



Women

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ELLEN'S DIARY

You Just Must Read About This lovely Baby

The low-growing white clover comes sweet to the pastures now and the lanesides. The gardens are full of "old" roses, and we praise the days that come.

"It's beautiful," we breathed, happening to be the first to our bedroom window this morning. "We never had it so lovely."

"But that's what you said yesterday morning, Ellen," James chuckled turning back the covers and coming smartly to the floor.

And so we had, and now here had dawned another in exquisite gift even more lovely. Devotedly shining clean, still and peaceful. No vagrant Gypsy wind of the hills a foot, but below us there by the gateway intriguing stirrings now and then in the eaves of the poplar.

"We should take a vacation today," we commented to James at breakfast. "Porridge? Yes, oatmeal as it happened—no 'just as good' packeted cereal being accepted with any grace for our first meal of the day at this old house, though we sometimes enjoy those as a tasteful and nourishing dessert (in combination), or it may be as a pre-bedtime snack in summer."

Through the open door, the sun lay bright along the hillside, picking out tenderly the greens of field any woodland, the red of the bay, any white, and the blue of the sky. The music from the flow of water through the spillways on the dam came up to us, a quiet summer melody of the years. Birds were on light wing pleased with the morning, with life and the busyness of living. James picked up a second piece of toast, buttered and flavored by the maple fire over which it had browned and offered to meet at her home for July meetings. Meeting closed with Hymn 488. Lunch was served by the committee in charge.

Avebury Manor in Wiltshire, England, was the site of one of Europe's largest stone temples 4,000 years ago.

After noon however in a pleasant excursion which took him off in the little truck, he went to a we may say neighboring district to attend the Short Horn field-trip, an event of husbandry he naturally much enjoyed. While various shapes and shades of the cow-kind range the fields of these farms of the name, it is along the duel - purpose line of short horns that Rob, who as he says is "only learning the like," is building an as yet, smallish herd.

This evening the youngest son of the name was taken to his physical "check-up." These days afforded such small rye. Nearing now two months on the calendar he weighed out to ace his world at twelve pounds and a half and to the delight of the family was pronounced fine and fit. "Eyes darkly blue now concentrate on faces. He hears, and indeed heeds the inflection of tones, and has a quick smile, old and young love to catch. While his periods of rest are respected, he is nevertheless cuddled and rocked after old patterns of child-rearing and altogether much loved.

"He's to have baby foods now—you know, cereals and prepared vegetables and fruits!" Granddaughter brought the tidings to James. And James whose steps lead him more than once through the day to look in on that small one in the house across the lane chuckled and offered, "couldn't we have got one not so expensive to buy?" "It's not that I'm thinking of," Granddaughter explained seriously. "I'm afraid he won't like them. And what time we shall have then coaxing him to eat what's good for him."

Down flowery lanes July moves — and the Summer is good — Until tomorrow — — — Diary — Goodnight. . .

Pretty Summer Wedding Solemnized In Elmsdale

The Church of the Nazarene in Elmsdale was the scene of a pretty wedding on Wednesday afternoon, June 12, 1957, at three o'clock when Betty, daughter of Mr. and Mrs. Alvin Ashley of Cascumpec, was united in marriage to Wendell, son of Mrs. Russell Matthews and the late Mr. Matthews of Alberton. The ceremony was performed by Rev. Robert E. Sampson, pastor of the church.

The wedding music was played by Mrs. Russell Hardy. During signing of the register Mr. Eric Hardy sang "O Perfect Love." The church was beautifully decorated with potted plants, apple blossoms, streamers and wedding bells. Pink and white bows marked the guest news.

The young bride was becomingly attired in a floor length gown which featured a full skirt with tiers of nylon net over satin and redingote of silk embroidered nylon net with long tapered sleeves and Peter Pan collar. Her fingertip veil was held in place with a halo of net and rhinestones, and she carried a bouquet of red roses and maidenhair fern.

Miss Marie Adams was maid of honor. Her floor length gown of pale blue lace and net had full skirt and fitted bodice with high neckline and short sleeves. She wore a blue halo and carried an old fashioned nosegay of yellow mums.

Misses Sandra Ashley and Wanda Wallace were bridesmaids. Their yellow taffeta gowns and headpieces were similar in design and they carried old fashioned nosegays and mauve mums.

