

IDA BAILEY ALLEN

Stuffed Cabbage Leaves Are Filled With Tuna Fish

By Ida Bailey Allen
IN PLANNING a balanced ration today, we consider not only the calorie content as a source of energy but the quantity and completeness of the protein and mineral and vitamin content and the character of the fats.

The day the Chef and I were guests of Director Avenue Day for lunch at a fast-testing of spring vegetable dishes, we thoroughly enjoyed a new version of an old-time world-famous dish, stuffed cabbage leaves.

In this case the stuffing was tuna fish, the cabbage rolls were cooked only about ten minutes instead of the usual hour and an accompanying sour cream sauce was made with a basis of liquid drained from the cabbage.

TUNA-STUFFED CABBAGE ROLLS

- 6 large green cabbage leaves
- Boiling water
- 1/2 tsp salt
- 2 (8-oz.) cans tuna fish, flaked fine
- 2 c. soft enriched bread crumbs
- 1/2 c. minced fresh onion
- 1 1/2 tsp salt
- 1/4 tsp. ground thyme
- 3 tsp. ground black pepper
- 3 tsp. butter or margarine, melted
- 1 1/4 c. boiling water, additional
- 1/2 tsp. flour
- 1/2 c. dairy sour cream
- Salt and black pepper to taste, additional
- 1/2 bunch fresh parsley

Cook cabbage leaves in salted boiling water to cover 3 min., or until wilted, in covered saucepan.

Remove leaves and drain; reserve liquid.
Meantime, combine tuna, crumbs, onion, salt, thyme, black pepper and 1 tsp. of the butter or margarine.
Lay cabbage leaves flat on board. Place equal amount of tuna mixture on each, using it all. Fold leaves over stuffing. Hold ends in place with picks. Place rolls fold-side-down in 10" skillet. Pour in boiling water. Cover; boil 15 min., or until leaves are tender.
The Sauce: Blend flour with remaining butter. Stir in reserved liquid from cooking cabbage. Stir - cook until sauce thickens; add sour cream.
Season to taste with salt and black pepper. Spoon over cabbage rolls.
Garnish with border of fresh parsley.

TOMORROW'S DINNER
Asparagus-Egg Saladettes
Tuna-Stuffed Cabbage Rolls
Chived Whipped Potato
Crisp-Cross Apple-Raisin Pie
Coffee Tea Milk

SUNDAY DINNER
Avocado-Cress-Lettuce Salad
Veal Chops with Mushroom Sauce
Parsnips Potatoes
Buttered Baby Carrots
Meringue Orange Cups

MERINGUE ORANGE CUPS
3 large fresh navel oranges
1/2 c. seeded fresh grape halves
1 c. sliced banana
1 tsp. sugar
1 tsp. fresh lemon juice
1-16 tsp salt
2 egg whites
1/4 c. sugar, additional
Wash oranges; cut in half crosswise. Run sharp knife between orange section and membrane. Remove sections and place them in bowl.
Cut out center cores and membranes, leaving clean orange "cups."
Add grape halves, sliced banana, sugar and lemon juice to orange sections. Mix well; spoon into orange cups.
Add salt to egg whites; beat them until they stand in soft, stiff peaks. Gradually beat in sugar.
Spread over orange cups; meringue should completely cover fruit.
Bake 20 min. in slow oven, 300 deg. F. or until meringue browns.
Serve warm as a dessert.

TRICK OF THE CHEF
Cook potatoes in bouillon (instant) for appetite appeal. Then roll them in fine-minced fresh parsley.

