



MR. AND MRS. ALLAN PETERS

### Couple Wed At St. Paul's, Will Reside In Halifax

St. Paul's Anglican Church was the scene of the wedding of Allan William Peters son of Mr. and Mrs. C. William Peters of Port of Spain, Trinidad and Sandra Jane Rodd daughter of Mr. and Mrs. Wallace E. Rodd, Charlottetown on Saturday morning May 7th.

Rev. Louis Elias performed the ceremony and the organist George A. Thompson FRCO, ARCM supplied the wedding music. During the signing of the register Mrs. Jack Anderson sang "Love" by Van Dyke.

The bride, gowned in a simple floor length dress, of ivory organza with detachable waist panel and jacket edged with Venice lace, carried a bouquet of pale pink sweetheart roses entwined with ivy and Stephanotis. Her veil was a circle of French silk illusion held in place by a cluster of sweetheart roses.

Mrs. Ivan Duvar was her sister's only attendant and wore a floor length gown of pale pink crepe with a bodice of swiss lace and matching headress. Her bouquet was of deep pink roses. Mrs. Rodd chose for her daughter's wedding a navy ensemble with white lace revers. She wore a matching picture hat

### IDA BAILEY ALLEN

#### Mushrooms Cultivated Can Add Zest To Meat

BY IDA BAILEY ALLEN The addition of a few mushrooms can transform a simple dish of meat, fish or poultry into a glamorous food.

Cultivated fresh mushrooms are budgetwise; even a quarter of a pound can perform cooking magic.

**List Of Nutrients** Besides their fine flavor, mushrooms are a relatively good source of the following nutrients: Protein, phosphorus, iron, thiamine, riboflavin, and niacin. Mushrooms are low in calories.

When the price is up, use canned mushrooms: 1 (3 to 4 oz.) can of sliced mushrooms, drained is budgetwise and equal to 1/2 lb. of sliced fresh mushrooms.

**TOMORROW'S DINNER** Tomato - Cucumber - Scallion Saladettes - Chopped Beef Patties, with Mushrooms Saute New Orleans, Flaky Long-Grain Rice, Fresh Spinach - Apple-Sauce-Raspberry Gel (previously columned) - Coffee, T.E.M.

**MEASUREMENTS LEVEL** recipes for 6  
**CHOPPED BEEF PATTIES** 1/2 lb. chopped sirloin of beef or any cut desired  
1 peeled sweet onion  
1 seeded sweet green pepper, minced  
1 tsp. salt  
1/2 tsp. butter or margarine  
1/4 c. water  
1 tsp. butter, additional  
2 tsp. tomato paste  
1/4 c. any red wine, or cranberry juice cocktail  
Thoroughly mix together chopped beef, onion, green pepper and seasonings. Knead until mixture is quite smooth. Form into 12 thin round flat cakes. Quick brown on both sides in

### RHEUMATIC PAIN

Do you long for relief from the agony of rheumatic and arthritic pain? Thousands get speedy relief from their suffering by using T.R.C. Don't let dull aches and aching pains handicap you any longer. Try TEMPLETON'S T.R.C. Only 85c and \$1.65 at drug counters, everywhere.

For extra fast relief, use Templeton's FLAME-Cream Liniment in the roll-on bottle easily while taking T.R.C. internally. FLAME-Cream, \$1.25.

### Women's Liberal Assn. Tea Held At Englewood

Yellow and white spring flowers, gleaming silver candelabra and yellow papers provided a colorful background for an afternoon tea held recently in Englewood Regional High School, Crapaud.  
Presiding at the silver service were: Mrs. J. George McKay, Albany; Mrs. Howard Wood, Victoria; Mrs. Stanley Brown, New London and Mrs. Crawford Sinclair, Summersfield.  
The tea, sponsored by the Women's Liberal Association of 1st Queens gave many people the opportunity to meet personally their two Liberal candidates Mrs. Jean Canfield and Lorne Moase. Special guests in attendance were Mr. and Mrs. Alex B. Campbell and Mr. and Mrs. Reg. Jenkins.  
Mrs. Aiden Mulligan, president of P. E. I. Women's Liberal Association, gave an address on the role of women in modern-day politics. Special greetings were extended by Mrs. George Dixon, Clyde River, president of Second Queens Liberal Association.  
Pianist for the occasion was Mrs. Allison Lea of Victoria and others taking part in the musical program were: Lillian and Mary Lea, Victoria; Donna and Kay Dixon, Tryon; Eleanor and Lynn Boulter, Victoria; and Judy Clow, Doreen Sherry and Winnifred MacKenna, of Kinross.

