



### LITTLE BREADS HANDED OUT

Thimble sized breads are handed out after they were blessed recently in Quebec's historic Notre Dame Des Victoires Church as part of a custom brought from France in 1668 and continued every year since. The "little breads" of Saint Genevieve, patron saint of Paris are said to bring good luck. Unleavened and hard as rock, they are golden brown and look like small hamburger buns. (CP Wirephoto)

### ELLEN'S DIARY

## The Evening, As The Day Was Still And Beautiful

Sparkle and sheen was there ever a prettier winter day than the one we found in the blush of this morning's dawn? The sunrise was a glory of shades above the quiet hills, its brightness reflected in jewelled eastern windows in homes up the valley. And as the sun climbed higher, the blue of the winter shadows, of building, of tree and twig, were patterned fetchingly on yard and field.

The evening too was beautiful, windless as was the day, hushed and still. Winter stars pricked out one by one in the blue. The moon appeared above a barn-gable. It moves now high above the old mill in the deep of the valley, setting too its shadows, as it caresses the white of the fields.

Frosty the night? There is, by notice, a decided edge to the air that steals in with one who enters, or when the door is for the moment left ajar. And that creek of footfalls on the yard - paths is there, to be reminding of other winters come and gone. The sound recalls scenes of lamplight across the snow, of a lantern throwing its mellow beam about the dark, of bonfire-light on the faces of young skaters on a field-pond and the voices of those coasting down a hillside, merry against a winter night.

"This" the younger farmer said this morning, having taken stock of the weather, "would be a good day to bring in a supply of feed for the stock-barn and the like." "In the event of a storm" James nodded.

It also behooves farmwives like those at Alderlea, set down at some distance from stores, to lay in supplies for their cupboards on just such a day as was this one. The staples at any rate, the basics upon which the menus are built.

"Your grocery list, please!" Peter, breezing in this afternoon, requested, when one of the farmers was about to set forth on this mission. "It's there on the table," we said. "Did you" he queried, "put down sugar and butter, and shortening and eggs?" "No" he grinned, "I'm silly. Not eggs with both the bantams and the pullets now laying! But, let me think. . . Yeast cakes? You can't keep house very well without those, now can you?" he smiled, hastening away.

When in frosts like this, the joints of this old house complain, we are grateful for the continuing smokes that rise in interesting plumes and columns from our chimneys. "Ha, caught you. Bring your sled, and we will take in wood to the porch," we said to a pair of lads this morning. "Oh dear" one sighed, "must we do that over again?" "Let's not consider it a chore," we suggested. "Just be pleased we have plenty of dry stick to bring in." "That" not a new yard" the other grinned.

And on into the winter we move, presently into increased hours of daylight by way of just such pretty days as was this one all sparkle and sheen.

Until tomorrow—Diary—Good-night.



### SPRING STRIPES

Coat and suit by Mono of London, both in British wool and both the high-collared, double-breasted coat, LEFT, emerald, navy or black.

### BALTIC

Mr. and Mrs. James Coakley and young son Michael, Charlottetown, spent Christmas with Mrs. Coakley's parents—Mr. and Mrs. Alton Robertson, Munn's Road.

Mr. and Mrs. William Robertson, Kingsboro, left to take up residence with their family in Toronto, Ontario.

Mr. Joseph Massey, East Baltic has entered the Charlottetown Hospital for treatment.

Mrs. Gertrude Campbell, Elmira has left to take up residence in Boston, Mass., with relatives and friends.

Angus McInnis, Lakeville, is a patient in the Charlottetown Hospital as the result of injuring his hand while in preparation of hauling his boat during the week-end. Mr. McInnis was immediately treated by Dr. E. Kassner and he sent him to the Charlottetown Hospital for further treatment.

Miss Mary MacDonald, Messers. Ronnie and Joseph MacDonald, East Point have taken up residence with Mr. and Mrs. Gus Gregory, Chestnut.

Mrs. Preston Bennett is convalescing at her home North Lake following her illness and surgery in the P.E.I. Hospital, Charlottetown.

Mr. and Mrs. Wayne McKinnon, Charlottetown, spent Christmas with Mrs. McKinnon's parents, Mr. and Mrs. Foster Garrett, East Baltic.

The East Baltic Women's Institute members and school children held a successful Christmas and variety concert in the Kingsboro hall on Tuesday night. A large crowd was in attendance.



# W A B S S O

SHEETS and PILLOW SLIPS ON SALE NOW

## HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8506

Murray Stewart, Halifax, spent Christmas with his parents, Mr. and Mrs. Milburn Stewart, Murray Harbour.

