



MR. AND MRS. GORDON MacLEOD

Ottawa Is Scene Of A Very Pretty Wedding

A very pretty wedding took place in Ottawa of Mr. and Mrs. Gordon Edward MacLeod. The bride, the former Miss Sheila MacInnis is the daughter of Mrs. William W. MacInnis, Charlottetown.

ELLEN'S DIARY

Old Fashioned Winter Brings A Lot Of Snow

This, we shall recall, maybe in a nice cooling thought in the time of the having, as "that frosty Monday of January," 26-24-20 below, what unusual recordings of frost were read this morning on thermometers here and hereabout. Frosty? Yes. But it came to mind as we met its sting out of doors, in this season of its expectancy, not at all desolate as is that first one which in a warning mist of white above the mill-stream, comes to us at Alderlea on a still night of Autumn to bear away all our blossom and loveliness—the reds and crimsons, the mauves and spungoids which belong to the gardens of September. Then when we meet that sad aftermath the heart momentarily "knoweth its own bitterness."

the coolness as he read the glass at a cold house-cornet. Yes. And how right he was! We laughed, the sound exaggerated in the exquisite stillness prevailing. "Aye," he said, "I can remember mornings like this in January's of years long ago. . . . If we had a wind with it, we'd know it was cold," he offered turning away to the stables. It was frosty but as the children said later, anxious to be off to classes? Not actually cold in the calmness about. Frosty?—but a hen cackled in blithe notes across the yards in the poultry-house. Grandmother's precious and beautiful male bantam hailed the morning with an amusing crow from his and his tidy lady's quarters in a near stable. The stables are warm and comfortable! we commented presently to the younger farmer then busy at the feeding. "Not bad!" he offered modestly. Pleased we knew to have all the repairs and remodelings of Summers-past, bear such nice fruit now? They need to be comfortable in wintry weather like this—and convenient! he smiled. "They say you can tell whether or not a man is a good farmer just by the look of his cats," we chuckled to him over the household of them, washing contented whiskers and lounging along the group. Well, there's evidence in plenty! he laughed, "favorable or not" Now moonlight, filtered by the still-frosty air, silvers the fields that rest clean and white along the rise of our valley. The woodlands how dark beside Fir and spruce and hemlock. Listen, Ellen! James smiles, looking up from his book. Above a bed of maple coals, in an engaging lullaby of night, our tea-kettle sings. Until tomorrow — — — Diary Goodnight. . . .

DAILY PATTERN



7094

by Alice Brooks

Adorable 9-inch doll. Complete 10-garment wardrobe. Thrill your daughter with this wonderful doll. Pattern 7094: Pattern for 9-inch doll and clothes: 2 dresses, cape, baref, snowsuit, jumper, blouse, nightie, panties, petticoat. Use giv scraps—easy to sew. Send TWENTY-FIVE CENTS in stamps (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front Street, W., Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER. Two free patterns—printed in our Alice Brooks Needlecraft book—stunning designs for yourself, for your home—just for you, our readers. Dozens of other designs to order—all easy, fascinating hand-work. Send 25 cents for your copy of this wonderful book right away.

COOK'S CORNER

RAISIN COOKIES
1 cup brown sugar
1 well beaten egg
1/2 tsp. baking powder, sifted in
1 1/2 cups of flour
1 tsp. vanilla
1/2 cup shortening
1/2 tsp. baking soda
1 cup raisins
Mix in order given and drop from spoon into slightly greased pan and bake in a quick oven about 375 deg. for 15 mins.

MORNING SMILE

The first officer called a deck-hand to him and said: "First Officer—Go below and break up that crap-game. The sailor disappeared below and remained for the better part of an hour. Upon his return his superior officer demanded: "First Officer—Did you succeed in breaking up that game?" "Gob—Yes, Sir." "Officer—well, what in thunder took you so long?" "Gob—Well, Sir, I had only two bits to start with!"

IKE-NEHRU MESSAGES

NEW DELHI (AP)—Informed sources say Prime Minister Nehru and President Eisenhower have exchanged new personal messages on the Middle East situation. It is believed Eisenhower sought to assure Nehru the United States is not trying to move into the area but is seeking to keep the Russians out.

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8508
Page 8 The Guardian Monday, Jan. 21, 1957

HAPPENINGS

Mrs. Gordon D. Bell and two children arrived in the city on January 17, by plane from Vancouver, B.C., to visit her parents, Dr. and Mrs. Heath MacIntyre, 22 Goodwill Ave., also to visit her husband's parents, Mr. and Mrs. E. Bell, Euston Street.

MARY HAWORTH

Husband Sees Wife's Fault

Dear Mary Haworth: I love my wife very much and am happy only when she is happy. But the question is: How can I refuse to give in to certain of her wishes, and still keep her happy?

Ruth is a good housekeeper and takes good care of our children. But many times in the eight years that we have been married, she has wanted something that I didn't think we should get just then.

She becomes very nervous and depressed until I finally give in to her wishes, and then she is happy and cheerful again. To keep her happy, we have moved many times and have had a lot of extra expense as a result, besides paying out high rents—when we might have been saving, to get ahead financially.

It is hard on my nerves not to be able to plan ahead. Seems like every plan I've ever made had to be scrapped because of Ruth's habit of changing her mind about what she wants.

WELL SATISFIED

For example, recently we moved to my home town from her home town, about an hour's driving time away. We had lived in her home town for about six years and I was very well satisfied there. We even had bought a piece of land, on which we planned to build a house. But then she decided she wanted to move here—and as I was able to get a job here, we did. Also, we managed to save enough money to make a down payment on a house.

