

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506

Page 8, The Guardian Friday, Sept. 21, 1956

HAPPENINGS

Mr. Robert Matheson, formerly of St. Patrick's Roman Catholic Church, Hamilton, Ontario, who was in the Maritimes, spent some days at Charlottetown and vicinity.

On Sunday, last, Mr. Matheson was the guest of Rev. and Mrs. J. H. Bishop, Laphorn Ave., and was present at the evening of worship at the Free Church of Scotland, Birchwood Street.

Mr. Matheson, on Monday, visited Rev. Donald MacKinnon, D. Litt., in North Bedouque, and on Wednesday, left on return to Charlottetown, N.Y., where he is employed at St. Christopher's School.

Mr. K.M. Martin, Q.C., and Mrs. Martin have left on a motor trip to the New England states. They were accompanied by Mrs. H.V. Aslam, who has been summering in this province. Mrs. Aslam is returning to her home in Newton, Mass.

Mr. Jim Ibbott left Thursday for University of Toronto, where he will study theology at Trinity College. Before his departure to the A.Y.P.A. of St. Paul's entertained Tuesday evening in Mr. Ibbott's honor at the summer cottage of Mr. and Mrs. W.E. Scatellibay, Rosebank. The A.Y.P.A. presented Mr. Ibbott with a going away gift and a cheque from their Bursary.

At the same party Miss Mabel England who leaves shortly for Montreal for a study course was also remembered with a lovely gift.

Mrs. W.E. Champion, Diocesan president, and the three delegates Mrs. Harvey MacPherson, Mrs. Reg Jenkins and Mrs. Ivan Horne leave Sunday for Halifax. They will attend the annual meetings for four days of the Dominion W.A. being held in Halifax. Also attending meetings will be Mrs. W. R. Aitken, Miss Helen Wakeford, Mrs. C.H. Coles and Mrs. Leith MacLeod.

Mrs. Charles H. Coles, Weymouth Street, has as her house guests, Mrs. T.M.B. Parker, Toronto, and Mrs. J. Robertson, Kitchener, Ontario, who are attending the Dominion Executive of the Woman's Auxiliary of the Anglican Church in Canada.

Mrs. R.R. Bell and Mrs. Sidney MacLean, Montague, leave Monday on a motor trip through the New England states.

Mr. and Mrs. R.S.P. Jardine, Brighton Road, returned Wednesday evening from Montreal. They had motored their daughter Margaret up to McGill University.

The Exemplar chapter of Beta Sigma Phi held a small social party Wednesday evening at Mrs. L.F. Wellner, Junior's, residence. Luncheon was served by Mrs. Percy Simmons and Miss Marion Shaw.

Mrs. Todor Gencheff is entertaining at the tea hour this Friday afternoon at her lovely new home, Crestwood Drive. Mrs. E.M. Found is pouring tea. The assistants are Mrs. Edwin Johnston, Mrs. Donald F. Brown, Mrs. J.C. Montgomery, Mrs. Ross Stewart and Mrs. Allison Gillis.

Mr. Hugh H. Simpson and Mrs. Simpson are spending the weekend in Halifax.

Mr. Rogers Bell and Mr. Keith Sticksen left Thursday to attend the University of New Brunswick.

Mr. and Mrs. Leslie MacDonald, Bunnby, have had as their guests their son John L. MacDonald of Weston, Ontario, and Miss Margaret France.

Miss Pauline MacDonald was the guest of honor recently when several of her friends entertained for her at dinner at the Queen Hotel. Miss MacDonald's marriage will take place in October.

CHURCHILL W.M.S.

The September meeting of the Churchill Presbyterian Women's Missionary Society was held at the home of Mrs. Orvin Corney. Meeting opened by call to worship. "Trust Ye in the Lord forever. For in the Lord Jehovah is everlasting strength." Followed by hymn no. 483, Mrs. John A. MacKinnon then led in prayer. Scripture lesson was read responsively taken from Psalm 46. Bible Exposition was read by Mrs. Garfield MacFadyen, followed by a prayer by Mrs. Duncan Gass.

Roll call was answered by 15 members with a verse of scripture containing the word salvation. Offering was then taken amounting to \$2.75. Minutes by president, dedicated by last meeting were read and approved. Two letters from Mrs. Lillian Dickson were read by members. Closing Hymn no. 482.

