



MR. AND MRS. JAMES GARNHUM

## St. Paul's Church Is Setting Of Pretty Wedding

A lovely summer wedding was solemnized at St. Paul's Church, Sturgeon, recently when Rev. Father Mullally united in marriage Edith Edwina, only daughter of Mr. and Mrs. William Farrell, Sturgeon, and James Norbert Garnhum, son of John Garnhum and the late Mrs. Garnhum of Montague.

The church was beautifully decorated with bouquets of mixed flowers.

The bride entered the church on the arm of her father, by whom she was given in marriage. She was lovely in a floor length wedding gown of white nylon net over satin, with fitted bodice buttoned up the back. Her elbow length veil was held in place by a crown of pearls and sequins. She carried a bouquet of red roses.

Miss Gwen McCarroll, cousin of the groom was maid of honor. She wore a ballerina length gown of blue nylon with matching headpiece and carried a bouquet of pink and white mums. The bridesmaid was Miss Marilyn Kearney, cousin of the bride. She chose a ballerina length gown of yellow nylon with matching headpiece and carried a bouquet of pink and white mums.

Mr. Gerard Murphy, cousin of the bride was best man, and the ushers were Roy Kearney and Kenneth Farrell both cousins of the bride. Mrs. Farrell chose for her daughter's wedding, a blue silk dress with white accessories. The groom's step-mother chose a blue floral nylon gown with white accessories.

During the ceremony appropriate hymns were beautifully rendered by Mrs. Hazel McCarron and her son Leith who also played the wedding music.

Following the ceremony, a reception for eighty guests was held at the home of the bride's parents. The bride's table was attractively decorated and centered with a three tier wedding cake topped with a miniature bride and groom. The toast to the bride was proposed by the best man, and responded to by the groom.

The young couple left on a honeymoon trip through the Maritimes. For travelling the bride wore a blue suit with white accessories.

Prior to their marriage the popular young couple were guests at a miscellaneous shower in

Lower Montague Hall where they received many lovely and useful gifts and the best wishes of a host of friends.

Out of town guests attending the wedding were: Mr. and Mrs. Charles Gratto, New Glasgow, N.S. Mrs. Pearl McKillop, New Glasgow, N.S. George Shultz, Boston, Mass., James Schultz, Boston, Mass., and Thomas O'Connor, Boston, Mass.

### CORRAN BANN C.W.L.

On October 11th, the members of Corran Bann parish council of the C.W.L. met in the hall with an attendance of 20 members.

The meeting opened with the League prayer. Minutes of the last meeting were read and approved. The financial statement showed a substantial balance on hand.

All correspondence was dealt with.

The Social Action convener reported knitting done for Welfare Bureau. The entertainment convener reported four dances sponsored and a goodly sum realized. The spiritual convener in consultation with Rev. Director will plan a program for winter months.

It was moved by Mrs. Alfred Watts and seconded by Mrs. Aeneas MacDougall that \$5 be sent to Multiple Sclerosis society. A mass is to be offered for the return of lapsed Catholics to the faith. It was decided to purchase material for a new curtain for the hall. The fall chicken supper to be held as usual.

After the business meeting the guest speaker, Sr. Mary Henry, executive director of the Catholic Social Welfare Bureau, was introduced by the president, Mrs. Lloyd MacIntyre. Rev. Sister gave a very informative and interesting talk on the various phases of social work. She gave all present a better understanding of the problems and difficulties and also the reward of the faith and perseverance of the social worker.

A large number of the ladies of Covehead parish council attended. A vote of thanks to the Rev. speaker was moved by Mrs. Emmett Martin and presented by the president.

A delicious lunch was served to all present by the ladies of both parish councils.

# Women

The Guardian, Charlottetown, Sat., Oct. 17, 1959. 7

## STAY ALIVE LONGER

# You're As Young As Your Arteries

By Lelord Kordel

Installment Five  
Dr. Irvine H. Page, president of the American Heart Association, says "A heart attack, as it is ordinarily considered by the public, is basically arteriosclerosis of the coronary vessels." In other words, hardening of the arteries.

Coronary thrombosis is no respecter of time or persons. It generally cuts down its victims during their most productive years. Unfortunately, the disease that leads up to it is not the kind that gives advance notice, that rings a warning bell and says, "Stop—Look—Listen. Slow Down—heart attack."

Coronary thrombosis strikes quickly and dangerously. Its sudden occurrence is the result of atherosclerosis.

"But why do we develop atherosclerosis?" asked my friend, Bill, who at twenty-eight found he was a victim of the disease.

"There are several theories," I replied. "Let's consider the diet theory first."

"1. A high-cholesterol diet is consumed year after year, which piles up lesions in the arteries.  
"2. It is the result of a metabolic fault, an inability of the body to handle the normal cholesterol and fat intake properly. This metabolic fault is especially aggravated in the presence of high-starch foods. In other words, starches and fats."

"It all adds up to something," said Bill, "that I wish I'd known about a lot earlier. Now, here's what I want to know: Can a change in diet still help me? Or is it too late?"

