

# Women

The Guardian, Charlottetown, Fri., Nov. 13, 1959.

## HAPPENINGS

Misses Phyllis Gray and Sally Burke, employees of the Maritime Central Airways were visitors to Moncton, N.B. for the Remembrance Day holiday.

The Ladies' Auxiliary of the YMCA met at the "Y" on Tuesday afternoon, Nov. 10. Mrs. N. Irvine presided in the absence of the president, Mrs. Burgess. The meeting opened in the usual manner and the regular business routine was carried through. On motion, it was decided to pay the last \$500 of our pledge to the "Y" for 1959. This was gladly approved.

After the committee reports and correspondence were read, it was decided to ask the girls of the Y groups to help serve again for the week's suppers.

Mrs. N. Irvine and Mrs. T. Davies were chosen to serve as nominating committee. Meeting closed with the Mizpah benediction.

On October 31 the children under treatment at the Provincial Sanatorium received treats from the Charlottetown Kinsmen Club.

On November 6 representatives of the Catholic Women's League, Basilica Parish, visited the Sanatorium patients and presented them with candy, fruit, magazines, jellies and pickles.

Through such gestures of goodwill those who are compelled to rest for a time in order to regain their health receive a tremendous lift which is reflected in a more optimistic outlook and a feeling of goodwill towards their benefactors.

The regular monthly meeting of St. Veronica's Nurses Guild was held on Tuesday evening, Nov. 10 at the Charlottetown Hospital.

Prior to the meeting benediction was celebrated in the Hospital chapel by Mgr. MacMahon, Guild Chaplain.

The president, Mrs. George MacIsaac welcomed back Sister Mary Irene as Guild Directress. A letter was read from the Red Cross concerning the forthcoming Blood Donor Clinic.

Business was concerned chiefly with the planning of Guild activities for the ensuing year. Enthusiastic plans were made for the holding of workshops on subjects relating to the Catholic Nurses.

A demonstration worship was held at this meeting. Miss Allice Trainor read a paper on the Catholic Nurse as a Leader, following which the members were divided into discussion groups.

After the reports from these groups were heard, Msgr. MacMahon summarized the workshop and elaborated on the qualities of leadership.

At the close of the meeting a delicious lunch was served by the committee in charge.

Mrs. Lloyd Wilkie, Alberta, past president of the P.E.I. Women's Institute will be the guest speaker at Prince of Wales College auditorium, Tuesday evening, Nov. 17, when she will give an official report on the conference of the Associated Women of the World which was held in Edinburgh, Scotland, in August and to which Mrs. Wilkie was a delegate.

An interesting part of the evening's entertainment will be slides of the conference and of the pre-conference and post-conference tours in which Mrs. Wilkie took part.

Mrs. Michael Doyle will address the audience on Civil Defence.

Mrs. Lincoln Dewar, provincial vice-president will be the chairman for the evening. The meeting is being sponsored by the executive board of the P.E.I. W.I. with Mrs. Fred Gates, and Mrs. Julian Herring in charge of arrangements.

An enjoyable social evening was held Tuesday evening, Nov. 10, at Central Royally Hall when friends and neighbors gathered to honor Mr. and Mrs. Ernest Wood following their recent marriage, and Mr. and Mrs. Cecil Wood who have moved from the district of Charlottetown. George Ayers spoke briefly to Ernest and Selma who have taken up residence in the home formerly occupied by Mr. and Mrs. Cecil Wood.

Fred Osborne and Allison MacRae presented the young couple with a lovely platform rocker on behalf of the community. Ernest fittingly replied and expressed his thanks for this kind gesture.

Mr. Major MacRae spoke a few words to Mr. and Mrs. Cecil Wood and commended their cooperation in all community activities during their forty year residence there. Mrs. William Ward presented Mrs. Wood with a pop-up toaster from their friends. Both Mr. and Mrs. Wood replied in fitting terms.

Refreshments were served and the remainder of the evening was spent in dancing, with music supplied by Mrs. Allison MacRae and Mr. Vernon Dennis.

Mrs. George Burch, Borden, is still confined to her home through illness.

Members of the St. James Anglican Young People's Association of Port Hill were hosts to a group of seventy-five AYPA members from all parts of the Island when they gathered there on Sunday, November 8 for a Deannery Youth Rally, under the direction of Rev. H.L. McCall who chose as his theme "Origin of the Word Fellowship".