Little Miss Darlene Pridham, niece of the bride, was flower girl. She wore a floor length dress of aqua flocked nylon with fitted

bodice and full skirt and carried a bouquet of yellow baby mums. Master Douglas Rix, nephew of the bride, was ring bearer.

Mr. Kenneth Johnston was a groomsmen and the ushers were Mr. Charles Ashley and Mr. Fred Clark Jr.

For her daughter's wedding Mrs. Ashley chose a pink orlon suit with white accessories. Her corsage was white carnations. The groom's mother wore a open blue crepe dress with white accessories and corsage of white roses. Mrs. Craswell Weeks, grandmother of the bride, wore a dark blue figured crepe dress with white accessories.

Following the marriage ceremony a reception was held at the home of the bride's parents where a buffet luncheon was served to about seventy-five guests. The three-tier wedding cake was cut in traditional manner. Mrs. David Matthews, aunt of the bride, and Mrs. Glen Matthews, sister-in-law of the groom, poured. Assisting in serving were Mrs. Harold Ashley, Mrs. Elmer Wallace, Mrs. Aileen Gamble, Mrs. Henry Wallace, Mrs. Robert Campbell, Mrs. Russell Hardy, Mrs. Albert Noonan, Miss Sandra Sampson, Miss Shirley Pridham and the Misses Vera and Jean Oliver. Miss Beverly Ashley had charge of the guest book. Mrs. Herbert Pridham and Mrs. Floyd Hardy escorted the guests to view the wedding gifts.

For a brief honeymoon in the Maritimes the bride donned a coral colored flannel suit with white accessories. Her corsage was white carnations. Mr. and Mrs. Matthews will reside in Alberton.

Index Poisons In Households

VANCOUVER (CP)—Dr. Geoffrey Robinson, medical director of the Children's Health Centre at Vancouver General Hospital is hoping for a payoff in children's safety in two or three months.

Dr. Robinson is the chief sponsor of a "poison centre" here which will have on file an index of 6,000 cards listing all poisonous household substances.

When a child has accidentally swallowed poison at any centre in the province, Dr. Robinson hopes emergency first aid instruction will be available from the Vancouver centre.

Dr. John Dean, a former London doctor, now a fellow in the pediatrics department at University of British Columbia, will be the centre's medical director. The Community Chest is providing the stimulus, the Kinsmen Polo Fund the necessary cash and it is hoped toll-free telephone lines will be made available from every corner of the province to a simple code number.

The centre will be manned 24 hours a day.

MILLCOVE W.I.

The monthly meeting of the Millcove W.I. was held at the home of Mrs. Arthur Hughes on July 1st, with an attendance of thirteen members. Meeting opened in the usual manner with the

The MacNeill - Blackett Wedding Is Solemnized

A pretty wedding took place on Friday, July 5th, at two o'clock at St. David's United Church Manse at Georgetown, when Mary Leona, elder daughter of Mr. and Mrs. Sterling Blackett, of Georgetown was united in marriage with Samuel James, son of Mr. and the late Mrs. Webster MacNeill of Georgetown. The marriage ceremony was performed by Rev. W. A. Paterson.

The bride was lovely in a ballerina length gown of nylon net and lace over taffeta with matching bolero. Her fingertip veil was held

by a tiara of tiny pearls. Her bouquet was a nosegay of pink and white carnations.

Miss Bertha Blackett, sister of the bride, was bridesmaid wearing a ballerina length gown of turquoise with white accessories and carried a nosegay of pink and yellow mums.

The best man was Mr. Richard MacNeill brother of the groom. Mrs. Sterling Blackett, mother of the bride, chose for her daughter's wedding, a dress of pale blue taffeta with white accessories and a corsage of roses.

Following the ceremony, a reception was held at the home of the bride's parents, where fifty guests were entertained. A beautiful three tiered cake decorated the bride's table. The room was tastefully decorated with pink and white streamers.

Following the reception the popular young couple left by car for a trip to Ontario. For travelling the bride donned a pale blue satin dress, with white accessories.

Mr. MacNeill was for many years an outstanding member of the Georgetown Eagles Hockey Team and was rated as one of the finest Intermediate Hockey players in the Province. The popular young couple take with them the best wishes of a host of friends for many years of happiness.