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Women

Anne Bond, Women's Editor, Phone 4-5505

The Guardian, Charlottetown, Sat., Apr. 21, 1962. 9



MR. AND MRS. ROBERT L. SIMMONS

Young Couple Plight Troth In Ceremony At Summerside

A pretty wedding was solemnized recently at St. Paul's Church, Summerside, by Rev. Preston Hammill, when Mary Phillipa, daughter of Mr. and Mrs. David McNally, Summerside, became the bride of Robert Lynwood Simmons, son of Mr. and Mrs. Rae Simmons, North River. Mrs. Clarence Steele was organist and accompanied Mrs. Gertrude Cahill, as she sang "Mother Beloved" during the signing of the register. The altar was decorated with potted white mums for the occasion.
The bride, given in marriage by her father, was gowned in floor length white nylon over tulle with "v" neckline and long pointed sleeves. Her small tulle veil was held in place with a halo of simulated pearl flowers on stems. She carried a cascade of feathered roses.
Miss Joanne McNally, her sister's maid of honor, was gowned in blue tulle with boat neck and full skirt. Her head-dress was a white wispy of rayon bamboo, covered with veiling and she carried a colonial bouquet of pink and white carnations. Erin McNally, cousin of the bride, as flower girl, was gowned in white nylon with a head-dress of a small white straw hat with blue trim. She carried a small colonial bouquet of pink and white carnations.
Mr. William Dolan was best man. Messrs. Foch and Gerald McNally, brothers of the bride, ushered the guests to their pews, which were marked with white ribbon and flowers.
Mrs. McNally chose for her daughter's wedding a two piece dress of green silk with white flowers, a white hat with green-ribbons and a white corsage. The groom's mother was attired in beige with pink flowered hat and pink corsage.
A reception for sixty-five guests was held at the Tartan Restaurant, where the bride's table was centred with a three-tiered wedding cake, topped with a small rose bouquet. Miss Alberta Murphy was in charge of the guest book.
For the honeymoon trip through the Maritimes, the bride travelled in a beige suit with green and brown accessories and a bronze corsage.
Out-of-town guests were Mr. and Mrs. Darryl Dorchester; Mr. and Mrs. Bill Nelson, Halifax, N.S.; Mr. and Mrs. Stirling MacLeod, Mr. and Mrs. Percy MacIntyre, Mrs. Douglas Wood, Mrs. Whit Carter, Mr. Douglas Mosier, of Charlottetown; Mrs. George MacLellan, Amherst, N.S.; Mrs. Don Delaney, Hilden, N.S.; Mr. and Mrs. Julius Croken, Mrs. W. Croken, Miss Rosita Croken of Kensington; Mr. Foch McKenna of Borden; Mr. Eddie MacDonald of Grand River; and the Senior Nurses of the Charlottetown Hospital. (Photo by Heckbert)

Guide Trainer To Conduct Course Here Next Week

Miss Jill Campbell of England will be arriving in the province next week to conduct training in Summerside and Charlottetown for Girl Guide patrol leaders and Guides.
Miss Campbell, a diplomaed blue trainer, will arrive in Summerside on April 23 and will remain there on the 23rd and 24th to conduct training courses. In Prince County she will be assisted by Mrs. R. B. Dewar.
On Wednesday she will conduct the course for patrol leaders and guides in Queens and Kings counties. This training will be given at the Charlottetown YMCA.
Mrs. E. M. Found, Charlottetown, provincial training commissioner for the P.E.I. Girl Guide Association will be in charge of the arrangements for Miss Campbell's visit.

"... AND THEY REMEMBERED HIS WORDS" (Luke 24, 8)

The women had come to the tomb that first Easter morning filled with sorrow. Then as they made the startling discovery that Jesus' body was gone, their grief gave way to perplexity and fear. Then, "they remembered His words"—and the joy of the living Christ began to dawn. How often has the experience of the women at the tomb been repeated in our own lives! Overcome with sorrow, perplexity and fear, we have "remembered His words" and all has been well.
"Why should my child memorize Scripture passages?" a parent recently asked a Sunday School teacher. The leader recalling his own life experiences replied, "sometime he will need these verses of Scripture and will be helped by having them in his heart and memory."
The Bible Society strives to give the Word of God to all men, everywhere, and millions have found it a source of guidance, comfort, and a "steadfast" far surpassing the many drugstore sedatives and tranquilizers. Millions, too, are following the words of the Psalmist when he said, "Thy Word have I hid in my heart that I might not sin against Thee."
We help the Society in its work when we remember it in our prayers and with our means—and in Prince Edward Island we also help when we purchase material at the Bible House, the profits of which are used to maintain and extend the work.

THE CANADIAN BIBLE SOCIETY (AUXILIARY OF THE BRITISH & FOREIGN BIBLE SOCIETY) P.E.I. DISTRICT (Charlottetown—opposite Eaton's)

