

Women

The Guardian, Charlottetown, Mon. Dec. 16, 1968. 9

HAPPENINGS

Andrew Jenkins, Women's Editor; Phone 4-5906

Alvin MacDonald returned by plane to Goose Bay, Labrador, after spending some time at the home of Mrs. and Mrs. Alfred Fisher, South Lake and with his parents, Mr. and Mrs. Wallace MacDonald, Charlottetown.

Mr. and Mrs. George Hawkins have left Charlottetown to spend the winter in Fort Lauderdale.

Dr. and Mrs. J.A. MacMillan returned this week from a holiday in Toronto and Jamaica.

Mr. and Mrs. Peter Mellish and young son, Peter of Glouce Bay, are spending a few days in the home of Mrs. and Mrs. W.N. Mellish, Newland Crescent.

Mr. and Mrs. Wallace Rodd left Friday for a three week holiday in Fort Lauderdale, Florida.

Mr. and Mrs. George Grant, Wainwright Drive, were honored on the occasion of their 50th wedding anniversary by the congregation of the Central Church last night. Also in attendance was their son Lloyd

Gifts were exchanged around a gaily decorated tree, and all were treated to candy. The ice cream and candy were provided by the Parkdale WI.

The popular Adult Physical Fitness classes conducted by Jack Proude every Monday evening at Parkdale Junior High School have been suspended until the New Year. Approximately 50 members are enrolled, and others from adjacent communities are expected to join when classes resume.

An "Islander" get-together in the form of a housewarming party was given for Mr. and Mrs. Alvin Burke who have recently moved to Toronto from Piquet, P.E.I.

Many former Islanders, now residing in Toronto and vicinity, attended this gathering. Mr. and Mrs. Burke were presented with two table lamps by Alice Coffin and Mrs. Alison Burke. An address of welcome was read by Gordon Joy.

MARY HAWORTH

Bittered And Bored, Wife Considers Divorce

Dear Mary Haworth: I am 38, married 19 years, have a daughter 18 and three sons. I am interested in church (the Pentecostal), and I am interested in school and Red Cross work. We belong to no clubs and have no outside activities.

We never discuss anything except when he's drinking and wants to argue, which leads to quarrels. He thinks I am too busy on the children (he isn't) and school and Red Cross work. We belong to no clubs and have no outside activities.

I feel I am almost completely out of love with him. Sometimes I feel I'd like to start all over with a new partner but other men never look good to me, although I can imagine nothing worse than living without a man.

I think I really love him but he has hurt me so often that I want to repay him in full. How can I change? I know I can't. I am interested in church (the Pentecostal) and I am interested in school and Red Cross work. We belong to no clubs and have no outside activities.

You are presently at grips with deeply boredom, state of bitterness, frustration, and apathy, which signifies that you aren't using a fraction of the intelligence, energy and creative potential that are bottled up in your largely stifled social character.

If you were to blast your housewife role, into the public field of community usefulness, you would set looking forthrightly to him for ego-support which he has never given. You would have other sources of income on that score. And as noted your growing independence, he would react instinctively to the change by taking steps to court your approval of him.

What of which should vastly improve the emotional climate at home.

As far how to begin, I suggest you start by getting a part-time paying job (easier on the children than doing it though think). Do this partly for pocket money, for spending as you wish, but also to pull yourself out of a rut at home, and to foster the habit of looking your best.

Next, get into volunteer work for your church, political party or charity organization or two, as many good causes as your leisure can cope with. Over-commitment is better than under-commitment. It keeps you alert, turning vibrantly from one pressing interest to another, with no time for brooding or boredom.

When committed, carry through, enlisting the children and possibly even your husband in the project. Do it with your good works.

For help in healing your emotional scars, I recommend Aelred Watkin's book, "Enemies of Love" (Kenley publishers), N.H.

Mary Haworth counsels through her column, not by mail or telephone, but by writing her in care of The Guardian.

WOMEN'S ORGANIZATIONS

North River WI Members Plan For Talent Caravan

The December meeting of the North River WI was held at the home of Mrs. Roy Bruce. The president, Mrs. Earl Younker presided.

Roll call was responded to by 10 members. The secretary, Mrs. Elmer Yeo read the minutes which were approved. Correspondence consisted of a letter from the United Service Committee, thanking members for a layette received.

Letters from the Travel Bureau and Carol Lane Award were also dealt with. School and Sick committees gave reports with minutes.

Program conveners were appointed for the year, and they will meet monthly for program outlines each month.

Plans were made for the Talent Caravan to be held in Junior Farmer's Hall in December. Mrs. Fulton Warren invited members to her home for a Jan. meeting. Roll call will be "A New Year's Resolution".

The business portion of the meeting was conducted by the president, Mrs. Yeo Campbell, after which a Bible quiz was presented by Mrs. St. Luke was presented.

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meeting was conducted by the English president, Mrs. Gunnar Pedersen; the secretary, Mrs. Royce read the minutes of the previous meeting, and correspondence. The report was read from the secretary of the Retarded Children's Assoc.; from the secretary of the B.I.A. Anderson, corresponding secretary of the United Church Women's League.

Following the service and a business meeting a social hour was enjoyed and lunch was served by the hostess.

BEDEQUE MEETING
The December meeting of the Bedeque United Church Women was held in the Church Hall with 11 members present.

The theme for the worship was "Christmas", which was conducted by Mrs. Percy Wood. The service was followed by the singing of hymns "Who is in Yonder Stall" and "The Christmas Carol".

Treasurer, Mrs. George Henderson received the offering and reported the allocation of funds. The program was presented by Mrs. Ernest Johnson on "The Christmas Carol".

