent meeting of the General Board of Missions. In addition to his parish work he is on the temporary staff of the Queen Charlotte High School.

Mr. and Mrs. Kenneth A. Park-

snow-drops and hyacinths' doors. Mending fences which, known and across the millstream, spreading manure with the tractor and spreader on the firm of a field, seeing to it that a neglected lambkin or piglet nursed, weighing weanlings of the latter, herding mamma-pigs to other quarters walking with "kind hearts" and sober faces, the po' ole Nell-mare taken with a misery of indigestion, so that the farmers were kept all this summer-like day.

"In the morning, Ellen," James says now from the old armchair where he is enjoying a glass of milk and in his own words "a fistful" of cookies.

"I believe I'll change into my leather work-boots. Now in truth the Springtime is here!"

Springtime . . . . . Diary . . . . . Goodnight. . . . .

## MARY HAWORTH Children Hurt By Father

Dear Mary Haworth: I could write volumes on my tale of woe, but will try to be brief. Seventeen years ago I married Henry, when I was 18 and he was 26. We had gone steady for three years. You see I had dated very little.

We have two nice children in their early teens and our home life is making them insecure, fussy and irresponsible. They've never had good parental example. Their father has been an alcoholic most of their life, and their mother is so neurotic that her whole personality is affected by his actions from day to day.

I've come to realize that I need help desperately, as it isn't natural for a woman to be so dependent upon her husband, that she can't treat her own children decently when he's out of sorts. Sometimes suicide seems my only out; but I realize this is only running away from something that must be faced. God wouldn't uphold that; and it is only through prayer that I've kept going.

**VIOLENCE AND SEPARATIONS**

For 10 years now our marriages haven't even resembled a marriage. We have no hobbies or recreations shared by all of us.

Needless to say, there have been exhibitions of mental and physical violence, separations and the promise of characteristically of all alcoholics. Also financial difficulties.

What I really want to know: Is there an agency close by, that might help me straighten myself out, so that I could come to a decision on other aspects of our problem? Are there books that might help me? I can't afford a psychiatrist and don't think there is one closer than 50 miles away.

**AID AVAILABLE**

Dear F.F.: You've addressed me through a newspaper in a certain city not too far from your home town. And in this city you will find a counselling agency known as the Family Service Association.

To illustrate its hospitable concern to mend damaged lives, here is a comment made recently by the executive secretary: "We, each day, are trying to help the person who comes to us to use all of his inner strength and resources. We try also to help him keep or regain a sense of his own dignity and worth as an individual with individual problems and needs."

**DON'T DELAY**

So here is the comprehensive leadership and support you are going to get, in your courageous push to get straightened out.

The marathon bridge held last week cleared almost five hundred dollars for the Prince Edward Island Hospital.

Miss Beth MacLaine, Vancouver, arrived by plane to visit for two weeks with her parents, Mr. and Mrs. F. Rankin MacLaine and family. Miss MacLaine's many friends were delighted to see her at the Founder's Day dinner of the Beta Sigma Phi Sorority held Monday evening at the Charlotte town.

Mr. and Mrs. Arthur Clark had as their guest over the weekend the latter's sister and family, Mr. and Mrs. A. B. Glenross, Moncton, New Brunswick, and Mr. and Mrs. Glenross, Manchester, N.H., and many cities and towns in Maine there are large population segments who are natives or descendants of natives of French-Canadian area.

The purpose of the drive to establish the new headquarters of the Canadian club of Boston has been provided by the present officers, W. Warner Lang, of Wellesley, prominent Boston lawyer and graduate of Harvard Law School, is president. Atty. Lang is a native of Vancouver, Ont., and retains business interests in Toronto. He is a graduate of the University of Toronto and Cambridge University, England. He is a member of the Massachusetts Bar Association, the imperial bar of England and the bar association of Ontario.

Lang was a member of the Royal Canadian Air Force during World War I, he was shot down over France and he also served during World War II as an instructor in the U.S. Reserve Officers' Training Corps at North-western University.

Ernest C. Nickerson of West Roxbury, a native of Wood Harbour, N.S., now manager of a downtown branch of the First National Bank of Boston, is treasurer of the club. Nickerson, a lawyer on the staff of the Metropolitan Transit Authority and of several insurance concerns, is vice-president of the club. Mapplebeck, a native of Margareville, N.S., went through the Everett (Mass.) school system and was graduated from the North-eastern University Law school.