Following the service a short executive meeting was conducted by the Deannery president Allison Gill, Charlottetown. A hymn sing and refreshments brought a successful rally to a close.

**EAST BALTIC W. I.**  
On Tuesday, Nov. 3, the members of East Baltic W. I. met at the home of Mrs. H. S. Dixon for their regular and annual meeting.

The meeting opened by repeating the creed. The minutes of the last annual and monthly meetings were read and approved.

The report of the secretary showed a busy and successful year just past, with over two hundred dollars raised and a balance of thirty-two dollars remaining. Our institute won the Rural Beautification Shield for our school this past year.

The president, Mrs. Walter Dixon, secretary, Mrs. Harry Dixon, vice-president, Mrs. Alvin Rose were re-elected, and money was voted to send them to the meeting and dinner in Souris later this month.

After a contest, and lunch, the meeting adjourned.



**MR. AND MRS. DEREK RODERICK DEW**  
Marriage Vows Exchanged In Lovely Autumn Ceremony

A pretty wedding was solemnized recently at Trinity United Church, Charlottetown, when Myra Joan Gertrude Wood, RN, only daughter of Mr. and Mrs. Preston Wood Cross Roads, and Derek Roderick Dew, only son of Mr. and Mrs. Morton Dew of Charlottetown, were united in marriage. The double ring ceremony was performed by Rev. A. F. MacLean.

Dr. Paul Cadmore was organist and accompanied Mr. Paul Raymond who sang the selection "Because" during the signing of the register.

On the arm of her father the bride entered the church which was decorated with baskets of white gladioli.

The bride wore a floor-length gown of white gossamer tulle. The fitted bodice was with ruffled neckline, enriched with jewelled embroidery floral appliques, closed in back with a tiny covered button. The draped sleeves were short. Jewelled appliques embellished the tapered manchettes and magnificent skirt which was gathered over skinkers delustered satin and hoop. Her chapel length veil of nylon tulle was caught with a crown trimmed with sequins and pearls. She carried a cascade of red sweetheart roses and white feathered carnations.

The bride was attended by Miss Betty Jean Roberts, RN, as maid of honor and Miss Sarah MacQuarrie, RN, as bridesmaid. They wore identical ballerina length gowns of ocean blue and apricot. These gowns featured cuffed bertha collars and short sleeves. Panels drifting from the neckline were caught at the sides to the hemline with wide bows.

The groom was attended by Murdo Brown. The ushers were Calvin Wood, Harley Ings and Patrick Landrigan.

Mrs. Wood chose for her daughter's wedding a teal blue street length dress, straight crepe skirt with lace sleeves and bodice. She wore a blue feathered hat and white gloves, and carried a corsage of pink roses. Mrs. Dew, mother of the groom, wore a street length wool suit dress of autumn glow with matching feather hat and accessories. Her corsage was of yellow roses.

The reception following the wedding ceremony was held at the Charlottetown Hotel. The toast to the bride was proposed by Rev. A. F. MacLean and responded to by the groom.

Several telegrams were read by the best man Miss Sandra Lord was in charge of the guest book.

For travelling the bride chose a burgundy tailored suit with white feathers, hat, black patent shoes and purse. Her corsage was white roses.

Following the reception the young couple left on a honeymoon trip to Bermuda.

Mr. and Mrs. Dew will reside in Charlottetown, where the bride is on the staff of the P.E.I. Hospital and the groom is employed with his father.

Out of town guests included: Dr. and Mrs. Leigh Ramsay, Moncton, N.B., Mr. and Mrs. R. L. MacEwan, Halifax, N.S., Miss Sandra Currie, Halifax, N.S., Mr. and Mrs. Frank Dew, Montreal, P.Q., and Miss Dorothy Kayser, Montreal, P.Q. Luncheon rates 500-500.



**MRS. JAMES STANLEY SIBBERT**  
Former Island Girl Weds In Pretty Autumn Ceremony

The Keele Street Church of Christ, Toronto, was the scene of a pretty wedding on Sept. 25, at 4 p.m. when Mr. Robert E. Secrist united in marriage Ellen Joyce, only daughter of Mr. and Mrs. Herbert Buchanan, Fredrickton, P.E.I. and James Stanley, elder son of Mr. and Mrs. James Sibbert, Toronto.