MARGATE WI
KENSINGTON: Mrs. D. R. Baker entertained the Margate WI at the December 10th meeting. With the vice president, Mrs. Lorne Adams in the chair, Mrs. Harold Aitken presided.

Mrs. Keith Warren will have the next meeting on Dec. 20th. Mayhew, Shirley Thompson and Ed Johnson as committee.

NEW LONDON U.C.
Mrs. M. MacKay presided at the meeting of the New London United Church Women held Thursday evening, December 5th.

The business was conducted by the president, Mrs. Yeo Campbell, after which a Bible quiz was presented by Mrs. St. Luke was presented.

TIGNISH U.C.
The Tignish United Church Women held their Christmas service on Dec. 10th at the home of Mrs. Henry Christopher.

The service was conducted by the pastor, Rev. Mr. A. C. Green, after which a Bible quiz was presented by Mrs. St. Luke was presented.

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IDA BAILEY ALLEN
Combat Common Colds
With Fresh Fruit Juice

AMERICANS are living in the most food-conscious era in our times. If not watching our diets healthwise, we are watching our calories to lose weight.

Organization clarified by the spiritual director, Rev. M. J. Rooney. The meeting closed with the usual prayer. A social evening was enjoyed which included decorating a Christmas tree for the needy with gifts brought by the members, and a few games of cards.

MT. STEWART WI
In spite of weather conditions there was a good attendance at the monthly meeting of M.S.W. at the home of Mrs. Harold Aitken.

Mayhew presided, and 12 members responded to roll call with Christmas verse.

The community friendship service was presented by the treasurer, Mrs. Ray MacLeod. The financial statement for the year was read and discussed.

It was decided to pack a box of used clothing for missions in the church on the following day.

ST. SIMON AND ST. JUDE C.W.L.
The regular monthly meeting of the St. Simon and St. Jude Parish Council of the C.W.L. took place Tuesday evening, Dec. 3rd in Dalton School, with 19 members in attendance.

The president, Mrs. Harold Cormier opened the meeting with prayer. The minutes of the previous meeting were read by Mrs. Howard Harper.

Public Health Nurses for Central Region (Northwest Ontario and Manitoba) \$4,290 per annum plus \$240 per annum for certificate in public health nursing with annual increments up to \$4,740.

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The cardigan neck line is MOD. Be a hit. It's so smart, simple and attractive. Wear it with your favorite slacks. You'll love the pleated front.

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FIFTY CENTS (50 cents) in store or by mail. Order 4816: Half Size 14½, 16½, 18½, 20½, 22½, 24½. Size 16½, requires 4 yards of 45-inch fabric.

HOUSEHOLD HINTS
A rubber pad in the seat of baby's high chair will keep the restless little one from slipping out.

A nylon hair net slipped over a feathered hat will permit the hair to be brushed with a comb and feathers unruined.

If you use hot water for sprinkling clothes, they will be ready to iron much sooner than if you use cold water.

Streak a few teaspoons of powdered coffee through a plain cake batter with a spoon to produce a mocha marble effect good both hot and cold to eat.

WIN \$100 worth of MERCHANDISE for Christmas
Each week you can enter your name for the big draw. Dec. 20th! Just think, \$100.00 worth of quality merchandise can be yours for Christmas. Merchandise will be selected by Dec. 31st.

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by Alice Brooks

INGRES FLY BY!
The collar converts to a hood for the child warm at play, or on way to school!
Swift knit - use 1/2 lb. worsted for cable - trimmed jacket. Pattern 7248: directions on page 104.

Thirty-five 5-cent (coins) for this pattern (to stamps, please) to Alice Brooks, care of Guardian - Pattern Dept., 60 Front St. W., Toronto 1, Ont.

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ST. JERON JUCE, BANANAS & R Powdered sugar.
Sift in cream, orange ice and glass. Top with crushed ice & glasses. Garnish with orange segments. Serves 6.

GRAPEFRUIT JUICE COCKTAIL
1 egg
1 c. fresh grapefruit juice
4 tsp. honey or sugar or ¼ tsp. granulated sugar substitute
1/16th tsp. salt
Ground nutmeg or cinnamon
Fresh mint leaves for garnish
Separate egg. Beat white stiff and yolk until lemon-colored. To yolk beat in fresh grapefruit juice, then honey & sugar or substitute and salt.
Fold in beaten egg white. Fill tall glass with crushed ice. Pour in grapefruit mixture. Dust with fresh mint. Serves 1.

TOMATO FRUIT JUICE
DINNER
Grapefruit Halves
Diced Beefsteak with Cabbage
Whipped Potato
Cold Slaw with Chopped Olives
Peaches
Coffee Tea Milk
THE CHEF'S DICED BEEFSTEAK WITH VEGETABLES
Heat 2 tbs. each oil and butter in a 10 inch frypan. Add ¼ c. chopped onion; saute until beginning to turn color. Add 1 lb. small - diced tenderized beefsteak; stir until coated with oil; saute until nearly browned.
Add 2 tps. thawed frozen vegetables; ½ cup bouqon juice; 1 tsp. kitchen bouquet and ½ tsp. seasoned salt; cover. Cook 7 min. or until vegetables are fork tender.

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MEASUREMENTS level
GRINGER ALE FLOAT
2.3 c. strained lemon juice
2 mashed ripe bananas
1 c. powdered sugar
1 c. heavy cream
1 pt. orange ice or sherbet
1 c. chilled ginger ale
12 orange segments
Blend, then refrigerate for 1 hour.

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