Pierre Belliveau of Newton, also a Boston attorney, is secretary. He is a native of Dorchester, N.B.

## Canadian Club Has New Headquarters In Boston

The following is a verbatim account of the write-up about the Canadian Club in a recent Boston Globe.

The Canadian Club of Boston has acquired a residential building at 74 Commonwealth av. as a permanent headquarters, it was announced last night.

The directors will meet tomorrow evening at the new quarters to set the date for the official opening and make plans for a house warming.

The 1000 members for a time had maintained small headquarters at Hotel Bellevue but for the past 15 years the men from the Dominion in New England have had no permanent base and most of their social programs have centered around a once-a-week luncheon at downtown Boston hotels.

The new headquarters have been remodelled and refurbished to provide a number of hotel-type rooms for visiting businessmen from the Dominion and their families. Accommodations are also provided for dining and a library and lounge for recreation room for members and visitors.

There are 2,500,000 folk in New England who are natives of Canada or descendants of natives, most of them with backgrounds in New Brunswick, Nova Scotia and Newfoundland, in Worcester, New Bedford, Manchester, N.H., and many cities and towns in Maine there are large population segments who are natives or descendants of natives of French-Canadian area.

The purpose of the drive to establish the new headquarters of the Canadian club of Boston has been provided by the present officers, W. Warner Lang, of Wellesley, prominent Boston lawyer and graduate of Harvard Law School, is president. Atty. Lang is a native of Vancouver, Ont., and retains business interests in Toronto. He is a graduate of the University of Toronto and Cambridge University, England. He is a member of the Massachusetts Bar Association, the imperial bar of England and the bar association of Ontario.

Lang was a member of the Royal Canadian Air Force during World War I, he was shot down over France and he also served during World War II as an instructor in the U.S. Reserve Officers' Training Corps at North-western University.

Ernest C. Nickerson of West Roxbury, a native of Wood Harbour, N.S., now manager of a downtown branch of the First National Bank of Boston, is treasurer of the club. Nickerson, a lawyer on the staff of the Metropolitan Transit Authority and of several insurance concerns, is vice-president of the club. Mapplebeck, a native of Margareville, N.S., went through the Everett (Mass.) school system and was graduated from the North-eastern University Law school.

Pierre Belliveau of Newton, also a Boston attorney, is secretary. He is a native of Dorchester, N.B.

The purpose of the drive to establish the new headquarters of the Canadian club of Boston has been provided by the present officers, W. Warner Lang, of Wellesley, prominent Boston lawyer and graduate of Harvard Law School, is president. Atty. Lang is a native of Vancouver, Ont., and retains business interests in Toronto. He is a graduate of the University of Toronto and Cambridge University, England. He is a member of the Massachusetts Bar Association, the imperial bar of England and the bar association of Ontario.

Lang was a member of the Royal Canadian Air Force during World War I, he was shot down over France and he also served during World War II as an instructor in the U.S. Reserve Officers' Training Corps at North-western University.

Ernest C. Nickerson of West Roxbury, a native of Wood Harbour, N.S., now manager of a downtown branch of the First National Bank of Boston, is treasurer of the club. Nickerson, a lawyer on the staff of the Metropolitan Transit Authority and of several insurance concerns, is vice-president of the club. Mapplebeck, a native of Margareville, N.S., went through the Everett (Mass.) school system and was graduated from the North-eastern University Law school.

Pierre Belliveau of Newton, also a Boston attorney, is secretary. He is a native of Dorchester, N.B.

The purpose of the drive to establish the new headquarters of the Canadian club of Boston has been provided by the present officers, W. Warner Lang, of Wellesley, prominent Boston lawyer and graduate of Harvard Law School, is president. Atty. Lang is a native of Vancouver, Ont., and retains business interests in Toronto. He is a graduate of the University of Toronto and Cambridge University, England. He is a member of the Massachusetts Bar Association, the imperial bar of England and the bar association of Ontario.

Lang was a member of the Royal Canadian Air Force during World War I, he was shot down over France and he also served during World War II as an instructor in the U.S. Reserve Officers' Training Corps at North-western University.

Ernest C. Nickerson of West Roxbury, a native of Wood Harbour, N.S., now manager of a downtown branch of the First National Bank of Boston, is treasurer of the club. Nickerson, a lawyer on the staff of the Metropolitan Transit Authority and of several insurance concerns, is vice-president of the club. Mapplebeck, a native of Margareville, N.S., went through the Everett (Mass.) school system and was graduated from the North-eastern University Law school.

