



MR. AND MRS. FREDERICK S. MARTIN

## Ogden Blackburn Is Bride Of Frederic Shaw Martin

The wedding of Miss Frances Ogden Blackburn to Mr. Frederic Shaw Martin of Ottawa, formerly of Charlottetown, P. E. I., took place at one o'clock the afternoon of Nov. 13 in a quiet ceremony in Dominion United Church, Ottawa.

The bride is the daughter of the late Mr. and Mrs. Robert Lennox Blackburn of Ottawa, and Mr. Mar-

tin is the son of Mr. and Mrs. George Martin of New Perth, P. E. I.

Rev. J. Lorne Graham officiated at the ceremony and Mr. Melvin Yeo was organist.

The bride was given in marriage by her cousin, Mr. Colin B. Sewell of Montreal, and attended by her sister, Miss Mary Blackburn.

## LET'S EAT

### Excellent Entrees Are Now Available Frozen

By IDA BAILEY ALLEN

Frozen ready-to-heat-and-serve entrees of many kinds are on display in frozen food cases of supermarkets and food stores. Some are on sale nationally, others in sections where the foods are regional; still more are being consumer-tested in selected markets.

"Many of these ready-to-heat-and-serve entrees are excellent," remarked the chef.

"For example try fried chicken, shrimps Creole, chicken à la king, macaroni in cheese sauce, codfish balls and Swedish meat balls.

"But most of them are beyond the budget of the average home-maker. Besides, it is difficult for her to decide how many containers to buy, for the contents have not yet been standardized by the frozen food industry."

"The practical way, chef," I replied, "is to read the label and find out how many ounces the carton contains; then divide this by 4 ounces which is an average serving. In this way, it is easy to calculate the number of containers to buy."

**NATIONAL SALE**

"Frozen chicken, turkey and meat pies are on sale nationally. For some time, they consisted of only a few bites of meat, plenty of vegetables and gravy and a good crust. These were served as main course foods, but they did not contain enough meat for a main dish.

"However, the government has set the standard so that those frozen turkeys and chickens carrying Federal inspection mark

## DAILY PATTERN

7147



by Alice Brooks

**THRIFTY AND QUICK**

Please your little lassie with a new cap 'n' mitten set! A beauty, done in double crochet with crocheted blossoms sewn on.

You can crochet this pretty outfit quickly! **Pattern 7147**, directions for 4-6; 8-10 years are included in the pattern.

Send **TWENTY-FIVE CENTS** in coins for this pattern (stamps cannot be accepted) to **Charlottetown Guardian, Household Arts Dept., 80 Front St., West, Toronto, Ontario.** Print plainly NAME, ADDRESS, PATTERN NUMBER.

Two free patterns — printed in the new Alice Brooks Needlecraft book for 1956! Stunning designs for yourself, for your home — just for you, our readers! Dozens of new designs in order — all easy to make! Send for yours today!

will include 14 per cent or more of cooked poultry meat."

**TOMORROW'S DINNER**

Split pea soup, beef vegetable pie, strawberry shortcake with whipped cream rosettes; coffee, tea, milk.

(All measurements are level; Recipes proportioned to serve 4 to 6)

**STRAWBERRY SHORTCAKE**

The shortcake may be the biscuit type, made flat and crusty, or use bought Maryann sponge cakes. Both can be wrap-sealed and frozen up to a month.

Thaw the shortcakes. Put together and top with crushed almond - thawed frozen strawberries. Top with whipped cream.

For Maryann shortcakes, heap the centers with the almost-thawed frozen strawberries. Top with whipped cream rosettes. Beat heavy cream stiff. Sweeten to taste.

Press through a good-sized-pasty tube onto heavy duty aluminum foil and freeze.

Use without thawing. To keep a supply in the food freezer, place the foil on a piece of cardboard before freezing. Then wrap-seal in transparent plastic wrapping.

The chefs asparagus salad. Arrange chilled cooked frozen asparagus individually on iceburg vinalrette.

Top each with 1 tsp. mayonnaise and an anchovy fillet.

**ALGIERS (AP) —** Nationalist rebels ambushed two buses east of Oran Monday night, killing seven Europeans and kidnapping an unknown number of Muslims. The dead included six soldiers and one civilian. Troops began a wide-spread search for the rebel band of about 50 men.

# WOMEN

Lena Caroline McLure, Women's Editor, Phone 8008

Page 8, The Guardian Thur., Nov. 15, 1956

## HAPPENINGS

Senator and Mrs. G. H. Barbour have returned from a visit to Worcester and Weymouth, Mass.

Mr. and Mrs. Benjamin Rogers are in Halifax to see their son-in-law, Lieutenant H. P. Williams, Freeman who leaves for the Middle East.

Mrs. J. F. MacMillan and Mrs. Ian MacMillan entertained Wednesday evening at a supper party at the former's residence, 312 Fitzroy Street.

### NORTH RIVER W. I.

The November and annual meeting was held in Warren Grove School with an attendance of 20, including 3 visitors. The president presided and opened the meeting by repeating the Mary Stewart collect in unison.

The minutes of previous meeting and last annual meeting were read by Secretary who also gave a very pleasing financial report for the year.

