

Food Poisoning's A Summer Hazard

By Ida Bailey Allen

Upset tummies are frequent in hot weather, sometimes because we eat too much ice cream too fast or gulp too many cold drinks. More often it is due to mild or severe cases of food poisoning. This is a food-carried illness caused by certain germs or by the poisons they produce.

When food containing certain germs is eaten, the germs continue to grow and multiply in the body, causing illness. Then there are other kinds of germs that grow in food and produce poisons in it.

DANGEROUS CONSEQUENCES
In either case, the consequences are dangerous for babies and older children and most unpleasant for anyone.

To quote from a most helpful booklet, called "Dinner Can Be a Disaster," recently published by the City Health Department of Jacksonville, Florida:

"Germs that cause food poisoning may commonly be found in the nose and throat, in skin infections and in the intestines. They may be scattered and gain entrance into foods by way of the hands and through utensils and dishes that have been handled."

SOME PRECAUTIONS
So wash your hands often when preparing foods. Dry them on a clean paper towel.

Buy only food that appears sound, clean and normal. Avoid serving cream-filled pastries. They may carry food-poison organisms.

Tomorrow's Dinner: Tomato sa-

lad "Zinnia" meat-vegetable pie string beans; buttered beets; bread and butter custard squares; hot or lead coffee or tea or milk.

All measurements are level recipes proportioned to serve 4 to 6. Tomato Salad "Zinnia": This needs a little imagination, but you can really make it look like a zinnia.

For each person, use 1 small ripe tomato, a hard-cooked egg yolk, sliced head lettuce or shredded lettuce and mayonnaise. All ingredients should be well-chilled. Remove the skin from the tomatoes. Then cut each down in eighths almost to the stem end and open up like a "zinnia". Place each tomato on lettuce. Fill the centers with mayonnaise, then cover this thickly with egg yolk first rubbed through a strainer.

Bread N' Butter Custard Squares: Butter an 8" square baking pan. Beat 3 eggs until frothy with 1-3 c. sugar and 1/4 tsp. each salt and nutmeg. Add 2 1/2 c. milk. Pour into the pan. Cover with neatly cut 1" sized squares of buttered enriched bread.

Place custard pan in a larger pan, trapeze into boiling water to 2-3 the depth. Bake in a moderate oven, 375 degrees F., or until the custard is firm and the squares lightly browned. Chill. Serve with or without cream or a sauce of crushed raspberries or thawed frozen sliced strawberries.

Trick of the Chef: Season buttered beets with a little ground all spice.

WOMEN



AFTER WEDDING AT TRINITY

Charivari For Couple Held At Hunter River

A quiet but pretty wedding was solemnized on Wednesday, June 27th at 6 o'clock at Trinity United Church, Charlottetown, when Myrtle Gertrude, only daughter of Mr. and Mrs. Daniel MacFadyen, Hunter River, was united in marriage to Joseph, only son of the late Mr. and Mrs. Silvester MacInnis of Selkirk, Rev. G. Howard Christie being the officiating clergyman.

The bride who was given in marriage by her father wore a becoming two piece suit in powder blue with a corsage of white carnations, and white accessories. Her sister-in-law, Mrs. Reginald MacFadyen, her only attendant was dressed in a two piece suit of coral, with white accessories. Her corsage was of carnations in pastel tones. The groom was ably supported by Mr. Reginald MacFadyen, brother of the bride. The ushers were the bride's brothers Ralph and James.

Following the ceremony a wedding reception was held at Shindlers Lodge for approximately fifty guests. The bride's table was centered with a two-tier wedding cake, topped with miniature bride and groom and was cut in the traditional manner. A toast to the bride and groom was given by Rev. Mr. Christie to which the groom responded. A jolly hour followed and a delicious supper was enjoyed. This was followed by speeches by Mr. Ralph MacFadyen and others which were received with appreciation by all present.

The guests and other friends were then invited to the home of the bride's parents, where a social hour was enjoyed. The Charivari folk arrived to serenade the new bride and were liberally treated to ice cream.

Previous to her marriage the bride was given a shower by the friends and neighbors in the Masonic hall and was the recipient of many nice gifts and a goodly sum of money.

