



MRS. RUTH HAYTHORNE

Former Teacher Appointed Head Of Collegiate Institute

By MARILYN ARGUE
OTTAWA (CP)—A 54-year-old mother of two who has been involved with education "practically all my life" is the newly named head of Ottawa's Collegiate Institute Board.

Ruth Haythorne's family shares her interest in learning. They've lived in Ottawa since 1942 except for a year when Mr. Haythorne, now the federal deputy minister of labor, returned to Harvard University to complete a doctorate in economics.

Daughter Eleanor, 24, has a master's degree in social work and is employed with a Toronto agency. Eric, 19, attends Queen University at Kingston, Ont. Both children completed Grade 13 at a school in Neuchâtel, Switzerland.

Eric, especially, became fluent in French. He'll have to work at keeping it up, because you lose it so quickly when there's nobody to speak it to.

Mrs. Haythorne began her teaching career in Montreal, after graduating from McGill. She taught high school biology and for a time headed a five-room elementary school.

While the children were growing up, she confined her activities to volunteer work. "I think it's important that mothers take part in things outside the home—I realize this was easier for me because I only had two children. If there are four children under five, the mother certainly hasn't too much free time."

She tried full-time teaching for a short while, "but Eric was small then and there were some days when I would have preferred to stay at home. Not that there was any crisis—I just felt it would have been better."

Her volunteer work included the Citizen's Committee on Children, the religious education program of her Unitarian Church, and three years as Ontario vice-president of the Home and School Association.

"I feel it is important that parents and teachers get into the job together. When I began teaching, there was no home and school association, but we used to organize our own meetings."

Appointed to the eight-member Ottawa board about three years ago, Mrs. Haythorne is the only woman member and only the second woman head. She finds her duties take a considerable amount of time. "Things are moving so fast in education these days."

Some of the concepts examined by the group have included TV and team teaching, and increased guidance and psychiatric help for students.

"This kind of help is available to teachers as well as pupils. It's not necessarily full-scale psychiatric treatment. Sometimes people just want someone to talk over a problem with them."

She predicts the end of the eight-week summer courses that replace a full year's training at Ontario College of Education for some high school teachers.

"I don't see the summer training. Some of them do very well, but they are getting their practice on the job. I think we're on the brink of something a lot better."

PLAN MORE CARS
MOSCOW (AP)—A small, \$5,500 four-passenger car named the Moskvich will be the main product of increased Soviet automobile production in the next five years, Tass said Saturday.

ELLEN'S DIARY

Glowing Embers Are Hard To Beat For Toasting

"I think before I go, I'd like something to eat," Peter said this evening when the day was going off into the shadows, which touched the hillsops dusky and dimmed the valley below. And home, the best place of all the world was calling a laddie to come home. "A cookie, perhaps, or an apple?" we suggested. He shook his head. "It's not things like that I'm thinking of. It's, if you have a toaster, a piece of toast."

"But, why toast?" we inquired. "I like to watch it being made. And it smells and tastes so good!"

It was a toasting fire. The glowing bed of embers was reflected on the wall when we presently lifted a stove-cover and set the bread in the little toaster, which has been a loyal friend up the years of our house-keeping, to brown. True, the electric toaster, a gift from Mack at Christmas, proves its worth when there is no fire on the hearth. However, other times we find the more humble appliance in hand. Perhaps this is because its use returns to mind former scenes and days: pictures of ways of living gone by that we should much like to bring back if for only a day, so that the children of the name of now, could understand, and we are sure, enjoy something of that way of life which has now almost entirely disappeared.

We should like them to have seen, as we had first seen it, this kitchen, before electricity brought the refrigerator, the radio, and TV to its corners. To see the handmade maple table against a wall, the low-heated, high-ovened stove, what a curiosity that would have been to them, about the light of which we sat in the evenings like these staying thus the loveliness of the outdoors, grateful when the lamp was finally taken down from its setting beside clock on the shelf, to end that quiet twilight hour. The wall to wall hooked carpet, so warm in wintry mornings—the lantern on its nail high up by the porch-door. And to be allowed to light a lamp now when there chances to come an interruption in power is to them nothing short of a favor!

