

ELLEN'S DIARY

To-morrow We Shall Rove

These days on Island farms, we are becoming increasingly aware of the gathering shadows of war.

good things often do come, light will be given to dispense the shadows so that Time as we know it will continue to be.

Now the war drums beat. To be sure only far off and in a muted sound as yet. But recalling former fateful days, it has taken little seemingly to draw sooner or later a whole world into its sad turmoil.

War drums beat, far off, muted as yet but of sufficient strength to echo loudly in many a woman's heart. Will there be Canadian bugles in the air?

And enlightened, proud and honorable nations, despite fiery trials they have experienced before on its account, have not yet learned their secret.

And now over Island places the Autumn night, balmy and pleasant, spreading a friendly dimness. Twinkling stars keep watch on ward while households on farm, in village and town and city, prepare to come to their rest.

My parents know that I sign cheques, etc., with the name Margaret, but they've never mentioned it, either because they don't want to embarrass me, or because they consider it a silly business.

The annual meeting of Milo Women's Institute was held at the home of Mrs. Scott Milligan on November 1st.

Assisting in serving were six girl friends of the bride, Miss Gladys MacMillan, Miss Anna Matheson, Miss Glenda Campbell, Miss Lois MacEachern, Mrs. Alex MacPhee and Mrs. Eric MacPhail.

The following is the slate of officers for the coming year: Pres. Mrs. Wallace MacNeivin, Vice-Pres. Mrs. Oliver Gorrill, Secy-Treas. Mrs. Angus MacLean, etc.

For travelling the bride wore a rose knitted suit with black and white accessories and wore a corsage of white carnations.

The sick committee reported no deaths and the school committee reported nothing needed at the school.

She was attended by her sister, Wilma, as bridesmaid, wearing a ballerina length gown of pink net over taffeta with headress and mits to match.

The usual meeting of Stella Morris Scrool and Home Association was held Friday night, October 26, in the Parish Hall.

Mr. Harlegh Howatt was best man. The ushers were Mr. Garth Willis and Mr. Wendell Willis, brother and cousin of the bride, and Mr. Lorne Inman, brother of the groom.

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MARY HAWORTH

Sense Of Sin Comes Late

DEAR MARY HAWORTH: For eight years I have been using an illegial name; and I am desperately anxious to correct this mistake, and willing to do anything—even take legal steps to have my name changed. But I am completely ignorant of what that might involve.

I am now 25, married and the mother of two children. At 17, I quit college to go to a distant city and get a job, to be near my fiancé, who was in college there. I was ashamed of my name, which is entered as Maggie on my birth certificate; and wanting to appear dignified (and being quite vain at the time, I now realize) I wrote Margaret on my job application. Since then I've always used the name Margaret, and it appears on all my documentary records, even on my husband's army papers.

Only recently have I begun to realize the seriousness of what I've done. I am completely ashamed and wonder, also, if I might be considered a criminal offence? Equally important, I feel that I have sinned against God with my lying and deceit, and have asked His forgiveness, but nevertheless feel that I must do more to atone for my lie.

My parents know that I sign cheques, etc., with the name Margaret, but they've never mentioned it, either because they don't want to embarrass me, or because they consider it a silly business. Also my husband knows that I use an assumed name; but the few times I've tried to discuss the subject, he dismisses it lightly.

I think he secretly fears that if this falsity is brought into the open, it will be entered on his army record and may hurt his career as an officer. As you see, I've been caught in the web of my own vanity, drawn ever more deeply into a vicious circle.

Please try to help me get straightened out. NO HARM DONE M. P.

DEAR M. P.: It really doesn't make sense to torture yourself about having changed your name, without anybody's leave, from Maggie to Margaret when you were an anxious, self-conscious 17, clutching at straws of dignity.

I am positive you've committed no crime on that score, against God, or law, or yourself, or whoever — because actually, either name is a synonym for the other. In using the formal translation of your name, to give it more class, to your way of thinking, there was no more deceit involved, than would be the case in tinting one's hair, or using cosmetics, to improve one's looks (theoretically) before facing society.

