

PANEL DISCUSSION HELD

During the Girls' Auxiliary Deanery Festival held at St. Paul's Anglican Church hall in Charlottetown recently, a panel discussion was held to discuss the work of the Girls' Auxiliary in general. Chairing the panel was Mrs. Robert Tuck, Summerside. From left to right in the picture are Mrs. Tuck, Slaviga Radanovich, St. Peter's Church, Charlottetown, Daphne Thompson, St. Paul's Church, and Sheryl Roddick, St. Mary's Church, Summerside.

Exec. Meeting, Consumer Association of Canada

The Consumers Association of Canada held an Executive meeting at the home of Mrs. J. A. Lawson on Wednesday Evening, October 26th.

It was announced that a member of CAC, Mrs. L. E. Prowse, would appear on the TV Program "Today at Home" on Thursday, November 3rd, to talk about the growing need for better education of consumers in the ways of shopping, credit buying, meal planning, etc.

Consumer Problems, both National and Local, were discussed by the Executive. The rising cost of basic food and clothing was considered to be of most concern, especially for people on low incomes or pensions. CAC has long been in favor of lowering prices through more sensible food packaging, the elimination of premiums and trading stamps, and the education of consumers on how to buy wisely.

Since 1960, the Association has been asking the Federal Government for a Dept. of Consumer Affairs to ensure that in Government discussions due consideration would be given to the effects of policy on consumers. It was suggested that if all interested consumers were to write to their member of parliament stating their concern, the flood of mail would convince the Government that the consumer was at last interested in his own welfare and that the Government should be too.

The boycotting of certain stores was discussed and it was agreed the National Policy of CAC should be followed. The Consumers Association of Canada has always tried scrupulously not to take any action until as much information as possible and positive proof had been obtained before definite action was taken. At the present time it was felt that no one store

should bear all the blame for high prices as a general inflation in all of Canada has caused the prices on most items to be abnormally high.

CAC hopes to educate consumers to become better shoppers, and CAC hopes the demands of better shoppers will result in better goods and services on the market. Consumers should work as hard to spend their money wisely as they do to earn their money.

Gavin-Waite Wedding Held

A double ring ceremony was performed at St. Simon and St. Jude church Tignish on Sept. 3, by Rev. M. J. Rooney when Mary Florence Waite daughter of Mr. and Mrs. Benjamin Waite became the bride of Louis Francis Gavin son of Mr. and Mrs. Herbert Gavin.

The bride given in marriage by her father wore a gown of white brocaded satin with lily point sleeves and a sweetheart neckline. Her shoulder length veil was held in place by a cross of sequins, and her bouquet was of blue and white carnations.

The maid of honor was Lorraine Waite sister of the bride, who wore a floor length turquoise blue nylon gown with matching headpiece. The bridesmaid, Ethel Gavin, sister of the groom, wore a floor length turquoise nylon dress of lace with a full skirt, with a white veil headpiece. Their bouquets were nosegays of mixed carnations. The groomsmen were Earl

Gavin, brother of the groom. Billy Waite brother of the bride, ushered.

The bride's mother wore a beige wool suit trimmed with brown, with beige accessories and a corsage of white carnations. The groom's mother wore a navy blue terylene suit with white accessories and white carnations.

Following the wedding ceremony a breakfast was held at the home of the bride. A reception and dinner were later held in the Tignish Legion home for 100 guests, at which the master of ceremonies was Aubin J. Gallant. Music was supplied by Andrew Jones, Fred Fitzgerald and Jean Perry. Following the wedding the bride was tendered two showers at which she received many lovely gifts. The happy couple will reside at Peterville.

GEORGETOWN

Mr. and Mrs. Charles Hansen and two children of Winsloe were weekend guests at the home of Mr. Hansen's parents, Mr. and Mrs. Nelson W. Hansen. Mr. and Mrs. Jack Cowan, who have been spending the

summer at their cottage in Lower Montague, left last week by car for Ontario, from where they will proceed to Florida, where they will spend the winter.

