HAPPENINGS

Mr. and Mrs. George MacMillan and Donnie Johnston of Stanhope and Mr. and Mrs. Roy Tuplin of Burlington spent the weekend with their sister and brother-in-law, Mr. and Mrs. Pridham Johnstone in Oromocto, N.B.

Mr. and Mrs. Joseph Smith left for Montreal on Sunday after spending a vacation with Mr. Smith's brother and sister-in-law in Summerside and with another brother and sister-in-law in Johnston's River. They were accompanied on their return to Montreal by Mr. Smith's mother, Mrs. John Smith.

The winners of the lottery held recently in aid of the St. Dunstan's Basilica Altar Society were: 1. Mrs. Frank Hughes, 138 King Street; 2. Mrs. William Keizer, Euston Street; 3. J. T. Valley, 139 King Street; and 4. Mrs. John Purcell, Richmond Street.

Mr. and Mrs. James Smallman and young son motored to Charlottetown recently. They were accompanied on the trip by Mrs. Smallman's mother, Mrs. Garfield Gorrill and her sister and brother. Mrs. Smallmen's grandmother, Mrs. Caroline Boulter and her aunt, Mrs. Ethel Silliker of Milburn also accompanied them. While in Charlottetown they were guests of Mrs. Joseph Hennessey, Alexander Drive.

John MacDonald, student at Acadia University, spent the Thanksgiving weekend with his parents at Kilmuir.

Mrs. M. S. MacKinnon and son James have returned to their home in San Diego, Cal. after spending the summer at their old home in Point Pleasant. They also visited with Mr. and Mrs. Alva Allen in Montague.

Mr. and Mrs. Vincent Boudreault, of Saint John, N.B. were guests this weekend of Mr. and Mrs. Thomas Boudreault, Lower Montague.

CLARK - BARD NUPTIALS

A wedding of interest to Islanders took place at Grosten-quin, France on July 2, 1962 when Rev. Goodwill McDougall united in marriage Carol Virginia Bard, RN, daughter of Mr. and Mrs. Charles Bard, Orillia, Ont. and Flying Officer Roger Ira Clark, son of Mr. and Mrs. Frederick Clark, Mt. Stewart, P.E.I.

MR. AND MRS. PRESTON D. MacDONALD

First Baptist Church Is Scene Of Pretty Summer Wedding

The First Baptist Church in Charlottetown was the scene of a pretty wedding recently when Phyllis Velma, daughter of Mr. and Mrs. Leonard Newson, Sherwood, became the bride of Preston David, only son of Mr. and Mrs. Joseph MacDonald, Souris. The double ring ceremony was performed by Rev. T.W. Howard.

Miss Florence Simmons played the wedding music and Miss Arlene MacDonald, as guest soloist, sand "O Perfect Love" during the signing of the register.

The bride, given in marriage by her father, looked lovely in her floor length gown of white tiers of lace and nylon net over taffeta. Her lace bodice was fashioned with a scalloped neckline and long sleeves tapering gracefully over the hands. Her veil was held in place by a tiara of pearls and sequins. She carried a cascade bouquet of American Beauty roses.

Mrs Donald McCarron was the matron of honor for her sister. She wore a soft yellow gown with matching accessories and a corsage of yellow carnations. Miss Gloria Newson sister of the bride, was the bridesmaid. She wore a blue gown with matching accessories and carried a nosegay of pink carnations

The groom was attended by James Craig of Breadalbane and the ushers were Donald McCarron and Richard Lutz.

For her daughter's wedding, the bride's mother chose a green brocaded satin dress with matching hat and accessories and her corsage was of carnations. The groom's mother was wearing a gown of beige rayon crepe with matching accessories and a corsage of carnations.

Following the ceremony a reception was held at the home of the bride's parents. The bride's table was attractively decorated and centered with a three-tier wedding cake. The toast to the bride was proposed by Rev. T.W. Howard.

Miss Linda MacRae, friend of the bride, was in charge of the guest book.

Mr. and Mrs. MacDonald are now residing in Halifax, N.S.

Prior to her wedding the bride was tendered a shower at the home of Mrs. Barry Moore.

Dalton-Howard Vows Are Pledged At Ceremony In Lot 7

St. Mark's Roman Catholic Church in Lot 7 was the scene of a pretty wedding recently when Leona Eileen, daughter of Mr. and Mrs. Thomas Howard, Cape Wolfe and Louis Francis, son of Mr. and Mrs. Peter Dalton, were united in the holy bonds of matrimony.

