Women

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8506

The Holy Redeemer CWL met at the Community Center last week, with Mrs. Ivan Berrigan presiding. Guest speaker was City Councillor, Mrs. Dorothy Corrigan whose topic was "Civic Affairs.

The Baltic Women's Institute recently sponsored a card party at the home of Mr. and Mrs. David Cousins, Baltic, when 19 tables of cards were in play. The ladies' high score went to Mrs. Earle McKay of Sea View and the gentleman's high to Ivan Davison of Malpeque Consolation awards went to Mrs. Wendel Crozier, Hamilton, and Allan Brown, Baltic.

Lunch was served by the hostess assisted by Institute members. The proceeds from this party was presented to one of the members of Baltic WI Mrs. Keir Crafer, who had been injured in a motor accident near Kensington Nov. 22, 1963.

Ellsworth Llewellyn, has returned to Montague after visiting members of his family at Toronto and Hamilton. In Toronto he was guest of his son and daughter-in-law, Mr. and Mrs. Harry Llewellyn. In Hamilton he visited his son and daughter in law Mr. and Mrs. Reigh Llewellyn.

The Kilmuir Womens Institute sponsored a card party Friday evening at the home of Mrs. Lawrence Lecco and Mrs. Bruce Lecco, Kilmuir. Six tables were in play, and the ladies' prize was won by Mrs. Louise Nicholson. Upper Montague. John K. MacDonald won the gentlemen's prize. Lunch was served by members of the WI.

William Thompson, Lower Montague, who has been a patient in the Victoria General hospital, Halifax returned to his home Saturday by plane. He was accompanied on the trip by Mrs. Thomson and their daughter Mrs. Athol Robertson.

LUXURIOUS RUFFLES

SPANISH ruffles give an added air of opulence to this beautiful stole fashioned of autumn - haze - colored natural mink.

Designed by Alixandre, the wrap was inspired by the flamenco shawls worn by the ladies of Madrid.

Two double bands of the fur are gathered at the end of the scarf to create ruffles.

IDA BAILEY ALLEN

Sour Cream Apple Cake Tops Balanced Dinner

IDA BAILEY ALLEN

A BALANCED diet depends on providing the right proportion of all food elements regularly in the three meals a day. However, in spite of all that has been said and written about balanced meals, food still is regarded by many as merely "kitchen stuff," and food preparation as a boring chore.

This "kitchen stuff" is food, and water, the "stuff" of which human bodies are created, grow and carry on through out life.

Cooking need never become a "bore," or "take too much time" if the basic principles are understood: quicker meals planned so too much cookery at one time is avoided, and new timesaving methods integrated as fast as they are discovered. (For 2 spectacular new time saving cooking methods, see this column tomorrow and Wednesday.)

Vitamins And Minerals

Vitamins and minerals are absolute essentials. It is not enough to plan a diet containing the right proportion of proteins, carbohydrates and fats, and a satisfying amount of bulky foods and liquids.

We must also have our daily quota of vitamins and minerals, those protective twins that work together with enzymes to regulate gland action, digestion, assimilation and elimination. They also release and make available the nutritive values of food, activate growth, and assist in preserving the characteristics of youth.

All food assentials are contained in a balanced diet.

Hot or Cold Vegetable Juices
Lemon Wedges
Glazed Smoked Port Butt
Nippy Mustard
Browned Sweet Potatoes
Chopped Spinach
Dill Pickles (Cut in Strips)
Sour Cream Apple Cake
Coffee, Tea, Milk

Measurements level; recipes serve 6

GLAZED SMOKED PORK BUTT

Order 2½ to 3 lb. smoked pork butt. If in net bag, remove this. Place butt in 2-qt. kettle. Cover with cold water; bring to boiling point and discard water. Then pour in boiling water to cover. Add two bay leaves; put on lid and simmer until fork tender, from 2 to 2½ hrs. Drain. Let stand about 10 min. in warm place.

Slice thin, arrange on warm platter. Surround with browned sweet potatoes. Garnish with parsley. Pass nippy mustard (see Chef).