Pierre Belliveau of Newton, also a Boston attorney, is secretary. He is a native of Dorchester, N.B.

## LET'S EAT For A Spring Evening

By IDA BAILEY ALLEN

On these cool spring evenings, old-time homemade vegetable broth for dinner is perfect, especially when it is served with Cheddar cheese sticks. I said: "Of course, Madame, it takes the broth several hours to simmer," observed the Chef, "but it does not need any attention meanwhile."

**SEASON WELLS**

The soup meat can be used in making meat loaf, hash, beef and tomato casserole, Cornish pasties or meat balls. Just season well to bring up the flavor.

Remove fat.

Add 1 1/2 c. fine-shredded raw carrot, 1/2 c. shredded raw turnip and 1/4 c. shredded raw potatoes. Cook 5 min.

Remove the spices. Add salt to taste. Serve very hot.

**Cheddar Cheese Sticks:** Grate 1/4 lb. aged Cheddar cheese or enough to make 1 c.

Sift together 1 c. already-sifted enriched flour, 1/4 tsp. dry mustard and 1/4 tsp. cayenne pepper. Add 1-3 c. butter or margarine and 1/2 c. cheese. With a pastry

**TOMORROW'S DINNER**

Spring Vegetable Broth with Cheese Sticks

Panned Liver Slices with Onion Gravy

Parsied Potatoes

Coleslaw

Orange Ambrosia

Coffee Tea Milk

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

**Spring Vegetables Broth:** In a large kettle, combine 2 lbs. lean soup meat, 4 lbs. soup bones, 2 qts. cold water, 1 tsp. salt and 2 quarters of the North-eastern University Law school.

Remove the meat, bones and onions. Save the meat.

Strain the broth through double

ing adjoined, and a delicious lunch was served by hostess and committee in charge.

**KEEP IN TRIM**

How To Change Your Food Habits . . . For Good

By IDA JEAN KAIN

A line in a letter pulled this dietitian up short. "Your repeatedly emphasize the need to change food habits. Since I am 20 pounds overweight, I obviously need to change mine. Please apply your system of 'friendly persuasion' to this problem and tell us how to go about it."

An excellent idea. . . we'll start with this promise: A permanent change in your food habits from fattening to protective is the one guarantee that you will reduce and stay right weight for life. Of course, as Mark Twain pointed out, habit is habit and not to be flung out the window. It has to be coaxed downstairs one step at a time.

**MUST BE FULLY AWARE**

The first step is to be fully aware of the need to change. Twenty surplus pounds is ample proof of the fattening effect of your present pattern of eating. Awareness, however, is not enough—it must be backed with strong desire. When the desire is strong you are willing to take action. On three protective meals a day, with calories limited between 1,000 and 1,200, you can lose 2 pounds a week or 20 pounds in 10 weeks, without going hungry.

**DAILY PATTERN**

Here's the daily pattern: Lean meat, fish or fowl, 4 to 6 ounces; 1 or 2 eggs; a pint of skim milk or buttermilk as beverage or in cooking; 2 fruits, one a citrus; vegetables — green leafy or yellow, plus one other. Choice of one starchy vegetable plus 2 thin slices of bread and cereal with 1/2 cup of whole milk may replace the

breakfast egg and toast. A scientific snack in the late afternoon limited to 100 calories prevents that "diet" feeling.

Protective dieting is so completely rewarding that without conscious effort, this new way of eating for weight control becomes part of your daily living—then it's habit, good habit. Your single regret will be that you didn't take advantage of nutrition science years ago.

To sustain enthusiasm, keep your goal in mind and picture yourself in your right dress size.

**ALEXANDRA W.I.**

The May meeting of the Alexandra W.I. met at the home of Mrs. Ernest MacCabe with an attendance of nine members. Meeting opened with singing The Ode and repeating the Mary Stewart Collect in unison. Roll call was answered by the exchange of potted plants.

It was decided not to purchase a share in a film projector at the present time. Plans were made for the district executive meeting to be held at Mrs. Harold Beaton's and lunch committee was appointed for same.

Secretary was asked to contact a guest speaker for the district disposed of. Sick committee reported having purchased a gift for a new baby in the district and school committee gave their report. Bills were paid.