WOMEN'S ORGANIZATIONS

S'ide Public Health Nurse Addresses WI Members

KENSINGTON — Miss Barbara Smith, Public Health Nurse of Summerside, was guest speaker at the April meeting of Clinton Women's Institute, held at the home of the president, Mrs. James E. MacKay on Tuesday evening, April 10. Miss Smith who gave an interesting and very informative address on "Communicable Diseases" introduced by Mrs. Stanley Brown, who also extended the thanks of the meeting to the speaker.
The meeting opened by singing "The Old Gray Mare", followed by the Mary Stewart Collect. The minutes of the March meeting were read by the secretary, Mrs. Wilfred Pickering and fourteen members answered roll call by naming their first school teacher. Three visitors were present.
One tunic and twenty diapers were passed in to the Red Cross convener, Mrs. Ivan Pickering, and more material was distributed. It was moved, seconded and passed that the group collect for the Cancer Fund. Copies of the Institute News were distributed to the members. Correspondence consisted of several "Thank You" notes for treats received by the meeting from Mr. E. MacDonald, Director of Child Welfare regarding homes for foster children, and one regarding receipts for the cook book for The Guardian and The Evening Patriot. A letter from Mrs. Douglas Mellick, Convener of Agriculture, was read and the questionnaire was filled in.
The May meeting will be held at the home of Mrs. Ian Henderson when roll call will be answered with a riddle. Program will be in charge of Mrs. Keith

Woodside, and Mrs. Stirling MacKay. Mrs. Harold Heaney, Mrs. Keith Woodside and Mrs. Bruce Clark were appointed as the new sick committee.
Mrs. Weirum MacKay was in charge of the program. Meeting closed with the Queen, and lunch was served by the hostesses and several of the ladies.
UNION ROAD UCW
The April meeting of the Union Road United Church Women was held on April 4 at the home of Mrs. Harry Newman. The meeting opened with the worship service with hymn lesson, meditation and prayer.
The minutes of the last meeting were read and approved. Nine members answered roll call and Mrs. MacArthur gave a reading on "Christian Stewardship". For the program Mrs. Wallace Mallett sang two solos "The Ninety and Nine" and "Alone". Mrs. A. Mallett gave a reading "I Accused My Parents".
Members of the program committee for the next meeting will be Mrs. E. Lamont and Mrs. H. Yeo. This meeting will be held at the home of Mrs. W. Mallett.
Following the meeting lunch was served by the hostesses and a social hour enjoyed.

BEDEQUE W. I.
The April meeting of the Bedeque Women's Institute was held at the home of Elsie Bowness. Ten members attended. The vice-president called the meeting to order with the usual ritual.
The minutes of the last meeting were read and collection amounted to \$1.29.
The sick committee reported

Film On Education Seen By Hunter River Institute

The March meeting of the Hunter River Women's Institute was held at the home of Mrs. G. I. MacKay. The president, Mrs. Cyril Smith, chaired the meeting, which opened with the Mary Stewart Collect and the thought for the day "if you have knowledge let others light their candles at it."
Plans were made to entertain the Rennie's Road Institute at the April meeting. Mrs. Emmett Bernard reported for the committee to visit the sick and Mrs. Fred Jeffrey reported for the church committee.
Mrs. Cyril Smith reported on an interview with Mrs. Helen MacDonald of Charlottetown, concerning the village history. This interview will be broadcast over CFY in the near future.
The sum of \$2.50 was sent as the entry fee for the musical festival and \$10 was voted for prizes for the Central Queen's High School. Plans for a tea that was held in late March were finalized, and it was decided to buy a gift for Miss Doris Anderson, who visited the Institute during February.
Collectors were appointed for the Red Cross and a thank-you note was received from Mr. L. W. Ripley.
Mrs. Emmett Bernard the convener for the program showed a film "Who Will Teach Your Child" and Mrs. Wesley Green read a letter from Mrs. Edwin Cook, provincial convener of education.
Lunch was served by Mrs. Ernest Cousins, Mrs. Seryl Craswell, Mrs. Lloyd Carey and Mrs. Wilfred Dindial. The next meeting will be held at the home of Mrs. Verona MacLeod.

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Charlottetown Bible Chapel 235 Cumberland St., at Longworth Ave. 11:00 a.m.—"THE POWER OF HIS RESURRECTION"—Phil. 3:10. 7:30 p.m.—"CROSSING OVER JORDAN" James A. Stahr, B.Sc., Th.M.

