



FOR SUMMER EVENINGS This evening dress and coat, of special manufacturers' showing in Montreal. The dress is off-white, with the fringe pattern woven into the material. Coat is a soft ochre. (CP Photo).

Pretty Autumn Wedding At St. George's Church

A pretty autumn wedding took place at the St. George's Church on Tuesday October 2nd when Jeanette Mary, daughter of Mr. and Mrs. Chester Dockendorf of Pointe St. Charles, was united in marriage with Francis MacDonald, son of the late John P. and Elizabeth MacDonald of Launcheon. Rev. Fr. Bennett MacDonald P. P. performed the ceremony and celebrated the Nuptial Mass. The bride, given in marriage by her father, was beautifully gowned in a floor length dress of white net over satin, trimmed with iridescent sequins. She wore a shoulder length veil held in place by a clust-

LET'S EAT

Proper Diet Important On A Long Auto Drive

By IDA BAILEY ALLEN The test-kitchen was warm and cozy when the Chef and I returned from our motor trip to Buffalo on the New York Thruway. "Never have I felt so rested after a long drive," remarked the Chef. "This is because I followed your plan for drivers to prevent fatigue and help offset highway hypnosis. The diet is simple, sensible and safe, and the foods are obtainable in all restaurants. "I propose we give it to our readers." D'ET FOR DRIVERS Avoid all alcoholic beverages on the road. Substitute fruit juice, tomato juice or soup. Relax, eat slowly and enjoy your food. When done, walk for 5 minutes and breathe deep before talking to the road. Avoid arguments while driving. Chew gum if hungry or irritated. Reduce amounts of starch, avoid fried or fat-rich foods, including chocolate, but include a little more than the usual amount of protein. I.e. meat, poultry, fish, eggs and cottage cheese. Include plenty of fresh or cooked fruit, vegetables, tossed salads and whole grain breads to stimulate intestinal action. Pass up pastries. Stop on the road mid-morning, mid-afternoon and evening for a snack-break and a nonalcoholic beverage such as clear coffee or tea with sugar, a cola drink, or a fruit drink. If hungry, add a piece of fruit or r'bet; or 1 hard-cooked egg; or an open meat sandwich on one slice of bread or a hamburger or frankfurter with 1/2 roll. Drink plenty of water—at least 6 glasses a day. Go easy on milk while driving, but make up the pint you need on resting. Milk is soothing, induces sleep. Monday Dinner Oyster bisque; escalloped chicken and vegetables tossed salad bowl; water-thin griddle cakes; pure maple syrup; coffee, tea or milk. Oyster Bisque Combine 3 tbsp. quick-cooking tapioca, 1/4 tsp. salt, 1/2 tsp. onion salt, 1/4 tsp. celery salt, dash of cayenne, 1 c. light cream and 3 c. milk in the top of a 4-lb. boiler. Place over rapidly boiling water and cook 10 to 15 min. Stir often. Add 1 c. coarse-chopped fresh or canned oysters and 3 tbsp. butter. Mix. Keep over hot water 10 min. to heat thoroughly and blend the flavors.

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WOMEN

Lena Caroline McLure, Women's Editor. Phone 5506
Page 8, The Guardian Monday, Nov. 12, 1956

HAPPENINGS

Mr. and Mrs. E. S. Chandler, North River Road, have announced the marriage of their daughter, Constance June Chandler, to Mr. Donald Robert Cox, youngest son of Mrs. Lloyd S. Cox and the late Mr. Cox of Morell. The marriage took place during the past summer at Digby, N.S., with the Reverend James Brooks of Digby United Church, officiating. Mr. Cox has been on the staff of the R.C.M.P., stationed at Digby, but has recently resigned and is now with the Prudential Life Assurance Company in Halifax. Mrs. Cox is on the office staff of L. E. Shaw Limited, in Halifax. Mr. and Mrs. Cox have taken an apartment on Brussels Street, Halifax.

Mrs. R. H. Jenkins of Calgary, Alberta, arrived by plane recently to visit Mr. and Mrs. E. A. Hough in Ottawa. From that city Mrs. Jenkins leaves by plane to visit Mr. and Mrs. Lloyd H. Jenkins in Toronto. Mrs. Jenkins will return to Calgary about the end of November.