Geraldine Harris, fourth year student at PWC, spent her Christmas vacation with her mother, Mrs. Phyllis Harris, Murray Harbour.

Sharon Crozier, Halifax, spent the weekend with her parents, Mr. and Mrs. Bruce Crozier, Baltic.

Mr. and Mrs. Peter MacLean, Murray River, spent the Christmas holidays with members of their family in Montreal and Ottawa.

Cathy Clarey and Bonnie McKay, Murray River, spent part of their holidays in Charlottetown, guests of Mr. and Mrs. Roger Tanton.

Henry Sharam, student at Acadia University was home with his parents, Mr. and Mrs. Percy Sharam, Murray River, over the holidays.

Mr. and Mrs. Gordon Cousins and two daughters, Gertrude and Judith spent the Christmas holidays with their sons Rodger and James and Mrs. Cousins, Oshawa, Ont.

George Mountain, Darnley, accompanied by Robert Bearsto, Baltic, left by train recently for Toronto, Ontario.

Michael Cassidy of Dartmouth, N.S., arrived by plane recently to spend a week with Mr. and Mrs. Bruce Riley.

Mrs. Frank MacFarlane, Murray Harbour, is visiting with her

son, Francis in Ontario later leaving for B.C. to spend some time with his son, Harold.

Charles Whitcomb, Somerville, Mass., is the guest of the Bruce Stewarts High Bank.

Bertha MacLean, Summerside, spent the holidays with her mother, Mrs. John W. MacLean, High Bank.

Trudy Machon, Charlottetown, spent Christmas with her parents, Mr. and Mrs. Albert Machon, Murray Harbour.

Mr. and Mrs. Ernest Machon had as the guests over the holiday, Mrs. Machon's mother, Mrs. Norman Stewart, High Bank, and her sister, Janet Stewart of Charlottetown.

Louise Machon is spending a week with her parents, Mr. and Mrs. Ernest Machon, Murray Harbour.

Mr. and Mrs. Laurie Gordon, Murray Harbour, have left for Galt, Ont., where they will visit with their son and daughter-in-law, Mr. and Mrs. Loyal Gordon and family. Later they will visit with relatives in U.S.A.

Pte. Ronald MacKenzie who was stationed at Stadacona Naval Hospital is spending his leave with his father, Alvin MacKenzie, Murray Harbour. When he returns to duty he will be stationed at Kingston Military Hospital.

Donnie Harris, stationed with the RCAF in Ottawa, spent Christmas with his mother, Mrs. Phyllis Harris, Murray Harbour.

Mrs. John Bell, Murray Harbour, spent Christmas with her daughter and son-in-law, Sgt. Sawyer and Mrs. MacD's aid, Summerside.

Melville O'Connor, Murray Harbour, spent Christmas with

**MARY HAWORTH**

## Widow Agrees Own Kind Not Only Lonely Ones

DEAR MARY HAWORTH: Many thanks for your own and your various correspondent's comments on loneliness, and its utter lack of uniqueness to the widowed.

As you so wisely observed, we widows do tend to think of ourselves as something special. Lonely spinsters and divorcees, to our way of thinking, bear the stamp of failure: Spinsters because they didn't catch a man, divorcees because they couldn't hold him.

Some widows take a certain pride in "lasting" marriage, no matter how miserable! Read "endurance contest" for "lasting," and you've got the gist of many widows' "hallowed" memories.

Due to the jolt you gave me, I think at last I see my own "widow's anemia" in better perspective. Also my late mother's behavior after my brother was killed in World War I. Mother joined the Gold Star Mothers and, as the saying goes among its detractors, also among some of its own members, she used his death as "a soap box" for the balance of her life. To hear her, nobody who merely lost a child could possibly "understand all the way" the grief of a woman who "gave a son" for her country!

A great many widows who would smile at such nonsense nevertheless think that nobody really understands a widow's loneliness, except another similarly bereft.

The widower solves his problem neatly. All he needs is a stout club, a crash helmet and wherewithal to protect himself against all females throwing themselves at his head, during the decent waiting interval that precedes his remarriage.

As one of your correspondents so neatly put it, the common problem of us widows, spinsters and divorcees is: We outnumber the unattached males. Sincerely, C. W.

DEAR C. W.: Your witty reference to "lasting" marriages achieved within the format of "endurance" stoically experienced, in facing spirit and for no other reason, calls to

## Women

6 The Guardian, Charlottetown, Wed. Jan. 5, 1966.

### Mt. Mellick WI Presents Pins To Four Members

Mrs. Alex MacRae was hostess for the December meeting of Mt. Mellick WI. The president, Mrs. Finley Drake, read the president's Christmas message from the Institute News, and 11 members responded to roll call with an exchange of Christmas gifts. There were six visitors present.