The double ring ceremony was performed by Rev. David McTague, who also celebrated the nuptial mass. The mass was served by James Dalton.

The bride, who entered the church on the arm of her father, was radiant in her floor length gown of white lace over satin, featuring a fitted bodice, lily-point sleeves and a gored ruffled skirt. Her shoulder length veil of tulle illusion was held in place by a headdress of sequins and pearls. She carried a white missal and nosegay of sweetheart roses.

The wedding music was played by Mrs. Harold Howard, aunt of the bride

Mrs Mark Doyle attended her sister as matron of honor. She wore a gown of maize nylon over taffeta with matching headdress and gloves and carried a nosegay of mixed flowers.

The Misses Susan and Alma Howard, twin sisters of the bride, were bridesmaids. They wore identical gowns of blue nylon over taffeta with matching headdresses and carried nosegays of mixed flowers. Little Marcia Doyle, niece of the bride, was the flower girl. She wore a dress of maize nylon over taffeta with matching headdress and carried a basket of mixed flowers.

The groom was attended by his brother, Donald Dalton, Doyle Griffin and Bernie O'Connor ushered the guests to the pews, which were marked with rosettes and streamers.

For her daughter's wedding, Mrs. Howard chose a white and beige floral sheath dress with beige and white accessories. Her corsage was of white carnations. Mrs. Dalton wore a gown of beige and green floral print with beige and white accessories. Her corsage was of white carnations.

The soloist was Miss Peggy Grant of Summerside, who sang "Jesus, My Lord, My God, My All", "Ava Maria" and "Mother At Your Feet is Kneeling".

Following the ceremony a turkey dinner was served to 65 guests at St. Anthony's Lot 5 parish hall.

The bride's table was tastefully decorated and centered with a three-tier wedding cake. Mr Harold Howard, uncle of the bride, was the toastmaster and called on Rev. David McTague to propose the toast to the bride. Mr. Donald Dalton proposed the toast to the matron of honor and the bridesmaids.

Congratulatory telegrams were read by the toast master and complimentary remarks were made by many guests. Following the dinner a reception was held at the bride's home where a dainty buffet supper was served.

The young couple left on a motor trip to points of interest in the Maritimes and Quebec. For travelling the bride chose a beige and brown print dress with white accessories and a corsage of white carnations. She wore a single strand of pearls, a gift from the groom.

Mr and Mrs. Dalton are residing in Charlottetown, where the groom is a manual training instructor at Birchwood High School, and the bride is a member of the teaching staff of Spring Park Elementary School.

Out of province guests included: Mr. and Mrs. Mark Doyle and family of Toronto, and Mr. and Mrs. John Power and family of Montreal.

WOMEN'S ORGANIZATIONS

"Letter Friends" Is Theme Of Stanhope WI Meeting

STANHOPE — "Letter Friends" was the theme for the October meeting of the Stanhope Women's Institute held at the home of Mrs. George Hooper recently.

It was reported that Mrs. Harry MacLauchlan had purchased playground equipment

Paynter led the group in a responsive reading, followed by a prayer.

Roll call was answered by 11 members and one new member was welcomed to the group. The minutes of the last meeting were read and approved.

Committees for the pantry and rummage sales to be held on Friday evening, October 12 in the town hall were appointed. It was moved by Mrs. Ron Kennedy and seconded by Mrs. Jackie Bernard to hold meetings on the second and fourth Tuesday of each month.

New committees are as follows: devotions, Mrs. Willard Thompson; program, Mrs. Wallace Thompson: lunch, Mrs. John Paynter and Mrs. Newton MacArthur.

The meeting closed with the benediction and a contest was put on by Mrs. Albert Boyle.

Lunch was served by Mrs. Allan Champion assisted by Mrs. Keith Thompson.

Young Women's Guild Has Meet In Kensington

KENSINGTON — The Kensington Presbyterian Young Women's Guild held its regular meeting on Tuesday evening, October 2, in the guild room. The president, Mrs. Allan Champion presided.

The meeting opened with the Lord's Prayer and Mrs. John

SCHOOL 121 YEARS OLD

KINGSTON, Ont. (CP) — Queen's University campus celebrations today will mark the school's 121st anniversary. The royal charter creating "Queen's College at Kingston" was signed on Oct. 16, 1841, by Queen Victoria.

IDA BAILEY ALLEN

Delicious Gluten Bread Is An Nutritional Diet Food

GLUTEN bread is very much in the food news today and is a valuable adjunct to a high protein diet.

