WOMEN

LET'S EAT

There's An Easy Way To Make Fruit Cup

By Ida Bailey Allen

"The most refreshing foods for this season are the fresh fruit cocktails and fruit cups," announced the Chef. "Do you think they are served often enough, Madame?"

TOO MUCH TIME

"No," I replied, because most homemakers think they take too much time to make, peeling and dicing oranges, paring fresh pineapple and taking out the cores, stoning cherries and so on. But there's a practical and easy way to prepare them that makes it possible to keep the fruit mixture on hand, chilled and ready to use."

"You mean freezing?" he asked.

FRUITS TOO SWEET

"Not in this case, Chef. When frozen, a sugar syrup must be added. This often makes the fruit too sweet, especially if they are used as a fruit cocktail at the beginning of the meal.

"To have a good fruit mixture always ready to use, put a cup of single strength orange juice in a glass jar. Add ½ tbs. lemon or lime juice and whatever extra fruit juice and fresh fruit may accumulate from day to day. These might be oddments of fresh pineapple; a sliced peach or nectarine; a diced pear or apple; a couple of sliced stoned plums; some berries; or diced watermelon or cantaloupe.

"Cover the jar and keep it in the coldest part of the refrigerator.

"For serving fruit cocktails as an appetizer, use chilled cocktail glasses and, if necessary, add a little fruit juice of any kind, for fruit cocktails should consist of 1-3 liquid.

FOR DESSERT

"Fruit cups are served for dessert. Use less juice; add a squeeze of lemon juice, then a little honey for sweetening and serve in chilled small glass bowls or wide sherbets. Garnish the top with a berry, cherry, grape or whatever fruit is available.

"And for a chiller de luxe, top the fruit cup with a scoop of fruit sherbet."

OVEN-DINNER

Watermelon Cocktail
Fish Fillets Oven-Saute
Delmonico Potatoes with Onions
Baked Halved Tomatoes
Berry Cake
Hot or Iced Coffee or Tea Milk

Fish Fillets Oven-Saute: Over 1½ lbs. frozen fish fillets (any kind) pour 1-3 c. not-sweet French dressing. Stand at room temperature until almost thawed.

Turn the fillets over to completely coat with the dressing. Season with ½ tsp. salt and ⅛ tsp. each monosodium glutamate and pepper.

Place in a well-oiled baking dish or frying pan that can go-to-table. Bake about 20 min. in a moderate oven, 375 degrees F. or until the fish flakes and browns. Turn once. Garnish of lemon wedges.

Baked Halved Tomatoes: Cut good-sized tomatoes in halves. Dust with salt, pepper and a little monosodium glutamate.

Into each compartment of a muffin pan, spoon 1 tsp. water. Put in the tomato halves. Cover the tops with fine dry bread crumbs, moistened with melted butter.

Bake 20 min. in a hot oven, 400 degrees F.

TRICK OF THE CHEF

Dust sauteed fish fillets with minced fresh dill.

Woman Facing Death Needs to be Rid of Fear Through Faith

DEAR MARY HAWORTH: I am facing death from cancer, though I have been given by doctors and consultants two or three years yet. I am working hard to sustain faith and find understanding and peace of mind.

Above all I need courage, strength of spirit and the grace to face what is to come, without leaving any hurtful mark on my beloved family. My teenage children don't know of my condition — only my husband and my physician.

I need constantly to build on my faith. Could you recommend reading material? I am familiar with Emmet Fox, with Peale, Fosdick, with Unity teachings. My hope is that you will find some other inspirational articles or books that may help. You seem to have a particular talent for bringing forth the unheard-of, obscure (for me) boo

I have been a reader of your column for years and know that you accomplish much good. R. S.

FOUNTAIN SOURCE OF SOUL HEALTH

DEAR R. S.: Your psychological need at this time is to free your thoughts from captivity to fear, so that they may become invested in a growing sense of the reality of God—in Whom, as St. Paul says, "we live and move and have our being." This is the fruitful exercise of mind, whereby one finds understanding and peace of soul. This shift of attention, a man's consciousness, brings him to the fountain source of spiritual health and grace to face whatever comes.

