

# WOMEN

Page 8 The Guardian, Monday, June 27, 1955

## LET'S EAT

### Watch Out For Hidden Calories In Your Diet

By Ida Barry Allen

"It is quite impressive," said the Chef, "to see the number of people who carry sugar substitute tablets with them to sweeten tea or coffee. Do these take the place of many calories, Madame?"

"No, Chef. A single sugar substitute tablet is used to replace one teaspoon of sugar, which is worth only 18 calories. During the day the use of 3 sugar tablets would represent only 54 calories, the approximate amount contained in a level tablespoonful of sugar.

#### Hidden Calories

"What impresses me, Chef, about these would-be reducers, is the fact that they completely ignore the hidden sugar calories that may be present in the food. Suppose they were eating this menu:

"Tossed asparagus-lettuce salad, which contains no sugar calories. Baked picnic ham with sweet-sour raisin sauce.

"If the ham were glazed it would contain some sugar calories; and made by a household recipe the raisin sauce would contain about 1/4 cup each sugar and currant jelly, representing 2 3/4 tablespoons of sugar per serving.

#### Glazed Carrots

"Glazed carrots might be the vegetable. These call for 1/2 cupful of sugar, which makes about 1 1/3 tablespoons per serving. The cherry pie would be sweetened with at least 1 cup of sugar, or 2 2/3 tablespoons per serving."

"Mon dieu! Then the persons eating this meal would each take in almost 7 tablespoonfuls of sugar! Almost a half cupful! Because they do not see the sugar, they do not realize so much is present. The sugar is hidden. How

could this menu be planned so the sugar calories could be reduced?"

"Very easily, Chef. Let's write it down."

#### TOMORROW'S DINNER

Tossed Asparagus-Lettuce Salad  
Baked Non-Glazed Picnic Ham  
Mustard Sauce  
Baked Potatoes Steamed Carrots  
Individual Bowls of Fresh Cherries

Coffee Sponge-Gel  
Hot or Iced Coffee or Tea  
Milk

Anyone seriously bent on reducing could use buttermilk dressing on the salad, eat half a potato and half a slice of bread with a thin spreading of whipped butter. Successful reducing can be accomplished only when hidden calories are detected and excess amounts eliminated.

#### Low-Cal Buttermilk Salad Dressing:

To 1 c. buttermilk beat in 1/2 tsp. vinegar, 1 tsp. salad oil and 1/2 tsp. salt, 1/2 tsp. pepper, and 1/2 tsp. table mustard.

#### Low-Cal Coffee Sponge-Gel:

Sprinkle 1 envelope unflavored gelatin over 2 tbs. cold water. Add 2 tbs. sugar, 1/4 tsp. vanilla and 2 fresh raisins. Pour in 1 1/4 c. boiling water. Stir in 2 tsp. instant coffee. Refrigerate until beginning to thicken.

Beat with a rotary or electric mixer until light and fluffy. Refrigerate 2 hrs. longer, or until firm. Serve topped with whipped instant non-fat dry milk, flavored with vanilla and sweetened with 1 tsp. sugar.

#### TRICK OF THE CHEF

To make a chilled fruit cup taste more sweet, add canned pineapple juice which contains no sugar.

## Seven Days A Week

1. Monday: Most of us have at one time or another heard about the good ship Mayflower, how the passengers first landed at Plymouth Rock. There is an inscription on this rock and it reads thus: This monument marks the first burying ground in Plymouth of the passengers of the Mayflower. Here, under cover of darkness, the fast dwindling company laid their dead, leveling the earth above them lest the Indians should learn how many were the graves. History records no nobler venture for faith and freedom than of this Pilgrim band. In weariness and painfulness, in watching, often in hunger and cold, they laid the foundation of a state wherein every man through countless ages should have liberty to worship God in his own way. May their example inspire thee to do thy part in perpetuating and spreading the lofty ideals of our republic throughout the world. A nice inscription isn't it?

This morning Mavis came into the kitchen carrying a very small and very lifeless sparrow. As I looked at the limp little feathered friend, I thought of the nice bit of prose by W. H. Hudson.

The bird, however hard the frost may be, flies briskly to his customary roosting-place, and, with beak tucked into his wing, falls asleep. He has no apprehensions; only the hot blood grows colder, and the pulse feeble as he sleeps, and at midnight, or in the early morning, he drops from his perch — dead.

