



PROVINCIAL CWL officers shown above FROM LEFT TO RIGHT are: Mrs. John Hagen, convener of the National CWL magazine, The Canadian League; Mrs. A. P. Mulligan, who is first vice-president and convener of membership and organization; Mrs. James T. Pender-

P.E.I. Catholic Women's League Stimulates Efforts In All Fields Of Women's Work

With a membership of over 4,000 women in 51 parishes, the Catholic Women's League in Prince Edward Island is engaged in carrying out a varied program in line with its motto "For God and Canada". Mrs. Fred L. MacMillan of Charlottetown is the provincial president.

The Catholic Women's League of Canada came into being because of the necessity for having a medium through which Catholic women might express themselves as one voice in all matters of interest to them as devoted children of Holy Mother Church, and as loyal citizens of Canada. The League has been mandated by the Canadian Conference of the Hierarchy as the official organization for English-speaking Catholic women. It courageously vindicates the ideals, and voices the opinion, of the Catholic women of Canada, and has often received the commendation and keen appreciation of federal, provincial and municipal authorities, for the voluntary services ably performed by its nationwide membership. Among other subjects, the League seeks the betterment of social action, the stimulation of effort in all lines of women's work, and gives unflinching support in the foundation of enlightened opinion.

The Catholic Women's League of Canada is part of a world-wide movement of Catholic womanhood under the banner of the World Union of Catholic Women's Organizations, representing 65 countries and 120 organizations, with a combined membership of 37,000,000 members.

Highlight of the year just concluded for the CWL in P. E. I. was the attainment of the \$3,000 objective which they set as this province's share towards the National CWL's "Centennial Project" for 1967, the raising of \$100,000 for the "Vanier Institute of the Family".

However, the most important endeavor in which all Catholic women have been engaged in the past year, and certainly the most discussed, was the study of the liturgy and the active participation by the laity in making the Mass and the Sacraments more meaningful.

In the educational field, the CWL was instrumental in raising \$2,122.50 for the St. Dunstan's Girls' Scholarship Fund. The new director of this fund, Rev. Owen Sharkey of St. Dunstan's University, spoke at the three Regional Conferences held last November at Georgetown, Summerside and Charlottetown and attended by some 500 members, and made an urgent appeal for increased contributions to this fund since there are now so many more girls studying at St. Dunstan's and in need of financial assistance.

High priority was given at the

Congenial Music Lessons Stimulate Enthusiasm

EDMONTON (CP)—A group of children learning piano on cardboard or plastic keyboards is a common sight in Edmonton classrooms after school hours.

It's an efficient way of learning to play the piano, says A. S. Rumbelow, music supervisor of the Edmonton public school system and the children enjoy group piano lessons.

One teacher, often a private instructor, handles up to eight students in a half-hour lesson, with one child at the piano and the others at simulated keyboards. They have two lessons a week.

"It's more congenial for students. It's also a less expensive way of determining musical potential and ability. All the students need is a piano available for practice."

Lillian Karpnya of Winnipeg, an instructor at the Canadian Bureau for the Advancement of Music, says children learning music together respond with group enthusiasm as well as competition.

Basic music theory can be taught better to a group than to individual children, says Miss Karpnya. This background enables them to catch up quickly if they go on to individual music lessons.

Mr. Rumbelow says the music lessons are "basic training." "It's our idea to involve as

many students as possible. Everyone should have the opportunity to learn music."

The group method enables both public and separate school systems to make music lessons available to hundreds of children at a minimum of expense.

The system is helpful to music teachers by freeing them from children who are not successful at piano after a year or two of teaching, says Miss Karpnya.

It also was valuable to children interested in other musical instruments as piano experience could be applied to all fields of music.



PLANNING FOR EXPO '67

Mrs. Louise Stuart, co-ordinator of Women's Activities Expo '67 has recently visited here during a cross-Canada tour. She has been forming a Canadian advisory committee of 12 outstanding women. In turn, provincial committees are to be formed in each

Women

6 The Guardian, Charlottetown, Fri., Jan. 28, 1966.

Annual Meeting And Election Held By Presbyterian YWG

Mrs. George Tannhill was hostess to the Kensington Presbyterian Young Women's Guild for their annual meeting recently.

The president, Mrs. Keith Thompson, conducted the meeting which opened with the Lord's Prayer, and Mrs. Charles Bearst led the devotions. Roll call was responded to by 14 members, and Mrs. Tannhill introduced a guest, Mrs. Gordon Geer.

It was decided to make a donation to the Maritime Home for Girls at Truro.