Mack was well when he went to school this morning, but now he doesn't feel so good," was the report brought in to us this evening. "He must be coming down with the flu." There was accordingly no manish boy about the evening's chores, carrying pails and bedding to this or that animal in some "outport" of building. No lad off happily in the little truck to tend the flock of ewes at the other farm in the road, close by Bob's. "And think of it!" one of the farmers exclaimed with obvious concern. "Mack miserable, and the Easter Beef Show and Sale coming up!" Since he was a little chap, he has never missed showing an animal or so there!" Little March drifts from last night's flurries, the wind of today toyed with. The spruces down below the dam were fetchingly white-dusted, the fields cleanly re-spread. But now is the March sunshine. And ahead, presently for this town, remains a quaint and comfortable old bed.

Until tomorrow --- Diary --- Good-night.

Establishment Of Library Is College Centennial Project

By PIERRE VENIOT
HALIFAX (CP)—Mount St Vincent College in suburban Rockingham has selected as a centennial project the establishment of a campus library as a centre of study of the needs and roles of women.

Sister Alice Michael said Thursday in an interview. "The library would mean that the college would have a service to respond to the needs of the area."

She said the college, which now has a new charter before the provincial legislature to change the institution to a university and give it separate legal status, would fail in its purpose by not preparing young women for dynamic, modern society.

"There is a great deal more interest in women than ever before," Sister Alice Michael said, "and women are trying to find their proper place in society."

"This is the need we must meet. We plan to have meetings here of outstanding women, and we also hope to have seminars."

The college offers degrees in nursing and home economics, but through its liberal arts and Nova Scotia's lieutenant-governor, will cut a ribbon to open the \$1,000,000 12-storey Assisi Hall, residence for 135 students.

IDA BAILEY ALLEN

Food Elements Supplied At The Breakfast Table

What is a "good" breakfast? It is a meal that is satisfying and sustaining, and enables one to go on until noon without a "break."

Hard And Fast Menu? Is a good breakfast necessarily made up of only the following menu: orange or grapefruit juice; cereal with plenty of milk and a little sugar; or bacon or ham and eggs; with toast and coffee or tea for adults, milk for the children?

This type breakfast is good as it stands. But try varying the main dish occasionally; be sure to include the necessary protein. For instance, the following French toast sandwiches include all the necessary elements to produce a balanced breakfast.

SAVORY-FRENCH TOAST SANDWICHES
(The protein elements come from milk, eggs, enriched bread and the sandwich filling.)
Lightly spread 12 slices of enriched or whole wheat bread with softened butter or margarine. Fit on thin-sliced meat loaf, tongue, luncheon meat, chicken, turkey, Swiss or American cheese; or spread with chunky-style peanut butter. Put slices together in pairs. Cut in halves.

Dip quickly in and out of egg wash (directions follow), fry 4 min. or until golden brown on both sides in 2 tbsp. margarine. Garnish: vegetable nibblers or currant jelly; or a sliced peach, or a sliced crab-apple on lettuce.

EGG WASH: Beat 3 eggs until frothy with 1/4 c. milk; or fresh skim milk; or reconstituted evaporated milk; or non-fat dry milk crystals. Add 1/4 tsp. salt and a choice of 1/4 tsp. ground cinnamon, clove or nutmeg.

