

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506

Page 8 The Guardian Tuesday, Feb. 12, 1957

HAPPENINGS

The G. Addie MacDonalds were celebrating their eighteenth wedding anniversary at the Queen Hotel Saturday evening February the ninth. Six couples sat down to a sumptuous dinner. After dinner all took part in a sing-song with Al Blanchard in his inimitable style supplying the piano music. During the evening Mr. MacDonald presented his wife with a rhinestone necklace and ear-ring set. Both Mr. and Mrs. MacDonald received from their friends a beautiful lamp. Upon leaving the Queen Hotel the party went on to the Curling Club where they spent the rest of the evening in dancing.

G. M.'s license poll has scored again, shooting out-of-state license

plates at random. The people whose cars are tagged and who write telling the paper why they came to St. Petersburg receive a five dollar prize. Miss Margaret Horne, Prince Edward Island, tag 10-527 was published recently in the column. Miss Horne wrote as follows: "My mother, Mrs. H. H. Horne, and I have been winter visitors at the Albemarle Hotel for the past seven years. We first came for our health, and the climate has done us worlds of good. So much so, that I hope to move here permanently sometime in the future."

Incidentally the Florida paper is waiting to hear from the owner of Prince Edward Island tag 10-716, published the same day as Miss Horne's.

MARY HAWORTH

Man Is Now Under Strain

Dear Mary Haworth: My husband, under 40, recently was promoted to a very responsible job, and now at home he has a very little and sighs aloud, indicating the job is on his mind. I try to appear calm and collected for his sake, but I too am all jittery inside since two days after hearing the news.

He feels he isn't capable of the job—and has felt the same, in a milder way, about each past promotion. He feels, too, that he lacks the education to back him up, as he never finished college. Yet he is conscientious and applies himself, and all his workers like and respect him; and his superiors have faith in him.

His immediate superior encourages him, and also speaks to me about it, saying "Bill doesn't know his own capability. So how can I help him gain self-confidence? and is it possible he may fail, for lack of it?"

EVERYONE HAPPY
Bill says he would have been happy to stay where he was, knowing what he was doing, earning a nice salary, feeling secure; and that he may fall flat on his face in this job—"and then what," he asks, "after so many years with the company?"

I said I'm not worried about this happening; he is just getting started and should give himself a chance. He can learn much from actual experience on the job.

Everyone is happy for him and says he is deserving. We've always maintained a healthy status of outside activities, and friends but lately he wants me near him, saying "Leave the dishes and come sit with me; you give me confidence." We've discussed this job every day, so far, and he seems to like hearing my views; so I know he will listen to advice or encouragement.

Bill had a fairly happy childhood, I think, although he worked from the time he was a small boy, at one job or another, as his family was of the low income bracket. . . E.G.

TRUE SUCCESS
Dear E.G.: At the heart of almost every inspiring success story of human achievement, you will find that the responsible individuals had learned, at some point in their experience, to take God into account, as the unseen Partner—in the sense that Jesus taught, when He said: "It is not I, but the Father in Me, He doeth the work." And again when He said: "I and the Father are one."

In short, the wise person intuitively feels the truth: that we are "all fountains in the lake" as someone has said; that we are individualized outlets, so to speak, for the eternal "becoming" of the everlasting inexhaustible Creator—without whose "life" us we wouldn't exist at all. Through us if we are willing disciples God expresses ever more of "the abundant (good life)"—of which He is the source.

The wise man knows that we do not operate exclusively on our own powers and that we aren't life presents us. Rather we are potential channels of a Higher Power; and we may transcend our personal heritage and achieve more than we had supposed we could if we "get ourselves out of the way" and let the Partner work in, through and for us.

Though we may and perhaps should work as if all depends upon our industry, nevertheless if we are wise we pray God's help as if all depends upon His support of our cause. Having made our prayer and done our work for the day, we rest our cases; we are at peace with our responsibilities; and we have the outcome in the hands of God.