Mr. and Mrs. MacInnis plan to live in Hunter River, where the bride is a valued employee of the Island Telephone Co. Ltd., a member of the Canadian National Railway.

FAST GROWING
The most rapidly growing area in the world today is Latin America, and the slowest is Europe.



THEY LEFT FOR GULL LAKE, SASK.

Barbour-Locke Wedding Celebrated At Alberton

A pretty summer wedding took place at the home of the bride's aunt, Mrs. Arthur R. Wright, Alberton, on Saturday, July 7, 1956, at 4 p.m. when Norma Mae, daughter of Mr. and Mrs. Raeford Locke of O'Leary, was united in marriage to Roscoe Hamill, son of Mr. and Mrs. Neil Barbour of Montrose. The young couple took their marriage vows on the lawn, standing beside a snowball tree in full bloom.

The double ring ceremony was performed by Rev. Murray Gardner, minister of Alberton United Church. Miss Annie Leard played the wedding music and accompanied Mrs. Reginald Thompson of Summerside, cousin of the bride, as she sang "O Perfect Love" during the singing of the register.

The bride was given in marriage by her father. Her ballerina length gown of pink nylon net and lace over satin had a strapless fitted bodice, flounced skirt and bolero with elbow sleeves. A headdress of pearls, evening gloves, kid shoes, pearl necklace and earrings, all in color to match the gown, completed her costume. She carried a cascade bouquet of pink roses and white mums.

Miss Betty Locke was her sister's bridesmaid. Her ballerina length gown was of Caribbean blue nylon with embossed floral design and featured a bolero with short sleeves and Peter Pan collar. Her shoes were yellow. She wore a yellow necklace and earrings and carried a nosegay of yellow mums. Mr. Byron Bowness was best man.

Following the ceremony a reception for sixty guests was held. Miss Marion Barbour was in charge of the guest book. The decorations were pink and white streamers, wedding bells and summer flowers.

A three tier wedding cake, topped with miniature bride and groom, was cut in traditional manner.

A toast to the bride was proposed by Rev. Murray Gardner and responded to by the groom. For her daughter's wedding Mrs. Locke chose a chaste green linen dress with white accessories. Her corsage was yellow roses.

The bride's aunt, Mrs. Wright, wore light blue flowered faille with black accessories and corsage of pink roses.

Mrs. Barbour, mother of the groom, wore a dusty rose silk dress with white accessories. Her corsage was yellow roses.

For travelling the bride chose a light blue flowered dress with navy blue silk poplin duster and pink accessories.

Following a brief honeymoon trip to points on Prince Edward Island, Mr. and Mrs. Barbour left by car for Gull Lake, Saskatchewan, where they plan to reside for a time.

Out of town guests at the wedding included Mr. and Mrs. George Miss Thelma Newson and Mr. Brenton Newson, all of Charlottetown, Mr. and Mrs. Harold McLennan, Mrs. Reginald Thompson and Judy Thompson of Summerside.

Informing the group what they spent the afternoon working at. A solo "Be Kind to Your Parents" was sweetly sung by Beryl Vessey, and a piano selection by Vodia Hughes was then heard. The pianist, Miss Wilson, in her usual capable manner, effectively offered several fitting vocal and piano solos throughout the evening.

A humorous game "Fitting Your Husband A Hat" caused a gale of laughter. All joined in a song followed by refreshments of ice cream and sweets by the hosts.

As the pleasantly spent evening came to an end all departed wishing Ruth and Allison many years of happy wedded bliss. The bride for a number of years has been employed with the Dominion Dept. of Public Works, while the groom is an employee of Mr. Ginger McKay. This happy young couple will reside at 25 Richmond Street, Charlottetown.

WARM WIND
The warm Chinoak wind which blows over parts of Alberta and British Columbia got its name from a camp at the mouth of the Columbia river.

NEWLY WEDS ENTERTAINED
Mr. and Mrs. Allison MacMillan, Charlottetown, who have just returned from a wedding trip to New York, were pleasantly entertained at a miscellaneous shower at the home of Mr. and Mrs. Erith Hughes, Winslow.

To the strains of wedding music being played by Miss Helen Wilson, the bride and groom were ushered by Miss Winifred Hayter and Mrs. Erith Hughes to a "Love Seat," under a most attractively decorated pink and white arch, heavily laden with beautifully wrapped gifts.