Correspondence included a card of thanks from the Unitarian Services Committee for the layette and clothing donated by the members. Mrs. Plagenhoef, Red Cross convener, distributed materials and yarn to be made into garments before next meeting. Arrangements were made for giving the usual gifts and treats at Christmas.

At the conclusion of the business meeting, a presentation of Institute pins was made to Mrs. Lawson MacEachern, Mrs. Albert Bruce, Mrs. Arnold Bruce and Mrs. Edmund Robertson who have been members of this

### Matheson Aux. Holds Meeting

The annual meeting of the A. J. Matheson Auxiliary, O'Leary was held recently at Christian Education Centre. The annual reports were given as follows: president, Mrs. Freeman MacWilliams; secretary, Mrs. Allison Silliker; program, Mrs. Lewis Bernard; finance, Mrs. Charles Willis; social function, Mrs. Harry Adams and Mrs. Sanford Phillips; press and publicity, Mrs. Lloyd Jolley; supply, and social assistance, Mrs. Chapman Jolley; community friendship and visiting, Mrs. Lorne Betts; Christian Study, Mrs. Bruce MacDougall; nominations, Mrs. Addie Thompson; flowers, Mrs. Lela MacNeil; food committee, Mrs. Allison Silliker. Mrs. Bruce MacDougall is to have worship, Prayer or Missionary, Mrs. Lewis Bernard, Mrs. Gerald Gemble and Mrs. McKillop to have study.

Mrs. Freeman MacWilliams told of the life of Chaplain Bener of British Columbia and offered prayer for him.

### GEORGETOWN

Mr. and Mrs. Lawrence Batchelder Jr., of Toronto, Ontario were guests of Mr. Batchelder's parents, Mr. and Mrs. Lawrence Batchelder Sr., for the Christmas holidays.

John Dolron of the Canadian Guard Regiment, stationed at Camp Petawawa, spent the Christmas holidays with his parents, Mr. and Mrs. John Dolron.

Mr. and Mrs. Maurice Englehart of Summerside were guests for Christmas of Mrs. Englehart's parents, Mr. and Mrs. Lawrence S. Batchelder.

Mr. Charles Martell of Toronto, Ontario, spent Christmas in Georgetown visiting his parents, Mr. and Mrs. Michael Burke.

Mr. and Mrs. Jordan Stewart of Charlottetown were the holiday guests of Mr. Stewart's mother, Mrs. A.H. Stewart.

Mr. and Mrs. Charles Hansen and daughter Glns of Windsor were Christmas guests of Mr. Hansen's parents, Mr. and Mrs. Nelson W. Hansen.

Mr. and Mrs. Pat White and two sons, Shane and Kelly of Dartmouth, N.S., were guests for the holiday at the home of Mrs. White's parents, Mr. and Mrs. Walter Walker.

Mr. and Mrs. John Cox left recently on return to Halifax, N.S., after visiting with their daughter, Mrs. Earnest Fairchild and Mr. Fairchild.

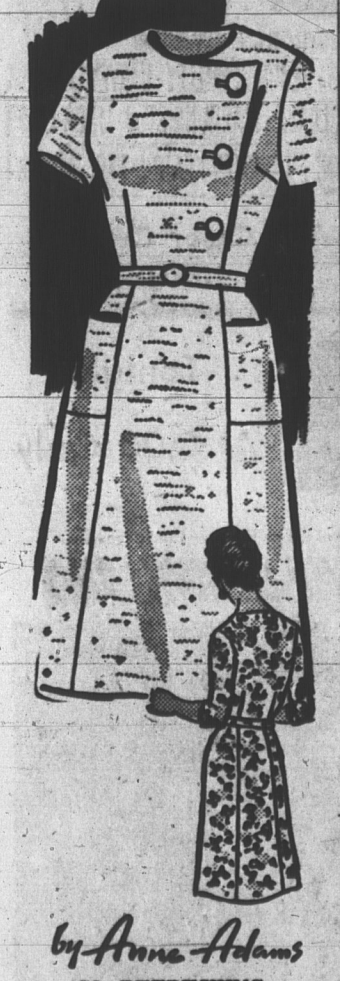
Mr. and Mrs. Stephen Arsenault of Halifax, N.S., were visitors to Georgetown for Christmas and visited with Mr. Arsenault's parents, Mr. and Mrs. Alec Arsenault and with Mrs. Arsenault's parents, Mr. and Mrs. Colin MacDonald.