Yesterday he lived and moved, responsive to a thousand external influences. Now, on this morning, he lies stiff and motionless; if you were to take him up and drop him from your hand, he would fall to the ground like a stone or a lump of clay — so easy and swift is the passage from life to death in wild nature! But he was never miserable.

2. Tuesday: Do you believe that the white man has contributed everything towards the world's civilization and progress? Do you know that the first colonists who came to the continent grew plants by scattering the seed all over a certain patch? It meant extra work caring for them! However they saw the savage Indians plant their crops in orderly rows and the white man was intelligent enough to follow suit. So at least, the Indians to teach the white man this simple trick. And speaking of gardening helps there is a new insecticide on the make. It has been discovered recently by an American scientist that one of the most powerful insecticides known is found in the venom of a particular tiny parasitic wasp. From the continuing effects of approximately one drop of venom a total of 1600 wax-moth larvae were killed in the course of the experiments. This poison was applied by relays among the larvae.

Persistent research is being continued with the hope of synthesizing the venom so that it can be used and produced commercially as an insecticide.

3. Wednesday: The expression to sow wild oats has its origin says Webb Garrison.

Saxons planted oats as early as the tenth century. But the grain quickly reverted to the wild state when neglected, a common occurrence in the chaotic and warlike age. Seed from wild oats produced thick blades, but light heads. After a man had gone to the trouble of making a crop of it, he soon found it worth harvesting.

It was foolish and wasteful to sow such seeds, but old folks couldn't tell a youngster this. If a youth wished to try a crop of wild oats, he might as well learn by experience. Evidently a good many striplings did sow wild oats, for the expression passed into figurative use to indicate indulgence in any youthful folly.

4. Thursday: A young married couple who had just settled down in their new home got a pleasant surprise in their mail one morning — a couple of tickets to one of the best shows in town. But the donor had omitted to send his name and the rest of the day the question was "Wonder who it was?"

They enjoyed the show; but when they reached home, they found that all their wedding presents had been taken. There was a note from the burglar, saying: "Now you know."

5. Friday: Salmon - Macaroni Bake (will serve 8 persons) is a nice recipe for today.

8 Ounces Elbow Macaroni.  
2 Tablespoons lemon juice.  
1 Pound can salmon, boned.  
1 1/2 Ounces Can Sliced Mushrooms, drained.  
2 Tablespoons chopped pimiento.  
1/4 cup chopped green pepper.  
1 teaspoon dry mustard.  
1 1/4 cups medium white sauce.  
1/2 cup milk.  
2 tablespoons butter.  
1/4 cup dry bread crumbs.

#### CLEAR YOUR SKIN

If ugly, disgusting blemishes, Pimples, Eczema, Itchiness, Acne, Athlete's Foot, Blackheads or Red Blotches embarrass you, try MEDICORNE tonight. Wash with you soap, 1. Rub MEDICORNE, burning, smarting in 7 minutes.  
2. Kill the germs. Kill the real cause of skin disorders. 3. Helps heal the skin, softer, smoother, lighter. Ask your druggist for MEDICORNE today. Satisfaction or money back. And to clear your skin anti-spectually use MEDICORNE Medicated Soap.

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#### NORMA'S LADIES' WEAR

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## MORNING SMILE

Mother—"Johnny, on your way home from school stop at the store and get me a cake of soap and a stick of candy?"

Father—"What do you want with a stick of candy?"

Mother—"So that he'll remember the soap."

3 eggs, separated.  
1 teaspoon salt.  
Cook macaroni in boiling salted water. Drain and rinse. Combine lemon juice, salmon, mushrooms, pimiento and green pepper. Add mustard to white sauce and combine with salmon mixture. Pour into a greased 2-quart casserole. Heat milk and butter. Pour over crumbs. Beat in egg yolks and salt. Add macaroni and mix well. Beat whites until stiff. Fold into macaroni. Pour on top of salmon. Bake in a moderate oven (350 degrees F.) 45 minutes. Serve at once.

5. And what could be nicer for Saturdays meal than this:— After a busy day of polishing and shining a piece of this will really hit the right spot. Beaten by hand is just as good instead of electric mixer: White Coconut Cake.

2 cups sifted cake flour.  
1 1/4 cups granulated sugar  
1/2 teasp. double-acting baking powder.  
1 teasp. salt.  
1/2 cup soft emulsifier-type shortening.  
1/2 cup milk.  
1/2 teasp. vanilla extract.  
1/4 teasp. almond extract.  
4 medium egg whites, unbeaten.  
1/2 cup snipped shredded coconut or chopped nuts.