TOMORROW'S DINNER
Grapefruit-Juice
Meat - Ball Casserole
Mashed Potato
Turnip-Swedish-Style
Lemon-Cocoanut Whip Pie or Sliced Canned Peas
Peanut Cookies

Measurements are level
TURNIP SWEDISH STYLE
(and glomerized root vegetables)
3 c. sliced, cooked
peeled turnip
1 peeled small onion
1/4 c. mild vinegar
1 c. boiling water
1/2 tsp. sugar
1 tsp. flour

B. C. Enroute they plan to stop at Montreal, Toronto, Winnipeg and Calgary.

Mr. and Mrs. James Gibson and son James of Moncton, N.B. were recent visitors to Kensington, the guests of Mrs. Gibson's parents, Rev. Alexander and Mrs. MacKay.

Melville Donald returned to his home in Alberton after spending a couple of weeks in Kensington with Everett Donald.

WILL STAND TRIAL
BELLEVILLE, Ont. (CP)—Leonard Vigoda, 27, a Belleville scrap metal dealer, was committed Monday for trial on a charge of theft in connection with the disappearance of \$600,000 worth of cobalt from a government stockpile at Deloro, Ont. last May. Mr. Vigoda and his father, Sam, were originally charged with conspiracy. But the charges were dropped by Magistrate R. C. Jackson for lack of evidence.

H. BENNETT CARR
Sun Life of Canada
District Supervisor
Insurance Counselling
Charlottetown, P.E.I.
Phone 4-5817 - 4-5435

LADIES!
Adella's Millinery
Now has in stock a complete line of spring and Easter Hats.
Visit us today, opposite the post office, 100 Queen Street
Open Saturday Afternoon until June

UNIFORMS
We carry the Newest, Brightest and Smartest Look in Professional Uniforms.

● Terylene and Cotton
● Blends
● Sizes Junior Petite 5-15 to 8-24's
● Terylene Taffeta
● Cottons
● Sanitized
● Priced from \$5.98 to \$17.99

THE FASHION SHOPPE
144 Great George St. Open All Day Saturday Dial 4.3335

WOMEN'S ORGANIZATIONS

Kilmuir Institute To Hold Pantry Sale This Month

Mrs. Richard Campbell presented at the March meeting of Kilmuir Women's Institute which was held at the home of Mrs. James Campbell. The president appointed Mrs. Sinclair MacPhee to act as secretary and 11 members answered roll call with a receipt.

The treasurer reported a satisfactory sum had been realized from recent card parties. Correspondence included a request from the Red Cross for members to attend the annual meeting and safety seminar in Charlottetown. Two members were appointed.

It was decided to sell tickets on a box of groceries, which would be made up at next meeting, also to hold a pantry sale in Montague, the latter part of the month.

Food committee for the next card party will be: Mrs. Donald Munroe, Mrs. John Daley, Mrs. Colin MacDonald and Mrs. James Campbell. Place of next meeting was not decided but roll call will be an item for the grocery box.

An "Institute Quiz" was conducted by Mrs. M. MacPhee and won by Mrs. M. MacPhee. A penny sale was won by Mrs. A. N. MacPherson. At the close of the meeting, refreshments were served by the hostess assisted by Mrs. MacPhee and Mrs. Munroe, and a social hour followed.

YORK POINT WI
President, Mrs. Gerret Pater was hostess recently to the members of York Point WI meeting when roll call was answered with an every day card. Routine business was dealt with.

1/2 tsp. salt
1/2 tsp. pepper
2 egg yolks
Arrange cooked turnip in 1 1/2 inch butter or margarine over-lapping slices on deep medium-size serving platter. Pour over a sauce made as follows: Combine onion, vinegar and water; boil 20 min. Mix together sugar, flour, and butter; stir into boiled mixture. When mixture boils again, stir in seasonings and beat-stir hot sauce into egg yolks. Do not reboil. Use at once. Serves 6

LEMON COCOANUT WHIP PIE
envelope unflavored gelatin
1/2 c. sugar
1/2 tsp. salt
1/4 c. fresh lemon juice
1 c. cold water
1/4 tsp. fine-grated lemon rind
1/4 c. (not sweetened) undiluted, evaporated milk, refrigerated
1/4 c. flaked coconut

1/2 c. baked pastry shell, homemade or from a mix in pint-size saucepan, mix together gelatin, sugar, and salt. Gradually stir in lemon juice and cold water. Stir - cook over low heat about 4 min. or until both sugar and gelatin are dissolved. Remove from heat, stir in lemon rind.