SOUR CREAM APPLE CAKE

½ c. room-soft shortening
½ c. cream cheese
1½ c. sifted flour
½ tsp. salt
4 tart apples, peeled, cored and sliced
½ c. dairy sour cream
½ c. confectioners' sugar
½ tsp. cinnamon
2 tbsp. sifted confectioners' sugar, additional

Stir together shortening and cream cheese. Sift flour and salt together and work into creamed mixture. Transfer to floured surface.

Roll 1-3 inch thick. Fit into 7 inch x 11 inch shallow pan; cover with apple slices, arranged slightly overlapping in rows.

Spoon over sour cream. Dust evenly with confectioners' sugar mixed with cinnamon.

Bake 30 min. in mod. oven (375 degrees F.) or until apples are tender and lightly browned on top.

Dust with remaining confectioners' sugar. Serve warm, cut in squares.

CHEF'S NIPPY MUSTARD

Combine and mix 1 tsp. each salt and sugar, 1 tbsp. powdered dry mustard, with just enough boiling water to make smooth paste.

Stir in cider vinegar or tarragon vinegar to make consistency of thick cream.

HOUSEHOLD HINTS

For a festive touch, put maraschino cherries in your ice cube tray before freezing cubes.

When entertaining fill a big ocean shell with flowers and use as a decoration in the bathroom.

by Anne Adams

JIFFY CUT

Applique a bright flower on this half - size cobbler apron and brighten the day's routine. Jiffy Cut too! Pattern tissue is in one piece.

Printed Pattern 4713: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ requires 2¼ yards 35-inch. Transfer.

FIFTY CENTS (50 cents) in coins (no stamps, please) for this pattern. **Ontario residents add 2 cents sales tax.** Print plainly **SIZE, NAME, ADDRESS, STYLE NUMBER.**

Send order to ANNE ADAMS, care of Guardian - Patriot Pattern Dept. 60 Front St. W. Toronto 1, Ont

Rome Stylists Display Neat And Narrow Lines

By LOUISE HICKMAN

ROME (AP)—Five days of spring and summer fashion showings ended in Rome Saturday with houses divided between the pleated, panelled look and the slim, chrim look.

Gregoriana was the last to show before Florence takes the spotlight. Her collection leaned definitely to neat and narrow lines.

Tiziani, a new Rome house offering its first official collection had gone the same way on Friday night to pull Italian fashion back from the series of pleats and billows displayed by Sentinaro, Garnett, Tita Rossi and Faraoni.

Those four displayed a thoroughly appealing feminine approach. But it lacked the verve and dash that everyone was looking for and finally found at Tiziani and Gregoriana.

Showing in Florence's Pitti Palace for the next five days will be some by Italy's most imaginative designers.

Their vague early predictions pointed to special importance for small bodices and pastel colors.

STRAIGHTER SKIRTS

Over-all Italian trends for spring have not emerged yet, but from the Rome showings came these tendencies:

—Skirts straighter but still soft.

—Many waistlines reduced in front to give a long-legged look, but definitely not an empire look, with an easy fit following neat and natural figure lines.

—Other waistlines softly drawstringed, and necklines drawstringed too.

—Heavy, richly patterned pique, the star fabric for evening.

—New importance for prints, especially big watercolor pastel florals on linen.

—Pink, pale blue, turquoise, bright gold and white the leading colors.

Tiziani's was an excellent collection. Of special significance was a Tiziani series of slim white dresses in muslin or cotton organdy. Most were plain, distinguished by openwork hemstitch seams and bands of beaded lace. They were pinched at the waist in lavender, lime, pink, or yellow silk—a lovely look for summer evenings.

Coats were tubular and made soft at the waist by tiny string belts. They had rounded raglan shoulders, narrow sleeves and little rolled, pointed collars.

by Alice Brooks

NEW CHILL-CHASER

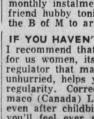
A fashion favorite! Keeps you warm and pretty, also will protect your hairdo.

Two-needle wonder — simple, swift to knit, just sew up back. Smart tucked in or over coat collar. Pattern 7114: directions for scarf - helmet.