The Salvation Army "Home of Evangelism Since 1865" Great George Street 55 Villa Avenue Brig. and Mrs. L. A. Hicks, C.O. Sunday 9:30 a.m.—Director Class 11:00 a.m.—Holiness Meeting 10:00 a.m.—Sunday School 2:00 p.m.—Y.P.M. 7:00 a.m.—Evangelistic Meeting Thursday 8:00 a.m.—Prayer Meeting "A WELCOME AWAITS YOU AT THE ARMY"

CALVARY TEMPLE Pentecostal Assemblies of Canada Upper Prince Street Rev. C. K. Benn, Pastor 9:15 a.m.—Easter Broadcast, Summerside Radio 10:00 a.m.—Sunday School, Easter Cross if Present 11:00 a.m.—Easter Praise Service 7:30 p.m.—Easter Rally, Pastor Speaking "THE FOUR RESURRECTIONS" ATTEND CHARLOTTETOWN'S REVIVAL CENTER

TRINITY UNITED CHURCH Ministers: The Reverend John G. E. Ball, B.A. The Rev. R. S. Latimer, B.A., B.Ed., B.D. The Rev. Clayton C. Lewis, (Spring Park) Organist and Director of Chorus: Royston F. Mugford, A.R.C.O. 9:45 & 11:00 a.m.—CHURCH SCHOOL EASTER DAY SERVICES OF WORSHIP 11:00 a.m.—"A WALK IN A GARDEN" (Rev. J. G. E. Ball) Air—"I Know That My Redeemer Liveth" (Handel)—Mrs. David Cox Jr. Girls Choir: "O Joyous Easter Morning" (Bach) Sr. Choir: "Hallelujah Chorus" (Meesiah) Handel "A WELCOME AWAITS YOU AT TRINITY" 7:00 p.m.—Evening Worship "IS IT WORTHWHILE" (R. S. Latimer) Senior Choir:—"Christ Being Raised from the Dead" (Bissell) "Blow Golden Trumpets" (Easter Carol) "How the Lord is Risen Today" (Drummond Wolfe) "Christ Whose Glory Fills the Skies" (Bissell) Junior Girls Choir:—"Sing Children Sing" (Earlier Carol) "Praise We the Lord" (Martin Shaw) "This Joyful Easter Tide" (David's Psalm)

SPRING PARK UNITED CHURCH (Cnr Dunkirk & Kirkwood) 11:00 a.m.—HE IS RISEN HE IS RISEN—INDEED (Rev. C. C. Lewis) Sr. Choir: "He Arose" Jr. Choir: "This Joyful Easter Tide" Organist: Mr. Clifford Floyd

that eight cards had been sent. It was decided to hold a party sale at Bowness's Store on Friday April 6. The Red Cross committee reported that two baby coats, seven sweaters, one pair of booties and one pair of pyjamas had been received. The next meeting will be held at the home of Ruby Jewell with Catherine Bowness and Catherine Montgomery on the lunch an program committees.
OLD LAMPS Pottery and metal lamps with an all-burning wick were used in Greece as early as 600 B.C.

St. Paul's Anglican Church Established 1769 by Royal Foundation Venerable Archdeacon J. T. Ibbott, Rector Rev. N. M. Morris, L.Th., Associate Rector Organist and Choir Director: Gen. A. Thompson, F.R.C.O., (CHM), A.R.C.M. Easter Sunday 8:00 a.m.—Holy Communion 9:45 a.m.—Bible Class 9:45 a.m.—Sunday School, Junior and Senior Classes 11:00 a.m.—Sunday School, Primary and Beginners Classes 11:00 a.m.—Holy Communion, (No Sermon) Dedication of Memorial Prayer Books Mr. Lloyd S. Stevenson LAC David Ives 7:00 p.m.—Evening Prayer and Sermon Preacher: Ven. J. T. Ibbott. Visitors Welcome.

PARK ROYAL UNITED CHURCH Church Street, Parkdale Rev. J. H. Tye, B.A., B.D., Minister Mr. Leslie Hiscott Organist and Director of Senior Choir Mrs. Stanley Newman Director of Junior and Intermediate Choirs 9:45 a.m.—Senior and Junior Church School 11:00 a.m.—Nursery and Kindergarten Classes 11:00 a.m.—Morning Worship Sermon: "THE POWER TO TRANSFORM" Anthems: "God So Loved the World"—J. Stainer "In Joseph's Lovely Garden"—Dickinson (Soloist—Mrs. Dean Read) Reception of members transferring. 11:15 a.m.—Primary Church School 7:00 p.m.—Evening Worship Sermon: "THE SUFFICIENCY OF CHRIST" Anthems: "This Joyful Easter Tide" (Dutch Carol) (Senior Choir) Anthems by Intermediate and Junior Choirs You are welcome to Worship with us.