Mrs. Tannhill was chairman for the presentation of reports and the election of officers. Annual reports were given by the secretary, Mrs. Ron Kennedy, and the treasurer, Mrs. Allan Champion. Mrs. Keith Thompson voiced appreciation to the members for their co-operation and support and asked the same for the new president, Mrs. Tannhill thanked the retiring executive on behalf of the members.

The chairman of the nominating committee, Mrs. Allan Champion, brought in the following slate of officers which was accepted by the meeting: president, Mrs. Eric Thompson; vice-president, Mrs. Newton

legge for four years and was awarded a Bachelor of Arts and Bachelor of Education Degree from Acadia University. The essay will be published in a book along with winning submissions from other regions. In 1967, a centennial project of the sponsors. It was stipulated that entries be either fiction or informal essays about a province in which the entrant had lived for at least six months. It was further specified that the article should deal with the traditions, history and customs of the people. The book will contain 30 selections (three from each region).

Mrs. McLellan received a cash award.

Former Islander Receives Award

Mrs. Marion McLellan, a member of the Kentville, N.S., schools' teaching staff, was recently awarded a regional first prize for her informal essay on Prince Edward Island in a contest sponsored by Moyer Division of Vilas Industries Limited.

She is the former Marion Schurman, daughter of Mr. and Mrs. Schurman of Central Bedouque and received her early education in Central Bedouque. She attended Prince of Wales Col-

HOUSEHOLD HINTS

Use the potato masher to prepare hard-boiled eggs for salad. The job's done in no time, without mess.

In order to guard against loss, pin children's socks in pairs before tossing in the washer.

Slip a nylon hair net over a feathered hat before storing. Keeps feathers in their place and unruined.

TOMORROW'S DINNER

- Yankee Bean Soup (canned) with Pulled Bread
- Chopped Beef-and-Mushroom Balls
- Flaky Long-Grain Rice
- Baked Cinnamon Winter Squash
- Cabbage Patch Salad
- Fear Meringue Compote
- Coffee, Tea or Milk
- Measurements level.

ELLEN'S DIARY

The Arrival Of One Girl Was Anxiously Awaited

This evening, we in the family at Alderlea, found we were watching through the deepening dusk for a car-light, and listening in the quiet for the approaching footfalls, that one more would return the one girl of the farm to us, to make the circle complete.

How important these have been to the pair at this house, and to her folk in the house across the lane: the out-goings and in-comings of the one last up through the years: To school as a fair, and long-braided small one, the neat freckles bridging her nose and lying across her cheeks, something of a despair to her even then. "Never, never try to cover them" her grandfather would counsel. "You are fortunate! Freckles are a favor to little girls—the sun's own kisses" he would say.

The freckles have almost all disappeared, as they will in the maturing years. But the years which have passed since her first schoolday returns to mind now: the trek off to join the Be-

ginners' class in the little one-room school of then, set down beside the River Road; the summery days when, having mastered the art of cycling, she joined a pair of like age from a farm in the road, in her goings and comings. She enjoyed her school-days, and always spoke kindly of each one of the succession of teachers that came and went there through the years...

IDA BAILEY ALLEN

Home-Oven Baked Bread Delightful, Budgetwise

In a survey of thousands of homemakers on the high-cost-of-eating problem, I found a surprising number of women who were baking their own bread at home for budgetwise reasons. Many were full-time homemakers; others married women with "jobs", who baked bread at home on weekends for a family treat. Baker's 'Helpers'

The actual work-time required for mixing bread and setting it to rise is comparatively small; the interval from the mixing until the finished bread comes out of the oven calls for no labor at all—for the yeast and right temperatures do the work.

A distinguished doctor recently said to me, as he cut a slice from a crusty round loaf, "Bread is made of life itself, for yeast is a living plant that literally grows in the dough."

Homemakers often find the making of yeast breads a comforting task that appeals to their womanly instincts.

The making of good yeast bread is an accomplishment worthy of any woman. I plan to give, now and then in this column, a series of chats and recipes on yeast breads and their making.

When Tomorrow Comes

This month we have already brought to you the complete recipe for ad man Alan Kent's superb homemade white bread. Tomorrow we turn to yeast-raised batter rolls, the simplest form of yeast-breads, different, easy-to, delectable and elegant.

RECIPE FOR CABBAGE PATCH SALAD

- 2 c. crisp fine-shredded red cabbage
- 2 c. crisp fine-shredded green cabbage
- 1/2 c. small cut skinned red apple
- 1 tsp. grated peeled fresh onion
- 1/2 c. not-sweet French dressing
- Combine ingredients in order given. Toss with French dressing. Serve as soon as made.