Thirty-five cents (coins) for this pattern (no stamps, please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept. 60 Front St. W. Toronto 1, **1 cent sales tax.** Print plainly **PATTERN NUMBER, NAME, ADDRESS.**

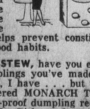
CONFIDENTIALLY YOURS

by Barbara Brent



MONTREAL, January 23rd — What's your secret wish? A new car . . . a modern stove . . . a gorgeous rug for the living room. Whatever you're yearning for—that you think you can't afford—could probably be yours under the BANK OF MONTREAL **Family Finance Plan.** Lots of my friends have proved that this plan is a wonderful way to cure frustrations. It's low in cost—and life-insured too. Payments may be spread over two years—or even longer—and the regular monthly instalments are easy to budget for. Talk it over with friend hubby tonight—then visit your neighbourhood branch of the B of M to arrange your B of M Family Finance Plan loan.

IF YOU HAVEN'T YET tried the gentle laxative, CORRECTOL, I recommend that you do. Made specially for us women, its secret is a non-laxative regulator that makes its action gentle and unhurried, helps you to maintain healthful regularity. Correctol, developed by Pharmaco (Canada) Ltd., is so gentle it's ideal even after childbirth. Do try it. I'm sure you'll feel ever so much better with the gentle help of Correctol. And if you're dieting . . . remember that Correctol helps prevent constipation sometimes caused by a change in food habits.



RATHER THAN 'RUIN' A WONDERFUL STEW, have you ever thrown out the dumplings you've made to go with it? I confess, I have . . . but that was before I discovered MONARCH TEA-BISK. There's a fool-proof dumpling recipe right on the new Tea-Bisk package . . . along with recipes for muffins, shortcake, pancakes and other baked favourites. Another thing you'll like about the new Tea-Bisk package . . . it has a handy pouring spout for easy and accurate measuring. Do try all-purpose Tea-Bisk . . . it's the most reliable way to avoid costly baking 'mistakes'.

ELLEN'S DIARY

Remember The Tintypes And Red Plush Albums?

The pantry of that home, now as James read, being offered for sale, had in the long ago, its open shelves and a cupboard, sturdy white cups, the heavy plates with the edging gold band and leaf motif, which was the everyday ware.

The best dishes were kept in the built-in cupboard extending from floor to ceiling in the dining room. Here in a fetching display was the china: the moss rose tea set, cups so dainty, so fragile and thin, a privilege to drink from. Here too was the dinner set of many pieces — with its fine platters and covered vegetable dishes and soup tureen, the white of the semi - porcelain bedecked in a design of green and gold. And here, as well, were the gift-cups, and those items handed down from former generations, and treasured; the mustache cup that was "my father's", the hand - painted mug that was "mother's as a child", the one-place setting which had "belonged to my granny". These came - and come to mind now, but others we have since forgotten in the lapse of the years. Yet remember how bright that room was, particularly when the westering sun blessed it over the geraniums in the window and how good it was to be a guest at a meal.

The sittingroom was across the hall. The low organ was there, the stool with its white cover of crochet. The chairs were neat and cane-bottomed, the rockingchair as well, and there was an armchair. But we remember best the silent rocker in a nook by a window, because to see it was to fancy how exceedingly pleasant it would be, to come there to read! The sofa was upholstered in a hand - woven fabric, and the cushions were pieced in designs of the times. How do we remember? Because of the romance, the humor, the pathes, the history — altogether the legend represented there ... How easy it is for a youngster to fix an item of history in mind, by viewing, indeed touching some "living" evidence, rather than by merely hearing or reading of it in a textbook!

The parlor ... But how can one adequately describe that room — indeed any parlor as they were in those pre-living room days? Just to come to the door — only a step down the hall from the sittingroom — was to be aware of the silence and solemnity of the place. And to enter, to cross the pretty carpet and sit on one of the chairs of the suite was to feel that here indeed one was learning the profound meaning of the words "holy ground."

There on whatnot and mantel were items of time past: mementos treasured to be picked up perhaps, handled gently, wondered over, and put back in the same spot again: the little bronze clock beneath its bell of glass, the great pinky shells brought by some wanderer of kin from some far unknown shore; the dressed china doll, the pair of fluted vases, the gold one of blown glass; tintypes, black memorial cards inscribed in gold script, the shining silver of a kept breastplate.

