

SAUNDERS - BOYLE NUPTIALS

A pretty wedding was solemnized on Saturday, April 5, 1958, when the Rev. A. F. MacLean united in marriage Miss Sarah Eileen Boyle and Mr. Lloyd George Saunders.

The bride is a daughter of Mr. and Mrs. Brewer Boyle, New Haven, and the groom is the son of Mrs. Meritta Saunders, Charlottetown, and the late Mr. Saunders.

Bride's Dinner Show Was Success At Niagara Falls

By IDA BAILEY ALLEN

"The audience at our bride's dinner show and demonstration in Niagara Falls today was on their toes," observed the chef. "Regardez, Madame, this collection of questions, written on cards, which were left over after we had answered as many as possible."

Here are some typical questions the young brides asked.

Question: Is crisp or soft lettuce best to use for salad bowls?

Answer: That depends upon whether or not the salad is to accompany the main course.

If served with a main course that includes foods of crisp texture, choose soft lettuce for a salad bowl. If the salad is to be served as a separate course, or the lettuce is part of a special salad plate, choose crisp lettuce for texture contrast and smart appearance.

COOKING RICE

Question: Why don't you wash raw rice before cooking and drain it when cooked? Wouldn't this be a good way to remove the starch for those on a reducing diet?

Answer: Raw rice taken from the package is clean and does not need to be washed. When properly cooked by modern methods, the rice flakes are whole and flaky. Rinsing with cold water is not necessary to prevent sticking together.

Washing rice before and after cooking would reduce a small percentage of starch, but the calorie saving would be too small to compensate for the extra work and time involved.

Question: What is saffron? and why is it so expensive?

Answer: Saffron is a thread-like herb made from the stamens of flowers that grow in Spain.

It takes many pounds of flower stamens to make a small amount of saffron, which explains its expense.

VARIETIES OF MUSTARD

Question: What is the difference between American, Dijon and Bahamian mustard?

Answer: American mustard is tart and not very "hot" in taste, so it can be spread on meat or sandwiches. Dijon mustard, on the other hand, is very "hot" and is designed to be cooked with a food.

Bahamian mustard is mild and slightly sweet. It is used as a relish with meats, especially the smoked meats, and poultry, or sometimes mixed with a sour cream as a dip.

Mile High Meringue: To three egg whites, add 2 1/2 tbsps. cold water. Beat until frothy with a hand beater.

Add 1/8 tsp. salt, 1/4 tsp. cream of tartar, measured scant, and 1/4 tsp. vanilla or lemon flavoring extract. Beat until stiff.

Add 3 tbsps. sugar and continue to beat until still enough to form peaks. Pile into the pie, tarts or cake. Bake in a slow oven, 325 degrees for 12 min.

THIRTY-MINUTE DINNER: French onion soup in bowls, broiled ham slices, pineapple relish, broiled canned sweet potatoes, rosemary green beans, prune-orange compote, coffee, tea, milk.

Pineapple relish from the Chef: Turn the contents 1 (No. 2) can crushed pineapple into a quart-jar.

Add 4 small - diced pimentos, 2 tbsps. non-sweet pickle relish, 1/2 tsp. lemon juice and 2 tbsps.

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Women

Lena Caroline McLure, Women's Editor, Phone 8508

Mon., April 21, 1958 The Guardian Page 7

Canadian Holiday Points To Lakes, Woods, Shore

Canada's Atlantic provinces are featured in the Travel section of the Christian Science Monitor. Considerable space to Prince Edward (three columns) is an Island Beach scene, entitled "Prince Edward Island's Beaches are Spacious and Clean."

The following is the Island excerpt—

GULF BREEZES APPEAL

To learn a hobby while vacationing at Pot Rocks, and Magnetic Hill Island. The only picture used. The lengthy article devotes attention, it is possible to take basic courses at the Arts and Crafts School in weaving, leathercraft, wood turning, metal work, upholstery, and pottery.

There is plenty to see in the province—the 50-foot tidal bore at St. John, Revesfing Falls, Floren Moncton.

If an Island holiday appeals, cross the strait to Prince Edward Island, a million-acre farm, air-conditioned by the Gulf of St. Lawrence. If midday's fancy would lean toward long-haired furs, P.E.I. again would be Canada's center of the silver-fox industry.

Here they grow some of the finest seed potatoes in the world and ship pure-bred cattle and horses abroad; sleek dairy cattle pasture on the lush green slopes and meadows, white with daisies, purple with clover.

The roads and cliffs are a rich red and the sand dunes yellow. Besides farming, the islanders offer warm hospitality to summer guests, build boats, fish, tend

MARY HAWORTH
He's Cost Two Friends

Dear Mary Haworth: My husband, an attorney, was for some time connected with an excellent firm in a neighboring city. Recently he resigned to set up his practice in our suburban community.

He was most unhappy in his previous connection and was involved constantly in personality conflicts with his associates. These were brought on, he declared, by his outstanding ability, that put other members of the firm in the shade.

It was somewhat of a relief to have him start on his own, even though he was unprepared financially to do so. However, another problem has arisen.