Mr. Richard Caston was in charge of the wedding music. The bride given in marriage by her father, was lovely in a ballerina length dress of pink taffeta with a lace bodice. Her matching shoulder length veil fell from a sequined crown. She carried a cascade bouquet of pink sweetheart roses and pink mums.

The bride's sister-in-law, Mrs. Aubrey Buchanan, as matron of honor, wore a street length dress of royal blue shot taffeta with matching headpiece and carried a nosegay of pink, white and blue mums. Karen Ann Buchanan, 35 flower girl, was dressed in pale blue nylon with matching headpiece and carried a nosegay of colored mums.

Aubrey Buchanan, brother of the bride was best man, and Raymond Bottomly ushered the guests to their seats.

### ELLEN'S DIARY

#### Autumn Loiters Leisurely Along Countryside Scenes

So lovely a day this has been. And beautiful the November afternoon which took us away from Alderlea excursioning with James. Fall loitered leisurely along the countryside then—smiled in the sunlight which caressed the fields and wooded places and set a warm dreamy haze over all. "This is a pet day, Ellen," James commented as we wheeled along on the highway. "Might turn real cold after this to stop the plow. One never knows. Though there have been those years when farmers plowed on into December."

"Oh! plowing is making good headway?"

"Oh yes. There are only a few acres left now to do. They did well this year and Jamie. Jamie has a lot of responsibility on his shoulders now that his father is away," he commented. "How old is he now, Ellen?"

"In his eighteenth year."

"So he is! Well, I've had to take a man's place at the farm, ever since I was fourteen. Yes, tend to the business and all. It's no wonder, Ellen," he grinned boyishly "I'm old before my time. I've had many a trying time of it, particularly in my youth."

West on the broad highway we continued, where now one may catch sight of cars from many a "foreign" land and clime. "Would you believe it?" Granddaughter related tonight, "we school-children saw a car from France today? Yes, actually. Wasn't that something! An airman and his family on holiday had it. I wondered," she smiled, "if the woman bought her pretty dress in Paris—she might have, you know."

Through familiar but much changed countryside to that we knew when we drove the distance by horse and wagon, we went.

"Yes, it's a pet day," James said. "See that blue haze off over the hills. Like a day out of early autumn it is."

Presently a familiar scene appeared: an old farmstead with a village set near. And below, the tidal river and beyond it, the Strait. Again we were home.

And there that house once full of laughter and much living a small woman lives more and less than. She is remarkable in her years and continued alertness of body and mind. Rooms are in order, cookie-jars adequate for the demands of young visitors; shelves hold their supplies of jams and jellies, the pickles and relishes she makes. She prepared the supper, accepting

those foods James likes best. As deftly as always, no action wasted or lost. In her 93 years past, she could answer with certainty all James' queries in regard to the farming being continued on the old fields there.

"This has been a year of good crops," she said "for which all should be thankful."

And a pet day perhaps this was, so warm and beautiful for November, which took us with James once more to visit the most important woman in her daughters' lives—and our girlhood home by the Strait.

Until tomorrow — — — Diary, Good-night.

**MILO W. I.**  
The annual meeting of the Women's Institute was held at the home of Mrs. Angus MacLean on November 3, with the president Mrs. Dave MacDonald, presiding. The secretary, being absent, Mrs. Angus MacLean was appointed secretary for the meeting. The topic was "Remembrance Day." "Thought for the Day," "At daybreak and the set of sun, we shall remember them."

Meeting opened with "O Canada," followed by the creed. Roll call was answered by 8 members paying membership fees and donating an article to the Layette Lift. One new member was welcomed.

The minutes of the last annual, and last regular meetings were read, corrected and signed by president.

The president's address followed, in which she gave a satisfactory review of the year's activities, and thanked the members or their cooperation during the year.

Reports of committees followed. School committee reported visiting school, and the need of towels, wash basin and cleanser. It was moved and seconded to buy the same. Sick committee reported two treats given a and three cards sent.

Mrs. MacLean gave a full financial report, and the books were balanced and audited.