Refrigerate about 30 min. or until mixture is consistently unbeaten egg white.

Turn into small bowl of electric mixer. At once, gradually beat in chilled, evaporated milk. Then beat at high speed until mixture swells in volume and thickens. Refrigerate until mixture mounds when dropped from spoon. Stir in 1/2 c. of coconut.

Spoon mixture into baked pastry shell. Strew over the remaining coconut. Refrigerate 4 hr. or until firm. Serves 6 to 8.

For Flair: garnish with a few small strawberries rolled in granulated sugar.

TRICK OF THE CHEF
When frying or sauteeing with butter or margarine, add a few drops cooking olive oil to lower frying point and prevent food from scorching.

DO YOU GASP FOR BREATH, WHEEZE, COUGH?
Does asthma or chronic bronchitis keep you in misery with difficult breathing, wheezing, coughing—so it is hard to do your work, impossible to sleep? Do you sit up all night struggling to get breath thru your bronchial tubes? Then here is good news! Thousands of Canadians use millions of RAZ-MAH capsules each year and get longed-for relief from their symptoms quickly. Try Templeton's RAZ-MAH Capsules today—only 85c and \$1.65 at drug counters everywhere.

MOTHERS! For children's Asthma and Chronic Bronchitis get RAZ-MAH GREYS JUNIOR. 25c at drug counters. T-10-12

Waiting at Headquarters
When the young ones check in after school, reward them with Pineapple Punch and cookies. Just before serving stir a tablespoon or two of frozen concentrated pineapple juice into a tall glass of cold milk. Serve "as is" or float a small scoop of lemon sherbet on top.

A Slick Trick
For adding a gay touch to impromptu gatherings start with chocolate milk. Make your own or buy it already flavored. Pour into pretty glasses, add a dab of whipped cream and sprinkle with shaved chocolate.

Fast 'N' Frosty Ideas
Are yours for the asking. Drop us a note here at the Bureau and we'll send you our latest recipe leaflet, inspire the whole family by taking it up close to the 'frig or blender.

Women

6 The Guardian, Charlottetown, Tues., March 22, 1966.

MARY HAWORTH

Girl's Desire To Remarry Causes Concern To Mother

DEAR MARY HAWORTH: Three years ago I, then 16, married Bob, a wonderful boy, then age 20.

Exactly four months and 11 days later I left him and shortly afterward we were divorced. The reason: immaturity on my part; incompatibility, according to the court records. The union was childless.

I felt regret the moment I left him but had too much pride to tell him. I didn't see him again until four months ago. Since then we have seen each other several times a week.

Bob says he still loves me, not quite as much as before, but he still cares. I love him much more deeply than before, and realize just what I have lost. He says maybe we'll marry again, but he is still afraid I will hurt him, for which I don't blame him a bit.

The immediate problem is a remark of my mother's: I wonder if what she says is true. As I was lightly discussing with her the possibility of remarrying Bob, she said: "Women who remarry their first husbands are, for the most part, making a great mistake, which probably will end in divorce again."

My mother always has had a defeatist attitude towards marriage, especially as applied to me. But, please understand, she had nothing to do with the failure of my marriage; it was all my fault.

But surely there must be something to build on if there is love between the two who failed once. Even if what mother says is true I would like to

prove her wrong, because being Bob's wife has become the most important thing in my life. Your comment will be greatly appreciated. E.G.

DEAR E. G.: Your mother was saying in effect, that inasmuch as the attraction which led you to marry Bob didn't promote a durable partnership the first time around, there is no reason to suppose the results would be different, given a second trial.