Such is the sound man's rule of life. And its profit is told with compelling simplicity by Brother Lawrence, 17th century monk, in his well known "Letters and Conversations On the Practice of the Presence of God." Copies of this edifying document are available (for about 15 cents) through Forward Publications Movement, Cincinnati 2, Ohio.

Since promotion comes to your husband unsought and unbidden, and superiors alike respect him, he is a recognized force for good in influencing men to take it. And no doubt his self-effacing modesty is a vital part of his leadership value that he desires

MURRAY HARBOR NORTH

The Murray Harbor North Women's Institute met at the home of Mrs. John Clow on Tuesday, evening, Jan. 8th. Fourteen members responded to the roll call with an article for a grab bag. One visitor was present. Correspondence was read and discussed.

It was decided to sponsor an amateur concert as a means of raising funds. It was also decided to scrub the school.

Following the business period a delicious lunch was served by the hostess assisted by Mrs. Newton Hickin and Mrs. Lowell Johnston. Mrs. Hazel MacLure, invited the members to her home for the February meeting. Roll call to be answered with 'sing, say or pay.'"

SOUTH MILTON W.I.

The following is the report for December and January. Mrs. Russell Coles entertained the December meeting of South Milton W.I. Meeting opened by roll call which was answered by passing in an article for auction sale.

Sixteen members and two visitors were present. Reports from School, Sick and Red Cross committees were heard. It was decided to hold a film show and lunch sale on the Friday after Christmas.

It was also decided to remember sick and shut-ins at Christmas. Sick committee are to attend to same. Mrs. Russell Coles, and Mrs. Stanley Curtis were appointed to attend to the school treat and school gifts.

\$2.00 was voted for the T.B. League. A birthday box will be raised during the year as a way to increase funds.

Mrs. Gerald Hooper on behalf of the W.I. presented Mrs. Raymond Burgoyne, a member soon to leave the district, with a cup and saucer. Mrs. Hooper very fittingly expressed to Mrs. Burgoyne the good wishes of the W.I.

Following adjournment a lunch sale increased our funds by \$21.98. Mr. Howard White was auctioneer. Lunch was served by the hostess and committee in charge. Ice-cream supplied by the hostess was much enjoyed.

The January meeting of South Milton W.I. was held on a 15th with Mrs. A. E. Piercy as hostess. Meeting opened in the usual manner followed by roll call answered by repeating a quotation of note. Due to very bad roads only six members were present. One visitor was welcomed.

Several items of W.I. correspondence were read and discussed. Reports from the various committees were heard. The Red Cross canvas of the district was discussed and the same collectors as in previous years offered to collect. It was suggested that members bring their donations to meeting.

A number of articles for Red Cross were turned in to Mrs. Gerald Hooper, Red Cross Convenor. Several articles were distributed among members. Miss Leah Moore gave a very interesting paper on health and Mrs. I. Corbett gave a knitting demonstration.

The February meeting will be held at the School. Roll call will be answered by a Valentine verse. Lunch will be provided by Mrs. Howard White, Mrs. Moore, Mrs. Corbett and Mrs. Gillespie. Mrs. Dan McLean will be in charge of a demonstration of her own choice. Lunch was served by hostess and committee in charge.

TEN MILE HOUSE W.I.

The February meeting of the Ten Mile House Women's Institute was held at the home of Mrs. George Hennessey, with an attendance of six members. The meeting opened with the Ode followed by the Creed in unison. The minutes of each meeting were approved as read. Correspondence was read and discussed.

ELLEN'S DIARY

"He Was A Good Farmer" Is Indeed High Tribute

This afternoon, James went with neighbours on a mission which, in ours and we suspect many another rural Island community, is a custom to our way of life. For even in the midst of every peace and loveliness of season-Spring's beguilements, Summer's blossoms, Autumn's glory, Winter's solace, there comes to farmers those occasions which rest their work of farm to minister then to Death. It takes them to His acres in the shadow of our Churches, there to hollow out the charnel house of clay which is to receive all that is mortal of someone they had known.