"Of course it isn't too late," I said. "The ultimate results depend largely on you. How's your survival quotient, Bill?"

"What do you mean?" he asked.

"Just this: How much do you really want to live, to retain your health? Do you have the stamina of spirit, the will power, to give up your old way of eating? Are you going to feel sorry for yourself every time you pass a fried food and rich dessert? Or will it be a challenge to you to acquire new tastes, new interests in life, and, most of all, new energy and vigor?"

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**"CHRIST AND BAHU'ULLAH"**  
The aim of Baha'U'llah, the Prophet of this new and great age which humanity has entered upon, is not to destroy but to fulfill the Revelations of the past, and to reconcile rather than accentuate the divergencies of the conflicting creeds, which disrupt present day society. His advent fulfils the prophecies of the Old and New Testaments regarding the coming of the Promised One in the end of time, on the Day of Judgement.

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**GALLANT - GALLANT WEDDING**  
Mr. and Mrs. Adrian Gallant following their recent marriage in St. James Church, Egmont Bay. The bride, the former Eunice Gallant, is the daughter of Mr. and Mrs. Ben Gallant, Urbansville, and the groom is the son of Mrs. Phillip Gallant and the late Mr. Gallant.  
(Photo by Read Studio)

protein foods—lean beef and lamb, organ meats—liver, kidneys, heart, brains, sweetbreads—eggs, nonfat milk, cheese, and seed cereals.

Methionine, valuable as a fat-dissolver in its own right, seems to act as a catalyst for choline and inositol—speeding up their function. In other words, a little methionine makes choline and inositol go a lot farther in doing tremendous good. Where do you suppose we find it. The complete proteins, of course: meat, fish, poultry, eggs, cheese, and non-fat milk.

Are you beginning to realize the value of a high-protein diet? Inositol is related in its functions to choline.

It is the substance which assists the heart muscles secure a constant supply of energy.

In animal experiments inositol was removed from the diet. The result: Hamsters experienced reproductive disorders, chickens developed softening of the brain, and mice became completely hairless over various parts of their bodies.

Now, I'm not suggesting to you bald-headed men that inositol will grow hair. Instead, let me stress the fact that the lack of inositol can cause irreparable damage. I merely give you the facts. Let them speak for themselves.

**YOUR NEW LEASE ON LIFE**  
Beef heart contains more inositol in an average serving than any other meat. There are 250

milligrams in one ounce. But how often do you eat beef heart? If you're the average American male, never. Or hardly ever.

"If you're willing to work for that new lease on life," I told Bill, "you can have it. Begin now, with your very next meal, by putting yourself on a high-protein, low-starch, low sugar diet for the rest of your life."

What about your new lease on life? Are you interested in doing something about it—or just in reading about it? Unfortunately, you can read all the good advice in the world, and it won't help you.

Unless you do something about it!  
When will you start? Now? ... today? ... tomorrow?  
Why not make it today?

(All Rights Reserved. Adapted from the book, "Live to Enjoy the Money You Make," by Lelord Kordel. Published by World.)

**(Tomorrow! Stop Inviting Hypertension - What is high blood pressure? How it can cripple your life - and how you can learn to control it.)**

### ST. PIUS X C.W.L.

The monthly meeting of St. Pius X C.W.L. was held Sunday, October 11th in the parish hall with the president, Mrs. John Beaton, presiding. The meeting opened with prayer led by Monsignor MacKenzie.

Minutes of the previous meeting were read by Miss Rita Gaudet and approved as read.

Correspondence secretary, Mrs. Frank MacDonald, read correspondence received. Mrs. George Cheverie gave the financial report. It was moved and seconded that two hundred dollars be given Monsignor MacKenzie on the building fund.

Mrs. Perry and Mrs. Whitlock are convening the turkey supper to be held November 4th in the Parish Hall. After a short talk by Monsignor MacKenzie the meeting was closed by prayer.

The guest speaker, Mr. Donald Gordon, spoke on a youth organization sponsored by the Knights of Columbus. This was followed by a discussion. Lunch was then served by the ladies.

**WEST POINT W. M. S.**  
The West Point Presbyterian Women's Missionary Society held their October meeting in the church on Tuesday evening. The president, Mrs. Henry MacPherson, presided, and opened the meeting with the hymn, "Jesus Calls Us O'er The Tumult." Scripture 1st Corinthians, 9th chapter was read responsively, followed

with prayer, "The Throne of the Service, The Fruit of the Spirit is Temperance." Prayer was offered by several of the members. Roll call was answered by ten members with a Biblical Verse. Minutes were read and approved. An interesting story on missionary work in British Guiana was read by Mrs. Percy MacPherson. The business part of the meeting was discussed. Mrs. Velda MacWilliams kindly invited the members to her home for their next meeting. Hymn, "Thine Forever God of Love," and Mizpah benediction closed the meeting.

**PRINCESS HOME**  
LONDON (AP)—Princess Margaret returned Thursday from Scotland where she spent the summer holidays at Balmoral

Queen. She was to attend the bicentenary ball of the King's Royal Hussars Regiment Thursday night. The princess is colonel-in-chief of the regiment.

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