Following is a tentative list of books that should prove helpful to you, in switching gears from fear to faith: "The Healing Light" by Agnes Sanford; "God's Reach" and "Be Thou Made Whole" by Glenn Clark —all three published by Macalaster Park. "The Secret of Effective Prayer" by Helen Smith Shoemaker (Revell publishers). Also, Brother Lawrence's "Letters and Conversations on the Practice of the Presence of God," published in booklet form by the Foreward Movement, Cincinnati 2, Ohio.

In their different ways, these authors are proffering their personal knowledge of God's directly transforming effect on ailing lives that were "treated" by faith, love and prayer.

Speaking of prayer, the late Dr. Alexis Carrel, world-famous scientist, philosopher and physician, has said: "Prayer is not only worship; it is also an invisible emanation of man's worshipping spirit—the most powerful form of energy that one can generate. The influence of prayer on the human mind and body is as demonstrable as that of secreting lands. . .

DOCTOR ATTESTS POWER OF PRAYER

"If you make a habit of sincere prayer, your life will be very noticeably and profoundly altered. Prayer stamps with its indelible mark our actions and demeanor . . . Prayer is a force as real as terrestrial gravity. As a physician," says Dr. Carrel, "I have seen men, after all other therapy has failed, lifted out of disease and melancholy by the serene effort of prayer.

"Prayer is the only power in the world that seems to overcome the so-called 'laws of nature;' the occasions on which prayer has dramatically this have been termed 'miracles.' But a constant, quieter miracle takes place hourly in the hearts of men and women who have discovered that prayer supplies them with a steady flow of sustaining power in their daily lives . . .

"Too many people regarad prayer as a formalized routine of words; a refuge for weaklings; or a child petition for material things . . . Properly understood, prayer is a mature activity indispensable to the fullest development of personality—the ultimate integration of man's highest faculties. Only in prayer do we achieve that complete and harmonious assembly of body, mind and spirit which gives the frail human reed its unshakable strength."

On page 32 of "The Healing Light," Mrs. Sanford quotes a man of science thus: "In the course of our experiments (in radio and TV wave-lengths) we have come to the conclusion that a vibration of very very high intensity and an extremely fine wave-length with tremendous healing power, caused by spiritual forces operating through the mind of man, is the next thing science expects to discover." M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of the Charlottetow Guardian.

The bride's brother, Rev. Father E. Berrigan, C.Ss.R., formerly of Charlottetown, celebrated the nuptial Mass in the Church of the Blessed Sacrament in Fairview, August 1, which united in marriage the former Rita May Berrigan and Dr. Joseph Vingo. The bride is the daughter of the late Mr. and Mrs. George Berrigan of Charlottetown, P. E.I., and the groom the late Mrs. Vingo, of Nelson, B.C. Pictured here with their attendants, they are, from left to right: G. F. Hartridge, Mrs. A. C. Cawley, the groom and is the son of Stephen Vingo and bride, G. H. Gelinas and Miss Rita Campbell. The couple are enjoying a honeymoon trip to Chicago, New York, Philadelphia and Washington, D. C.
—Renwick photo.

Vingo-Berrigan Marriage Solemnized in Fairview, B. C.

Nuptial Mass was celebrated by Rev. Father E. Berrigan for his sister, Rita May Berrigan, formerly of Charlottetown, P.E.I. daughter of the late Mr. and Mrs. George Berrigan and Dr. Joseph Vingo, of Nelson, B. C., son of Stephen Vingo and the late Mrs. Vingo, at the Church of the Blessed Sacrament in Fairview, B. C., Monday, Aug. 1.

Given in marriage by Mr. Jack Campbell, the bride chose a gown of white chantilly lace over satin with a back insert of nylon plisse. Her fingertip veil of illusion net hung from a head-piece encrusted with seed pearls. The bride carried a colonial bouquet of gardenias centred with a mauve cattleya orchid. Her only jewelry was a three-strand pearl necklace, gift of the groom. The bride's wedding ring had been worn by her mother.

The bride's attendants, Mrs. A. C. Cawley and Miss Rita Campbell, wore matching gowns of pale blue tafeta with net overskirts and matching headdresses of blue net. They carried nosegays of sweet peas and carnations.

Messrs. G. H. Gelinas and G. F. Hartridge attended the groom. Dr. John Albi of Spokane and Bruno Pasqualotto acted as ushers.