Some people might prefer the name Maggie to Margaret, liking them followed by refreshments. Mrs. D. MacLean and Mrs. D. MacDonald assisting the hostess.

LET'S EAT

A Variety Of Fillings For A Basic Rice Ring

By IDA BAILEY ALLEN "Rice is what I call a perfect blending and background food," remarked the Chef. "It combines equally well with savory foods, cooked fruits or in desserts."

For example, a rice ring can be used in four ways: "To hold curried shrimp; with creamed eggs spiced with green peppers; with a medley of chicken and cooked vegetables; or for dessert, filled with combination hot stewed fruits such as prunes, apricots and raisins."

Tomorrow's Dinner: French onion soup; chicken - vegetable rice ring; corn sticks; tossed lettuce; fruit cup; sherbet topping; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6. Rice Ring: In a 2 qt. saucepan, combine 1 c. uncooked white rice, 2 c. water and 1 tsp. salt. Bring to a rapid boil.

Cover. Turn the heat low and simmer 14 min. Remove from the heat. Let stand 10 min. Beat 1 egg with 1/4 tsp. nutmeg. Blend in the rice. Generously rub a warm (1 qt.)

ring mold or individual molds with butter. Cut up 1 tbsp. butter and place in the bottom. Pack in the rice. Set in a pan of hot water. Bake 10 min. in a moderate oven, 350 degrees F.

Chicken-Vegetable Medley Rice Ring: Prepare a rice ring. Meantime, in a saucepan, heat 1 1/2 oz. can condensed cream of mushroom soup. Stir in 1/2 c. milk, 1/4 tsp. salt, 1/2 tsp. pepper and 1/4 c. chopped pimientos or scalded green peppers. Cook-stir 3 min.

Add 2 1/2 c. diced cooked or canned chicken, 3/4 c. cooked or canned peas and carrots and 3/4 c. seasoned cooked cut green beans. Serve in the rice ring. Border with green beans and cooked onions.

Creamed-Egg Rice Ring: Fill a rice ring with creamed eggs prepared as follows: To 1 c. rich white sauce, add 6 scalded hard-cooked eggs, 1/4 c. coarse-chopped pimientos and 1/2 c. scalded, silvered green peppers.

Fruit-Compote Rice Ring: Fill a rice ring with 2 c. mixed hot sweetened stewed dried fruit cook with 1/4 c. silvered lemon. Garnish of toasted pecans and whipped or dairy sour cream.

Curried Shrimp Rice Ring: Fill a rice ring with curried shrimp. Garnish of capers. Trick of the Chef: If short of chicken for chicken-vegetable rice ring, fill in with shucked fresh or drained canned oysters.

DEEPER DEEPER DEEPER

in the grip of constipation?

Millions have found a healthful way out. So can you. Just eat a bowl of good-tasting Kellogg's All-Bran every morning. All-Bran gets at a common cause of constipation: lack of good food bulk in the diet.

Laxatives that contain no bulk cannot overcome this condition. All-Bran, made of whole wheat grain, provides all the bulk (gentle roughage) you need daily for regularity. Kellogg's — the original, ready-to-eat bran cereal.

Enjoy gentle, natural regularity within 10 days or return the empty carton and get twice what you paid.

Best liked by millions

CONFER WITH EXPERTS My advice is: 1. Have the Legal Aid Society in your town give an opinion as to whether you need to correct the documentary record in any way.

An amendment to the birth record may be in order; and if so, that is a simple inexpensive matter, easily handled.

2. Get psychiatric help in disposing of your acute anxiety feelings, which are rooted in a tangle of worries you haven't mentioned. You are coasting towards emotional depression. I think quite unaware of the pattern and origin of this — the real problem.

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

Bring up baby in vitamin and mineral values. All are pure meat with just enough broth to brighten the flavor and enhance the texture.

Seating arrangement. Sit-up babies like a change of scene so why not treat your wee one to a special seating arrangement occasionally. In the living room, say, while you're doing pick-up chores — or just visiting with daddy. A car-seat, attached to chair or davenport, is fun for a change — or even a stroller is fine. Hard to beat "family circle" doings.