Report of committees followed and bills were presented and paid. Several thank you notes were received and a new bride expressed thanks for a gift received from the Institute.

It was moved and seconded that \$10.00 be sent to the Springhill Disaster Relief Fund. Three new members were welcomed to our group.

The election of officers for the ensuing year then took place — They are as follows: President, Mrs. Ernest Ladner; vice president, Mrs. Dan Jewell; Secretary, treasurer — Mrs. Roy Campbell; auditors — Mrs. Fulton Warren and Mrs. Edson Mutch; directors — Mrs. Russell Wheatley; Mrs. Keir Warren and Mrs. Fred Jewell; press reporter — Mrs. Fred Jewell.

School and sick committees were appointed for three months. They are Miss Marie Nunn and Miss Hester MacNeill for school committee and Mrs. Harold Younker and Miss Mae Yeo for sick committee. Program committee for next meeting is Mrs. Wheatley and Miss Eleanor Younker.

If no invitation is extended, next meeting will be held in East Wiltshire School. Lunch committee, Mrs. Roy Campbell, Miss Mae Yeo, Mrs. Fred Jewell and Mrs. Roy Bruce. Meeting was adjourned and a delicious lunch was served by the committee.

### SUMMERSIDE C. W. L.

The regular monthly meeting of the Summerside sub-division of the Catholic Women's League was held on Wednesday, November 7th, in the Knights of Columbus Home, with the president, Mrs. Carol Delaney presiding. The meeting opened with the League prayer, after which the president introduced and welcomed Rev. Father MacDonald as the new spiritual director for the league.

The secretary, Mrs. Leo Blaquiere, read the minutes of the October meeting. The treasurer, Miss Bonnie Clow reported a substantial bank balance. Correspondence as read by Mrs. Thomas Linkletter consisted of thank you notes. It was decided to hold a rummage sale on November 16th instead of the 25th, as previously announced. The Red Cross representative, Mrs. Cecil Clow reported that 64 articles had been made during the month.

Mrs. Clifford Gaudet and Mrs. Earl Perry agreed to make arrangements for a tag day to be conducted on November 23rd.

The following convenors gave brief reports: Girl Guides, Mrs. Wilfred Perry social service, Mrs. Millie Gallant; magazine, Mrs. William Profit; sick, Mrs. Ivan Clow.

The members decided to obtain a quantity of Christmas cards from the Sisters of the Precious Blood in Charlottetown. They were also requested to bring annual Christmas gift to next meeting to be sent to St. Vincent's Orphanage.

It was decided to have a Mass offered for our deceased soldiers as well as obtain a wreath to be placed at Memorial Square on Remembrance Day. It was decided to procure a filing cabinet for the Sisters at the Priory. Mrs. Wilfred Perry gave an interesting and detailed report on the regional conference held at Tignish during the month. It was decided to give a donation to the league of Mercy tea.

The Misses Marcia Arsenault and Paula Perry gave a very interesting and informative description of their Girl Guide camp in Ontario. Father MacDonald spoke briefly to the members, after which the meeting adjourned.

Including the Faro islands in the Atlantic, the kingdom of Denmark covers about 17,100 square miles.

## KEEP IN TRIM

### Many Dieters Increase Diet Calories Too Fast

By IDA JEAN KAIN

Always on the alert for inspiring stories for my dieters, I chanced upon this one when I sat next to a most attractive home-maker at a luncheon recently. When she left dessert untouched, I asked if she always skipped desserts. She remarked that since taking off weight, sweets are no temptation.

How much weight had she lost? Sixty pounds in six months... and she feels wonderful. When I asked what prompted her to start reducing, she laughingly admitted that she had gone to a doctor for gland medicine, and had come out with a diet. The doctor had explained that less than one per cent of all overweight is due to any glandular disturbance and even in those cases, diet is necessary.

The specialist did not give her a specified diet... he outlined a pattern of eating. Here's the pattern that helped her slim off 60 pounds.

Breakfast: A half grapefruit or a 4 oz. glass of orange juice; a whole egg plus a second egg white coffee, black. Lunch: A serving of lean meat or fish; a vegetable salad with a low calorie salad dressing or a green vegetable; fresh fruit for dessert. Dinner: Hot consommé, broiled or baked meat fish or fowl, fat trimmed off; a non starchy vegetable; a salad; fresh fruit for dessert.

The diet was supplemented with a pint of skim milk or buttermilk every day to be had at any time preferred. Before retiring she had

an orange. After breakfast she had a vitamin capsule.

That is so good a diet as anyone could follow... and it contains between 800 and 900 calories a day. The first week our

model lost seven pounds! Part of this initial weight loss was in water. From then on she lost approximately three pounds weekly.

An interesting part of this reducing story is the maintenance diet. When our model approached normal weight, the calories were eased upwards ever so slowly. The first week one potato was added. One a week! I inquired? Oh, no, one a week! The next week, a potato and banana were added, and the following week, a slice of bread was included in the daily

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**FAST WORKERS**

Japanese shipbuilders now claim to complete a large tanker in six months from the laying of the keel.

Many reducers tend to increase the calories too fast when the diet is over. The success of this diet proves the value of adding one food a week to the diet pattern in order to slowly bring calories up to maintenance level.

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