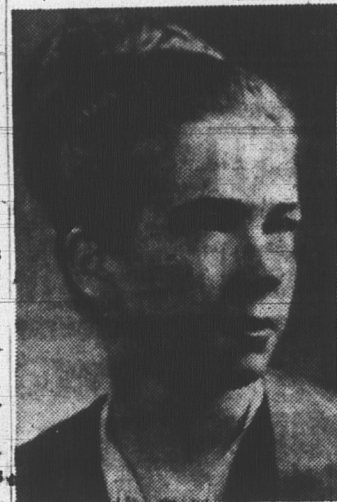
# Women

6 The Guardian, Charlottetown, Sat., May 21, 1966.

### WOMEN'S ORGANIZATIONS

#### Spical Service Held At Keir Memorial Church

The Keir Memorial Presbyterian WMS Thankoffering service was held last Sunday with a large congregation in attendance.  
The service was conducted by the minister, Rev. G. R. Tannahill. He was assisted by Mrs. Gerald Mill and Mrs. Sidney MacGowan who read scripture and Mrs. Lester Woodside, who led in prayer. The offering was received by Mrs. Wm. T. Mill and Mrs. A. Earl MacKay.  
on a text from Gospel of Luke she pointed out the need for enlistments in both foreign and home missions.  
She told of the lives of the disciples and of their work following the ascension of their master. "Prayer is needed by all people," she said, "if the work of home and foreign mission is to continue."  
She complimented the members of the WMS on their interest and support in the missionary work of the church.



DR. JOYCE CANFIELD GRADUATE

Dr. Joyce Canfield BA, MD, one of the 1966 class of graduating interns at Dalhousie's School of Medicine, received the Saint John General Hospital intern's prize at special graduation ceremonies held at Victoria General Hospital A former PWC student and a graduate of the University of New Brunswick, Dr. Canfield training in psychiatry at Douglas Hospital, Verdun, P. Q. in early July. She is the daughter of Mr. and Mrs. Parker Canfield, Crapaud, P.E.I.

Mrs. Roy Easter, church organist, accompanied the choir in the singing of missionary hymns and the anthem "Bring Them In".  
Mary MacKenzie, Presbytery deaconess, was guest speaker. In an inspiring message based slow-saute 12 to 15 min. or until bite-tender.  
**FLAKY LONG GRAIN RICE** The following method of cooking rice produces separate firm grains.  
2 c. white rice, long grain  
1 tsp. salt  
4 c. cold water  
Combine rice, salt and cold water in 2-qt. saucepan; cover tight. Place over high heat. When boiling vigorously, reduce heat to simmering and simmer 14 min. Then uncover and slow-cook rice 5 to 10 min. or more separate and fluffy.  
**Buttered Rice:** When rice is cooked, stir in 4 tbsp. butter or margarine - preferably whipped cut in slices - with 2-spoon ed kitchen fork.

**RED POINT WI** Keith Brehaut, president of the Rural Beautification Society showed slides of the 1965 competition before and after improvements of homes and gardens recently at the Red Point Women's Institute meeting. Mrs. Lorne MacNeill was hostess to the members for this interesting meeting.  
Refreshments were served by Mrs. Alvah Ching, Mrs. Elwood Ching and Mrs. Lorne MacNeill. A contest on "agriculture" was put on by Mrs. E. Ching and won by Mrs. Arthur Bruce.  
**EARNSCIFFE CWL** Mrs. Gerald McInnis, president of Earncliffe CWL open-

## MEETING SUMMERSIDE

ATHENA REGIONAL HIGH

SATURDAY, MAY 21

8:30 P.M.