Next meeting is to be held at the home of Mrs. Kelsie Buchanan. Miss Eva Docherty and Mrs. Garfield MacFadyen is to lead in prayer. Meeting closed by repeating the Lord's Prayer in unison.

Bride Is Niece Of Charlottetown Lady

The wedding of Barbara Ellen Chick and Dean Oliver Beck, took place at 3 p.m. yesterday in St. Matthew's Lutheran Church. The Rev. Paul E. Carl, assistant pastor of the church officiated at the double ring ceremony. A reception followed at the social rooms of the church.

The bride is the daughter of Mr. and Mrs. Guv S. Childress, 970 East Philadelphia St. The groom is the son of Mr. and Mrs. Harry D. Beck, Jr., 735 Manchester St. Given in marriage by her father, the bride was attired in a floor length gown of white lace and tulle over wavy satin. Iridescent sequins and seed pearls trimmed the illusion neckline. Panels of lace and pleated tulle formed the bouffant skirt which terminated in a Cathedral train. A floor length veil of lace worn originally by the bride's mother was part of the bride's ensemble. She carried white orchids and stephanotes.

Mrs. James N. Gardner, Matron of honor, wore a gown of Nile green Chantilly lace over taffeta of ballerina length, styled with a scalloped neckline and cap sleeves. She wore a matching head-dress with a face veil and matching mits and carried salmon colored gladioli.

Similarly attired in orchid lace and taffeta were the bridesmaids Lois E. Slagle and Kay E. Beck, sister of the bridegroom. They also carried salmon colored gladioli. Deanna and Maria Beck, nieces of the bridegroom, wore flower girls attired alike in orchid net, trimmed with French lace. They carried baskets of white daisies.

Robert Little Jr. served as best man, ushers were Clifton H. Beck and Gilbert W. Beck, brothers of the bridegroom. Carl Frederick

sandpipers' unsteady steps below. "Yes, it was nice to be away—and good to come home and get back into the swing of the old round again. It's good too to have work to do and feel able to do it. Well," he chuckled tightening the reins, "this is all very well—but it's not what I'm being paid for, I guess! I'd better get along—we just may be threshing this afternoon at home."

First threshing claimed our farmers today—at the neighbor's in the road opposite Rob's.

"It's not that I didn't eat a good supper, Ellen," James smiles boyishly now, "but I still have a craving for something more. That threshing" he notes "is a pretty hungry chore."

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

ELEANOR ROSS

Washing Fine Crystal

By ELEANOR ROSS
Just as in fashion, there are revivals in the decorating picture for fall this year. Among them is the use of hand-painted glass.

Quite the thing many years ago, it has recently become the rage in England where it is produced by a youthful member of the Peerage. Royalty has commissioned his firm to do special pieces and complete services. Other internationally famous hosts and hostesses, on both sides of the Atlantic, are proudly displaying these precious table pieces.

SPECIAL SEAS

Perhaps you and I aren't in a position this year to order specially designed crystal, but most of us do have some glassware that we prize highly, sets which we usually keep for special occasions. While fine glassware, like fine silver and china, should be enjoyed and lived with, it does deserve special care in handling. It pays to follow some basic precautions for washing.

For instance, don't plunge goblets or other glasses that have contained cold liquids into hot water. Give them a warming up treatment first.

While home economics have a

formula for washing dishes, there are exceptions to all rules.

You're usually advised to wash silver and glassware first, then to tackle the plates and cups. Well, if glassware has been chilled, rinse and fill the glasses with tepid water and let them stand at room temperature for a few minutes. Then introduce them to warm soap or detergent suds, following with hotter suds and there will be no danger of cracking.

Never, never plunge good glassware under the faucet, for the water temperature may be either too hot or too cold. And never risk cracks and breakage by putting your glassware into an overloaded dishpan.

There are any number of long-handled sponges and brushes on the market, especially designed for washing glassware. One of the cleverest and most decorative is a sponge on a stick. The sponge head is cut to look like a petaloid flower in full bloom—a pretty gadget for cleaning crystal.