Day before: Start heating oven to 350 degrees F. Grease, then line with waxed paper, bottom of 9" x 9" x 2" pan.

Put large electric-mixer bowl, sift flour, sugar, baking powder, salt. Drop in shortening; pour in milk and extracts. With mixer at low to medium speed, beat 2 min., scraping bowl and beaters as needed. Add egg whites; beat 2 min. Fold in coconut. Turn into pan. Bake 30 to 35 minutes, or until cake tester inserted in center comes out clean. Cool in pan on wire rack 10 min. Remove from pan; peel off paper; then finish cooling on rack. Store covered.

7. Sunday: White daisies star the green fields, a lone apple tree in the back yard is decked in pink and white finery, and June is on the wane. The slips we planted grow and grow. Our special strawberries produce more and more tiny green leaves, and when other varieties are done supplying us with fruit, these will just be starting. There are no runners whatever so that eliminates a lot of fuss and makes them first on anyone's list, we think.

June has brought us an extra crop of nice visitors. One of them, a Wing Commander in the R. A. F., during the war years, we shall always remember. Born and educated in England, he had many wonderful adventures and his life holds all the magic of a fairy tale.

Mavis made her first trip to school last Monday. With "Look and See," a new pencil and a "shiny scribble" she left babyhood days behind, and began "to grow up a wee bit," as she aptly put it. The house seemed unreal with her constant chatter. "Mom, what does F. B. I. mean?" "Mom, what does C. C. F. stand for?" When you hear any combination of letters you may be quite sure Mavis will be right at your elbow, wanting to know what they mean!

Friday, she arrived home breathless. "Mom, I'm all finished with this book. Teacher says 'I shall see you again.' So look and see is passed on to baby Garth to enjoy. He (and I too, I may as well confess) watched Mavis skip down the road that first morning. We watched in school she went through door, and putting his small hand in mine, he said softly, "Me and Mommy all alone now." I thought 'how much more alone I would be; if I hadn't you, baby boy!"

So many small boys and girls beginning a new chapter in their lives in this June month. Non-sensical nothings is all that you're good for. And singing small songs that no-body hears. And sitting at flowers when others are busy. And talking to cats and rubbing their ears.

It's a workaday world with alackaday leanings. And how you fit for taking your place. With your moon-gazing eyes and your woolgathering fancies. And your little — girl hands and your fairy-tale face?

#### DIPLOMAT TO VISIT

OTTAWA (CP) — Dr. Mahmood Fawzi, Egyptian foreign affairs minister, will arrive here Tuesday for a three-day visit in the capital. The minister, who has been attending the United Nations anniversary meetings in San Francisco, will call on Prime Minister St. Laurent, Trade Minister Howe and External Affairs Minister Pearson.

ST. NAZAIRE, France (AP) — Workers at Penhoet, France's biggest shipyard, resumed work Thursday after a two-day strike which culminated in a brief battle with police Wednesday. Their delegates continued negotiations with management representatives on the men's demands for a 30-percent pay increase. Their wages average 24,000 francs (\$68) a month.



ACI AND MRS. WILLIAM WOOD Stationed in B.C.

ACI William Wood and his bride are now residing near Vancouver, B.C., where he was posted a few days before their wedding which was celebrated at Guelph, Ont., on April 30, 1955. Mrs. Wood is the former Sylvia Joan Sterns, daughter of Mrs. G. C. Bishop, Lexington, Kentucky, and the late John Sterns of Burlington, N.Y. Mr. Wood is the son of Mr. and Mrs. B. C. Wood of Jrapaud. He is presently attached to the R. C. A. F. base at Sea Island.

## ELLEN'S DIARY

by an Island Farmer's Wife

Despite the June-time loveliness spread along valley and hill these days, some are finding that here for them is no "continuing city." They hear, we think across every green meadow and woodland, that far off summons, perhaps like the gentle toiling of an evening bell, softly in the hush of the hour; or do they see a hand beckoning to them through death's shadows to this world of time and space that we mortals know? Or is it not a Voice which each in his and her turn shall hear, and which is never denied, which says: "Come?"

And so they go, one by one, those well-loved. They turn away from the familiar faces, leave behind the rooms and paths they have known, to pass within the gate at the end of their earthly pilgrimage, which leads to an eternal land.

And a chair is vacant at the table, a voice we had much loved is still; a step we had known among many, nevermore to make footfall within our mortal ken. Now, only mounds of fresh-sifted island clay in this and that places where the June-moon has taken our near and very dear to lie-parent, husband, wife, child or other kith and kin and friends that were ours.