WILFRED BURKE & SON
LOCK REPAIRS. KEY CHANGING.
LOCKSMITH SERVICE
ALL MAKES OF KEYS CUT SAFE EXPERTS
181 Elm Ave. Dial 4-8616

Careful Shopping Is Best Way Of Curbing Inflation

In a recent column by Mary Allen of the London Free Press women's page, some useful and timely hints are given for helping to combat high food prices and the threat of inflation. As she says, it is a housewife's duty to learn how to buy wisely and she quotes some secrets of careful shopping revealed by the president of a large supermarket:

1. The private label prices of a supermarket chain are lower than nationally advertised brands. For instance the cello-packed five pound package of detergent are far cheaper than the nationally advertised packaged brands. And this points up the fact that a housewife should carefully examine the weights marked on packages, and not be taken in by attractive wrappings when less expensive and just as good products are available. Often the same manufacturers has put out both products.
2. Large sizes of products, especially staples, that do not deteriorate, are a good source of saving. Jams, pickles, instant coffee, tooth paste, tissues, etc. are in this category.
3. Impulse buying is the cause of much budget wrecking. An article is not a bargain if you really do not need it.
4. Save by supplementing whole milk with powdered skim milk, and using 'standard' packs which are just as nutritious, instead of fancy packs in vegetables and fruits. Rolled oats in a bag instead of a box, are a very good buy.
5. Study the mid-week grocery ads, and try to get your husbands to join you in planning the weeks' shopping around the specials offered by the food stores. Meat specials are particularly thrifty.

By avoiding expensive items beyond her income, a housewife can do much to help stabilize the economy and cut inflation.

tioned, and the proceeds given to the institute fund.

An Island quiz was conducted by Mrs. MacDonald and won by Mrs. Downe.

The next meeting which will be the annual one, will be held at the home of Mrs. Colin MacDonald. Roll call will be answered with an article for the layette and the paying of dues.

Refreshments were served by the hostess assisted by Roma Downe and Mrs. Lauris Annear and a social hour was enjoyed.

Kilmuir WI To Hold Annual Next Month

The October meeting of Kilmuir Women's Institute was held recently at the home of Mrs. Edward Farquharson, Euston St., Charlottetown. Roll call was answered by 11 members and three visitors. The secretary gave the financial report and read the "thank you" cards. The visiting committee reported making several calls, with a treat to each. Correspondence included a letter from Mrs. Regina MacDowell, regarding the making up of layettes was read and discussed, and members were asked to bring articles for same to next meeting. A nominating committee for officers for the ensuing year was appointed, members are Mrs. James Campbell, Mrs. Colin MacDonald and Anne MacDonald.

A basket of groceries, donated by Mrs. Farquharson, and Mrs. Russel Downe, was auc-

Women

The Guardian, Charlottetown, Mon., Oct. 31, 1966. 7

MARY HAWORTH

Her Husband's Hobbies Exclude Wife Entirely

DEAR MARY-HAWORTH: How ridiculous can women be! I am referring to your recent correspondence on "handyman fails wife." It seems a certain husband's hobby as household repairman was causing his wife to feel sadly ignored, convinced that he is more interested in gadgetry than people.

leisure time, essentially "loner" activity, wherein it's his skill only that rewards or fails him.

From the distance at which he leaves her, the wife can't share companionably in whatever reactions his hobby engenders, of personal triumph or travail. Figuratively or literally, she is shut out of experience ob-

viously significant to him, and which he cultivates assiduously.

And that's what hurts her and sets in motion, in the psychological underground of their relationship, a kind of chain reaction of emotional conflict: Defensive on his part, resentful on her part.

In your family situation, a different spirit prevails. All hands are do-it-yourselfers, you say, which suggests that a kind of basic harmony undergirds the variegated free-wheeling expression of different interests or different talents, individually acted out.

If the complaining wives, whose laments you disapprove, could get psychologically close to their marriage partners -- "in communication", as the phrase is -- in terms of feeling understood, affirmed, appreciated, etc., they probably would tend to make genial allowance for his idiosyncratic hobbies, if any.

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



FALL

Savings Jamboree

Continues All This Week!

