



MR. AND MRS. B. P. HENDERSON AND ATTENDANTS

St. Dunstan's Basilica Is Setting For Wedding

A very pretty wedding was solemnized in St. Dunstan's Basilica on Saturday, June 8, when Mabel Theresa, daughter of Mr. and Mrs. Frank Jaunders, Charlottetown, became the bride of Bayne Paulson of Mr. and Mrs. Paul Henderson, Dartmouth, N.S.

Msgr. Patrick McMahon performed the double ring ceremony and celebrated the Nuptial Mass. Mrs. Joseph Dougan was organist and Miss Amy Doyle who sang very beautifully during the mass.

Given in marriage by her father, the bride was lovely in a gown of Chantilly lace over slipper satin. The bodice was styled with a boat neckline and sprinkled with opalescent sequins. The skirt was bouffant with tiny ruffles of net. The finger tip veil was of nylon tulle held by a tulle headpiece accented with tiny pearls and sequins. Her bridal bouquet was red roses and baby's breath.

Miss Arlene Saunders, R.N. of Hamilton Ontario, sister of the bride, was maid of honor. She wore a ballerina length gown of pink net over taffeta, featuring a portrait neckline and carried a nosegay of summer flowers.

The bridesmaids, Mrs. W. J. R. MacDonald and Miss Marcella Foley, wore gowns of blue nylon net over taffeta with portrait neckline. They carried nosegays of summer flowers.

The best man was Mr. Richard

Photo by Craswell.

ELLEN'S DIARY

Grandma Had What-Not And Organ—We Have T. V.!

"Never mind looking at the pigeons, Ellen — grab up another grain sack!" James said with a little grin this morning. "You can look at them when the crop's in," he added continuing the chore at hand. We were at the other farm, those nice old acres beyond Rob's, where we grow some grain and through which also to make fine pasture there, the course of the millstream runs.

We were in one of the two roomy granaries in the barn at the time, from the door of which we could look up above the stout hewed beams to the gable where a company of pigeons, undisturbed, nested and spent. "They're untidy things at best!" James commented tying a filled sack with an expert hand. "Now don't advocate to the children taking a young pair of them down home, Ellen," he advised soberly. "We can do very well without them there."

"But they're supposed to bring good luck to a place — like Ireland's storks that come to nest on the thatched roofs," we observed. But James never heard us. "I guess," he offered, "I'd better get this supply out to the field now — he'll be about done of what he has there."

What a busy field it was there by the roadside at that other farm this morning! The younger farmer was spreading lime with tractor and spreader, Jamie following was harrowing it in, in nice sweps

ST. PIUS X. C. W. L.

The June meeting of the St. Pius X. sub-division of the Catholic Women's League was held in the Parish hall Sunday, June 9th at 2:30 p.m.

The president, Mrs. Percy MacDonald presided and the Spiritual Director, Rt. Rev. R. V. McKenzie, was present and opened the meeting with the league prayer. Father MacKenzie in addressing the members generously complimented them on their year's work and said they had won for themselves an enviable reputation for all their successful endeavours.

The minutes of the May meeting and executive meeting were read by Mrs. Eugene Gorman on the absence of the recording secretary, Mrs. (Dr. James I. Higgins). They were approved as read. The correspondence secretary, Mrs. Eugene Gorman, then read a letter from Mrs. James Pendergast of the Basilica sub-division inviting the members to join the Charlottetown sub-division in the Corpus Christi procession next Sunday.

The treasurer Mrs. George Cheverie gave the financial statement and it was approved. The members agreed to give a prize to each of the schools in the district at their school closings. The conveners gave their reports.

After Father MacKenzie's remarks the meeting closed with prayer.

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KEEP IN TRIM

Diet Is Impossible, When Cooking For Large Family

By IDA JEAN KAIN

Overweight homemakers lament that dieting is an impossible struggle when it is necessary to cook for a hungry family.

This complaint is not really justified. The protective plan of eating for reducing is based on good nutrition and should be patterned on menus that can be adapted for the family. With the addition of whole milk, bread and butter and an occasional special dessert, family fare is the same as the dieter's fare.

And here's a thought — the homemaker who feels strongly that family eating is completely different from reducing meals is no doubt cooking overly rich meals. This can lead to future weight problems all down the line.

INTELLIGENT ATTITUDE

A young homemaker who was herself too chubby in her teens is now educating her children to the right food habits. Her approach is most intelligent.

"I was a very maladjusted tubby teen who finally reached normal size," she says. "Now I have small children of my own and am determined to spare them the unhappiness I suffered."

"When the doctor first put my very overweight husband on a diet, he presented him with a copy of a protective food plan. I was surprised to discover that the only difference between his diet pattern and our regular way of eating was the amount of starchy

foods and fats added to the same basic plan.

"I began to follow this pattern in planning the family meals. As the children became old enough to eat at the table I saw to it that each child had a serving of lean meat, vegetables, salad and fruit at a meal. In addition the children are given milk, bread and butter and custard type pudding without whipped cream.

PROPER WAY

"By determined persuasion, I even brought their doting grandmother around to putting the cookies and candy away until after meals.

"Result—I have five healthy dynamos. They are alert, have perfect teeth, glossy hair, lovely complexions — and boundless energy. They are all in the correct weight bracket for their height and bone structure.

"By establishing the right food habits now while they are young I expect they will be on the right road to keep healthy and perfect weight all through their lives. And it is no more expensive to feed the family this way than it is to serve rich meals all the time."

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MARVEN'S POTATO CHIPS
PURITY AND QUALITY

ELMSDALE W.I.

Mrs. Alvin Wilkie was hostess to the members of the Elmsdale Women's Institute for their meeting on Monday evening, June 3rd with fourteen members and some visitors present.

Plans were made for the district convention in Alberton on June 17. Mrs. Frank Dunn and Mrs. James O'Brien, were appointed delegates to attend the annual convention of the P. E. I. Institutes to be held in Charlottetown on July 3rd and 4th.

Space for a booth at the Alberton Exhibition was made known. Mrs. N. R. Green kindly invited members to the manse for the July meeting.

W. M. S. AUXILIARY

The Auxiliary of the Women's Missionary Society met at the home of Mrs. Millage MacLeod on Thursday evening, June 6th. The devotional period was led by Mrs. James Snowie. The call to worship was given by the leader followed by prayer in union.

The meditation "Think on These Things" was read and prayer by leader. Scripture was read by Mrs. Millage MacLeod. This part of the meeting closed by singing hymn 388, "O Master Let Me Walk with Thee."

The president took charge of

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