

# Summer-Fresh Mangoes Make For Exotic Eating

MANGOES are as well known and as much used in the tropics as apples are in this country. Now they are being grown in quantities in Florida as wonderful new summer addition to our national fruit of fruits.

Mangoes vary from that of plants of very large apices. The color varies from green to yellow red, orange color being the most common. GOOD FOR YOU

They are not only taste delectable, but are very rich in Vitamin A—630 units to one small mango, more than the recommended daily allowance. As to the calorie count—only 60 to a small mango!

Mangoes are at their exotic best eaten of hand. Or slice like peaches or use in fruit cups or salads.

Measurements level:  
**WAYS WITH MANGOES:**  
 MANGO FOR ICE CREAM  
 1 large ripe mango  
 Wash mango, peel and cut meat from seed. Mash pulp or serve over vanilla ice cream. No sugar is needed for this delicious sauce.

**MANGO AND AWBERRY SALAD**  
 1 pt. fresh strawberries  
 2 large ripe mangoes  
 Boston lettuce  
 Lemon French dressing  
 Wash strawberries; remove hulls; cut in half if large or leave whole if small.  
 Wash and peel mangoes. Slice pulp from seed.  
 Place in bowl with Boston lettuce. Add strawberries and mangoes.  
 Pass French dressing.  
**TROPICAL FRUIT CUP**  
 1 small ripe pineapple  
 2 large ripe mangoes  
 1 1/2 cup fresh orange juice  
 Sugar, optional  
 Grated fresh coconut, optional  
 Peel and slice mangoes. Combine with pineapple and orange juice.  
 Pass French dressing.

When desired add sugar to taste.  
 Serve in sherbet glasses.  
 Dusted with grated fresh or packed coconut.  
**TOMORROW'S DINNER**  
 Stuffed Egg Quarters in Lettuce  
 Oven-Fricassee Duck a la Mode  
 Pilaf of Quick Pearl Barley  
 Corn-on-Cob  
 Fresh June Fruit Cup  
 Lima Beans  
 Hot or Cold Coffee

## PRESIDENT

Pauline Mills McGibb, Toronto, was elevated national president of the IODE at the national chapter's recent annual meeting held at the Empress Hotel in Victoria, B.C. Mrs. McGibb, last year vice-president of the national chapter, holds four life memberships in the IODE.

In other fields, Mrs. McGibb is the first and only woman to receive the University of Toronto Alumni Association's recipient of the Canada Award in 1957, and a member of the board of governors of the Canadian Centenary Council.

Official means; by persistent pump-priming as it were. The individual who truly regards himself as a peacock, occasionally with some of splendid grace, in the scale of worthwhile human values, is not content liberated from the aerobically tedious of critical, honest self-assessment. To use your phrase, his excellence in his own estimation, is a take-for-granted thing. Thus, when treated to lavish praise, he accepts it with happy thanks, while also letting it slide off a certain liberated from the aerobically tedious of critical, honest self-assessment. To use your phrase, his excellence in his own estimation, is a take-for-granted thing. Thus, when treated to lavish praise, he accepts it with happy thanks, while also letting it slide off a certain liberated from the aerobically tedious of critical, honest self-assessment. To use your phrase, his excellence in his own estimation, is a take-for-granted thing.

## MARY HAWORTH

### Self-Praise Advertisers Insufficient Self-Esteem

Dear Mary Haworth: Please give me pointers on what to say to an attractive girl, friend of mine, when she tells me repetitiously how charming she is and how often she is complimented on her outstanding poise, chic, background, etc.

Mrs. Schiller who was born in Windsor, Ontario recently graduated from Queens University from which she holds Bachelor of commerce and law. He is returning to Kitchener, Ontario where he will be articulated as law.

Mrs. Boswell returned recently from attending the Queen's convocation at which her son-in-law graduated.

**WORK TO DEATH**  
 The peribial busy bee literally works itself to death and lives only four to eight weeks after starting to gather honey.

**MAKES DRUGS**  
 The dried roots of the taraxacum are used to make taraxacum—a laxative drug.

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8 The Guardian, Charlottetown, Tues, June 11, 1963.

## HAPPENINGS

A talk on Truth and Beauty was given by Rev. T.H.B. Somers to members of the A.I.P.A. Chapter of the Beta Sigma Chi club's final meeting recently.

Mr. Somers, using the writing-boards, gave an illustration, gave an enlightening view of the topic.

The recently installed executive conducted the business meeting. Members of the executive are Mrs. Stewart Mackey, president; Mrs. Louis Johnston, vice-president; Mrs. Donna D. Hibley, recording secretary; Mrs. Alex Wilson, corresponding secretary; Mrs. Joseph Regan, treasurer.

Linch was served by the hostess Mrs. J.N. MacLeod, assisted by Mrs. C. MacLeod and Mrs. D. MacLeod.

A lobster supper for members and husbands, prefaced by the June meeting of the Kensington St. Mark's Anglican Church Guild, held in the church hall on Monday evening.

The president, Mrs. D.L. McManis, asked the blessing and later opened the meeting with the collect for Whit Sunday.

The treasurer, Mrs. C. O'Brien, reported a profit of \$179.20 on the Easter tea and sale. Mrs. Lester Chapman and Mrs. C. O'Brien, who had been installed in the kitchen. The members voted to pay half for the exterior of the hall, the men of the congregation having volunteered to do the painting. Money was also voted to purchase new outside doors.

Collection amounted to \$275.