Question: Why is gluten bread indicated in many slimming diets?

Answer: Because it is made of gluten flour (the secondary protein of wheat) which, when activated by animal protein (meat, poultry, fish milk, cheese, eggs), becomes complete and helps to produce muscular rather than adipose tissue.

WHERE TO BUY?

Question: Where can gluten bread be purchased?

Answer: In many health food stores where it may be obtained loaf-fresh, or as Melba toast. It is also on sale at the bread counter of many supermarkets.

It costs more than the more usual breads. But read the fine print to be sure the bread is made entirely with gluten flour.

Question: Is gluten bread difficult to bake at home?

EASY TO MAKE

Answer: No, it is an easy bread to make. When done, the texture is fine, rather than spongy.

Gluten flour may be obtained in many supermarkets and in health stores; and the bread is less expensive when homemade.

Here is the recipe for gluten bread that I taught in cooking classes for nurses during my years as a dietitian.

Measurements are level

GLUTEN BREAD
(1 loaf)

¾ c. cold water.
¾ c. scalding milk
½ envelope active dry or ½ compressed yeast cake
½ tbsp. corn oil (optional)
3¼ c. gluten flour
½ tsp. salt

Combine water and milk; dissolve yeast in ½ c. of the mixture. Add remaining liquid and oil.

Sift together gluten flour and salt; beat into yeast mixture.

Transfer to surface well-dusted with gluten flour. Knead until dough feels "elastic" to touch.

Turn into oiled 9"x5"x3" loaf pan. Cover loosely with foil or waxed paper.

Let rise at room temperature about 2 hrs. or until nearly doubled in size.

Bake 50 min. in mod. oven, 375 degrees F., or until golden brown, not loosens from sides of pan and is browned on sides and bottom.

Brush all over sparingly with melted butter.

Makes 20 to 25 slices.

GLUTEN MELBA TOAST: Slice gluten bread thin. Arrange on broiler; toast lightly under low heat.

Turn off heat; leave toast in broiler 2 hrs. to dry and crisp.

Keeps fresh indefinitely in tight closed metal container.

To prevent formation of mold, refrigerate gluten bread or keep in a dry place where the air can circulate.

Hot or chilled Spiced Tomato Juice
Casserole of Lamb Shanks
Onion Gravy
Carrots with Cloved Butter
Cole Slaw
Minted French Dressing
Floating Island on Halved Pears
Coffee Tea Milk

CASSEROLED
LAMB SHANKS WITH
ONION GRAVY

6 lamb shanks (bones cracked)
2 tbsp. lemon juice
¼ c. flour
1½ tsp. salt
¼ tsp. pepper
¼ c. vegetable oil
1 tsp. mint flakes
1 (10½ oz.) can beef broth
1 c. water
¾ c. French-fried onions

Brush shanks with lemon juice.

Combine flour, salt and pepper; roll shanks in this; then slow-brown on an sides in oil.

Transfer shanks to 3½ - qt. casserole. Add mint.

Combine broth and water. Pour over shanks.

Cover and bake 2 hrs. in mod. oven, 375 degrees F., or until very tender.

Pour off liquid, remove fat and add enough water, if necessary, to make 2 c. liquid for gravy.

Stir in canned French-fried onions to flavor and thicken and stir-heat until boiling.

FLOATING ISLAND ON
HALVED PEARS

2 fresh pears, halved and peeled.
2 c. chilled soft custard
¾ c. whipped cream
2 tbsp. firm red jelly

Place pear half, rounded-side up, in each dessert dish. Ladle over soft custard.

Spoon or pastry-tube on "islands" of whipped cream; top each with a dot of jelly.

Refrigerate and serve within 1 hr.

TRICK OF THE CHEF

Use a meat baster to siphon fat from hot broth.

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ALOUETTE DISPLAYED

OTTAWA (CP) — Canada's first space satellite, Alouette, will be a leading feature of the Canadian exhibit at the 17th annual instrument - automation conference in New York starting Oct. 15. The 8-27 topside sounder, the satellite's official name, was developed by the Defence Research Board.

GIVEN FIRST READING

OTTAWA (CP) — A private bill which seeks to abolish capital punishment in Canada except in cases of treason was given first reading in the Commons Thursday. The bill is sponsored by Reid Scott (NDP—Toronto Danforth).