Associated Retail Pharmacists

<p>MODESS</p> <p>12's</p> <p>Reg. 53c</p> <p>Jamboree Special</p> <p>39c</p> <hr/> <p>NYLONS</p> <p>3 pairs</p> <p>● 51 gauge, 15 denier</p> <p>● 1st quality seamless</p> <p>● 3 fashionable shades</p> <p>● All featured sizes</p> <p>99c</p> <hr/> <p>BUFFERIN</p> <p>Reg. 98c</p> <p>Fast pain relief from headaches, cold discomforts. 20 tablets.</p> <p>79c</p> <hr/> <p>CREAM DEODORANT</p> <p>To be sure. Enter the Arrid Sweepstakes.</p> <p>Reg. 78c</p> <p>59c</p> <hr/> <p>DENTAL CREAM</p> <p>Giant Size</p> <p>Reg. 63c</p> <p>49c</p>	<p>SKIN BRACER</p> <p>The cool after shave.</p> <p>A. R. P. Special</p> <p>Reg. 95c</p> <p>79c</p> <hr/> <p>Sylvania LIGHT BULBS</p> <p>Buy several for those dark winter evenings ahead.</p> <p>Reg. 2 for 59c</p> <p>4 for 89c</p> <p>73c</p> <hr/> <p>PARDEC</p> <p>Contains 7 essential vitamins plus riboflavin and niacinamide.</p> <p>Reg. 3.50</p> <p>2.29</p> <hr/> <p>DAISY BABY PANTS</p> <p>½ price sale. 4 pairs of quality pants in S. M. L. Save 40c.</p> <p>Reg. 98c</p> <p>49c</p> <hr/> <p>Dettol</p> <p>4 oz. size</p> <p>Reg. 79c</p> <p>A. R. P. SPECIAL</p> <p>63c</p>	<p>SCORE</p> <p>3 oz.</p> <p>Reg. 89c</p> <p>A.R.P. Special</p> <p>73c</p> <hr/> <p>SECRET DEODORANT</p> <p>The new spray deodorant. Save 30c.</p> <p>Reg. 1.39</p> <p>89c</p> <hr/> <p>BATH BRUSH</p> <p>In a choice of appealing colors. Save 80c.</p> <p>Reg. 1.49</p> <p>69c</p> <hr/> <p>TOOTH PASTE</p> <p>In the big money-saving size. Save 30c.</p> <p>Reg. 1.19</p> <p>89c</p> <hr/> <p>EVEREADY BATTERIES</p> <p>Transistor size in a handy 4-pack. Save 37c.</p> <p>1.20 value</p> <p>83c</p>
---	---	---

THESE AND OTHER A.R.P. FALL SPECIALS AVAILABLE AT:

Stead's Pharmacy 128 Kent St. Charlottetown	MacKenzie's Pharmacy St. George St. Charlottetown	Parkdale Pharmacy St. Peters Rd. Parkdale
Semple's Pharmacy 178 Queen St. Charlottetown	Mabon Drug Montague	Reddin Bros. P. E. I. Richmond St. Charlottetown


"If you know what's good for you..."

...you know about

Hollywood Bread

BREAD

All the best things in life aren't reserved for secret agents and their beautiful companions. Hollywood Bread, for example, is easily available at your favourite food store. Both light and dark Hollywood contain the famous 8 vegetable flours — flours made with celery, lettuce, carrots, and other fresh vegetables. The result is a distinctive, palate-pleasing flavour in each loaf. Look for Light and Dark Hollywood Bread, always fresh at your favourite food store.



FREE! The Hollywood 7-Day Diet Booklet and Calorie Counter. Ask your grocer for a copy or write to:

Hollywood Diet Booklet
Eastern Baking Limited
406 Douglas Ave.
Saint John, N.B.

HOLLYWOOD BREAD HAS EARNED THE GOOD HOUSEKEEPING QUALITY SEAL

Latest Tar and Nicotine Ratings on 25 Leading Canadian Cigarettes

The current Reader's Digest features a factual, new laboratory report showing the latest tar and nicotine content of 25 leading Canadian cigarettes and reveals that some actually contain 200% — or more — tar and nicotine than others. It shows, that in some cases the smoke from filter-tips actually has a higher content of these injurious substances, than the smoke from some plain ends. It's in November Reader's Digest — on newsstands now.