For the likes of tykes — a lunch or supper suggestion that's high in appetite appeal.

HONEY-LEMON BEETS 1 container Gerber Strained Beets\* 1 tablespoon lemon juice 1 1/2 teaspoon honey 2 1/2 teaspoon salt. Combine ingredients — warm and serve. M-m-m, more please! \*Just one of 8 true-flavor Strained Vegetables. Gerber Baby Foods. Niagara Falls, Canada.

Break Through That Stuffy HEAD COLD FOG Open Up Your Nose!

When a head-cold stuffs up your nose, makes breathing difficult, nothing works like Vicks Vapo-Tro-Nol Drops to bring fast, soothing relief. A few drops up each nostril as directed. That's all! ... Your nose opens. You can breathe again! Wonderful relief, too, for sneezes or dry nose.

VICKS VA-TRO-NOL NOSE DROPS

RELAXA-TABS

When you're tired, overworked, nervous, or just plain worn out, Relaxa-Tabs are what you need. They help you relax, soothe your nerves, and get you back to normal. They're the only tablets that contain no drugs, no alcohol, and no harmful ingredients. They're safe for everyone, and they're the only tablets that contain no drugs, no alcohol, and no harmful ingredients.

Store Hours Monday, Tues., Wed., Thursday 9 A.M. to 5 P.M. Fri.—9 A.M. to 9 P.M. Sat.—9 A.M. to 12:30 P.M.

MOORE & McLEOD limited

ELEANOR ROSS

A New Look In Steel

By ELEANOR ROSS Have you noticed that more and more of our kitchen equipment, sports accessories, even furniture, are being made of stainless steel?

In the stores, the housewife will now find fine flatware and serving pieces that keep their lovely shine without polishing. Many of them are designed in elegant patterns that go nicely with really fine china.

There are also serving pieces of stainless steel that can go from oven to table and add luster to the whole table setting. Holloware of stainless steel also being shown in high style designs such as pitchers, graters, salt and pepper shakers. Prices are moderate, too, for such good looks and such lasting qualities. For being made of steel of course means that the pieces wear well and don't easily scratch or dent.



"Out of my way—we're having lemon pie tonight"

You can't blame the man, if it's pie made with Jell-O Lemon Pie Filling—the fresh-tasting, satiny-smooth pie filling that's sure to be wonderful every time. So easy — no lemons to squeeze... no double-boiler needed... takes only minutes to make. (Jell-O is a registered trade mark owned in Canada by General Foods, Limited.)

JELL-O LEMON PIE FILLING

AT MOORE & McLEOD LTD. GIRL'S UNDERWEAR (8 to 14 years) NOW LOCATED IN LINGERIE DEPT.

A complete line of winter weight underwear for girls ages 8 to 14 years is now on display in the Ladies' Lingerie Dept., second floor. This display includes vests and panties in winter weight cotton, part wool and all wools. We invite you to see this winter weather display today.

DUSTERS Girls' Chenille, color white. Background pink trim. Sizes 8 to 14 6.50

VESTS Winter weight cotton, part wool and Kroy wool. Short sleeve and sleeveless. Sizes 8 to 14 years. Priced from 89c to 1.95

Girls' PYJAMAS Of flannelette, floral and plain designs. Background colors are pink, blue, yellow, turquoise and white. Sizes 8 to 14 years. Priced from 2.50 to 3.25

PANTIES In winter weight cotton, part wool and Kroy wool. In brief, cuff and elastic leg style. Priced from 79c to 1.95

Store Hours Monday, Tues., Wed., Thursday 9 A.M. to 5 P.M. Fri.—9 A.M. to 9 P.M. Sat.—9 A.M. to 12:30 P.M.

MOORE & McLEOD limited



MR. AND MRS. VERNON GEORGE INMAN

Pretty Autumn Wedding At Cornwall United Church

The marriage of Thelma Freda, daughter of Mr. and Mrs. Leonard Willis, New Haven, to Mr. Vernon George Inman, son of Mr. Ernest Inman and the late Mrs. Inman, North Tryon, P.E.I., took place this early autumn at 2:30 p.m. in Cornwall United Church.