And there is some truth in that. The flaw was not, and is not in your fondness for one another, a spontaneous sense of mutual affection that seems quite sincere and amiable, so long as there are no strings attached, no forfeits to be paid, no disciplines to be borne.

The weakness in your marriage, the factor that caused you to jump ship after a brief four months, was in the realm of character, obviously. It had to do with defective qualities of will, purpose, fortitude, wisdom of forbearance, loyalty and the like.

Your own explanation is "immaturity of character." But that is probably camouflage language, designed to veil or soften the painful truth.

By age 16, one is either already disposed towards responsible behavior and conscientious accountability for the costs of one's actions, or else one is disposed to try, as it were, for a free ride through life, in terms of leaving others "holding the bag" if things don't pan out comfortably.

So I would suggest that your handicap for marriage, until now may have to do with a kind of narcissism, a kind of self-involvement, of reveling in the experience of being beloved, by someone whom you find attractive, because of the tribute, flattery, etc., it brings to the self. Yet, without your being really attentively aware of the person who loves you, or honestly aspires to.

Some nuance of the sort in your exchange with Bob may account for his memory and anticipation of hurt in relation to you.

As for your theory that where a natural attraction persists between two persons, there must be something to build on, marriage-wise, I would say that's not necessarily so.

There is a folk saying that you can't make bricks without straw. And in the making of a marriage, it takes a lot more building material than simply a mutual hunger for togetherness to establish and maintain a beneficent enduring partnership. M.H.

MARY HAWORTH counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

PLAN WRITERS' CONGRESS
OTTAWA (CP)—The Canadian Authors Association Monday announced plans for the expansion of its 1967 national convention into a universal congress of writers to be held as part of the Expo 67. Among the internationally-known authors to be invited to the congress are Jean-Paul Sartre, Leopold Senghor, Guenther Grass, C. P. Snow, Pamela Hansford Johnson and Patrick White. Dr. R. S. Langley, national president of the association, said writers from the Soviet Union would also be invited to attend.

The regular weekly "bingo" game was held in Souris West school on Friday evening, sponsored by Mrs. Elmer Gallant and Mrs. Ambrose Gallant. The lottery prize was won by Mildred Gregory.

Mr. and Mrs. Joey Peters and daughter, Cheryl, Souris West were guests of Mr. and Mrs. Reg. McDonald and family, Summerside.

Frank Hardy, Rosebank, returned to his home after spending a few months in Toronto, Ontario.

Dianna Mullis and Aleitha Cochran, student, N-Ray Technicians at the Charlottetown Hospital, spent the weekend at the home of the latter's parents, Mr. and Mrs. John Corcoran, Piusville.

Mr. and Mrs. Alban (Bing) Gallant and two sons, George and Maurice, returned to Rollo Bay recently from a pleasant visit with Mrs. Gallant's brother-in-law and sister, Mr. and Mrs. John Dolron, Rimouski, Quebec.

Mr. and Mrs. William H. Burns of Summerside left by train recently for Vancouver.

St. Michael's C.W.I., Corran Bann, regular card party was held last week with the following results: ladies' high score, Mrs. Marion Hazelwood; special prize, Mrs. Emmett Martin; gentlemen's high, Alfred Morrison and special prize, Joe Nolan. The door prize was won by Peter Hughes and freezout by Mrs. Russell Waits and Joe Nolan.

John Brander, Mankota, Saskatchewan, arrived in Kensington recently to visit with his brother, William Brander and Mrs. Brander, who are spending the winter months with their daughter and son-in-law, Mr. and Mrs. Kenneth Pidgeon at the Clermont Motel.

7253

4835

SIZES 10-18
by Anne Adams

3 MAIN PARTS!
ZIP AROUND TOWN™ in a simple, zipped-casual with a kicky front pleat. Swift sewing in cheery checks, line weave rayon wash 'n wear cottons. Send now!

Printed Pattern 4835 Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes 3 1/2 yds. 35-in.