The altar was beautifully decorated with vases of pastel gladiolus. Two baskets of gladiolus stood on pedestals in the sanctuary.

Organist, Thomas Prime, accompanied soloist Mrs. H. Barone, who sang several selections including "Panis Angelicus," "Ave Maria," "On This Day, Oh Beautiful Mother," and "Just for Today."

Messrs. Tommy D'Aquino and Neil Jerome served the nuptial Mass.

RECEPTION HELD

Fairview Catholic Women's League catered to the reception which followed in the parish hall. Carnation corsages were worn by Miss Gloria Vingo, Mrs. C. Scally and Mrs. E. Sjoberg, who assisted in receiving the guests.

Rev. Father Berrigan proposed the toast to the bride, and P. Capozzi of Kelowna toasted the groom. Dr. Vingo responded to both. Opening grace was said by Very Rev. Fr. P. J. Gallery, and was followed by the cutting of the three-tier wedding cake which was imbedded in pink and white tulle with pink roses and flanked with silver tapers.

Telegrams and messages of congratulations from Prince Edward Island, Toronto, Hamilton and various Knights of Columbus councils were read. Very Rev. Fr. R.D. Anderson offered the closing grace.

For the honeymoon to Chicago, New York and Philadelphia, the bride changed to a black and white check suit with white accessories and matching breton sailor hat. Her costume was complemented by an orchid corsage.

While in Philadelphia Dr. Vingo will attend the Knights of Columbus state convention as state deputy for B. C. The bride is a graduate of Prince of Wales College, in Charlottetown, Prince Edward Island.

Out of town guests included Dr. and Mrs. John Albi, Miss Marlene Seghetti, Mrs. M. Vingo, all of Spokane; Mr. and Mrs. H. Carez, Mrs. R. A. Southwell, David Carez, of Seattle; Mr. and Mrs. P. Capozzi of Kelowna; Mr. and Mrs. J. DeVito, Rev. Fr. Martin, of Trail; Rev. Fr. Brophy of Castlegar; Mr. and Mrs. C. White, Mrs. G. Dickson, Mrs. L. Shutty, Mrs. J. Bendis and son Louis of Kaslo; Mr. and Mrs. W. Elsdon of Bonnington; Mr. and Mrs. R. Elsdon of South Slocan; Mr. and Mrs. H. Laveck of Crescent Valley; A. G. Gelinas of Victoria; Mr. and Mrs. Tom Sweeney, Herman Palica, of Blondell; J. McMahon of Kimberley and Mrs. S. Troyan of Taghum.

Also present were Very Rev. F. Monaghan, administrator of the Cathedral and Rev. D. Cullen.

KEEP IN TRIM

Mother of Four Children Looks Like a Shapely Bride Again

By Ida Jean Kain

MOTHER OF FOUR. . . . . .

Many an overweight points out that she was a shapely bride not too many years ago. The excess pounds started piling on when Junior and Janet arrived, the letters reveal, and although the pounds kept creeping up, there was just "too little time" in the life of a busy homemaker to take action. If that's your lament, take heart from today's letter. This determined young mother of four youngsters made up her mind to shed the pounds before they became "permanent" — and she did!

"When I was married 6½ years ago, I was a perfect size 14 and weighed 133 pounds, just right for my height and bone structure. Several months ago, after my fourth baby was born, I stepped on my bathroom scales, and the pointer didn't stop until it hit 172. I had always felt that I was one of those people who absolutely couldn't diet — but that jolted me. My doctor said that 137 would be my ideal weight. I proceeded to prove that I could diet.

"With four pre-schoolers, I had to keep up my energy, so there were no 'freak' diets for me. I have never been uncomfortably hungry, and this morning my scales stopped at 142 - - 30 pounds lost and only 5 pounds to go! And best of all, as this has naturally taken me sever months, I have re-educated myself concerning food habits and am sure I can maintain my weight at 137.