The table had its lamp, its great Bible, its album of red plush. On the walls were the crayon enlargements of the loved and awhile lost. And also the bronzy-framed large acenic oil - paintings, similiar, it comes to mind, to those coming into favor in a repeat of history, for "over a mantel or above a fireplace" again.

Up the stairway...But there it is now we must follow James, up the stairway in this old house at Alderlea!

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

MARY HAWORTH

True Religious Faith Asks Total Commitment

Dear Mary Haworth: Usually you are unbiased in giving advice, but in the recent case of the 18 - year - old girl, a Methodist in love with a Catholic boy, you failed to give both sides of the picture.

For example, it isn't necessary for children to be reared in the Catholic faith if a non-Catholic marries a Catholic. Two of my relatives married Catholics; and we are Baptists and the children followed our family and aren't Catholic.

You failed to point out that it could be possible for the (Catholic) boy to change in the direction of Methodism, certainly a faith as strict Catholicism though not as demanding or dogmatic.

Further, it might be pertinent to remark that one's love should be as strong as the other's, before a good marriage can be effected. So why must the girl change her faith to please her mate, when he isn't 'willing to make an equal sacrifice?

Somehow it appears that too much is being made of how strongly Catholics feel about their religion ... I am Baptist and if I were to marry a Catholic I assure you our children wouldn't be raised in the Catholic faith; nor would I insist that they be raised as Baptists..

It is just as hard, if not harder, to give up a Baptist or Methodist faith as it is for a Catholic to compromise his faith. Let's see a little more of a two-way street in this area of our society. There is a great deal of it in the South where I was reared. I hope you'll put this to see what reaction we derive. Kindest regards. A.C.

Dear A.C.: The intensity of your feelings, relative to colliding convictions in matters of faith, in our pluralist society, evidently has got in the way of your clear reading of the recent discussion.

The 18 - year - old girl specifically asked for books or pamphlets "giving both the Catholic and Protestant views" as regards mixed marriages.

In response I recommended Episcopal Bishop James E. Pike's interesting book "If You Marry Outside Your Faith: Counsel on Mixed Marriages" (Harper and Row). Also a conscientious book - length report by two sociologists: James H. S. Bossard and Eleanor Stoker Boll, titled "One Marriage Two Faiths) (Ronald Press).

Neither of these authors could be reasonably construed as partisan Catholic propagandists.

The girl asked further if she might "become a Catholic without believing all that they are supposed to?"

To find (if possible) the exact answer to that query, I consulted a Catholic priest who does a good deal of convert work, in terms of giving graduated teaching to candidates for church membership.

He praised the girl's foresight in recognizing that "interfaith marriage problems are real," a verdict strongly documented by the two books cited above. In his view, becoming a Catholic implies full obedience to the church's teaching, full acceptance of all obligations. Hence he advised her against trying to become a Catholic simply to accommodate a Catholic spouse, if she would as soon subscribe to some other faith, if her spouse to - be were of that other faith.

True acceptance of a religious faith is a freely willed commitment, an act of total integrity, not to be confused with expedient maneuvering. Such was the gist of the prelate's message to the girl, I think.

In any case, her letter transparently revealed that she was (or is) pursuing the lad with her heart on her sleeve, meanwhile trying to figure how to bind his soul to hers with hoops of steel. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

BARLEY DEAL RUMORED

PARIS (Reuters) — Government officials declined Wednesday to confirm or deny reports that the French government has authorized the sale to Russia of 100,000 tons of feed barley. Reports circulating in grain trade circles here said sales up to this amount had been authorized against cash and that 50,000 tons already had been sold.

H. BENNETT CARR
Insurance Counselling
District Supervisor
Sun Life of Canada
Phone 4-8817 - 4-5435
Charlottetown, P.E.I.

Mental Health Is Theme At Kensington H And S

Carrie Thomson, a member of the Provincial Mental Health Clinic, was guest speaker at the regular meeting of the Kensington Home and School Association.

Miss Thomson, who was introduced by Mrs. Gordon Cousins, principal of Kensington Elementary School, noted with pleasure that previous to the meeting, the teachers were in the class rooms, and many parents were taking advantage of the opportunity to know the teachers of their children. "But," she said, "Why not have a visit with the teachers at the beginning of the school year", when getting to know each other, would help to solve problems before they become serious.