It is a sad mission. Particularly we believe, for those older-grown, to whom with such spades' turning the road of life successively bares. Regrets obtain then. And there in those silent cities are those who by word and example helped shape and enrich the young years, which to look back upon is to revive many a lasting memory. And sometimes as the work continues, shaping so perfectly with piecemeal fashioning with every respect for another departed at a name or a near memorial thoughts come welling in-stories all but forgotten return to mind personalities are revived and even a chuckle may thrust itself into the quiet not at all a desecrating thing but a happy echo from days long since past.

This afternoon the grave was being made to receive the remains munity. His wife as now her little niece in another generation from her girlhood home once took the

same morning trek to the old school down the River Road... They were a happy couple their home a kindly place to visit and they were sadly missed when through the years they sold it and then moved away.

But as we in our time have repeatedly seen it happen, the years eventually bring folks back to dear places of old. She came one Summer's day, years ago to rest in the shade of the "Old Kirk" near the farm she once graced as a bride. Presently he too will be laid there in his final sleep. And the red of Island soil will be mounded then to mark the last of man's earthly estate. It will tell only this that folks were born, lived and died. It will say nothing of the wonders of living, of its joys and happiness, the delights of its romances and all those items which comprise the interesting tale of a life.

As always after such an absence we welcome home a thoughtful man from his brief sojourn in that strange silent city of the dead, one taken up with old memories. We talked of them at supper. "He was a good farmer in his day" James offered. "Had a rare hand with stock. And always had fine horses. Why I can still picture them. There was a big..."

And we wondered if there could be a higher tribute paid to a man's memory than that which takes in those virtues and requirements implied in the words "He was a good farmer?"

Until tomorrow — — — Diary — — — Goodnight.

KEEP IN TRIM

What Size Will You Be Wearing This Spring?

By IDA JEAN KAIN
In reducing, as in any undertaking, it is enormously helpful to have a definite goal and keep aiming toward it. As the wise philosopher Thoreau expressed it, "If one advances confidently in the direction of his dreams . . . he will meet with a success unexpected in common hours."

Spring is just around the calendar corner, a little over six weeks away. Oh to be slimmer by the time spring comes smiling the "Well, here's a promise—with the right plan of eating you can be 12 to 15 pounds lighter and one dress size smaller by March 21st. If the idea appeals to you and sparks your interest, whip into action.

It is no idle promise that you can lose a specific number of

pounds by a certain date. It's all done with a calorie subtraction. Even though you have only a nodding acquaintance with calories and are not expert at arithmetic, it isn't difficult to get the score.

NEVER A DOUBT
The average woman doing sedentary work or light housework requires approximately 2000 calories a day, and 2400 a day for the more physically active. There is never any doubt as to whether you are getting enough calories or too many . . . the scales are the highest authority. If you want to lose excess pounds, there is only one way to do it—burn those stored calories for part of your energy needs. On a 1000 to 1200 calorie diet, you can lose 2 pounds a week. An overweight man can reduce at a satisfactory rate on 1400 calories.

Figure this way: The fuel value of a pound of body fat is 3500 calories . . . that number takes water content into account. If you normally use 2000 calories a day, and your diet is restricted to 1000, body fat will be burned to make up that deficit of 1000 calories a day. At this rate, in one week you burn 7000 calories in body fat, which figures 2 pounds off.

For safe reducing, build the daily menu around this protective food pattern . . . skim milk or buttermilk, 1 pint; liberal serving of lean meat, fish or fowl; 1 egg and ½ cup cottage cheese or one ounce of yellow cheese; 2 fruits, one a citrus; 3 vegetables, one green leafy or yellow; choice of 2 thin slices of bread or one potato; 2 half pats butter. This totals approximately 1000 calories.

In spite of calorie arithmetic, you may still have doubts. Well, many former overweight people felt just as skeptical, but gave the scientific eating pattern a fair try. Result? Unexpected success—12 pounds off in exactly 6 weeks. Why not give this plan a six week trial?

SAFE-DRIVING CLINIC

OTTAWA (CP)—A safe-driving traffic-court clinic is to be established in Ottawa to teach "proper and safe driving attitudes." Formation of the clinic is being sponsored by the provincial attorney-general's department.