And who are we left to turn quietly to the duties that are ours, the humble every-day tasks wherein lies much balm and healing because of loving service rendered; to shed a tear in secret, to be alone with our memories and withal to remember verities of comfort and hope, which for us have been written long days are over, the happiest or the most tedious course run: a dawn and a dusk, a springtime and the autumn-glory spread, and we too without exception will one day come to the end of the road."

"However we have still a work to do, some mission to perform, some loveliness to see—a laugh to enjoy, a tear of sympathy, or sheer gladness to drop, a helping hand to give."

Today, showers our farmers worked in the stump land, preparing it for the first sowing there. James in the old armchair tonight satisfied that the day had prepered the work, analyzed his sentiment "It's not that we actually need the extra land, Ellen, good as that will be, that I am interested in clearing this patch of it, it's," he smiled, "more for the look of it. I like to see the fields neat... I guess," he nodded "this is the last I'll bother with, though by rights that other strip we had bull-dozed, there to

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## MARY HAWORTH'S MAIL

### Mother Discourages Son's Sweethearts

DEAR MARY HAWORTH: I am a man age 24, an only child. I have had four sweethearts but they all were discouraged by my mother. Recently I met a nice girl who seems to like me. I am afraid to bring her home to meet my parents, as I expect that my mother will treat her like the other four. However, I feel that Alice should meet them.

I have talked with my mother about the situation and she always has agreed that I should be able to do what I want. Yet every time that I have brought a girl friend to the house, together indicates her obvious disapproval. It is embarrassing both to the girl and to me.

Should I continue to see Alice in secret? Or should I warn her of my mother's behavior and try again? Hopefully awaiting your reply, I am

N. S.

### More At Stake Than This Romance

DEAR N. S.: You may as well come to grips with the fact that you need specialist help in getting emotionally re-educated for life on the adult plane. If you don't get such help, you'll never become a man in relation to your mother and, until you solve this problem you can't be a man in relation to other women either.

Your mother's frankly unfriendly attitude towards your girl friends is simply an unglorified "come code" warning to them to "keep off"—not to try to win your heart, or be serious. They get the point, even if you do not—though I think you do.

It isn't that your mother sees these girls are socially unacceptable. If they were to meet in other circumstances where you don't figure, she might regard the young ladies amiably and discern in them many pleasing attributes. But when you fetch a sweetheart home to meet your parents, I gather your mother doesn't take time to go into the fine print, as it were, of the girl's qualities. She doesn't give you a chance to register details of personality and character.

What your mother dislikes is the fact that the girl likes you and you like the girl. That's enough to put your mother on the offensive against your current sweetheart, compulsively butting her out of your life. Your mother's consistent hostility towards your youthful romances marks her Mom—and for a specialist's picture of this type of problem-parent, read "Their Mother's Sons" (Lippincott) by Dr. Edward A. Strecker, a friendly study of the destructively jealous mother.

#### Mother Mistakes Her Motives

No doubt your mom feels that each of your sweethearts is a brazen hussy, chasing you; and thus persuades herself that it is her duty to frown them down before they lead you into missteps. Perhaps it is true that these girls do pay court to you in the beginning, to give you confidence in seeking their society.

Living in the shadow of a formidable mom, it isn't likely that you would be a bold selective courtier. More probably you tend to pair off with girls who graciously take the initiative—and so remind you of mom. ("Oh her best" in your experience). Significantly you say of Alice, "I have met a nice girl who seems to like me."

Now to meet your questions: 1. See Alice openly, not furtively; but don't discuss the association with your mother. If you know she'll try to spoil things, 2. It is only fair to warn Alice of your mother's rejecting bias towards your girl friends. 3. Let Alice decide if she wants to visit your home and run the risk of being snubbed by your mother.

In conclusion I repeat that you need psychiatric help in getting healthy perspective on your mother's jealous clinging. As you comprehend her error, you should begin to square off and fight for your rights. The results at first may be painful for both; but the greatest kindness you can do her in the long run is to become a really manly son.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of the Charlottetown Guardian.

#### IS YOUR CHILD Constipated?

Try The EX-LAX Way

EASY to Take EASY-Acting EASY-on the System

Good for Children and Adults EX-LAX The Chocolate Laxative

Do hot summer days turn your house or apartment into an inferno? How can you make your present place comfortably cooler? What should you look for, when renting or buying, to get a cool place?

