



GUIDING SPIRITS for local Girl Guides are the members of this Provincial Council shown in session. Seated, left to right, are Mrs. Blythe Murray, honorary secretary; Mrs. Robert Smith,

public relations; and Mrs. Gordon Avard, Provincial Commissioner. Standing are, left to right, Mrs. W. W. Reid, Deputy Commissioner; and Mrs. Arthur Peake, Honorary Treasurer.

Guide members see active year

Under the guidance of Mrs. G. M. Avard, provincial commissioner, 1964 has been a busy year for those connected with Girl Guiding in P.E.I. At the present time there are upwards of 1,700 Guides and Brownies in the Province.

Teas were held in Montague, Summerside and Charlottetown to observe Thinking Day, February 22nd, the birthday of both

Lord and Lady Baden Powell, when Girl Guides in all countries hold special ceremonies to emphasize the ideal of international friendships.

In April, Centennial rallies were held in Souris, Simon Park and Charlottetown, in honor of the visit of Henrietta Oaler, chief commissioner, Girl Guides of Canada. Miss Oaler was the guest speaker at the annual meeting held at Government House. Her address was concerned with "Guiding as a Whole". She took us beyond Canadian boundaries and depicted a vivid picture of Guiding in other countries in order to emphasize the reasons for major changes which had recently taken place at the national level.

Other visitors in 1964 were Mrs. K.P. Besley and Mrs. G. W. Smart. Mrs. Besley, a Guide of Redding, England, spent a week in P.E.I. while travelling through Canada on a King George VI scholarship. Mrs. Smart, of Vancouver, is the national training commissioner, and she met with the training committee.

Two training sessions for experienced and new Guides were held in January and October. The purpose of these was to familiarize new Guides with the Guide training program, and to stimulate the interest of Guides.

During the summer Heritage Camps were held in each province. Each province sent two Guides to camps in each of the 10 provinces. These camps were arranged to acquaint the Guides with the history of the province visited, in preparation for the Centenary Camp in 1967. Many fine reports have been given by the girls who had been chosen to attend these camps, showing a great deal of knowledge of the respective provinces.

An important event for Lone and Extension Guides in the

summertime was a bus trip to Cape Tormentine, Woodleigh Replicas and Cavendish.

The year's highlight was the visit of Her Majesty The Queen and Prince Philip to P.E.I. in October. At this time, Guides and Brownies were thrilled to take part in street-dancing, and to attend the gigantic Youth Rally at the Coliseum. At this rally, three Girl Guides were presented with awards by Her Majesty.

The 1965 officers of the P.E.I. Council, Girl Guides of Canada, are: honorary president, Mrs. W.J. MacDonald; honorary vice-presidents, Mrs. W.R. Shaw and Mrs. Harry Cudmore; provincial commissioner, Mrs. G. M. Avard; provincial deputy commissioner, Mrs. W.W. Reid and Iphigene Arsenault; honorary secretary, Mrs. B. H. Murray; honorary treasurer, Mrs. A. H. Peake.

SENIOR CHAPTER FOLLOWS MOTTO

ALPHA EXEMPLAR

XI Alpha Exemplar Chapter is the senior Charlottetown chapter of Beta Sigma Phi, a worldwide women's organization with headquarters in Kansas City, Missouri, U.S.A. They endeavor to live up to their motto of "Life, Learning, Friendship" by taking part in various cultural activities following an interesting course of study; by lending a helping hand to others and supporting worthy causes sponsored or assisted by the organization as a whole. Funds for this are obtained from their share of proceeds from "The Yellow Rose Ball", now an annual event staged by the local chapters of Beta Sigma Phi.

YMCA AUX. GIVES CHEQUE

An increase last year in the number of meals served by the Ladies Auxiliary of the YMCA was noted by its president, Mrs. H.B. Willis, at the annual meeting of the group.

A combination refrigerator and large commercial gas stove has been purchased for the kitchen in addition to the usual replacement of small equipment.

It was also noted that 100 yards of table linen had been purchased and made into cloths for the banquet room, and that a cheque for \$1,000 was given to the capital fund of the Charlottetown YMCA to reduce the mortgage.

The executive for 1965 is: president, Mrs. Frank Jelks; vice-president, Mrs. William Carson; secretary, Mrs. E.V. Bell; treasurer, Mrs. B. Frank Timney. Other executive members are: Mrs. James MacFadyen; Mrs. William Rix, Sr., and Mrs. McCurdy Bell.

Show makes knees news

PARIS (Reuters) — Knees were news again at Jacques Esterel, who opened Paris Fashion Week today.

The first spring collection featured short full skirts swirling above a generous expanse of legs and knee caps. Esterel explained that his short hemlines and tightly-fitted pirate pants were purposely intended to show off "smiling knees."

Esterel revived snugly fitted waistlines with soft sash belts over full gored or bias cut skirts. The corolla skirt established a happy medium between the straight and narrow and full flaired silhouettes.

Esterel's collection was young, snappy and as colorful as the personality of its guitar-playing creator. Skirts, pants, jackets, blouses and shirts mixed and interchanged with dexterity. Black-and-white outfits were paired with black-and-white checkerboard or harlequin prints contrasting blouses and accessories.