RECIPE FOR PEAR MERINGUE COMPOTE

- 1 (1 lb. 14 oz.) can pears (halves)
- 1 tsp. flour
- 1 tsp. melted butter or margarine
- 1/4 tsp. nutmeg
- 1/4 c. sugar
- 1 large egg
- 1/4 tsp. cream of tartar
- 1 tsp. sugar, additional
- Combine pear halves, flour, butter, nutmeg and sugar. Transfer to oiled 9" pie-plate that can go-to-table. Bake 20 min. in a mod. oven, 375 degrees F.
- Mentime separate egg. Save yolk for another dish. Beat egg white until light and stiff with cream of tartar and additional sugar, making a meringue. Remove pears from oven. Make a border of meringue around edge of pear compote. Reduce oven heat to 325 degrees F. Return compote to oven. Continue to bake 12 min. more, or until meringue is pale-brown. Serve warm or cold. (Do not chill.)

PULLED BREAD FROM THE CHEF

Madames: This is especially

H. BENNETT CARR
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HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-5500

Francis Gauthier has returned to his home at North Rustico after visiting with his sister and brother-in-law, Mr. and Mrs. Emmet Batchelder of Halifax, N. S.

Mr. and Mrs. Arnold Wightman, accompanied by their son Roger, returned to their home in Montague after spending the weekend in Halifax, guests of Mr. and Mrs. Cecil Wightman. They also visited with Mrs. Wightman's sister and brother-in-law, Mr. and Mrs. D. F. Horton, Halifax.

Mrs. Wallace Birt, Pisquid East, spent a few days in Moncton, N. B. recently. She was accompanied by her grandson, Jimmie Leard.

Robin Curran spent the weekend with his parents, Mr. and Mrs. Gerald Curran, Stanhope Road.

Mr. and Mrs. Jerry Peters accompanied by Mrs. Fédée Doucette, North Rustico left for Amherst, N. S. to attend the wedding of their daughter, Delores.

Mr. and Mrs. Elliot Gallant and family of Saint John, N. B. accompanied by Leo Gallant spent the weekend visiting with Mr. and Mrs. Joseph H. Gallant in Rusticoville.

WOMEN'S ORGANIZATIONS

Pleasant Valley UCW Elect Officers At Annual Meeting

The Pleasant Valley, UCW held their annual meeting at the home of Mrs. Miller Keud with the president Mrs. Keud Jorgenson in the chair.

Mrs. Wendall Craswell acted as leader for the evening and she presented an impressive Candle Light service, appropriate stories, also scripture reading and hymns were used relating to the Yuletide theme. Prayer closed this period. Roll call was responded to by 10 members and 2 visitors were welcomed.

A donation of coloring books and mittens were sent to Brunswick St. Mission, Halifax.

The treasurer reported a substantial sum was realized from the Pot Luck Supper. Thank offering envelopes, travelling missionary basket and apron and coin bags were opened and a neat sum was realized from them. It was decided to give \$30.00 to the Sunday School also \$75.00 to the manse fund. Committees reported. The aged and shut-ins were remembered with a gift of fruit at Christmas.

Following is the slate of officers for the ensuing year 1966: president, Mrs. Wendall Craswell; vice-president, Mrs. Donnie Barlow; secretary, Mrs. Knud Jorgenson; organizer, Mrs. Harry Jorgenson; (re-elected); christian citizenship and social action, Mrs. Wm. E. Stevenson; (re-elected); periodicals, Mrs. Wendall Craswell; (re-elected); community friendship, Mrs. A. Harry Weeks; Mrs. Wm. E. Stevenson; Mrs. Donnie Barlow; Mrs. Melville Weeks; card sec'y, Mrs. N. A. Cutcliffe; supply sec'y, Mrs. Miller Weeks; press sec'y, Mrs. Everett MacLellan. Mrs. Milton Weeks

BREADALBANE WMS

Mrs. Kenneth Graham was hostess to the Women's Missionary Society of the Breadalbane Christian Church on Friday evening, January 21st. Mrs. Cuyler Matheson presided over the meeting which opened with the hymn "Only Trust Him" followed by the missionary creed.

Following the minutes by Mrs. James Craig, members responded to roll call with a verse containing the word "beginning". The program included readings: "Are Missionaries Unbalanced?" by Mrs. Allan Hiclox; "The Queen's Writing Paper" by Mrs. John Hiclox; and "A Child's Faith" by Mrs. Pomroy Murray.

It was decided to contribute to the Rempel Fund, and plans were made to begin a quilt. Mrs. James Craig led the study period and refreshments were served by the hostess.