PRETTY SHEATH

By VERA WINSTON
There's a definite change in the sheath as can be seen in resort lothes. The narrow line is esad, is softened with blousing, panels and, as in this chic design, teeply slit sides that form a sort of panel. The fabric is brightly printed cotton satin over a plain cotton satin undershirt, also slit at the sides. A softening cowi neckline and back slipped closing are other details.

N. WINSLOE W.I.

The monthly meeting of North Winsloe Women's Institute was held at the home of Mrs. James Cadmore, on the evening of Feb. 4, 1957.

The meeting opened by singing "Pack Up Your Troubles", followed by the Mary Stewart Collect repeated in unison. The minutes were read, approved and signed. Roll call was answered by paying one cent for every inch of waist-line measurements, amounting to \$3.92. Thirteen members and one visitor were present.

Correspondence was read and discussed. It was decided to pack two boxes to be given to the needy in the district, rather than give a donation to the Red Cross. Goods from Eatons and Simpsons were received and to be sold to members at next meeting.

New committees were appointed for the next three months. Sick and Mrs. Layton Smith; School committee, Mrs. Alton Younker and Mrs. Ellsworth Proud (re-elected).

Programme for the next meeting will be in charge of Mrs. W. Roberts. Lunch Committee to be Mrs. Walter Roberts and Mrs. Ellsworth Proud. Roll call to be answered by the name of a wild flower and how to identify it. Collection amounted to \$2.37. Membership fees \$1.05. Forty-eight cents

HOUSEHOLD HINT

If you have several hats of the turban style, pack them—several in a box—with tissue paper and they will keep their shape better.

HOUSEHOLD HINT

The Spanish town of Ronda near Gibraltar is built on each side of a gorge 530 feet deep.

GRAHAM'S RD. SCHOOL

The following is the standing of Graham's Road School for the month of January.

Grade IX. 1. Anne MacLeod, 2. Wendell Murray, 3. Claire Hynes. Grade VIII. 1. Lloyd MacLaren, 2. George Folland. Grade VII. 1. Paul Cosh, 2. Lester Montgomery, 3. Junior Montgomery. Grade IV. 1. Jane Cosh, 2. Eric Brown. Grade II. 1. Arthur Folland, 2. Arnold Folland.

PIONEER TELEGRAPH

First electric telegraph communication in Canada was between Toronto and Hamilton in 1846.

Clearance Sale Continues

COATS, SUITS, DRESSES, EVENING GOWNS, SKIRTS, HOUSECOATS, BLOUSES AND HANDBAGS.

SUNTER'S LADIES' WEAR

162 GREAT GEORGE ST. CH'TOWN



MR. AND MRS. E. S. MACLAREN

Double Ring Ceremony Unites Young Couple

The marriage of Donald Grace Humphrey, only daughter of Mrs. Edna Humphrey, Moncton, to Eugene Simeon MacLaren son of Mr. and Mrs. Simeon MacLaren, St. Peters Bay, P.E.I., took place at the home of the bride's brother Dalton Humphrey, Lewisville, Rev. Maurice Fletcher performed the double ring ceremony.

The bride who was given in marriage by her brother, wore a baby blue ballerina length dress of nylon net over taffeta with matching bolero. She wore a matching hat of blue feather. Her bouquet was of American Beauty Roses and she wore a pearl choker with matching earrings of the groom.

Mrs. Dalton Humphrey, sister-in-law of the bride, was bridesmaid and wore a ballerina length dress of shrimp nylon net over

taffeta with corresponding accessories. She carried a nosegay of blue and white 'mums.

The groomsmen were Earl MacLaren, brother of the groom. Immediately following the ceremony a reception was held for the immediate families.

The bride's table was centred with a three tier wedding cake topped with miniature bride and groom. The bride chose for travelling a charcoal grey wool dress, blue tweed coat with baby blue accessories, a corsage of red rosebuds. The happy couple, left by CNR for Montreal where they spent their honeymoon. The bride is an employee of Chrysler Corporation. They will reside in Moncton where the groom is employed with the Imperial Tobacco Company.

