

Milk Proves Important As Supplement to Daily Diet

By IDA BAILEY ALLEN
WHILE MILKING in and around London, England, a large sign on a billboard attracted our attention:
"Drinks Pinta Milk Day"

Friday: Milk: Choice of tomato juice or clear soup; braised beef kidneys with a green vegetable; baked fish with water cress; lean roast beef or lamb with green vegetable; choice of an apple, orange or pear.

HAPPENINGS

Plans for the Tallman Tea on March 27 highlighted the agenda for the meeting of Alpha Beta Sigma at the home of Mrs. Charles Trainor.

Masonic Temple. This supper was convened by the ways and means committee. After supper, if tables of cards were in play, and the prizes went to I. Mrs. Julien Herpin; 2. Mrs. Douglas MacKinnon; 3. Mrs. Norman Thompson; lucky ticket, Mrs. Garth Herpin.

MR. AND MRS. LLOYD McLEAN
Young Couple Are Inited In Ceremony At N. Wiltshire

North Wiltshire United Church was the scene recently of a pretty wedding when Marie Estelle, daughter of Mrs. Edward Burghide, New Wiltshire was united in marriage to Lloyd Archibald MacLean, son of Mrs. Archibald MacLean and the late Mrs. MacLean.

Mrs. Betty Shaw, RN, left last week by plane to spend a fortnight at the Eastern Star Hospital for an observation period in operating room technique.

The names of Mrs. John Sutherland, of the late Mrs. Wark, Lewis Spring Park, and Mrs. C. L. Seaton, of the late Mrs. special service at the World Day of Prayer held at the First Presbyterian Church, Charlottetown, on Friday afternoon.

MARY HAWORTH
Young Wife's Life Made Miserable By Gossips

Dear Mary Haworth: I am a young wife with children and I have a part-time job. I have been accepting rides home from a casual co-worker.

ELLEN'S DIARY
"Open House" At School Brings Back Memories

So pleasant a day. And so pretty a scene, the telltale snow fully and all the snow under the feet, walked the youngling of the first "testing" ones!

WOMEN'S ORGANIZATIONS
Lower ontague Institute Plans For Variety Show

The regular monthly meeting of the Lower ontague Institute was held on Tuesday evening March 6 at the home of Mrs. E. Ernest Worth.

P.E.I. Hospital's Sr. Ladies Aid Hold Meeting

The March meeting of the Ladies Aid at the St. Edward's Hospital was held at the Cuddell Home on Monday afternoon.

Margate Group Takes New Food Processing Plant

A guided tour of the Seabrook Farms plant at New Annan was given to the members of the Margate Group of Margate United Church on Friday afternoon.

Staley Bridge U.C.W. Discuss Special Service

Plans were made at the March meeting of the New London United Church Women for the World Day of Prayer service to be held by Staley Bridge United Church on Friday afternoon.

Pantry Sale Plan Is Discussed By Side UCW Unit

SUMMERIDE - Unit No. 3 of the United Church Women met on the Sunday school auditorium on Tuesday evening, March 6.

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with the president, Mrs. W. A. Morrison presiding. A "Cookbook" was presented a very interesting roll call, responded to by nine members and one visitor.

HIGHFIELD WI
Mrs. Stephen Halvord was a hostess to the Highfield W.I. for their March meeting.

TOMORROW'S FAMILY DINNER
Includes half the daily 3 ts. fresh or reconstituted milk needed by a family of 6.

Special Campaign
A special campaign directed to mothers of teenagers suffering from "hair loss" is being carried out.

News From The Chef
The water used in reconstituted non-fat dry milk can make a big difference in how it tastes.

Seven-Day Milk Reducing Diet From England
EAT NO OTHER FOODS FOR 7 DAYS. Use whole milk; meat or fish; 1 glass milk (1/2 oz.); 1 boiled or poached egg; 1 tea or coffee.

Women's Organizations
Lower ontague Institute Plans For Variety Show

Avonlea W.I.
The March meeting of the Avonlea Women's Institute was held in the home of Mrs. Olaf Stevenson with the president, Mrs. McCourby, in the chair.

Household Hint
To clean a picture that has become dingy after being stored away awhile, remove glass and frame and rub gently with a cloth of bread.

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Minutes were read and committee reports given. Correspondence was discussed and a donation of \$10 was voted to "Care" Questionnaire on Farm Forum was discussed and filled out. Home Economics Scholarship fund of \$10 was paid.

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