If you should prefer to let your glassware drain dry rather than wipe and polish it, be sure it isn't crowded in the drain rack by heavier pieces. It doesn't take much to crack fine crystal!

LET'S EAT

Pan-Cooking Method Good With Vegetables

By IDA BAILEY ALLEN

"Food stores everywhere are offering a great variety of fresh, moderately priced vegetables, Madame," said the Chef. "Why is it that larger quantities are not being used?"

"Because most homemakers still don't realize that fresh vegetables are essential to good health," I replied. "They provide Vitamins A and C, some riboflavin, thiamin and niacin, as well as essential minerals, and their bulk encourages intestinal action."

"For plain service, vegetables should be quick-cooked in very little water as this conserves both nutrients and flavor."

To Pan-Cook Vegetables: Wash, drain and prepare vegetables for cooking as necessary. Peel and dice eggplant and all root vegetables; do not peel zucchini, summer squash or celery. Cut corn kernels from the cob. Pod green peas, limas or shell beans. Snap off the ends of snap or wax beans, but generally leave the beans whole. Break cauliflower into flowerets. Coarse-shred cabbage or green peppers. Coarse-slice spinach and greens.

In a heavy saucpan, melt and slightly brown 1/2 tsp. butter or margarine. Add 4 c. of the prepared vegetable. Pour in 1/2" boiling water. Stir in 1 tsp. salt and 1/2 tsp. monosodium glutamate.

A dainty lunch was served by hostess, assisted by Mrs. Kelsie Buchanan.

BURTON W.I.

Mrs. Clifford Collicutt was hostess for Burton W.I. on Tuesday evening Sept. 11. The president, Mrs. Lance Dalton, presided. Meeting opened with the Institute Ode. Nine members answered roll call.

Correspondence consisted of per-erated notes, a letter from Mrs. H. Laird. Sick committee reported visiting the sick. School committee reported visiting the school and purchasing articles needed.

Entertainment contests was conducted by Mrs. Colridge Rogers and Mrs. Henry Dalton and was won by Mrs. Wilfred Dalton and Mrs. Melvin MacGregor.

Mrs. Wilfred Dalton will be hostess for the Oct. meeting. Roll call is to something I am thankful for. New committees are: Sick, Mrs. Clifford Collicutt and Mrs. Peter Dalton, school, Mrs. Lance Dalton, Prog. Mrs. Elmer Cooke; entertainment, Mrs. Peter Dalton, lunch, Mrs. Melvin MacGregor, Mrs. Wilfred Dalton, Mrs. Peter Dalton.

A dainty lunch was served by the hostess, assisted by the lunch committee. Meeting adjourned with the "Queen". A social hour followed.

INDIAN RIVER W.I.

The hostess for the September meeting of the Indian River Women's Institute was Mrs. Walter Rorer. The meeting opened with collect. Roll call was answered by the name of a famous musician. Minutes of previous meeting were read and approved. Correspondence was read and reports of committees were heard. An interesting talk on Art was given by Mrs. Thomas Humphrey.

Refreshments were served by committee, and meeting closed with God Save the Queen.

HOUSEHOLD HINT

It is more economical to buy dresses in which material is cut the long way. Crosswise cutting suggests skimping. If a dress is cut from material against the grain of the goods, it may get out of shape easily, and such dresses are harder to alter or make over.

SERVICE FOR BISHOP

LONDON (CP) — A memorial service was held Wednesday at St. Paul's Church for Air Marshal W. A. Bishop, Canada's fighter ace of the First World War who died at Palm Beach, Fla., Sept. 11. Norman Robertson, Canadian high commissioner, headed a group of prominent Canadians attending the service.

FREDERICTON (CP) — Registrar Edith MacLeod predicts total enrolment at the University of New Brunswick here will be about \$1,200 or 145 less than the record enrolment in 1947-48. Miss MacLeod says 450 freshmen have applied so far and 64 of these are accepted. The record for freshmen was 483 in 1947. Classes commence Sept. 27.

KEEP IN TRIM

By IDA JEAN KAIN
If you are totting a considerable number of extra pounds, you are ever hopeful of finding some magic diet by which you can drop the load and be set free of the burden of fat. This is a very real and deep yearning. As one astute

Healthful Reducing Diet

psychiatrist has expressed it, "imprisoned in every fat lady is a slim girl wildly signaling to be let out."