The Rev. R. A. Patterson, minister of the church, officiated at the ceremony. The wedding music was played by Miss Wilma Wood, Miss Renie Cotton was soloist singing "The Wedding Prayer" and during the signing of the church register "Because." The church was beautifully decorated with baskets of gladioli and mixed flowers in autumn colors. The guests were marked with white satin bows.

The bride, who was given in marriage by her father, chose a ballerina length gown of lace and net over satin fashioned with fitted bodice dropped waistline and bouffant skirt with Peter Pan collar, trimmed with seed pearls. Her finger-tip veil of tulle illusion was held in place by a little half crown of nylon net and lace trimmed with seeded pearls. She wore small pearl earrings, gift of the groom, and carried a cascade bouquet of sweetheart roses and white carnations.

She was attended by her sister, Wilma, as bridesmaid, wearing a ballerina length gown of pink net over taffeta with headress and mits to match. She carried a nosegay of white mums and pink shatter daisies.

Little Donna Lee MacInnis, Charlotteown, was flower girl, wearing pale green nylon organza with embroidered pink rosebuds over taffeta with headress and mits to match. She carried a small nosegay of pink and white mums.

Mr. Harlegh Howatt was best man. The ushers were Mr. Garth Willis and Mr. Wendell Willis, brother and cousin of the bride, and Mr. Lorne Inman, brother of the groom.

The bride's mother wore a blue shot taffeta dress with navy hat and accessories and a corsage of pink carnations. Miss Kathleen Inman, sister of the groom, chose

NEW EASE TO THE EMPIRE LINE



PATTERN A623 design by ALAN PHILLIPS

PROMINENT DESIGNER High of waist—the Empire of its elegant best in this Alan Phillips Original. No longer a matter of long, bold lines—this season's silhouette is softer, more feminine, infinitely more wearable! Look all about you—the new look is there. Turn your back, to display the soft blousing that defines the Empire line. Before you—a softly draped neckline gives new ease to the high-waisted look. Alan Phillips is the talented American designer to thank for this wonderfully flattering dress; style-winner at Richard Cole's winter showing. His Original, of fine crepe is in the new deep saute that's making his Original headlines (and do try it for your own sewing!) Or if you prefer—wool jersey, silk surah, a tissue-sheer wool.

Pattern A623 is available in Misses' Sizes 10, 12, 14, 16 and 18. See pattern for yardage requirements.

Send FIFTY CENTS (in coins) for Pattern A623 to Charlotteown Guardian, Pattern Department, 69 Front St. W., Toronto, Ont. Please print plainly YOUR NAME, ADDRESS with STYLE NUMBER and SIZE.

BRACKLEY W.L.

The October meeting of the Brackley Women's Institute was held at the home of Mrs. Hedley St. wart. The meeting was well attended, opening with the Institute Ode and the Creed. Both the sick and school committees were active during the month.

After the usual business had been dealt with a social evening was planned for the latter part of November. Materials were given out for the making of Bazaar articles. Each member gave contribution for the League of Mercy Tea.

New committees appointed were sick committee - Mrs. Walter MacMillan and Mrs. Willard Prowse; School Committee - Mrs. Harvey Jenkins. Hostess for the November meeting - Mrs. James KacKay; Lunch Committee - Mrs. George Jackson and Mrs. Brent Diamond. Roll call - sing, say or pray. After the meeting was adjourned

YORK W. I. The York Women's Institute held their annual Halloween masquerade in York Hall on the evening of October 27. To see the many various costumes and the antics of the masqueraders was well worth the price of admission.

The program was under the capable direction of Mrs. Randolph Murray assisted by Mrs. Gordon MacMillan of Cornwall, who provided extra musical entertainment.

After much deliberation the judges awarded prizes for the best costumes to Mr. Herman Buell-gypsy girl; Mrs. Allan Swan and Mrs. Richard Vessey—men's costumes; Howard Watts—most amusing; and Miss Lorna Vessey as the most attractive.