LET'S EAT

Home Type Barbecue For Pork Spareribs

By IDA BAILEY ALLEN
In the Pacific States the words "farm" and "ranch" mean the same thing, whether they grow fruits and vegetables or raise cattle. As we drove through the 1300-acre fruit and vegetable ranch, Jack Pandol stopped the car and said "This is our green pea patch," he announced, "two hundred acres."

"It's a lot bigger than my grandmother's patch of peas," I laughed.

HIS HOBBY
Jack grinned and continued, "Cooking is a hobby of mine. To night I'm fixing a corned beef and cabbage dinner for the Knights of Columbus. Sometimes I make Italian spaghetti with lots of chopped

carrots and bell peppers in the sauce. And for barbecued spareribs, I use plenty of chopped herbs for push.

"To prove to you that fresh peas can be picked, packed, shipped in refrigerated cars across the continent and keep their fine flavor, I'll send you a bushel when you get back to New York."

He was as good as his word. The peas were delicious when they were delivered to the test-kitchen. The Chef refrigerated them in plastic bags for a week more, and they kept their fresh flavor to the last pod.

Barbecued Spareribs Home Style: Order 2 sections pork spareribs cracked into separate pieces and chopped into 3 sections each. Combine 2 tbs. flour, 1 tsp. salt, ¼ tsp. pepper and ½ tsp. salt. Rub into the spareribs. Melt 2 tbs. meat fat in a large frying pan. Brown the spareribs in it; add 1 recipe barbecue sauce and turn them over.

Transfer to a baking pan. Cover; bake 1 hr. in a moderate oven, 350 degrees to 375 degrees F.

Barbecue Sauce: Combine and mix 1 tsp. cornstarch, 1-3 c. vinegar, 1½ tsp. Worcestershire sauce, 4 drops of Tabasco, 1½ tsp. grated onion, 1 crushed peeled section garlic, 1 tsp. salt, 1 tsp. chili powder, 1-3 tsp. dry mustard, 1 tsp. sage, ½ tsp. thyme, 2 tsp. minced parsley, ½ c. olive oil and 2 (8 oz.) cans tomato sauce. Bring to boiling point before using.

Note: Jack Pandol would use ½ c. dry red wine in place of ½ can of tomato sauce.

Tomorrow's Dinner: Saladettes of Cauliflower in aigrette. Barbecued Spareribs. Flaky Potatoes. Broiled Parsnips. Broiled grapefruit. Coffee Tea Milk.

The Chef Broils Grapefruit: Halve grapefruit crosswise. Spread with 1 tsp. granulated or brown sugar, honey or maple syrup, jam or marmalade; dust with cinnamon. Broil until warm and slightly browned.

COOK'S CORNER

CINNAMON ROLLS
Cream 1 cup brown sugar with 1 tablespoon of butter and one of shortening. Add one egg and beat well. Favor with ½ teaspoon of vanilla.

Sift together 2 cups flour, 2 teaspoons of baking powder, ¼ teaspoon salt. With ½ cup of rich milk mix sifted flour etc. With creamed mixture until a moist dough is formed. Cut in half.

Roll each part, one at a time, on a floured board. Spread with melted butter, cinnamon, sugar and currants or raisins. Roll and slice. Bake in a moderate oven until light brown about 20 minutes. Centre of each roll may be decorated with frosting.

MORNING SMILE

"I have nothing against you as a future son-in-law, Outbert, it's simply that I feel my daughter could do a hanged eight better."

DAILY PATTERN



4803
12-20-40
by Anne Adams

WEEK'S SEW-THIRTY
Double value for your sewing time! This is the season's most practical, prettiest Wrap—make it also in a brief version for a cooler apron! See the neckline—it's cut low for cool flattery. Check that diagram—couldn't be easier, faster sewing.
Pattern 4803: Misses' Sizes 12, 14, 16, 18, 20, 40. Size 16 takes 3½ yards 35-inch fabric.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.
Send order to Anne Adams, care of Charlottetown Guardian Pattern Dept. 60 Front St. W., Toronto, Ontario.