July Reader's Digest brings you handy tips on beating the heat, tells you the simple rules to follow in building a summer-cool house without air conditioning. Get your copy of July Reader's Digest today: 44 articles of lasting interest, including the best from leading magazines and current books, in condensed form.

## KEEP IN TRIM

### Change Doubt To Conviction

If you have started a diet many times, only to slip back into the old rut about the fourth day, you're in the same dilemma as that expressed in a letter from a discouraged Ohioan.

"Here comes another letter from an overweight who just can't seem to make that diet stick! I'm ashamed to go anywhere and have only one dress I can get into. About the longest I can stick to a diet is four days, and then I start to overeat. I could just sit down and cry—I have failed again!

"Diet aids haven't helped a bit. How in the world do any over-weights successfully reduce? About a year ago I quit smoking, and since then I've gradually gained 35 pounds. I'm 5'2" and weigh 170. Isn't it amazing that I could stop smoking and yet not be able to stop overeating?"

"I bought a new, small swimsuit, hoping that would spur me on—but that was a month ago, and I haven't lost a pound. I live on a lake and the neighbors and I live on the beach, but I wouldn't think of putting on a suit with this shape.

"Perhaps I could form a slimming club and reduce with other overweights. I need someone beside me, behind me and with me!"

First, let's analyze the reason back of repeated diet failures. While you outwardly expressed determination at the start of each diet, apparently you have had many inward doubts and, without being aware of it, you visualized yourself failing. The fact is, you cannot whip your will into staying with a diet while you anticipate failure. The winning technique is not to try harder, but to BELIEVE. That's sound psychology.

The right nutrition can reduce your weight and control hunger, but first you must convince your inner mind that you WANT to eat to slim down healthfully. The nutrient that maintains the blood sugar level most effectively is protein... so have a complete protein food at every meal. At breakfast have one or two eggs; for lunch have a four ounce lean ground round steak, poultry, broiled, plus sliced tomatoes and a glass of skim milk or buttermilk. Build dinner around a generous serving of boiled chicken, fish or lean meat, plus two low calorie vegetables and fruit for dessert.

What helps sell your mind? A persistent suggestion to your inner mind that you strongly desire to act to reduce. Remember that suggestion is powerful, and can enable you to control your appetite without the action of your will. Through suggestion to the sub-conscious mind you can get yourself to act the way you really want to act. Believe it... act on it... eat for it—and doubt will change to positive conviction.

## Dates and Cocktails Taboo for "Miss Canada" Contestants

LONDON, Ont. (CP)—Thirty attractive and talented Canadian girls are due here this weekend to take part in the annual pageant to name Miss Canada.

Contestants from as far east as Charlottesville, P.E.I. and as far west as Victoria will try for the coveted title and the right to represent the country in the Miss America contest at Atlantic City, Ga.

The winner also gets a \$1,000 cheque. Only Newfoundland and Nova Scotia are not represented on the entry list.

Judging itself will begin June 30 for three days. The pageant heralds the opening of this city's 10-day centennial celebration.

Emphasis is placed on talent as well as charm and attractiveness in the judging. S. Radcliffe Weaver, the pageant's executive director said Saturday.

#### NO COCKTAILS

"She must have talent as well as beauty," he said. The 30 girls who will participate this year were chosen from over 200 entries.

Among the nine judges will be Deems Taylor, internationally prominent author and music critic; Elwood Glover, Toronto radio personality; Canadian painter Paul Roderick and John Adaskin, CBC conductor and talent scout.

It will be a manless week for the beautiful and talented contestants, and they will be warned dates and cocktails or other alcoholic drinks are taboo. In fact, if a girl is discovered violating either regulation, she will be immediately released and sent home.

Candidates include Barbara Joan Alcorn, Moncton, N.B.; Carolyn Leslie Leonard, 19, Saint John, N.B. and Camilla Norene MacPherson, Charlottetown.

## Words Of The Wise

What lies behind us and what lies before us are both matters compared to what lies within us. —(William Morrow)

## ALICE BROOKS DESIGNS

Prettiest cover above summer fashions! Easy-crochet this little cape in lacy pineapple pattern!

Pattern 7383: Graceful crochet cape in sizes Small, Medium and Large. Use 3-ply fingering yarn or mercerized crochet and knitting cotton. Easy to do — lovely!

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian, Household Arts Dept., 60 Front Street West, Toronto, Ontario. Don't plainly NAME, ADDRESS, PATTERN NUMBER.