Three hours of fun, music and games found the crowd quite ready to partake of the delicious lunch provided by the Women's Institute.

The vice-president, Mrs. Randolph Murray, extended a vote of thanks to Mrs. MacMillan and the Cornwall trio for assisting with the evening's entertainment. A most enjoyable party was brought to a close with the singing of "God Save the Queen."

New Way Relieves Arthritic, Rheumatic Pain Without Pills

Greaseless, odorless cream penetrates deep, speeds flow of fresh, rich blood into sore areas, helps drive away pain-causing pressure.

Toronto, Ont. (Special)—Science has now developed an odorless, greaseless cream that acts in a new way to bring hours and hours of relief from pains of arthritis and rheumatism—without the need of taking pills and other medicines that may upset the system.

Rubbed gently into painful areas, this cream penetrates so deep it actually warms the skin. It speeds the flow of fresh, rich blood into sore muscles, joints. Actually helps drive away pain-causing pressure and congestion.

MILLO W.L.

The annual meeting of Milo Women's Institute was held at the home of Mrs. Scott Milligan on November 1st. Nine members answered roll call by paying membership fees. One new member joined.

Following the reading and approval of minutes of last regular meeting and last annual meeting the retiring president, Mrs. Oliver Gorrill, gave an address in which she thanked the members for their co-operation during the past year's work.

This was followed by the financial report of the secy-treasurer, showing receipts of \$114.16 and expenditures \$79.08, leaving a balance on hand of \$35.08.

The sick committee reported no deaths and the school committee reported nothing needed at the school. Preceding the election of officers, Mrs. Scott Milligan was appointed chairman.

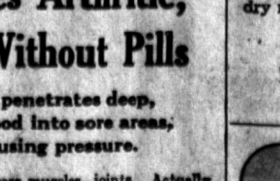
The following is the slate of officers for the coming year: Pres. Mrs. Wallace MacNeivin, Vice-Pres. Mrs. Oliver Gorrill, Secy-Treas. Mrs. Angus MacLean, etc.

The travelling apron was opened and the proceeds amounted to \$8.63. Next meeting to be at the home of Mrs. Dave MacDonald when roll call will be "An exchange of Christmas gifts."

Meeting closed with National An-

THE GATTUSO PURE OLIVE OIL makes all the difference for steaks

How do you like your steak? Pan-fried? Charcoal-broiled? Prepare it either way with Gattuso Pure Olive Oil. The rich, sun-ripened olive flavour seeps right into the steak — makes it juicier, tastier — more tender. Try Gattuso Pure Olive Oil — it makes all the difference!



Available in bottles or tins.

into sore muscles, joints. Actually helps drive away pain-causing pressure and congestion. Used by doctors in England, France and the U.S.A., this remarkable cream is now available without prescription at drug stores everywhere. Ask for InfraRUB. Only \$1.99 a large tube. InfraRUB is guaranteed to give comforting relief from arthritis—rheumatism pains or your aching back.

Bringing Up Baby

HINTS COLLECTED BY Mrs. Dawn Gerber (MOTHER OF 5) Games for two—between baby and you — are not only fun but play an important part in helping baby to learn the three big C's—coordination, cooperation and concentration. Any for peek-a-boo or patty-cake?

Handy idea. Easy way to determine which hand your baby is going to be handiest with: offer objects at his middle-most point. Natural grasping instinct will soon show which hand wants to take the lead.

Meat-y idea. Best "growing tool" for the baby who's growing by leaps and pounds are meat proteins—because they encourage growth and aid in the development of all body structures. Excellent source of high quality proteins: Gerber Strained Meats! Made from selected juicy cuts, they're specially processed to remove most of the fat and coarse tissue—and to preserve the utmost

Break Through That Stuffy HEAD COLD FOG Open Up Your Nose!

When a head-cold stuffs up your nose, makes breathing difficult, nothing works like Vicks Vapo-Tro-Nol Drops to bring fast, soothing relief. A few drops up each nostril as directed. That's all! ... Your nose opens. You can breathe again! Wonderful relief, too, for sneezes or dry nose.

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