CONFIDENTIALLY YOURS

By Byrne Hope Sanders

MONTREAL, July 26th—Wish I had a roof-top... from which to shout the praise of ARRID.

For Arrid will keep you wholly free from perspiration stains and from odour, as it's made, now, with Perstop. There's no need to be only half-safe in your personal daintiness. Just rub Arrid in—and rub odour out. You'll find that it won't dry out in the heat—keeps creamy always. Arrid saves your clothes from any danger of unsightly stains—as so many thousands of Canadians have discovered. These hot July days can be very treacherous, unless one takes the best of precautions—and uses Arrid faithfully. Only 50c a jar at drug counters everywhere.

What An Upstart! We've rigged up a little bell on the top of Bir Isaac's cage... and he's learned how to lift it off and toss it on the ground. Every time we sit down to a meal, our beautiful Budgie goes into his act! He rings the bells inside; climbs outside and slides his mirror up and down so that it swings too. Then he hurries to the bell on top of the cage, catches it in his beak and tosses it on the floor. If we don't pick it up right away and put it back—he chirps and calls to us insistently! He's in perfect condition, thanks to BROCK'S NATURAL FEEDING DIET on which he's thriving.

Oh Bliss! To relax on a hot summer's evening with a tall glass of perfect, iced coffee! It's a way to get the real flavor of freshly-made coffee. It's so easy to use I N S T A N T CHASE & SANBORN. Look through the window on the jar and see the rich coffee color that means rich coffee flavor. The Chase & Sanborn people have nearly 100 years of coffee experience to teach them how to capture all the precious coffee flavor. They promise you the flavor of freshly-made coffee with their Instant. Get a jar right away and discover this new coffee pleasure for yourself.

"Sure, I'll Take Your Travellers Cheques." Those are familiar words in stores, hotels and gas stations across the world! Travellers everywhere carry Travellers Cheques sold by the BANK OF MONTREAL in preference to cash because the cheques are refundable in full if lost or stolen. Yet they are so easily cashed—by you alone—not only at all banks, but also at a wide selection of business places. If you are planning a journey on your vacation this year, make sure you carry your money the safe way—in the form of Travellers Cheques. Buy yours at your local B of M branch. "My Bank" stocks the Travellers Cheques you need, in the denominations you need.

And incidentally, while you're away, why not take advantage of a B of M Safety Deposit Box for the protection of your valuable papers and trinkets?

Ask Any Doctor And He'll Agree that the common housefly is a dangerous disease carrier. But there's one safe and simple precaution that every housewife can take to help protect her family's health during these late summer months. Just ask at your corner store for the new, push-button FLY-TOX AEROSOL. It's available in two sizes, the larger of which is no bigger than a water tub and contains enough concentrated, triple-action Fly-Tox to spray 100 rooms when used as directed. Fly-Tox is also available as a standard Liquid Spray. Either way Fly-Tox will keep your home insect free all summer long—for just a few cents a day!

Mid-Summer Heat is very hard on little ones... that's why it's so vitally important to give them FARMER'S WIFE Formula Milks, which have proven the best for so many thousands of little ones over the years. You can buy Farmer's Wife in three types—as recommended by your doctor: Whole Milk (Red Label), or Skimmed Milk (Yellow Label) or Partly Skimmed Milk (Blue Label). The last one is a high-protein, low-fat formula milk which means baby will have fewer feeding disturbances and gain weight more easily. All are vacuum packed in a golden lined tin to protect the fresh natural flavor and nourishment.

SUMMER CLEARANCE

DRESSES COTTON SKIRTS
SWIM SUITS — SHORTS
SHORTIE COATS
MATERNITY DRESSES & SKIRTS
SUITS . . . \$10.00 ea. DUSTERS . . . 1/2 PRICE