St. Peter's Cathedral (Anglican Church of Canada) ROCHFORD SQUARE The Rev. Canon J. R. Davies, M.A., L.Th., Rector The Rev. Canon E. M. Malone, M.A., D.D. Honorary Assistant Priest Miss Suzanne Brenton, Lic. Mus., Organist Mrs. B. W. Patterson, Choir Director April 22—Easter Day 7:00 a.m.—Holy Eucharist 8:00 a.m.—Holy Eucharist 8:45 a.m.—Mattins 11:00 a.m.—Procession, Choral Eucharist and Sermon 3:00 p.m.—Children's Service (Bring Lent Boxes) 7:00 p.m.—Evensong, Procession and Solemn Te Deum Visitors are most welcome at all services

First Baptist Church Corner of Prince and Fitzroy Streets Pastor: Rev. H. L. Milton, B.A., B.D. Organist: Mrs. V. Leigh Dingwall 7:30 a.m.—Easter Sunrise Service Speaker: Mrs. H. L. Milton Soloist: Miss Arlene MacDonald 9:45 a.m.—Church School 11:00 a.m.—"CONQUEROR OF SIN AND DEATH" Anthem: "O Divine Redeemer" (Gounod) Solo: "When It's Easter Sunday Morning" (O'Hara)—Mr. Stirling Inman Solo: "The Holy City" (Adams)—Mrs. Douglas McKenzie 7:00 p.m.—Easter Carol Service Meditation: "Heaven, Our Everlasting Home" Observance of Believer's Baptism

Central Christian Church 219 Kent Street MORNING SERVICES: 10:00 a.m.—Bible School—An hour of Bible study for the whole family. 11:00 a.m.—Morning Worship Service (Nursery and Junior Church provided for all children under the age of 12) Message: "O DEATH, WHERE IS THY STING" Anthem: "Come Ye Faithful Raise the Strain" (David H. Williams) EVENING WORSHIP SPECIAL EVENING SERVICE BEGINS AT 7:00 P.M. Theme: "THE ROAD TO VICTORY" (From the Triumphal Entry to the Resurrection Portrayed in Music and Scripture.) Intermediate Girls' Choir Central Christian Church extends a welcome to the Sons and Daughters of England who will be present at this service. Minister—W. O. Weale Organist: Mrs. W. A. MacRae THE CHURCH WITH A FRIENDLY WELCOME

Zion Presbyterian Church Corner Prince and Grafton Streets The Rev. Donald A. Campbell, B.A., Minister Organist and Choir Director Miss Madelyn Wadden, L.Mus., B.Mus. 9:45 a.m.—The Church School. Classes for all ages 10:00 a.m.—Bible Class. 11:00 a.m. Nursery School 11:00 a.m.—DIVINE WORSHIP Sermon: "JOY COMETH IN THE MORNING" Anthem: "This Joyful Easter Tide —Tr. Dutch Melody Trio: Children of Jerusalem—Honey Masters: Alan Stewart, Alan Balderston, Kenneth Murphy 7:00 p.m.—DIVINE WORSHIP Sermon: THE CONVERSION OF A SKEPTIC Solo: Were You There?—Spiritual Miss Sylvia Phillips VISITORS ARE ALWAYS WELCOME

The Kirk Of S. James The Reverend T. B. Somers, M.A., S.T.M., Minister Organist and Director of the Chorus Christopher Gledhill, M.A., B.Mus. 9:45 a.m.—Church School Easter Service and Dedication of Lenten Offerings. 11:00 a.m.—Churcheime Nursery 11:00 a.m.—THE EASTER CELEBRATION OF THE HOLY COMMUNION Introit: "Begin, my soul, some heavenly theme (Parry)—The Junior Choir Anthem: "Blessed be the God and Father of our Lord Jesus Christ" (Wesley) Miss Barbara G. Rogers and Mr. Raoul M. Laré The Chancel Choir and Soloists: Miss Barbara G. Rogers and Mr. Raoul M. Raymond 7:00 p.m.—THE VESPER ORDER OF THE SEVEN EASTER LESSONS Anthem: "The strife is o'er" (Vulpinus-Loy) Solo: "I know that my Redeemer liveth" (Handel)—Miss Barbara G. Rogers Chorus: "Hallelujah" from "The Messiah" (Handel) 8:00 p.m.—Young People's Society MAY ALL THE HOLY JOY OF EASTER BE YOURS THIS BLESSED DAY! VISITORS VERY WELCOME

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