DINING AND DANCING

Here's an ensemble that is perfect for dining and dancing under the stars whether in your own town or on a visit with friends. It is a two piece model with a black top and a printed Swiss or

gandy skirt. The bodice is moulded with a sabina neckline. Beneath is a belted-out box pleated skirt which glows with bunches of realistic, colorful flowers and sprinklings of rhinestones.

PRINCETON ROAD CHURCH

The regular monthly meeting of Princeton Rd. United Church was held at the home of Mrs. Omer Nell on Wednesday evening June 5th.

Mrs. Lester Johnstone led the devotional period. Opening hymn 874 Mrs. Frank Crabbe read the meditation "I think of these things" Mrs. Dale Froude gave a reading on "Mother's Day." Mrs. Emerson Kent read Christian Stewardship.

The study book was in charge of Mrs. Ivan Sentner. Assisting were Miss Alice Dollar and Miss Eva Sentner.

The business part of the meeting followed. Minutes of last meeting were read and approved.

Roll call was answered by twelve members and 3 visitors were present. 16 home calls and 6 hospital calls were made. Mrs. Omer Nell, Mrs. Dale Froude and Mrs. Ivan Sentner were appointed on sick committee.

Roll call for August to be answered with a verse of scripture with the word "Remember" in it. Collection amounted to \$1.10. An invitation was received from Mrs. C. A. Betts for the members to meet at her home for July meetings. Meeting closed with Hymn 488. Lunch was served by the committee in charge.

Avebury Manor in Wiltshire, England, was the site of one of Europe's largest stone temples 4,000 years ago.

CONFIDENTIALLY YOURS

—by Byrne Hope Sanders



MONTREAL, July 11th — Just taste it! . . . Oh-h-h-h-h! But it's so delicate and tantalizing — with a spicy, "smoky" flavor all the best chefs strive for. LIPTON'S GREEN PEA SOUP is the most satisfying combination with summer salads — for it gives nourishment to a meal — and enhanced taste-pleasure too! And it's so easy! Just add cold water and simmer. You'll have a soup that's so hearty, smooth and delicious you'll want to serve it often. Sometimes serve it with bacon crispies or cheese toast squares on top. Or try a couple of frankfurters, sliced thin, browned in butter and added. I can heartily recommend this fine soup . . . Lipton Green Pea!

GATHER ROUND M'DEARSI I'VE A HOT-WEATHER RECIPE that is cool to prepare, yet nourishing and satisfying for everyone — young and old! The principal ingredients of this fine main course casserole are two famed AYLIMER PRODUCTS . . . Aylmer Boston Brown Beans and Aylmer Tomato Catsup. Read this — and try it — soon!

Baked Beans Cottage Style
1 2-oz. tin Aylmer Boston Brown Beans
4 tins Aylmer Tomato Catsup
4 tins finely chopped green pepper
1/2 tsp. dry mustard

Place the combined ingredients in a shallow casserole. Top with rolls of cheese slices halved and thick tomato slices. Bake at 375 deg. for 30 minutes. Make 8 or 6 servings.

Won't you see for yourself how truly delicious this casserole is? Serve it with tossed greens or fruit salad. And for dessert, orange sherbet and ginger cookies! You'll find many other tantalizing good ideas for serving these popular Aylmer products as you use them. I've some more coming, too!

READY FOR EVERY MOOD!

Want to be up and off to work in a hurry? Want to sit quietly for a relaxed moment to yourself? Want to welcome your friends with true hospitality? Whatever the mood or the moment — there's one coffee that's always true perfection, INSTANT CHASE & SANBORN COFFEE! Full-bodied, flavorful, stimulating, refreshing, this fine coffee fits every mood and need of a long summer's day. See for yourself . . . this is the Instant Coffee with the famous window in the jar. Always extra delicious because it's so very, very fresh. And it's fresh because it's made in an instant from freshly brewed coffee. I am sure Instant Chase & Sanborn will suit your every mood!

OUT IN THE WARM SUMMER SUNSHINE go the plump and pretty babies of Canada . . . more and more of them thriving on one of the time-tested and proven FARMER'S WIFE Formula Milks. And mothers, your doctor will tell you which formula is just right for your darling — perhaps Farmer's Wife Whole Milk (Red Label), or Skimmed Milk (Yellow Label). Many little ones thrive best on the Partly Skimmed Milk Formula (Blue Label), prepared originally at the request of pediatricians for a high-protein, low-fat content, concentrated milk formula. All are Vitamin D increased and in vacuum packed tins. Your sweetest heart will truly thrive on the just-right Farmer's Wife Formula Milk diet!