Is there some magic way to reduce? Yes! Science has discovered the way by which you can cut calories to the level which your nature to use stored fat for part of the energy needs but at the same time provide all essential nutrients in adequate amounts. There is nothing complicated about planning scientific fare.

Once you know which foods provide the essential materials to make good the wear and tear of daily living, and the approximate calorie value of standard servings, you've got the pattern by which you can lose 2 pounds a week, without going hungry or feeling weak.

We are fearfully and wonderfully made—largely of protein. Protein is the backbone of a safe reducing diet for body cells are composed of protein. The modern trend in scientific dieting places the emphasis on when the protein

DAILY PATTERN

Cover: boil rapidly 1 min. Reduce the heat and slow-boil 7 to 20 min. or until barely tender and the water evaporates.

Add a sauce if desired. Serves 4 to 6.

Tomorrow's Dinner: Vegetable juice; minute steaks; creamed snap beans; eggplant rice casserole; pickled beet-cabbage salad; fresh or stewed sliced pears; coffee, tea, milk.

Eggplant Rice Casserole: In a 3-pt. casserole, arrange the following in 3 alternating layers: 3 c. cubed and peeled eggplant mixed with 1 minced peeled large onion; 1 c. small-chopped celery mixed with 2 c. canned or stewed tomatoes, 1/2 c. uncooked rice.

Add 2 c. boiling water containing 3 tsp. butter, 1/2 tsp. salt, 1/2 tsp. pepper and 1/4 tsp. crushed dried mint.

Cover. Bake 1 hr. in a moderate oven 375 degrees F. Uncover to brown. Serve 6.

Tasty White Sauce from the Chef

For my white sauce, melt 2/4 tsp. butter in a pt. saucpan. Remove from the heat; stir in 2 tsp. flour, 1/2 tsp. salt and 1/2 tsp. pepper.

Return to the heat. Slowly stir and blend in 1 1/2 c. whole milk, allowing it to cook slowly. When boiling, simmer 2 min.

For piquant seasoning, add a choice of celery or onion salt; or 2 tbs. minced fresh parsley, dill or chives; or 2 tbs. mayonnaise and/or 4 tbs. capers or chopped stuffed olives.



4564 by Anne Adams

COOK'S CORNER



INDIAN RELISH
20 large ripe tomatoes
4 large onions
4 red peppers
3 cups white sugar
4 tbsps. salt
4 tbsps. vinegar

Put onions and peppers through chopper. Combine all ingredients and boil until thick.

MORNING SMILE

Boss: I hope you know the importance of punctuation.

New sten: Oh, yes, I've never been late in my life.

WIFE PRESERVERS



Keep her smartly dressed all winter—sew this adorable jumper for busy days at school! It has fashion's new long-waisted look (cinched by perky bows) — her favorite flare skirt below! Have the blouse in pretty contrast!

Pattern 4564: Children's Sizes 2, 4, 6, 8, 10. Size 6 jumper, 1-3/4 yards 35-inch nap; blouse requires 1 yard 35-inch fabric.

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Send order to Anne Adams, care of Charlottetown Guardian, Palmer Dept., 60 Front St. W. Toronto, Ont.



MISS ELIZABETH SMITH

TO MARRY TOMORROW
The marriage of Elizabeth Margaret, daughter of Mr. and Mrs. John A. Smith, Kinkora, to F.O. William F. Woods, son of Mr. and Mrs. Joseph R. Woods, Deep Brook, N.S., takes place Saturday, September 22 at 9 a.m. in St. Malachi's Church, Kinkora.

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Healthful Reducing Diet

By IDA JEAN KAIN
If you are totting a considerable number of extra pounds, you are ever hopeful of finding some magic diet by which you can drop the load and be set free of the burden of fat. This is a very real and deep yearning. As one astute

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We are fearfully and wonderfully made—largely of protein. Protein is the backbone of a safe reducing diet for body cells are composed of protein. The modern trend in scientific dieting places the emphasis on when the protein

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is eaten. Science has found there is a more effective carry-over of energy and better hunger control when a high value protein is included at each of the three meals. For smooth running of body machinery, adequate amounts of minerals and vitamins are also needed in the reducing diet.