33 1/3 OFF

COTTON SLIPS, reg. \$2.98 — Clearing \$1.99
CORDUROY JACKETS 1-3 OFF
Also BLOUSES, SWEATERS, PURSES, BRAS REDUCED

The FASHION SHOPPE

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|--------------------------------|------------------------|---------------|----------------------|----------------------------|
| MOLASSES | Crosby Quart | 35c | | |
| PUFFED WHEAT | 8 Qt Size | 35c | | |
| SHINOLA WAX | 1 Lb. Can | 39c | 2 for 75c | 2 lge. pkgs. 59c |
| SUNLIGHT SOAP | Laundry Soap | | 2 for 25c | |
| TEA BROKEN | Pekoe Special | lb. 93c | | 11 Oz. Size |
| WAX PAPER | 100 Ft. Roll | 29c | | 2 for 49c |
| TOMATO JUICE | York 48 Oz. | 35c | | |
| BAKING POWDER | Magie 1 Lb. Tin | 37c | | |
| MARMALADE | Shirriff's Good Morn'g | 49c | | |
| FOWL | GRADE "A" & B | Lb. 39c & 37c | CHEESEFURTERS | New Cheese Wieners lb. 49c |
| | | | BEEF LIVER | Young Tender lb. 35c |
| | | | COTTAGE CHEESE | Ideal Brand 25c |
| BEEF PIES | | | MAPLE LEAF RHINDLESS | |
| KIDNEYS, lb. | 19c | | BACON, lb. | 59c |
| PORK HOCKS, Sweet Pickled, lb. | 19c | | | |

SPRINGTON W.I.
Mrs. Duncan MacIntosh was hostess to the members of Springton W.I. for their July meeting. The President, presided and the meeting opened by repeating the Mary Stewart Collect, followed by the reading and signing of min.

NEW GLASGOW U.W.M.S.
The New Glasgow United Church W.M.S. was held at the home of Mrs. C. S. Dingwell on July 5th. The devotional period was conducted by Mrs. David Moffatt. A hymn opened the worship period, followed by scripture and prayer. A hymn closed the worship period. Minutes of previous meeting read and approved. Ten members and four associate members were present. The friendship secretary reported 35 calls in homes; one hospital call; three treats; 12 bouquets and three cards sent.

Appointments for August: Mrs. Ella Semple, Mrs. Chalmers Laird; leader, Mrs. Heath Houston; heralds, Mrs. David Moffatt, Mrs. Ed Stevenson, Missionary prayer, Mrs. Wilfred Orr.

Mrs. Stanley Houston invited members to her home for the August meeting. Miss Anna Stevenson lead in prayer for adoped missionary. Meeting closed by repeating the Lords Prayer.

Money from the sale of Cards and Cod Liver Oil capsules was handed in. Collection was then taken up.

Rose Valley Concert will be held in Hartsville Hall next Friday. It was decided to buy bread and filling for sandwiches and each member bring sweets. Chocolate dips will be sold during intermission. Mrs. James Bryenton kindly invited the members for next meeting.

The meeting was then adjourned after a dainty lunch was enjoyed by all during the social hour.

For all your baking use

Words Of The Wise
Don't waste life in doubts and fears.—(Ralph Waldo Emerson)

HOUSEHOLD HINT
A satisfactory home freezer should not only be built to hold frozen foods at zero temperature, as recommended for storage, but should have the capacity to produce sub-zero temperatures if you wish to use it for fresh vegetables. For example, peas should be quickly frozen at sub-zero temperatures or they may not retain their garden fresh flavor when changed with helping her husband steal cars, a woman in Milan, Italy, told police she only went along to make sure he wasn't running around with other women.

FAST GROWING
The most rapidly growing area in the world today is Latin America, and the slowest is Europe.

BARGAIN OFFER!

6 PIECE FOOD SAVER SET

only 75¢ when you buy Swift's Premium Canned Meats
regular \$1.50 value

Each container holds a full 16 oz.

A must for your kitchen... handy for picnics too!

Today, buy delicious Prem. Swift's famous canned Ham, savoury Beef Stew or any of the many other top quality Swift's Premium Canned Meats—ideal for meals-in-a-minute, and unexpected guests. Then clip off the label or last inch of keystrip and send for your bargain food saver set!

SWIFT'S PREMIUM CANNED MEATS
SWIFT'S PREMIUM CANNED MEATS, FOOD SAVER SET, BOX 1875, TORONTO, ONT.

Please send me a 6 piece food saver set. I enclose 75¢ in cash or money order, and one label or the last inch of one keystrip from a tin of Swift's Premium Canned Meats.

Name: _____ (please print)
Address: _____
City: _____ Province: _____

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