DON'T MAKE THE HEADLINES! . . . with the newspapers featuring a story that your home has been robbed while you were on holidays . . . that you have lost your jewelry, irreplaceable articles and valuable papers. If you plan a trip this summer or fall, make it a joyous, carefree jaunt . . . by first putting your valuables in a BANK OF MONTREAL Safety Deposit Box, where they are safe from fire, loss and theft. Bank of Montreal Safety Deposit Boxes are so very inexpensive — cost less than two cents a day — yet their value in peace-of-mind is beyond price. And on your trip carry just enough money for your day to day needs . . . convert the bulk of your funds into Travellers Cheques sold at your nearest Bank of Montreal. Cashable at all banks and most hotels and stores, they're useless unless counter-stamped by you . . . yet they're refundable if lost or stolen! So make it a point to visit your nearest Bank of Montreal before you go on holiday, and ensure yourself of a Carefree Vacation.

LET'S EAT

New Loaf Cake Has Low Calorie Count

By IDA BAILEY ALLEN
"In the refrigerator I perceive part of a cooked beef tongue and 4 beefburgers left from our recipe experiments," remarked the Chef. "Without adding any fat, I shall combine them to make an excellent ragout that will bake in 30 minutes. At the same time, I will bake-steam potatoes and zucchini together."

START WITH BOUILLON

"We can start with bouillon, Chef," I replied, "served with tomato and lettuce wedges. For dessert, we'll have our new applesauce cake—a big loaf containing about 110 calories to a generous slice. Let's top it with Grandmother's favorite quick egg white frosting."

TOMORROW'S DINNER

Chopped Jellied Bouillon
Tomato and Lettuce Wedges
Tongue-Beef Ragout
Potatoes with Zucchini
Applesauce Cake or
Hot or Iced Coffee or Tea
Milk

This is a good example of a meal containing very little fat per person. Fruit is provided for those on a low-fat diet prescribed by their physician.

All measurements are level; recipes proportioned to serve 4 to 6.
Tongue-Beef Ragout: In a low qt. casserole, arrange layers of 2 1/2 c. small slices cold beef tongue, 1 (2 oz.) can pimientos (halved) with the liquid and 2 c. leftover beefburgers or small-diced cold meat loaf.
Top with the contents 1 (4 oz.) can mushrooms mixed d with 1/4

(sp. salt, 1/4 tsp. pepper, 2 drops Tabasco and 1 tsp. minced onion or 4 drops bottled onion juice.
Cover. Bake 30 min. in a moderate oven, 375 degrees F.

Applesauce Cake: Blend 1/2 c. butter or margarine with 1 c. sugar and 1 egg until fluffy.
Sift together 1 1/2 c. already-sifted enriched flour, 1 tsp. baking soda, 1/2 tsp. salt, 1 tsp. cinnamon and 1/2 tsp. ground clove. Stir into the creamed mixture.

Add 1 c. uncooked rolled oats, 1 c. applesauce and 1/2 c. coarse-chopped nuts, optional. Stir until well-blended.
Oil and flour as 8-in. square pan. Spoon in the batter.
Bake 40-45 min. in a moderate oven, 375 degrees F., or until a pie inserted in the centre, comes out clean. Let stand 5 min at room temperature.

Remove from the pan. Cool on a wire rack. If desired, cover with uncooked egg white frosting and decorate the edge with chopped nuts.

Uncooked Egg White Frosting: Break 1 egg white into a pt.-bowl. Add 1 tsp. cold water, 1/4 tsp. pure vanilla extract. Beat in 1/2 c. sifted confectioners sugar, or enough to make the frosting thick enough to spread.

TRICK OF THE CHEF

Cover and oake-steam thin-sliced, not-peeled zucchini, and quartered small potatoes in water, with 1 tsp. salt, 1/4 tsp. monosodium glutamate, 1 tsp. onion flakes and 1/4 tsp. pepper. The flavor is delightful as is. Or add butter or margarine if you so desire.

TEN MILE HOUSE W.I.

The monthly meeting of the Ten Mile House W.I. was held at the home of Mrs. Leo Mullen with an attendance of nine members. The meeting opened with the Institute Ode, followed by the Creed in unison.