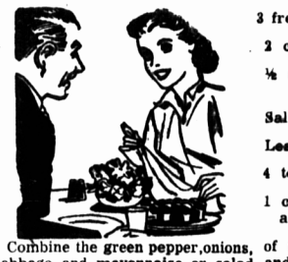
"I gave up all rich desserts and had low calorie fresh fruits or fruits canned in light syrup. Occasionally during my diet I have enjoyed a modest piece of cake for dessert, but then eliminated one of the two daily slices of bread I allow myself. Plenty of protein in the diet and the special dietetic foods have helped. If I feel really hungry between meals, I have crisp carrot or celery sticks or a tomato, and I consider an apple a delicious evening snack. All this has brought me down from a size 20 to a size 16. I'm almost ready for size 14!

"There are two snares I wish every overweight woman would make sure to avoid. First, well meaning friends and neighbors may say, 'Oh, you don't look 30 pounds overweight.' Well, even if they aren't just polite, if you look only 25 pounds overweight, you still look fat. Secondly, you may look at 200 pound Mrs. X and say to yourself smugly, 'Oh, well at least I'm not nearly as fat as she is'. Remember, to reach her present poundage, Mrs. X had to pass through exactly the same stage of overweight that you are at now!

"Your column has given me so much inspiration and encouragement, I wanted to share my delight in my new figure with you."

That's a wonderful story. I know that many young mothers reading it will suddenly catch that quickening of the spirit, and make the important inner decision to recapture that once shapely figure.

COOK'S CORNER MEXICAN VEGETABLE SALAD



3 fresh green onions, sliced
2 cups shredded cabbage
⅓ up mayonnaise or salad dressing
Salt, pepper
Leaf lettuce
4 tomatoes, peeled and sliced
1 cucumber, unpeeled, scored and sliced

Combine the green pepper, onions, cabbage and mayonnaise or salad dressing. Season to taste with salt and pepper. Cover a large chop plate with lettuce. Arrange a ring of tomato slices around the edge and inside this, a ring of cucumber slices. Pile the cabbage mixture in the center. Makes 4 to 6 servings.

ELLEN'S DIARY

By An Island Farmer's Wife

Today then after a week which afforded us a more leisurely schedule than is usual with us, if was back to the old round for this Family again, back to the cares of the farm. How pleasant and lovely this day August gave from a fast failing store! Quietly azure-skied, sunshine-spread, violet-scarfed with a haze along the far hills. A breeze of the west cooled by the pond came up to enter, by way of the front veranah, a door of the kitchen

"Isn't this the best kitchen, Ellen!" James will say of this one ours, when he counts his blessings over a meal of summer spread there. "It's always cool, no matter how hot the day. When people build their houses they should take care to have two doors in the kitchen opening to the outdoors—to verandahs or yard, one front, one back. Then if there's a breath of wind moving, you get the benefit of it there."

Warm today? Even hot. Perhaps a little. But refreshingly cool now in the dark and the dew-fall and blessed still by a wandering breeze . . . And over a dim hillside, above the dark of a woodland in the twilight we found with James the treasure that is the new harvest moon.

"I hope," James said "we'll get good weather with it."

Steadily now the gold of harvest deepens in the grainfields about but as yet no sound of binder or combine has reached us. Only the deepening shade and "the locust's rasping voice" and crickets' tunings remind us that the season is near.

At Alderlea today, one housewife spread her Monday wash and the other mixed and baked loaves of bread. One made raspberry pies from the gleanings of fruit of the other. And sister-to-Jeanie, a holidaying guest, gathered blueberries with Mack in a woodsy glade—and mushrooms in a meadow for supper. And "A farm is the best place!" Mack said.

In this between—season time, the farmers took up a chore which smacks of the builder's art. For some time now, indeed since the spring, they had been planning "the very first chance we get" to lay sills and floors of concrete in the pump-house and garage. Now then was the convenient time and this a day of preparation against the work of it to come.

And the hours, what were they? Ephemeral things . . . gossamer threads spun on the summer wheel of time—no substance, visionary, passing. To bring us all too soon to the night, in which we presently shall "drop asleep, and peacefully along the current of our dreams, glide away to the dim harbor of another day."

Until tomorrow----Diary----Goodnight . . . . .