LAKE VERDE WI

The monthly meeting of the Lake Verde Women's Institute was held at the home of Mrs. Irma Redmond recently with Mrs. Joseph Shea presiding. Roll call was answered by seven members.

It was announced that knitting for the Red Cross should be passed in to Mrs. Raymond Wood. A contest was won by Mrs. Daryle Wilson.

Mrs. Joseph Shea invited members to her home for the February meeting.

During a social hour, refreshments were served by the hostess, assisted by Mrs. William Shea. A game of cards was enjoyed, the prize winner being Mrs. Harry Kelly.

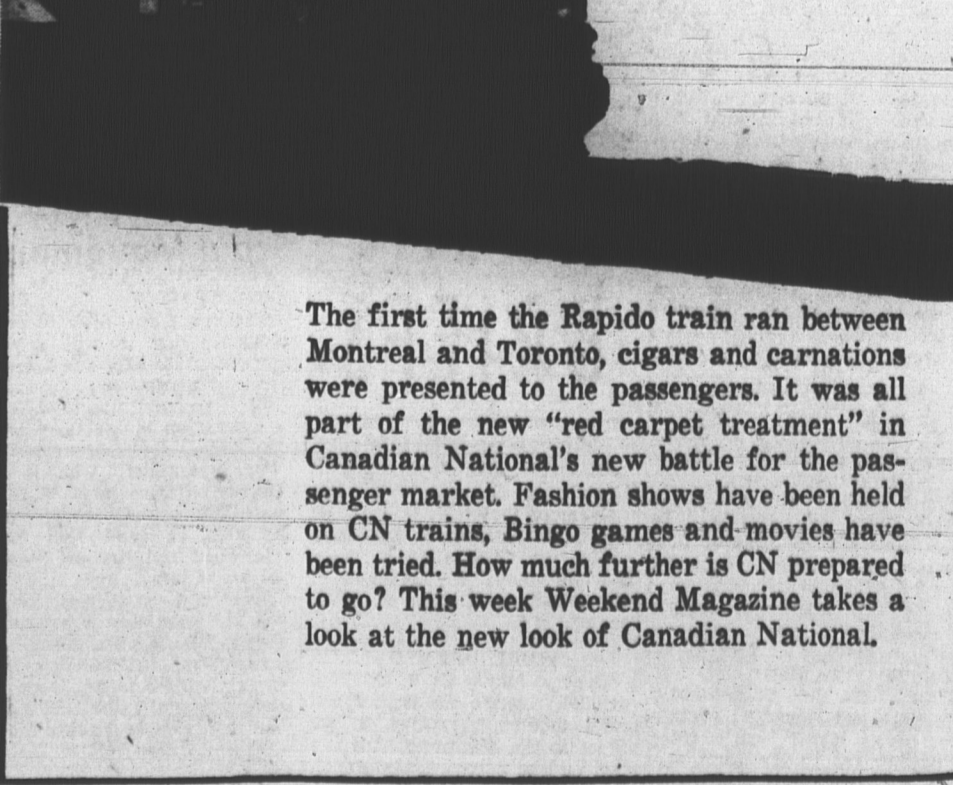
SHERBROOKE WI

Mrs. Elmer Wark was hostess to Sherbrooke WI for the January meeting, when the president, Mrs. James Harris presided

LOW BACK PAIN

Is it hard for you to sit down, even harder to get up from a chair because of low back pain? Does this pain make work difficult, keep you from turning over in bed? This nagging, wearisome pain keeps thousands in misery. But here is good news for all such sufferers. Templeton's TRC's give the desired relief from such suffering quickly, pleasantly. Equally good for lumbago, back-ache, sciatica, leg-pain, arthritis, rheumatic and neuritic pain. Get T-R-C's for fast relief. 85¢, \$1.00 at drug counters everywhere.

Do not let fast relief, use Templeton's FLAMM Cream. Followed in the roll-on bottle automatically while using T-R-C's. FLAMM Cream \$1.25 at drug counters everywhere. T-1



THE RAILROAD REVOLUTION

The first time the Rapido train ran between Montreal and Toronto, cigars and carnations were presented to the passengers. It was all part of the new "red carpet treatment" in Canadian National's new battle for the passenger market. Fashion shows have been held on CN trains, Bingo games and movies have been tried. How much further is CN prepared to go? This week Weekend Magazine takes a look at the new look of Canadian National.

Offices of THE HOSPITAL SERVICES COMMISSION

Are temporarily located in the Veterans Wing of the Prince Edward Island Hospital. Entrance is opposite North River Road, with parking at rear of Veterans Wing.

Phone Number is still 892-1211 and mailing address Box 4500 (please clip for future reference)

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