Mr. and Mrs. Johnny MacKinnon, Marathon, Ont., are visiting their parents in St. Peter's Bay and Pisiquid.

Taking the scenic route from Italy, where they spent the seven months of winter to their homes in Charlottetown, Mrs. Cyrus MacMillan and Mrs. Hebb, of Large, Charlottetown, spent a week in Toronto with Mrs. F. Morrow. A Toronto paper social column notes that the late Dr. Cyrus MacMillan was the author of the books *Canada's Fair Tales* and *Canadian Women of Today*, and states that Mrs. MacMillan has letters from Queen Elizabeth stating how much her children enjoyed the books.

The 84th graduation from the Prince County Hospital School of Nursing at Civic Auditorium, Summerside, tonight, will see 10 nurses receive their diplomas. H.T. Holman, president of the hospital board of trustees, will preside and guest speaker will be Canon Mark Ferguson, St. Mark's Anglican Church. A reception for the graduates will be held at Memorial Nurses Residence. At the graduation Dr. A. Grant, Summerside, will briefly address the graduates on behalf of the medical staff.

## WI Addressed By International Cody Students

O'LEARY — Five students from Cody International Institute at Antigonish, N.S., gave a brief talk on their native lands and the value of their leadership course at the recent regular meeting of O'Leary Women's Institute held in the elementary school.

The students were J. Andrea, India, Manuel T. Daguey, Philippines, J. T. d'Arce, Canada, Mexico, and Ray V. Chafe, Nova Scotia.

Another feature of the evening was the showing of a film on the Lions Club of P.E.I. A commentary on the film was followed by a question and answer period.

It was announced that the district convention, comprising nine districts will be held at O'Leary Regional High school, June 25 to 27 p.m. The collection will be given to the Retired Children's Association, Thelma Boates and Anne Mabson were appointed as delegates to the provincial convention. July 10-11.

A total of 20 members, a number of large, Charlottetown, spent a week in Toronto with Mrs. F. Morrow. A Toronto paper social column notes that the late Dr. Cyrus MacMillan was the author of the books *Canada's Fair Tales* and *Canadian Women of Today*, and states that Mrs. MacMillan has letters from Queen Elizabeth stating how much her children enjoyed the books.

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## FIVE GENERATIONS MEET SUNDAY

The home of Mr. and Mrs. George Whitehead, Hunter's River, was the scene of an unusual gathering Sunday when five generations were all present. Members of the honoree party included Lorenzo Smith, who will be 79 years old in September, his daughter Ellen, Mrs. John MacLean, Granddaughter, and one great-grandchild left to right are: Mr. Smith, Mrs. MacLean, Harold MacLean, and Mrs. MacLean and Sherry.

## ELLEN'S DIARY

### Strange Mist And Silver Shower Drape The Hills

"A north wind, Ellen" James discarded cigarette, still burning, meeting its breath when he stepped away from the veranda this morning. "A change of weather. It's cooler," he said.

"Feels like that good Friday wind that still stingers" we offered.

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## WOMEN'S ORGANIZATIONS

### WI Preparations Begun For District Convention

KENSINGTON — The Irish-tongued WI met in the Community Hall for the June meeting with 15 members and one visitor present.

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## NORTH RIVER WI

The North River WI met at the home of Mrs. Eric Butler for their June meeting which opened with an answer by 13 members.

Minutes of the last meeting were read and approved. Business arising out of minutes were discussed. School and sick committees were heard. ADAMS bills paid. Donations toward the Cancer Society were turned in.

Committees were appointed to take charge in arrangements for anniversary supper and catering to the Heredots Breeders Association.

It was moved and seconded that \$5.00 be given to each school for the usual school fund. Correspondence was heard and read.

Mrs. Russell Wheatley invited members to her home for the evening.

## SUMMER SCOOP

Scop of the seasons — this lovely whirler trimmed with lace and so comfortable for every day. Choose cotton. Printed Pattern #547. Sizes 12, 14, 16, 18, 20. Misses' prices 3 1/2 yards 28-pick fabric. FIFTY cents (50 cents in coins no stamps, please) for this pattern. Ontario Residents add 2 cents. NAME, ADDRESS, DRESS, STYLE NUMBER, CITY, STATE, ZIP, and PHONE. Send to: Anne Adams, Dept. of Number — Patriot Pattern Dept., 60 Front St. W., Toronto 1, Ont.

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## Rambler Seats — comfortable enough to put you to sleep (or make you enjoy staying awake)

Riding in a Rambler you can lean all the way back and relax. Those reclining seats convert instantly into a lazy nap couch. If you're driving, you can adjust the seat to the best position for you. It doesn't matter if you're 5 foot 2 or 6 foot 4, you get comfort.

For a few extra dollars you can have foam-padded, adjustable headrests installed on your Ramblers. Not only do they give you every body, they're a safety feature you won't get on any other car.

Everybody talks about comfort but nobody does as much about it as Rambler. For what it's worth, our head-room, leg-room and leg-room is equal to or better than other standard size cars. But Rambler also gives you well cushioned chair-height seats in a car that rides steady, rides smooth.

Unusual in the world for the number of special features you get in a Rambler. There's quite an impressive list that includes low price, a guaranteed muffler, battery and coolant, the best rustproofing and exceptional mileage. You also have a good assortment of models to choose from. Take your pick of a convertible, hardtop, sedan or wagon. See them all at your nearest Rambler dealer's.

Have a test run on one of our reclining seats soon.

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