SEVEN MILE C. W. L. On Sunday Nov. 4th the members of the C.W.L. Seven Mile Bay, met in the Church for their monthly meeting.

There was a good attendance in the absence, through illness, of the Reverend Director, Father MacDonald, the president opened the meeting with the League Prayer. This was followed by the reading and approval of minutes of previous meeting.

Mrs. William Trainor reported eight subscriptions to League Magazine. The President and Secretary gave a report from the Regional Conference at Lot 65. Mrs. Joseph Murphy, moved a vote of thanks for

"The cluster of Grapes" from Hurlbut's Bible Stories. Mrs. Harry MacLaughlan gave a reading on Prayer. Mrs. Hubert Roberts invited the members to meet at her home in November. Roll call is to be answered with a verse containing the word "Grace." Members are asked to bring a donation to be sent to the Salvation Army.

New committees are: Worship, Mrs. Harry Lawson; Stories, Mrs. Hubert Roberts and Mrs. Alvin MacLaughlan; Lunch, Mrs. Lewis Kieley, Mrs. Warren Marshall and Mrs. Rhodes Warren. Hymn "My faith looks up to thee" and prayer closed the meeting, after which Mrs. Warren and committee served lunch.

OYSTER, BED BRIDGE W. I. The annual meeting of Oyster Bed Bridge W. I. met at the home of Mrs. Colin and Wallace Higgins. The meeting opened by singing the Ode and repeating the Mary Stewart collect in unison. Ten members answered the call by paying membership fees. The minutes of annual meeting and previous meeting were read, approved and signed. The president spoke briefly and thanked members for their co-operation during the year.

The treasurer gave her report total receipts \$172.38, total expenses \$87.05 leaving a balance on hand of \$85.33. Proceeds from October 27th pantry sale were \$20.95. Sick committee had no report. School committee reported towels and toilet paper needed for school. Mrs. Amar Younker offered to purchase same. Bills of the month were paid.

MURRAY HARBOR L.A. Mrs. Gavin Hicken was hostess to the Ladies Aid Society at their home on Tuesday evening, October 16. Sixteen members responded to the roll call with a verse of Scripture. Six visitors were also present.

The exposition was read by Mrs. Grant Sencabough, followed by prayer by Miss Blanche Millar. Plans were made for a turkey supper and sacred concert to be held in the near future. The program consisted of a Bible quiz by Mrs. Harry Reid. After the devotional period, a delicious lunch was served by the hostess assisted by Mrs. Alice Hicken.

STANHOPE W.M.S. The October meeting of the Stanhope W.M.S. was held at the home of Mrs. Rhodes Warren. The meeting was opened with the theme and call to worship followed by singing "We Thank Thee Oh Our Father" and repeating the Lord's Prayer in unison. Mrs. William Youland presented a reading "God's Good Gifts" and Mrs. Horace Marshall read

same. This was seconded by Mrs. James Murray. It was moved by Miss Florrie Green, seconded by Mrs. Daniel Keough, that \$25.00 be sent to Disaster Fund at Springhill, N. S. It was moved by Mrs. James Murray, seconded by Miss Florrie Green that a Mass be offered for Rev. William V. MacDonald, former Pastor at Seven Mile Bay and Borden.

Donald opened the meeting with the League Prayer. After roll call the minutes of the previous meeting were read by the secretary, Mrs. J. A. McDonald, and were approved as read. In the absence of the Correspondence Secretary the Correspondence was read by the President and included, "Thank You Cards", from the family of Rev. Father Francis, the Costello family, family of Herbert Steele, and from Mrs. Henry Fisher.

The financial statement was read by the treasurer Mrs. T. McAvin and showed a substantial balance. The following convenors were present and gave reports: Spiritual - Mrs. I. Berrigan; social action - Mrs. A. Curley; institute - Mrs. E. Lewis and Mrs. Stephen Trainor; finance - Mrs. Charles Smith; membership - Mrs. E. Connolly; Magazine Mrs. H. Toombs; press - Miss Mary Duffy; radio and T. V. - Mrs. Roy Dunn; citizenship - Mrs. Leonard McDonald.