Miss Thomson gave a brief account of the Mental Health Clinic, and the work undertaken under Dr. Beck. She then went on to show by chart the various rates of intelligence, and stated that not only children of low IQ have problems. It has been found that any child, even one of very high intelligence, may have problems which need to be solved.

"By no means", she said, "are all children receiving remedial training retarded children". She pointed out that many circumstances can contribute to problems in learning; undisclosed illness, poor eyesight, poor eating habits, discord at home, were some of the causes mentioned. The IQ rate does not necessarily remain the same, as circumstances such as those mentioned could change the ability of the child to learn. Previously Miss Thomson had administered IQ tests to all the pupils in the Elementary School.

Following the address, parents and teachers were divided into discussion groups, and each group presented its findings to the meeting.

Boyd Benjamin who presided, thanked the speaker for her informative address. Lunch was served by the committee in charge.

Singing Carmelite Nun Is Former Islander

A former Islander has won the honor of being called Oklahoma City's answer to France's "Sister Smile."

She is Sister Vivian, (her name was Theresa Lannigan) daughter of Mr. and Mrs. Nicholas Lannigan, St. Mary's Road. She attended Sturgeon School and in August, 1959, at the age of sixteen joined the order of Carmelite Sisters of St. Theresa in Oklahoma.

Sister Vivian says "My father brought me a guitar on my 12th birthday and my sister taught me how to play a few chords, then told me I was on my own." When the singing sister entered the order she didn't bring her guitar with her — "I didn't think I could, so I sold it" — but found out differently when she got there.

The second youngest of 13 children, she hinted for the instrument from one of her brothers and sisters and Christmas, 1962, her wish came true. One of her sisters sent her a black guitar trimmed in white and with a star of red stones and a red rose on it.

She now spends part of her time entertaining her charges in the 3-year-old's nursery at Villa Teresa by playing the guitar and singing for and with them.

Sister Vivian saw "Sister Smile," the French singing nun, whose recording is at the top of the Hit Parade on television recently and thinks that "She's wonderful " When asked if she knew how to play and sing "Dominique" she said she was learning the tune but didn't know French.

She will take her citizenship in August of this year and likes the United States very much "but I really miss the snow in the winter. It just doesn't seem right," she laughed.

INCOME INCREASES

The median family income in the U.S. rose to $5,660 in 1959 from $3,091 in 1949.

ROYAL SECURITIES
Corporation Limited
Stocks and Bonds
ALEX M. WILSON
Manager
137 Grafton St. Dial 4-8585
Charlottetown

Week-End Specials From Cudmore's & P.J'S Ltd.

FLAVOR-PAK GREEN OR YELLOW
STRING BEANS
20 OZ. TINS 2 FOR 35c

Seabrook 1 lb. bag **French Fries 23c**
Mt Stewart 12 oz. tub **Blueberries 35c**
Zero Pak 2 lb. bag **Peas 49c**
Fancy Grade 5 lbs. **Spy Apples 59c**

HEINZ TOMATO JUICE 48 oz.. tin 37c

Maple Leaf 2 lbs. **Lard 45c**
Tropical 15 oz. tin Fruit 2 for **Salad 49c**
Snow's Clam 15 oz. tin **Chowder .. 37c**
Bovril 12 oz. tin **Corn Beef .. 53c**
Shirriff's Fruit tin **Pudding ... 29c**
Med. size 2 lbs. **Prunes 59c**

ISLAND MACKEREL
FRESH FROZEN OR CORNED
2 FOR 29c

Libby's Sliced 20 oz. tin 2 for **Beets 37c**
Lean Loin lb. **Pork Chops 59c**
Rustico 2 lbs. **Smelts 39c**
Loin End lb. **Pork Roast 55c**

1 doz. Grade A Large Eggs AND 1 lb. Sunset Rindless Bacon All for $1.00

P. J.'s Ltd. DIAL 4-8585 and 4-8586
Cudmore's CASH GROCERY DIAL 4-3813
FREE DELIVERY COD ORDERS ACCEPTED