PIMPLES

If ugly, disfiguring blemishes, Pimples, Eczema, Itching, Scaly Skin, Psoriasis, Acne, Athlete's Foot, Blackheads, or Red Blotches embarrass you, try NIXODERM tonight. Works while you sleep. 1. Curbs itching, burning, smarting in 7 minutes. 2. Kills many germs, often the real cause of skin disorders. 3. Helps heal the skin softer, smoother, lighter. Ask your druggist for NIXODERM today. Satisfaction or money back. And to clean your skin antiseptically use NIXODERM Medicated Soap.

ANNE ADAMS PATTERNS

BACK-TO-SCHOOL:

It's a jumper for now — a sundress for next summer! For back to school, make her one in plaid, another in solid colors. She'll love the blouse with short or three-quarter sleeves. She's sure to be the envy of all her schoolmates! Sew-smart in tweedy fall cottons.

Pattern 4808: Girls' Sizes 6, 8, 10, 12, 14. Size 10 jumper 2⅞ yards 35-inch; blouse 1½ yards.

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. West, Toronto, Ont.

Wife Preservers

Fancy "scored" cucumber effect one easy to make. Just draw a fork lengthwise from end to end all the cucumber and then slice this.

HOUSEHOLD HINT

Mud stains on clothing should be allowed to dry before you try to remove them. Brush off all the loose particles before washing.

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Scottish Nurse Saves Primitive Malayan Tribe

LONDON (Reuters) — A petite, blonde Scottish nurse told how she single-handedly saved a remote, primitive tribe from extinction deep in the steaming jungles of Malaya.

Margaret Morlydd Young, a 27-year-old Red Cross nurse, told her story after receiving a gold medal for meritorious service awarded by the Sultan of Panhang.

She said she volunteered for the mission last September after she heard that the Che Wong tribe, numbering 56 aborigines, was dying out from disease and malnutrition.

Unarmed and unescorted, she waded through the jungle to her mission. All the time she was there, she said, she lived in a mud hut with the tribal chief, his three wives, six children and a mother-in-law.

ATE CIGARETS

Terrified women and children who had never seen a white woman fled from her at first, she recounted. But she made friends by using sign language and distributing chocolate and cigarets. She said the tribesmen ate the cigarets.

In ten weeks Miss Young, who took only a bag full of medicine with her, was able to save the dying tribe. There was not one death while she was there and there have been none since.

She helped the tribesmen till the land, cut down trees and build a hut.

"They were wonderful people," she said. "They would never let me out of their sight. As soon as I went to the edge of the clearing where we lived a tribesman would automatically be beside me on guard."

Although only barely five feet tall herself, she was taller than any of the tiny tribesmen.

Margaret's only link with the world lay over a four-mile jungle track and a treacherous river. The nearest town was 15 miles away through dense jungle.

NAVAL NURSES RELAX

Long working hours are not unusual for women in the nursing service of the Royal Canadian Navy, and the pause for recreation is all the more enjoyed. All set for a game of tennis, between periods of duty in the RCN Hospital at Halifax, are Lieut. (MN) N. Evelyn Stymest, of Upper Rexton, (MN) Audrey I. Miller of Charlottetown. The Navy also has hospitals at Victoria, B. C., and at Dartmouth and Cornwallis, N.S. (NATIONAL DEFENCE PHOTO)

Words Of The Wise

All attachments are lawful except those which climb upward on the miseries or credulities of mankind. —(Joseph Conrad)

Wife Preservers

A thin coat of wax on a dustpan will allow the dust to slide off more easily.

ALICE BROOKS DESIGNS

MAKE IT IN A DAY!

Few quick stitches! You have a Wrap-Tie Halter! Add colorful embroidery by hand or by machine. Takes only 1¼ yards 39-inch fabric.

Pattern 7054: Sizes Small (10-12); Medium (14-16); Large (18-20). Tissue pattern and embroidery transfer. State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. West, Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

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MORNING SMILE

There is a way to avoid taxes. "Don't smoke. Don't drink alcohol. Don't drink soft drinks. Don't use gasoline. Don't buy a cook stove. Don't buy a refrigerator. Don't live. Don't die.

Perfect Trust

With sure instinct, mother chooses only the best for her child. That's why when buying tissues, she prefers Purex . . . for she knows that the gentle softness of Purex makes it perfect for baby's sensitive skin. Refined over and over again, Purex is gentle yet firm, strong and very absorbent . . . better in every way. Make Purex your choice for baby and family too.

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