FIFTY CENTS (50 cents) in (no stamps please) for each pattern. Ontario residents add 2c sales tax. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Guardian-Patriot Pattern Dept., 60 Front St. W., Toronto Ontario.
COME ALIVE FOR SPRING! Send for our new Spring-Summer Pattern Catalog 125 (no stamps) for sun, fun, dancing, dining, everyday! One free pattern—clip coupon in Catalog. Send 50c.

APPLIQUE PILLOWS
Brighten sofa or bed with bright toss pillows. Use linen, cotton, taffeta, wool.

GAY APPLIQUE pillows are newest in decorating. Edge patchwork, contrasting chain-stitch. Easy! Pattern 7253; transfer for 2 pillows.

THIRTY-FIVE CENTS (coins) for each pattern (no stamps, please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept., 60 Front St. W., Toronto 1, Ont. Ontario residents add one cent sales tax. Print plainly pattern number, name, address.

GIANT 1966 Needlecraft Catalog stars knit, crochet—many more needlecraft designs. 3 free patterns printed in catalog Send 25 cents.

NEW! 12 Collectors' Quilt patterns for you in color, with quilting motifs. Finest pattern ever collected from famous museums. Send 60 cents for new Museum Quilt Book No. 1—sixteen complete patterns. 60c.

BUBBLY FRENCH SKIER

Marielle Gotschel, 20, of France blows a snowball-sized bubble and closes her eyes in case of explosion before going out to win the U.S. Alpine and International Slalom championships on Mt. Mansfield, Stowe, Vt. Sunday. She and another French girl wore madras caps in Sunday event. (AP Wirephoto)

FOOD FOR THOUGHT

Students at Mindanao State University, the Philippines, get free canteen meals as part of scholarships or part-time salaries.



Where There's Action
Top agents in the kitchen find milk's the greatest for vital young appetites. That cool refreshing flavor saves the day, when active young folks gather with their friends or stalk the kitchen on their own.

Quick-On-The-Draw
When young moderns feel inventive, be quick-on-the-draw to supply the "fixings" for delicious shakes and coolers. It's easy to do since milk's a perfect match for many of the items on your everyday shopping list.

Thick 'N' Creamy
For sandwich snacking time choose an Apple Orbit. Shake or mix together 1 cup apple sauce with 1 cup milk and 6 scoops of vanilla ice cream. Add a dash of nutmeg and vanilla and pour into tall glasses or gey mugs.

Calendar Check
The first spring day deserves something special by way of Peach 'N' Pineapple Refreshers. Easy to do in the blender with 1/2 cup drained sliced peaches, 1/2 cup pineapple juice, 1 pint vanilla ice cream and 1/2 cup milk. This makes plenty for four.

Cool and Calculated
For nutrition-minded mothers with breakfast skippers in the family... here's a Coffee 'Nog. Beat 2 eggs well, add 4 teaspoons powdered instant coffee and 2 cups cold milk. Flavor to taste with sugar, salt and vanilla. Now then, capture the guilty parties on their way out the door.

Waiting at Headquarters
When the young ones check in after school, reward them with Pineapple Punch and cookies. Just before serving stir a tablespoon or two of frozen concentrated pineapple juice into a tall glass of cold milk. Serve "as is" or float a small scoop of lemon sherbet on top.

A Slick Trick
For adding a gay touch to impromptu gatherings start with chocolate milk. Make your own or buy it already flavored. Pour into pretty glasses, add a dab of whipped cream and sprinkle with shaved chocolate.

Fast 'N' Frosty Ideas
Are yours for the asking. Drop us a note here at the Bureau and we'll send you our latest recipe leaflet, inspire the whole family by taking it up close to the 'frig or blender.

Prepared by the Home Economists of THE CANADIAN DAIRY FOODS SERVICE BUREAU
30 Eglinton Ave. E., Toronto 12, Ont.