I belong to quite a few organizations and have many friends in our town. And Robert now suggests that I make a point of publicizing him among my friends, in order to secure clients for him. He claims that it is unethical for him to promote himself; but that it is my duty as his wife to help him as much as possible.

LOST TWO FRIENDS

Already I have lost two friends because his candor bordered on rudeness, when they went to him for advice. Social events that I once found interesting and relaxing have become a chore nowadays, since Robert invariably questions me, afterwards, as to whether I persuaded anybody to apply to him for legal help.

He avoids gatherings, and prefers to read a good book or watch TV. I feel that my husband has a brilliant mind; but I wonder if he has the temperament for success on his own initiative. And whether I, as his wife, should be expected to go to such lengths for him, when he seems to be doing nothing about furthering his own professional interests.—C.G.

URBANE SLANT

Dear C.G.: I am reminded of a sharp and subtle exchange between a European man and his European wife, on the subject of a wife's preparedness to use her social prestige (if any) to boost her husband's public standing.

While apparently discussing another couple in chaffing vein, actually they were duelling with one another in an exploratory way—being newly married, each for the second time, in middle age.

In speaking of the other pair—also newly married, in a second marriage for both—the European touched for a moment on the other man's choice of second wife. The lady is a well known

BLINDING EXPLOSION

SYDNEY, Australia (Reuters)—Scores of persons were temporarily blinded Friday after an explosion in an ice cream factory released a cloud of ammonia gas from a refrigeration plant.

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Canadian Boys' And Girls' Achievements Compared

Physical Efficiency — When Canada entertained the International Boy Scouts Jamboree in 1956, nad the Girl Guides Camp in 1957, it was a good time to compare Canadian boys' and girls' achievements with those of the youth of other countries.

The First Commonwealth and Empire Conference on Physical Education considered this question: 1. How are Canadian young people rated in comparison with those of other countries?

We of Canada have fallen below other countries in being aware of the importance and value of physical efficiency.

Edith W. Conant, Director of the Programme Department, Girl Scouts of America says: "Many of our girls did not have the physical energy for extended hiking, mountain climbing, cross-country games, or even folk dancing, that girls of other countries tossed off without losing their breath."

2. What Canadian province excels the others in fitness? The Health League of Canada has published the statement: "British Columbia heads the list with 34.8 per cent of the population able to meet the minimum fitness standards. Ontario is lowest, with only 10.3 per cent of the population meeting the minimum standard."

3. What is the reason for Canadian youth inferiority? "We Canadians," Dr. F. G. Robertson told the Conference on Physical Education, "are a nation of riders and spectators, not walkers or active physical participants."

4. How can our national physical efficiency be improved? By a balanced and adequate diet, sufficient rest, and daily physical activity. We need less spectator recreation in the years of growth and more participation in games and sports.

5. Who should be responsible for improvement? For small children the responsibility for adequate exercise lies with the home and the school. For older children it is an individual responsibility. Communities should afford places

UNIONVALE W. I.

Mrs. Bruce MacDougal was hostess for the April meeting of the Unionvale W. I. due to the absence of the secretary, Mrs. Gerald Gamble was appointed for the meeting.

The president, Mrs. Edwin Dignan, opened the meeting by reading a short poem. Ode and creed were then read in unison. Members answered roll call by donating an article for the hospital cart and by displaying a home made Easter bonnet.

Minutes were read and approved. All correspondence was read and discussed, reports were received from all committees. C. A. C. membership was renewed and a donation sent to the Easter Seal campaign.

Next stage of meeting to be held at the home of Mrs. Lillian Andrews. Roll call to be answered by the exchange of seeds and bulbs. Meeting closed by repeating the Island Hymn. Lunch was served by hostess with Mrs. Harold MacNeill and Mrs. Isaac Harris assisting. A social hour followed.

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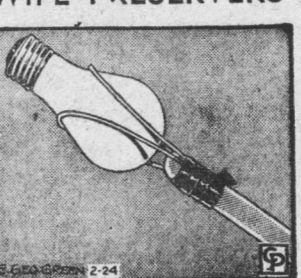
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NUPTIALS

A quiet but pretty wedding was solemnized in St. George's Anglican Church, New Glasgow, N.S., when Ellen Linda, daughter of Mr. and Mrs. Max Yablon, Halifax became the bride of Allan Harry Millman, son of Mr. and Mrs. James E. Millman, New Glasgow on Friday, March 14. Rev. Joseph Abbott officiated. Joseph Abbott officiated. The groom is the grandson of Mr. and Mrs. Harry Silliphant of Summerside.

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MEETING CANCELLED

Due to the meeting of the N.B.-P.E.I. branch of the Canadian Public Health Association the chest clinic at the Provincial Sanatorium on Thursday, April 24 will be cancelled.

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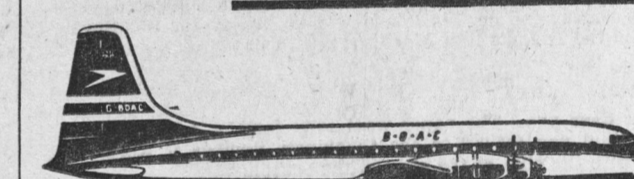
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