The following were among the motions approved: To hold a Communion Breakfast at the Queen Hotel after the 7.30 Mass on Sunday, November 25th, to hold a Grand Party at the Community Centre on Thursday evening, November 15th. Mrs. S. Connolly and Mrs. T. McAvin were appointed convenors; to hold our annual Hot Turkey dinner at the Community Centre on the evenings of December 5th and 6th, Miss Mary Duffy to be ticket convener, to hold a Rummage Sale at the Community Centre on Friday, November 18th.

It was decided to form Study Group and some of the members present offered to act as leaders of these groups. The following ladies offered to distribute envelopes for the Orphanage Collection, Mrs. F. Steele, Mrs. N. Gallant, Mrs. W. Perry, Mrs. Cheverie and Mrs. Coker.

Mrs. J. A. McDonald, a delegate to the T. B. League Dinner, gave a brief but interesting report. The president, Mrs. Allan McDonald, thanked the members for their cooperation at the Susan Potter Show and at the Canada Packers Banquet. She then gave a very interesting report on the National Convention in London, Ont. which she attended in October.

Mrs. Stephen Trainor moved a vote of thanks to Mrs. MacDonald for her lenient report and this was seconded by Mrs. Fred Steele. O.I. motion of Mrs. C. Smith the meeting then adjourned.

OSTRICHES the largest living birds are full grown at about 18 months of age.

merside's Trinity Y.P.U. It was regretted that the donation could not be a larger one on account of union funds.

The meeting was convoked by Mary MacLure, leader of the group on Faith and Evangelism, centred around a theme of "Prayer." The devotional part was conducted by Ernest Murphy and Olive Jelley, with recreation supervised by Phyllis Boss, Leila Townsend led the four groups in study discussion periods, with Vance Bridges, Arthur Matheson, Phyllis Hunt and Ensor Waite offering the results. Group projects previewed during the business session, included bowling, the Presbytery rally in Travellers Rest on Saturday, the installation of officers and candle-lighting service, a Christmas pageant, and the forthcoming mission in Summerside's Civic Auditorium, Nov. 18 to 25.

President Elmer MacLean welcomed several new members and visitors. He also introduced Rev. Cecil Webber. The new minister spoke of the fine work done by Y.P.U. groups, the friendliness of Summerside, and his interests in youth work. He challenged the group to support missionary work noting several practical ways this could be done.

Dolphins among the speediest of fish, cover about 20 miles an hour compared to 10 miles for the regular weekly meeting of Summerside's Trinity Y.P.U.

Ladies Aid Held Annual Meeting

The annual meeting of the Ladies Aid Society, Stewart Memorial Health Centre was held Monday evening in Tyne Valley School. A fair attendance was present. Secretary - Treasurer reported the work done for the year which was very favorable. An x-ray machine was purchased from donations given from 22 districts. Annual tea party was held also suppers, dances, and concerts. An aluminum door was purchased, 2 beds and mattresses. The linen closet and nursery department was replenished. Kitchen was repainted and new fence put up. Department of Health gave an incubator and cruettes. The treasurer reported a good sum of money in the bank, also some donations were received for Baby cupboard, which is operated by the districts. Officers were elected for the following year and committee will be appointed at next meeting. Fall supper Nov. 1, in Tyne Valley Hall.

Trinity Y. P. U. Donate To Springhill

That ten dollars be immediately sent to the relief fund of Springhill was the unanimous wish of the regular weekly meeting of Summerside's Trinity Y.P.U.

WINS IN HEINZ "NAME THE DISH" CONTEST



Names Ketchup Dish - a winner in the recent nationwide "Name The Dish" contest of H. J. Heinz Company of Canada was Mrs. Barbara Jenkins, 118 Brighton Road, Charlottetown, P.E.I. She won \$50 in the contest, which had a cook-with-ketchup theme. Mrs. Jenkins is shown in the above photo receiving her cheque from Heinz representative, R. E. Chapman, Saint John Branch Manager. Eighteen other entrants won additional money prizes in the \$15,000 contest, and 655 consolation prizes were awarded.

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