Next meeting will be held at the home of Mrs. Bruce Judson, when lunch committee will be: Mrs. Atwood McRae, Mrs. Milton Wood, and Mrs. Benjamin Wood. Meet-

**"Old at 40,50,60?" — Man, You're Crazy**

Forget your age! Thousands are peppy at 70. Try "pepping up" with Oxtex. Contains tonic for weak, rundown feeling due solely to body's lack of iron which many men and women call "old." Try Oxtex Tonic Tablets for pep, younger feeling, this very day. New "get acquainted" size only 60c. For sale at all drug stores everywhere.

**STENO STOPS FOR TEA**—A few minutes break, with a cup of refreshing Tea and she's all set to go again.

**Use ODO·RO·NO DEODORANT**

IT NEVER FAILS!

NEW "Action-Proof" ODO·RO·NO Cream Deodorant

**BOTH GUARANTEED** to safely stop perspiration and odor for a full 24 hours or double your money back!

How dry you'll stay! ODO·RO·NO is 100% effective.

**Elfin** by **GOthic** gives you that younger line

**NOW Sanitized** FOR LASTING FRESHNESS

BANDEAU from \$1.75 LONGLINE from \$2.50 PADDED from \$3.00

DOMINION CORSET CO. LTD

Elfin—CANADA'S MOST POPULAR BRA

**Blender, chop to coarse-crum consistency.**

Add 1 1/2 tsp. water and mix lightly.

Shaped into a ball and roll 1/2" thick. Sprinkle one side of the dough with 1/4 c. cheese. Fold over the dough. Press the edges together. Repeat, using the remaining 1/2 c. of cheese.

Roll 1/2" thick. Cut into 4" wide strips. Bake 12 to 15 min. in a moderate oven, 350 degrees F. Makes 5 to 6 dozen.

**TRICK OF THE CHEF**

To remove fat from the surface of broth while warm, let stand 30 min. Then brush over with 2 ice cubes tied in white cloth.

**ELGAR CENTENARY**

Sir Edward Elgar, the British musical conductor and composer, was born in 1857 and died in 1934.

**Girls**

ENTER THE BIG 1957 SINGER \$5,000.00

Junior Dressmaking Contest

OVER 3400 BIG PRIZES

Simply Enroll in Singer Sewing Course 8 Lessons—only \$8.00

Complete rules at your SINGER SEWING CENTER

164 Gt. George St. Dial 4551 Charlottetown

PRINTED PATTERN A787 by Nat Kaplan

SUMMER PRINCESS

PROMINENT DESIGNER

Early flowing lines are the rule — for summer comfort as well as glamour. Sylvia Kaplan, talented designer of Nat Kaplan Originals, uses "lits" theme for her wear, as dress — "cool and easy" Its uncluttered lines mean easier sewing too, with a Printed Pattern to guide the novice dressmaker.

Fasten color — added simply by a length of braid or ribbon! Mrs. Kaplan sees this dress in a lovely variety of fabrics, unlimited in its ways of appearing chic — on all occasions. Cotons, Lycra, silk

the women who sews has a wonderful choice to suit her personal taste.

Printed Pattern A787 is available in Misses' Sizes 10, 12, 14, 16 and 18. Size 16 requires 5 1/2 yards 35-inch fabric.

Send ONE DOLLAR for Printed Pattern A787 to Charlottetown Guardian, Fashion Dept., 60 Front St. W., Toronto, Ont. Please print plainly YOUR NAME, ADDRESS and ZIP CODE, STYLE NUMBER and SIZE.

Next Week — watch for a Prominent Designer Pattern by Olga Casati.

**Shirriff EXTRACTS**

For extra good flavour

Yours Symbol of Quality

**Wife Preservers**

A new electric "fire starter" for outdoor grills is now available for backyard eating. Simply plug it in and it will ignite logs, charcoal, etc., in minutes, eliminating expensive, explosive or evil-smelling charcoal. It is fast and safe. A child can use it.

**Special Occasion Printing Requests**

On many occasions in the past we have been requested for such items as: personalized napkins — something special in wedding invitations and announcements etc.

We are pleased to announce that we have been fortunate in obtaining an excellent and complete line of the following:

**FOR THE WEDDING**

Invitations and Announcements

Reception and Thank You Folders

Napkins, Coasters, Place Cards

Wedding Cake Boxes

**PERSONALLY YOURS**

Personalized Wedding and Anniversary Items

Cocktail-Luncheon Dinner Napkins

Coasters, Matches, Playing Cards

Labels and Informal Note Paper.

**IRWIN PRINT**

Richmond Street Charlottetown.