Miss Enid Knight of Montreal spent the season's holidays as the guest of her mother, Mrs. S.C. Knight.

Mr. and Mrs. Ivan Stewart who have been visiting with Mr. Stewart's mother, Mrs. A. H. Stewart, left last week to spend Christmas with Mr. Stewart's sister, Mrs. J.F. Smith and Mr. Smith in Cornwallis, N.S. Mr. and Mrs. Stewart's daughter Miss Mary Evelyn and their son Mr. Allan Stewart of the Royal Canadian Navy, are also visiting their grandmother, Mrs. A.H. Stewart.

Mr. Stewart Hansen, left by car on Monday on return to Saint John, N.B., after spending Christmas with his parents, Mr. and Mrs. Nelson W. Hansen. Mrs. Hansen and two children remained in Georgetown, where she will visit for a few weeks.

Miss Bernice DeLory left early in the week on return to Halifax, N.S., after spending Christmas with her parents, Mr. and Mrs. F.J. DeLory.



Look smart keep warm—whip up these hats of fluffy mohair or knitting worsted.

Jifty-knit on two needles! Toque—three cable strips joined; turban—simple knit and purr. Pattern 731: directions to fit all head sizes.

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### IDA BAILEY ALLEN

## Fruits And Vegetables Help Balance Nutrition

"Bon appetit and good health go together," observed the Chef. "The better the appetit, the better the health."

"Of course, the meals must be balanced nutritionally," Chef suggested, "and should include not only the high protein foods but sufficient carbohydrates and a little fat, as well as plenty of fruits and vegetables to supply vitamins, minerals and necessary bulk."

"There are several forms of vegetables from which to choose," continued the Chef. "First and foremost are the fresh varieties, which also include all salad greens. Then we have canned and frozen vegetables; a few varieties of the new freeze-dried vegetables; and the dry legumes, such as split peas, beans of many kinds and lentils, all high in vegetables protein."

"In our menu, we are featuring two vegetable - and bread dishes: Green Bean Creole, and a Colonial Pumpkin Bread Pudding 'good as pumpkin pie.'"

### TOMORROW'S OVEN DINNER

- Cream of Chicken Soup (Canned)
- Green Beans Creole
- Sauteed Chick Peas (Canned)
- Tossed Salad
- of Chicory, Young Spinach Leaves and Anchovies
- Colonial Pumpkin Pudding or Baked Winter Peas
- Coffee or Tea Milk
- recipes for 6
- 1 (10½ oz.) pkg. frozen cut green beans
- ¼ c. fine-chopped onion
- 1-3 c. medium-chopped seeded green pepper
- 2 tsp. butter or margarine
- 1 tb p. flour
- 1 (1 lb.) can tomato
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. oregano
- ½ c. coarse soft enriched bread crumbs
- 1 c. grated sharp Cheddar cheese
- Cook beans according to pkg. directions, and drain. Meanwhile, saute onion and green pepper in butter 3 min. or until tender. Mix flour with 2 tsp. of tomato juice from the can. Add to onion mixture. Combine and add green beans, remaining tomato (mashed), salt, pepper and oregano. Simmer and stir-cook 4 min. or until lightly thickened.
- Transfer to oiled loaf 3-pk. baking dish. Combine bread crumbs and cheese. Spread over vegetables. Bake 10 min.

### RECORD LIFE POLICY TAKEN

HOUSTON (AP) — The American General Life Insurance Co. said here an unidentified business executive has obtained an \$8,000,000 life insurance policy, largest ever written for a single individual.

Benjamin N. Woodson, president, said the annual premium is more than \$147,000. Woodson said research within the industry has revealed no larger permanent policy.

Woodson said 88 companies throughout the world insured portions of the risk, a task that required six weeks. The agent handling the policy was identified as Ray Gibbs, Glendale, Calif.

### COMMENT FROM THE CHEF

Our menu is a welcome change from the heavy, over-rich meals of the holidays, and takes only 50 minutes for complete preparation.

TV FOR SOUTH VIET NAM SAIGON (AP)—U.S. Ambassador Henry Cabot Lodge signed an agreement Monday with the South Vietnamese government to give the embattled nation its first taste of television. Two channels will be operated, possibly by the end of this month.

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Community Concert  
**9 P. M.**  
Confederation Theatre  
Thursday, January 6th  
**THE ROBINOFFS**  
Violin and Piano

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2. Drink plenty of fluids  
3. Take Aspirin to reduce fever and relieve pain

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