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7383

by Alice Brooks

## French's MUSTARD

does something Wonderful for outdoor eating!

HERE'S THE SECRET!

FRENCH'S HAMBURGERS: 1 1/2 lbs. ground chuck beef, 1 1/2 tsp. salt, 2 tbsp. minced onion, 2 tbsp. French's Mustard, 1 egg, 1/4 tsp. pepper, 1/4 tsp. French's Worcestershire Sauce. Knead ingredients together thoroughly, pat into coils, grill or pan fry. Serves 5.

French's golden flavor adds extra zest to many other outdoor treats — hot dogs, sandwiches, cold cuts.

Send for your copy of NEW EDITION OF "CULINARY ART" BOOK for 10c. Send in 50c. Cash or Cheque. Dept. Ex. 1000. Montreal, Quebec.

Canada's Golden Quality PREPARED MUSTARD — in the Red Pennant Jar...

## Hoeg-Ross Wedding

The Presbyterian Church in Summerside was the scene of a pretty wedding at four o'clock on Wednesday afternoon, June 22nd, when Vera June Ross, daughter of Mrs. Leo Lajoie and the late C. S. Ross, Summerside, became the bride of Donald Ross Hoeg, only son of Mrs. Freda and the late Ira Hoeg of Macaan, N.S. The double ring ceremony was performed by the Rev. Donald MacKay. Miss Myrna Hancock sang "O Perfect Love" during the signing of the register and the organist was Miss Maureen Forbes. The church was decorated with baskets of mauve and white mums and ferns.

The bride, given in marriage by her step-father, looked charming in a ballerina length gown of white nylon net over taffeta with matching circular veil and carried a bouquet of red roses. The bridesmaid, Miss Mary Rae Tanton, wore a ballerina length gown of pale blue taffeta and carried a bouquet of mums.

The best man was Mr. Ralph Champion.

The bride's mother wore a street-length dress of pink and grey on a white background, with accessories and a corsage of pink carnations.

The groom's mother was attired in a navy and white gown with white accessories and a corsage of red roses.

At a wedding supper held at Mulberry Lodge, the bride's table was adorned with white tapers and a three-tier wedding cake. The blessing was asked by Rev. J. Donald MacKay, who also proposed the toast to the bride which was fittingly responded to by the groom.

The newly married couple left for a honeymoon trip to Halifax, N.S. and on return will take up residence in Sackville, N.B. Previous to her marriage the bride

## ANNE ADAMS PATTERNS

#### WEEK'S SEW-THRIFTY

What to slip into first thing in the morning? THE SNAPPY-WRAP, of course! It's a wonder — a dress by itself, cover-up apron over a dress; a cool summer for all day long! Very, very easy to sew! Just look at the diagram. Use this pattern again and again!

Pattern 4604: Misses' Sizes 12, 14, 16, 18, 20. Size 16 requires 3 3/4 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.

#### Relax with TEA

4504 SIZES 12-20

## HOUSEHOLD HINT

For bleaching white materials like bed and table linens, first wash the article. Then, without wringing out the water, lay it on the grass and let the sun bleach it.

#### WINSLOW NORTH W. M. S.

The regular meeting of Winslow North W. M. S. was at the home of Mrs. C. L. Cudmore, June 1st, with Mrs. Clayton Cudmore as Devotional Leader.

The meeting opened with O. Spirit of the Living God, followed by prayer. John 3: 16-24 was read responsively, followed by prayer by Mrs. Hardy. Readings were given by Mrs. Edith Hughes and Mrs. Earl Carter.

Selections from the Study Book were given by the Leader followed by a prayer from the M. Monthly, and a reading by Mrs. Hardy, "O'er These Gloomy Hills of Darkness," closed this part of the meeting.

Minutes of last meeting were read and adopted. There were eight members and four visitors present. Mrs. C. L. Cudmore gave a Temperance Reading. Collection for the Temperance Federation amounted to \$3.00; and regular collection \$3.05.

July meeting was invited to the home of Mrs. Bruce Younker; leaders, Mrs. Hardy and Mrs. Walter Roberts; word for roll call. Praise, Articles for the box for overseas will be passed in at the July meeting. Meeting closed with a hymn and Mizpah Benediction.

was tendered several showers and received many lovely gifts. Among the out-of-town guests at the wedding were Mrs. Freda Hoeg and Miss Muriel Hoeg of Moncton, Miss Freda Rector, Mr. Wallace Rector of Macaan, and Miss Wilma Larter of Charlotte town.

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4504 SIZES 12-20

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