ALEX B. CAMPBELL AND CANDIDATES

W. H. Burns, Leonce Arsenaull, Frank Jardine, Max Thompson and Earle Hickey.



# LIBERAL



MR AND MRS. B. W. MACDONALD

### WEDDING BELLS

A reception was held at the Royal Canadian Legion Home after the wedding of Greta Ann Pike and Blair William MacDonal. The ceremony was held at Port Borden United Church. The bride is the daughter of Capt. E.R. Pike and Mrs. Pike, Port Borden and the groom's parents are Mr. and Mrs. William MacDonal of Cape Traverse. They are residing at Cape Traverse. (Photo by Ronald MacArthur)

ed the regular monthly meeting with prayer at the home of Mrs. Bernard Doyle. Reports of conveners were given and Mrs. Reg McInnis was appointed to purchase material to be made up for the annual fall auction sale.  
On completion of the regular meeting, the annual meeting followed with nine members in attendance. Annual reports given showed a successful year with 11 meetings held and three executive meetings. The president commended the members for their help and cooperation during the past year.  
The social action report showed gifts to a shut-in at Christmas, donations to the welfare and Sisters of the Precious Blood, and also gifts to the parish priests.  
Election of officers took place with the following results: president, Mrs. Gerald McInnis (re-elected); 1st vice-pres, Mrs. Joe Doyle (re-elected); 2nd vice-pres, Mrs. Michael McInnis and Mrs. Bennet McIsaac, 3rd vice-pres. (both re-elected); secretary - treasurer, Mrs. Edwina Bernard Doyle; Mrs. Joe Morrissey and Mrs. Reg. McInnis. Refreshments were served by the hostess, Mrs. Doyle.

**NEW LONDON UCW** A letter from Mrs. E. W. Turner was read, regarding a work shop to be held in Trinity United Church, Summerside, on Saturday, May 21, at 1:30 P.M.; at the May meeting of the New London United Church Women held recently at the home of Mrs. Harold Mayhew.  
Devotional leader, Mrs. Sutherland Montgomery opened the worship service and scripture was read by Mrs. Louis MacLeod. Meditation and prayer by the leader and a hymn closed the devotional period. The missionary prayer was given by Mrs. Weirum MacKay.  
The president, Mrs. Lewis Campbell opened the meeting and secretary, Mrs. James M. Campbell, gave the minutes following which 11 members responded to roll call with a verse of scripture containing the word "Life". One visitor was present. The treasurer, Mrs. Ray MacLeod gave a satisfactory report which included a large sum realized from a recent afternoon

tea. The community friendship report was heard and it was reported that all the "ditty bags" had been passed in to be sent to the Port worker.  
It was announced that a dedication service is to be held in the church on Sunday evening May 22 at 7:30 p. m. The study on Brazil was presented by Mrs. Catherine Cotton.  
Mrs. Edward MacMurdo will be devotional leader for the June meeting when Mrs. Stirling MacKay will be hostess. The word will be "Grace". Mrs. Alexander Green will have the missionary prayer and Mrs. Keith Woodside will be in charge of the study book. Food committee will be Mrs. Alexander Green and Mrs. William Cotton.  
Refreshments were served by the hostess assisted by Mrs. Ray and Mrs. Louis MacLeod.

### BANDS CHOSEN PRESIDENT

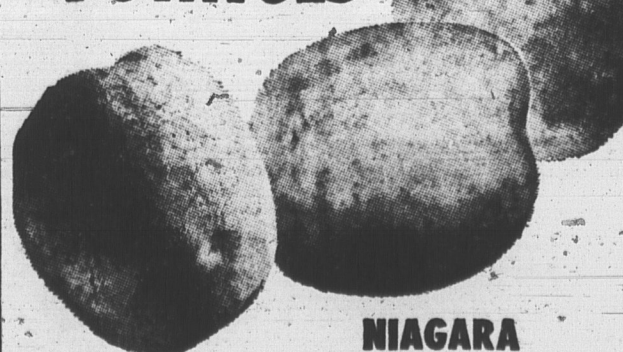
ZOMBA (Reuters) - Parliament Friday elected Prime Minister Hastings Kamuzu Banda as first president-designate of Malawi. The country, which will become a republic within the Commonwealth July 6, got its independence in 1964. Queen Elizabeth will be retained as colonel-in-chief of the Malawi army.