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ELLEN'S DIARY

Autumn Shades Drift And Deepen Over Farmlands

"We didn't have the best of luck with those we planted last year" Alex offered this afternoon, when together, and so happily, we prepared a patch of lawn for a planting of spring-flowering bulbs. "I wonder why that was?"

"Oh, perhaps we planted too late in the season. Or maybe their feet came in contact with the application of manure we spread there. And that's bad" we said.

"That wasn't so nice a day as this, was it?"

"You remember it?"

"Oh yes, I can remember things away back" he nodded.

"Yes?"

"Can you remember that ox we had: the big one with the wide-spread horns?"

"Babe?" we chuckled, for more than one ox has passed in review before us down through the years.

"No" he grinned "Babe was a blue ox. He's in a story. This was an Ayrshire-white and red, you know. And we had him a long time ago. Well, my memory can go back as far as that."

Extremely fortunate, the children of the house across the lane have been, in that they have been blessed with a mother who reads to them. It is interesting to hear the older ones recount at some reminder in their day, some incident out of her or their own reading. It is amusing too to see the mostly active Peter, not yet two years, sit listening breathlessly to some young tale she reads and beg wistfully at its close "Do tell it me again!"

So we chatted, and dug, and prepared the seedbed, adding topsoil and smoothing it. And the afternoon was an autumn idyll of thing: Windless then, sunny and fair, with that silence prevailing which indicates that the year is picking up its seeds and its fruits, and as the field and wood, storing them away against the bleak days ahead; And also in warrant of, yet another seedtime and planting to come.

Overhead, jets making white paths in the blue, explored miraculous routes high and wide in the sky. In the fields of the farmlands, a thresher, and a combine beat out a familiar rhythm of season. Somewhere, "Alouette" Canada's first space child had been, and done. What an altogether exciting and unpredictable age this was, it came to mind, with no standing still in its experimenting, and no end at all to its dreams!

"This" Alex observed, leaning a moment on his small shovel "is hard work!"

"But picture the daffodills and tulips of next spring!" we said.

He nodded. "It's not so hard then" he smiled.

And the autumn shades continue to drift over the farmlands and deepen. One catches the scent of ripe orchards and the earthy fragrance of opened potato-rows, and the spice of the golden harvest-lands. And we remember so gratefully now that this was another delightful harvest - day.

Until tomorrow — — Diary — Good-night.....

Holman's of P.E.I.

new fashions
FOR MEN 'IN THE KNOW'

Holman's take pleasure in presenting their newest and finest selection of men's fashions for the new Fall season . . . new stylings, new colors, new fabrics. Choose yours today while our selections are complete.

Sport Shirts
by "Luigi"

Pullover style, long sleeves in the new heather tones of blue and grey, sizes S-M-L. 3-button front, 2-button cuffs, breast pocket. Easily cared for washable cotton.

4.95

Sport Shirts
by "Arrow"

Trim fit, neat appearance, comfortable . . . full tapered body in sizes S-M-L; fancy designs of olive, red and blue; full button front, button-down collar, long sleeves; popular choice for fashion-conscious men.

4.95

Dress Shirts
by "Arrow"

Short point fused collar, double or convertible cuffs; Mitoga tailoring to conform to natural body lines; anchored-on buttons, and sanforized. Sizes 14½ to 17½ in white only.

5.00

Dress Slacks
. . . by "Cornwall"

. . . English slacks with immacula finish; wool worsted flannel retains smartness in pleats and appearance; sizes 30-42 in Fall's finest, most comfortable dress slack.

25.00

JACKETS
For Fall . . . .
Styled by Utex!

- lightweight
- wind resistant
- water repellant

These Suedella jackets with orion borg lining, have quilted-lined sleeves, button front, slash pockets, knitted insert in collar . . . and is available in sizes 36 to 44 in the new Fall black and brown shades . . . style and durability in one jacket.

priced at 24.95

CURON LAMINATED
JACKETS

- lightweight for warmth without weight
- crease-resistant
- breathable
- odorless

These popular jackets, in olive and charcoal, are of laminated nylon fabric with quilted lining, knitted insect on collar, side vents, set-in sleeve and button front. Sizes are 36 to 44.

priced at 24.95

STORE HOURS
(ADVANCED SUMMER TIME)

S'side Store: Mon. thru Thurs. 8:30 — 5:00; Friday 8:30 — 9:00; Saturday 8:30 — noon

Ch'town Store: Mon. thru Thurs. 8:30 — 5:30; Friday 8:30 — 9:30; Saturday 8:30 — 4:30