Beta Sigma Phi city sorority

Alpha Chapter is the only organization of Beta Sigma Phi existing in P.E.I. at the present time for the introduction of new members to the sorority program. Its membership is drawn from the Charlottetown area and surrounding districts within a 20-mile radius.

Persons interested in Beta Sigma Phi, an international organization for women of all races and creeds, may be invited to join during the traditional once-a-year rushing season. Upon completion of a four-year study series, they move into an Exemplar chapter. In the past year two Alpha members joined an Exemplar and five new members were initiated. One member was lost when Mrs. Jerry Regan, vice-president, moved to Trinidad.

In addition to its regular membership of 30, Alpha chapter has three honorary members: Mrs. W.J. MacDonald, Government House; Mrs. Walter Hyndman, Cumberland; and Mrs. Austin Scales, Charlottetown.

Mrs. Keith Rogers, formerly an honorary member of Alpha, has been made an international honorary member of Beta Sigma Phi.

At the annual meeting held in May the following officers were installed: president, Mrs. Louis Johnston, Charlottetown; recording secretary, Mrs. Jack Simpson, York; corresponding secretary, Mrs. Vern Williams, Charlottetown; treasurer, Mrs. Ron Ketch, Charlottetown.

A highlight of each Beta Sigma Phi meeting is the program based on a guide printed for the exclusive use of the organization. Each member is responsible for the presentation of one program during the year on the subject of her choice. The current study of Alpha chapter is on The Integrated Self and covers a variety of related topics ranging from natural science to the arts.

In addition to local service projects which include the packing of Christmas hampers for the two city Welfare Bureaux, Alpha chapter is a co-sponsor of the annual Founder's Day banquet and Yellow Rose Ball, special events in which all chapters participate. It also gives financial assistance to the international program of Beta Sigma Phi administered under the loan and endowment funds.

The three Charlottetown chapters have been honored this year by being selected to supervise one phase of the work carried on under the endowment fund, the Canadian Scholarship program, through which awards to the value of \$5,000 will be given to Canadians studying in the fields of English, music and creative writing. Mrs. David Stewart, Crapaud, P.E.I. will represent Alpha chapter on the special committee being set up for this purpose.



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LADIES



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OVEN TEMPERATURE AND TIME CHART

Water Simmers	180 deg. F.
Water Boils	212 deg. F.
Slow	250 deg. F. to 300 deg. F.
Moderate	300 deg. F. to 350 deg. F.
Hot	350 deg. F. to 400 deg. F.
Quick	400 deg. F. to 450 deg. F.
Very Hot	450 deg. F. to 500 deg. F.
For Broiling	350 deg. F.

TIME-TABLE FOR BAKING

Bread (loaf), according to size	45 to 60 min.—375 deg. F.
Yeast Rolls and Biscuits	12 to 15 min.—375 deg. F.
Baking Powder Biscuits	6 to 10 min.—400 deg. F.
Muffins	20 to 25 min.—350 deg. F.
Cookies	7 to 9 min.—350 deg. F.
Gingerbread	25 to 30 min.—350 deg. F.
Layer Cake	40 to 60 min.—350 deg. F.
Loaf Cake	40 to 60 min.—350 deg. F.
Fruit Cake (low oven)	2-3 hrs.—300 deg. F.

TABLE OF WEIGHTS AND MEASURES

3 Teaspoons	1 tbsp.	16 tablespoons	1 cup
4 tablespoons	1/2 cup	2 tablespoons	1 liquid ounce
5/3 tablespoons	1/3 cup	1/2 cup	1 gill
8 tablespoons	1/2 cup	2 cups	1 pint
10 2/3 tablespoons	2/3 cup	4 cups	1 quart
12 tablespoons	3/4 cup	4 quarts	1 gallon

EQUIVALENT TO ONE POUND

Almonds, chopped	4 cups	Flour, sifted	4 cups
Apricots, dried	2 cups	Graham Flour, unsifted	2 1/2 cups
Baking Soda	2 cups	Hominy	2 cups
Bran	10 cups	Meat, chopped	2 cups
Bread Crumbs, dried	4 1/2 cups	Molasses	1 1/2 cups
Butter or other fat	2 cups	Onions, chopped	3 cups
Cheese, grated	4 cups	Raisins, seeded	2 cups
Chocolate, shaved fine	8 1/2 cups	Rice, uncooked	2 1/3 cups
Cocoa	3 cups	Rolls Oats	5 cups
Coconut, shredded	3 cups	Salt	2 cups
Coffee	4 1/2 cups	Sugar, brown	2 1/3 cups
Cornmeal	2 cups	Sugar, granulated	2 1/3 cups
CorNSTARCH	2 cups	Tapoca	2 1/2 cups
Currents	2 cups	Walnuts, chopped	5 cups



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Elm Ave., Dial 2-2532

Belvedere Store

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Michael Bros.

240 Dorchester St., Dial 4-8595

Ford's Meat Market

38 Elm Ave., Dial 4-9223