The president resigned, and Mrs. A. MacLean was appointed chairwoman. The following officers were elected: president, Mrs. Angus MacLean; vice-president, Mrs. Everett Milligan; secretary, Mrs. David MacDonald; treasurer, Mrs. David MacDonald; auditors, Mrs. Norman Campbell, Mrs. Hodley MacLean; directors, Mrs. Wallace MacNevin, Mrs. Oliver Gorrill, Mrs. Everett Milligan; condolee, Mrs. Hedley MacLean, press convenor, Mrs. W. B. MacIsaac (re-elected); sick, Mrs. Oliver Gorrill.

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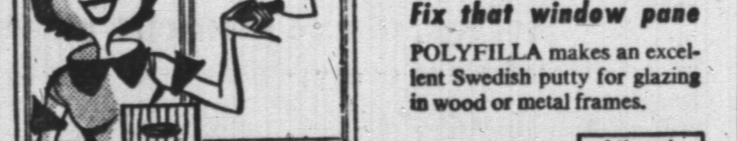
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### IDA BAILEY ALLEN

#### Moderation Is Watchword For Appetites After Forty

Just what makes a meal "good"? Food that is appetizing, with occasional gourmet highlights, combined into a balanced meal that leaves one refreshed and "feeling good" after enjoying it—that's what makes a meal "good."

**RANGE OF VIEWPOINT**  
For women after forty, and for most men, that means a change of viewpoint. No more heavy Sunday dinners that leave a drowsy feeling; no more rich luncheons with whipped cream-topped soups, mayonnaise, rich salads and seven-layer cakes; no more heavy home or restaurant dinners climaxed with ice cream or a wedge of mince pie with cheese.

Moderation, not deprivation, is the watchword. You need and can have three "square" meals a day on 1800 to 2200 calories, depending on physical activity.

**COUNT CALORIES**  
The breakfasts suggested in the Monday column called for 400-500

calories, with a larger allowance at dinner. Why not skip on breakfast and have more calories for a big "lunch?" you ask.

Because you would probably feel over-fatigued by 10:30 and your body would be too tired to properly digest and assimilate a heavy luncheon.

**500-600 calorie luncheons:**  
Salsad Luncheon: 1 c. hot tomato juice with 2 small cheese canapes; chicken, salmon or egg salad (custard cup full) with boiled dressing, lettuce, 3 olives and 3 large potato or cornmeal chips; 1 small roll; 1 thin pat butter or margarine; sherbet or jellied mixed fruits with 1 tsp. whipped cream; tea with sugar and milk.

**Vegetable Luncheon:** 1 c. romme or cream of chicken soup, 2 slices Melba toast; 1 thin pat butter or margarine; vegetable plate of chopped spinach, buttered carrots, half a broiled tomato and 1 1/2 tsp. Welsh rabbit on 1 slice toast; cup custard; tea with sugar and milk.

**Grapefruit:** grilled smoked ham steak; grilled sweet potatoes; green peas; cooked cabbage salad; coconut meringue cake; coffee, tea, milk.

**Cooked cabbage salad:** Into 1 recipe hot cooked salad dressing stir 4 c. well-drained, small-chopped crisp white or green cabbage. Keep warm 5 min. This is also nice served cold.

**Cooked salad dressing:** In double boiler hot, melt 2 1/2 tsp. butter or margarine. Stir in 1/2 tsp. ground mustard, 1/2 tsp. salt, 1/4 tsp. sugar and 1/2 tsp. cornstarch.

Beat and stir in 1 egg with 1 c. undiluted evaporated milk until Cook-stir over hot water until



**THROAT SORE?**  
for common ordinary sore throat  
JUST RUB ON  
**MINARD'S LINIMENT**

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beginning to thicken. Beat in 1 tsp. vinegar and 1 tsp. water. Use hot, as described or chilled with any cooked vegetable salad.  
Coconut meringue cake: Ask 1 pkg. white cake mix following pkg. directions. Transfer to oiled 7"x11" shallow pan.  
Heap batter with coconut meringue (recipe follows). Dust with 1-2 c. canned flaked coconut.  
Bake 45 min. in mod. oven so degrees F. or until cake shrinks from pan.  
Cool.  
Coconut meringue: Use meringue mix; or beat 4 egg whites with 1/4 tsp. salt and 1/4 tsp. cream of tartar.  
Gradually beat in 1/2 c. sugar and 1/2 tsp. vanilla.  
Add 1-3 c. canned flaked coconut.

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