Healthful Reducing Diet

Here is the daily pattern:
For protein and minerals: Skim milk or buttermilk, 1 pint; or 1 cup, plus one ounce of yellow cheese; Lean meat, fish or fowl; 4 to 6 ounces, raw, eight.

Healthful Reducing Diet

For body regulating vitamins and minerals: Vegetables: 1 green leafy or yellow vegetable, plus a second cooked vegetable, non-starch variety; plus raw vegetables or leafy green salad; Fruit: 1 citrus fruit or 1/2 cup juice, plus second fruit; Bread and potato: Amounts vary with caloric restrictions; 2 thin slices bread, Or 1 potato and 1 thin slice bread; Butter: Amount varies with caloric restrictions; 2 one-half pats, 1/4 inch thick.

Healthful Reducing Diet

This pattern can be safely followed as long as you have excess fat to draw on.

Healthful Reducing Diet

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THE FASHION SHOPPE



MR. AND MRS. HARRY S. HUGHES

Former Islanders Wed Will Live In Hamilton

A double ring ceremony took place in St. Patrick's Roman Catholic Church Hamilton, Ontario, when Monsignor G.L. Cassidy united in marriage Margaret Isabelle, daughter of Mrs. Rita Ross and the late Mr. Alexander Ross, Mount Stewart, with Harry Stewart, son of Mr. and Mrs. James Hughes, Fort Augustus. Baskets of mixed flowers formed a beautiful setting for the ceremony.

Given in marriage by Mr. Reginald Gillis the bride looked charming in a wedding gown of Chantilly lace and nylon net of Slipper satin with matching Jacket of Chantilly lace. She wore a crown cap with seed pearls and rhinestones from which a fingertip veil of nylon net hung. Her only ornaments were pearl earrings, a gift of the groom. She carried a nosegay of white and red roses. The bride's attendant was bridesmaid Meriam McPhee, who wore a strapless dress of blue net and lace over taffeta with matching lace jacket. Her head-dress was a blue coronet of crisp nylon tulle. She wore matching gloves and carried a nosegay of white mums.

The groomsmen were Ernest Devine, friend of the groom.

Following the nuptial mass a reception was held at 222 Club from which the bridal couple left on honeymoon tour of Eastern Canada. For travelling the bride wore a blue dress with white accessories, upon their return the couple will reside in Hamilton.

Wed At Vernon River Will Reside In Toronto

A very pretty wedding was solemnized at Vernon River United Church on August 10th, when Jean Elizabeth, daughter of Mr. and Mrs. Roy Enman, Vernon River, was united in marriage with Harold Garnet, son of the late Mr. and Mrs. Charles Gamble, Taymouth, N.B., in a double ring ceremony performed by Rev. John M. Sheen. Mrs. M.S. Lex was in charge of the wedding music, and Mrs. Douglas Coffin sang "I'll Walk Beside You". While the register was being signed, the church was decorated with baskets of mixed flowers, and the pews were marked with a tiny flower and white bow.

The bride given in marriage by her father, wore a white floor-length gown of nylon net over satin, with net bodice and seeded pearls at neckline. Her finger tip veil fell from a headress of seed pearls, and she carried a nosegay of red roses.

Mrs. Arnold Dickieson, cousin of the bride, attended as matron of honor, while Miss Evelyn Ross was bridesmaid. They wore matching ballerina length dresses of nylon net and taffeta. Their gowns were of pink and blue. They carried nosegays of carnations.

Miss Kathy Masters, niece of the

ELLEN'S DIARY

Postman Is Home Again

"How did you enjoy your holiday?" we asked the mailman this morning. We had gone with James

GOOD NUMBER



By VERA WINSTON

SMART OUTFIT
A cotton knit overblouse and slacks ensemble is made up of items that can be paired off neatly with other things. The blouse can be worn tucked in or as an overblouse and is in gray, black and white stripes, the fabric used on the diagonal for the mirrored front, straight for the sleeves. The slacks are black cotton knit with a gray stripe, the same material used for the blouse cuffs.

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- Glamour Girl Pumps arriving daily in AA-B Widths in Suede, Patent and Calif \$6.95 and \$7.95
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