### KON-TIKI

Golden Fruit from MALAYA



### Kill Weeds in POTATOES



### NIAGARA LINURON

PRE-EMERGENT OR POST-EMERGENT

KILL ON CONTACT ANNUAL BROAD LEAVED WEEDS AND GRASSES, PROVIDES LONG RESIDUAL CONTROL OF GERMINATING WEED SEEDS

ORDER FROM YOUR LOCAL NIAGARA BRAND CHEMICALS DEALER



### ELLEN'S DIARY

#### Fine Mornings Lighten The Affairs Of Seedtime

"The livingroom of life" someone has aptly called the active, mostly enjoyable, round of folks' days. What a variety this presents! The happy days, the solemn; those when annoyances and disappointments haunt our steps, and things in general go awry. And there seems to be no help in us. Then it is we are inclined to look inward and pity the mortal called "I". But then into our shadows a sunbeam falls, or it may be a child's smile. Or it may be the greeting of the houn' dawg, or the I-love-you trill of a bird, which inspires the spirit once more to catch the upward glow, and again with our world all is well. This week gathered up all its island farm-folks on its magic carpet and carried them along to the affairs of the cropping. Fine mornings brought them early to the fields, evenings saw them work on into the dusk. Without complaint over the busyness or the long hours expended, because as one said "there is something about the spring season" which indeed reflects in the spirit of the good farmer and seems to lighten his every task. This will be the best seedtime, the best year of all, the heart says.  
A busy season it is, yet one which allows time to enjoy lovely things.

"Well, to be honest, Ellen" she said, "I wouldn't know. It's not far from here. I've often promised myself to come there. But I've never had the time - or so it seemed. I suppose" she added wistfully, "I'll never get to look off from there."  
"Travelled? Yes, I suppose I can say I have" a woman said recently in reply to our query. I have been here and there: to other Provinces, and to the States, but, as island trips go, I've never been as far as East Point or North Cape. Nor have I ever been to the end of the next road over."  
Busy the days are. Yet with time for "all things." Time to sandwich in with the duties of the round that is ours, the loveliness which abounds near and far. And wherever we go, or whatever we do, one reminds us in verse:  
"Let me not shut myself, with in myself, Nor dedicate my days to petty things; Let there be many windows in my life, The entrance to my heart a door that swings, Where, through I go and come with eyes that smile, And folk without, as gladly come to me, That happily, I may learn the thing worthwhile."  
"You will hardly believe this, Ellen" a farmwife smiled with some regret the other day when we chatted, "but last spring I never saw the lilacs in bloom! I knew they were blooming because of the perfume about, yet I never actually drew down a cluster to enjoy it, or brought a spray in a bouquet to the house. I was too busy!"  
"There would be a fine view from the hilltop" we remarked to a farmwife with whom we visited, as we sat by her window one day.



CAROL MACMILLAN GRADUATE

Carol MacMillan, Brackley received the degree of bachelor of science at convocation exercises held at Dalhousie University last week. After spending a few weeks with her parents, Mr. and Mrs. Walter MacMillan, she will return to Halifax where she has accepted a position with the Nova Scotia Department of Health.

**H. BENNETT CARR**  
Sun Life of Canada  
District Supervisor  
Insurance Counsellor  
Charlottetown, P.E.I.  
Phone 4-8817 - 4-5435

### H.R. DOANE AND COMPANY

WINSPEAR, HIGGINS, STEVENSON & DCANE

#### Chartered Accountants

134 RICHMOND ST., CHARLOTTETOWN

Saint John, Halifax, St. John's, Montreal, Toronto, Winnipeg, Edmonton, Calgary, Prince Albert, Vancouver

# The simple, safe, dependable way to lose weight.



Eat a little less. Exercise a little more. It's common sense. But not easy. For one thing, when you start eating less you may feel you haven't the energy to take more exercise. That's where sugar comes in. The calories in sugar are energy-calories. When you eat sugar, it gives you energy - within minutes. Energy to exercise - and burn off excess weight. So if you want to lose weight, cut down on most foods - but don't cut out sugar. Remember, you're right to like sugar. You need it.

### THE CANADIAN SUGAR INSTITUTE

P.O. BOX 1684, STATION B, MONTREAL