Minutes of last meeting were approved as read. Correspondence was read and discussed. Roll call was answered by each member giving a report on her visit to the school.

School and sick committees were heard from. It was moved and seconded that three dollars be sent to the Salvation Army Red Shield Appeal.

It was decided that a general meeting be held in the school on July 2nd, to discuss the cleaning of the school, etc. Two of the members were elected to attend the annual convention on June 30. Meeting closed with the singing of the Queen.

Mrs. Mullen served a delicious lunch to all present. Next meeting to be held in the School.

ANGLO RUSTICO W.I.

The Anglo Rustico W.I. met at the home of Mrs. Noel Hooper on Tuesday evening, June 4th, with four members and two visitors present. The president was in the chair and the meeting opened with the Mary Stewart Collect.

The minutes of the previous meeting were approved as read and the roll call was answered with a favorite recipe. A letter was read asking for a donation to

Salvation Army and on motion it was decided to give \$10.00 to this worthy cause. Other correspondence was read and discussed. The members decided to get a treat of ice cream for the children at the school closing.

The different committees reported and new ones appointed as follows: Sick, Mrs. Ira Craswell and Mrs. Cyril Toombs, re-appointed. Programme, Mrs. Noel Hooper and Mrs. Roland Buntain, re-appointed. Lunch, Mrs. Cyril Toombs and Mrs. S.D. Parkman.

Mrs. Roland Buntain invited the members for July when roll call will be answered by naming a favorite fruit. The meeting closed with God Save The Queen and luncheon was served by the committee in charge, assisted by the hostess.

Wife Preservers



For small amounts of fresh orange or lemon juice, a small reamer that fits over a cup is a handy kitchen item. You can buy them in plastic, glass or metal.

KEEP IN TRIM

Successful Reducers Find Life Exciting

By IDA JEAN KAIN
To stay with a slimming course, dieters need inspiration as well as nutrition information. Many overweights write to say that the inspiration that got them started came from reading a report of a successful reducer. Indeed, most reducers who write to share their triumphs do so in order to give hope to struggling dieters. So today's column will be devoted to two shining examples.

The first letter is from a young mother in suburban Washington, D.C.: "I thought you would like to hear of my success. I am a youngish mother of two children, weigh 154 and wear size 18. I have always loved clothes, but it was a terrible chore to find pretty styles in that size. I had resigned myself to the button-down-front type — more slimming, you know."

"I just re-educated my eating habits. I lost 29 pounds in about four months. I now wear a size 12. Before dieting my measurements were: Bust 39, waist 32, hips 39. Today they are: Bust 34, waist 25, hips 34. It has been almost a year since I started, and I now have a set pattern of eating all the correct foods. I leave a little leeway to make it interesting. For instance, no potatoes, because that could be every day, but spaghetti every couple of weeks; no cake because it's always here for the children, but pie because we have it only occasionally. At cocktail parties, I ask for soda water in a tall glass with a cherry in it. No one knows the difference. Weekends I eat light lunches and dinners, so if we go out, I can indulge a little. It's a new way of life, and every time I go out, I feel good."

SAME FOR LIFE
The winning part of that dieter's story is the follow-up pattern that will keep her happily at ideal weight for life. Cheers for her wise doctor, too.

If you have close to 100 pounds to lose, take heart from this letter:

"I am a successful dieter who has reduced her weight from 230 pounds last year to 140 pounds this year—which is what I should weigh. I can honestly say that this has proved an important turning point in my life. I not only feel and look so much better, but living itself has taken on a new meaning." Doubling overweights, look upon these reports as a challenge. Knowing that others have reduced and found a new way of life should renew your confidence.

OLD INVADERS
Dublin, capital of the Republic of Ireland, was captured by the Danes in the ninth century.



I've found effective help for baby's tummy upsets

One delighted mother tells another . . . that's the history of Baby's Own Tablets' popularity. No wonder! Clinically tested for efficacy and safety, these sweet-tasting little tablets are truly baby's own — made just for the relief of baby's minor digestive upsets, gas, constipation, and the feverishness and fretfulness of teething time due to irregularity. Gentle but thorough in action — used by millions of mothers.

BABY'S OWN TABLETS

(MOTHERS! For irregularity and minor digestive upsets of older child, 3 to 15, give eff. colly-tested CHILDREN'S OWN TABLETS)

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		60 TEA BAGS 75c
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