Now, six months later, she says that she never will be happy here, and wants to sell the house and move back to her home town. To sell the house, we would have to take a loss on it. Also, I doubt that she would be any happier there after a few months. I would appreciate your comments and suggestions, V.C.

PROFIT OR PAIN

Dear V.C.: When a person is confined to a given set of circumstances for a sufficient period of time, he (or she) begins to either take profit, or pay the penalty, for being the sort of character he is. In Ruth's case, it appears that she is tired and fed up wanting, on the score of adaptability, good neighborliness and inner resources capable of affording contentment.

All this pointless wasteful moving about, that you describe, engineered at Ruth's nagging best, puts the finger on her as being emotionally unstable, and driven by desire to be somebody new—without investing the necessary effort to change and grow.

The long-lasting record of her discontent suggests that she can't be satisfied anywhere, or not for long—unless and until she comes to terms with herself, and gets straightened out and "on the beam" of psychological health.

ON THE RUN

Her unreasonable demands—ever so often followed by touchy melancholy if you don't knock yourself out to please her, are probably indicative of an ingrained neurosis of serious proportions, that kicks up, periodically. When she begins to plug for another move, she probably is again "on the run" psychologically from residual worries and tensions that she can't define. And as she can't outrun the problem of self, naturally the moves don't solve anything for either of you.

As for how to put on the brakes without making her unhappy, I should think that constructive leadership on your part would require that you get some insight into what ails her, and into the reasons for your too-pliable attitude. It seems that you sorely lack confidence in yourself.

HELP NEEDED

To bring balance into the marriage, get specialist help, from a psychiatrist, preferably. Meanwhile, my advice is: Open your mind to the idea of returning to Ruth's home town, since you really liked it there. But go at your own speed, when you have a job lined up and can sell the house at a right price. And let Ruth know that this is your final concession—the last you'll make in moving to please her. Mean it, and make it stick, and let the chips fall where they may. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

HOUSEHOLD HINT

One out of every ten fires with known causes is electrical in its origin.

Electrical circuits are designed to carry certain loads. The blown fuse is a danger signal that the circuit is overloaded or defective. The use of a fuse of larger amperage than that for which the circuit was designed, destroys this protective feature. Be sure your fuses are of correct amperage for your circuits.

Mr. and Mrs. Ervin Buchanan, St. Peters Road, entertained at cards for friends Thursday evening. A dainty lunch was served by the hostess, assisted by Mrs. Evelyn Crossman.

KINGSBORO W.I.

The regular monthly meeting of the Kingsboro Women's Institute met at the home of Mrs. William Robertson on January 4th with an attendance of thirteen members and one visitor. Meeting opened with the Institute ode. Followed by roll call with an exchange of gifts.

Minutes of last meeting were read and approved. Reports of committees were then given.

New committees for January: Sick, Mrs. Bernard Mossey, Mrs. Fred Robertson and Mrs. Wilbur Jarvis; Lunch, Mrs. Ralph Robertson, Mrs. Stoffer Bortien and Mrs. Horace MacDonald; School, Mrs. Joshua MacDonald, Program, Mrs. Kenneth MacGregor and Mrs. Robert Robertson. Roll call Valentine Contest.

Meeting invited to the home of Mrs. Robert Robertson. Secretary was asked to purchase new blinds for school. Report of pantry sale held in Souris Co-op Dec. 8th. Proceeds amounting to thirty dollars, sixty five cents. Correspondence consisted of a report from school you letter from Souris Hospital for donation at Christmas. Collection for the evening amounted to one dollar and seventy-five cents.

A very interesting program of contest and reading by committee was enjoyed by all. Meeting closed with the Queen followed by lunch served by hostess and committee in charge.

FREDERICTON W.I.

The regular meeting of the Fredericton Women's Institute was held on Jan. 7th at the home of Mrs. Woodrow Jackson. Vice President presided. Meeting opened by singing "O Canada" which was followed by repeating "Collect for Club Women" in unison.

Minutes of December meeting were read and approved. Roll call was responded to by a joke or riddle. There was an attendance of eleven members. Mrs. Aubrey Cutcliffe reported ten members enrolled in 4-H Sewing Class. Plans were then made for our program books.

Mrs. Hyatt Haslam and Mrs. Judson Rackham were appointed as a committee to purchase material and they are to inform members when to meet to complete books. School committee had report. Sick committee reported taking fruit to one member. A letter was read from Mrs. Phillip Matheson, Convenor of Health.

Mrs. Roy Weeks then presented a very interesting paper on "Agriculture". Meeting closed by singing "God Save the Queen". Lunch was served by Hostess and Committee in Charge.

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CLASSROOM CLASSIC

Here's a smartly tailored dress that is ideal for the college crowd and equally appropriate for career girls and young marrieds. Among the frock's many attributes it is made of dip and dry cotton broadcloth so is very easy to keep in perfect condition.

The dress is imaginatively detailed with a front button closing, full skirt, patch pockets, elbow-length sleeves and a stand-up collar. It comes in a fascinating variety of colors with contrasting stitching and a self-belt.

KEEP IN TRIM

Figure Seems To Sag And Bulge At The Age Of 40

By IDA JEAN KAIN
In middle age, good posture is vitally important. Here's a promise: If you have an erect posture at 40, you can have a young figure at 40 . . . and on through the years. Posture need not grow old at any age! Also, think of posture as actually "shaping" your figure. Figures seem to slip and slump at about the same time. The slump comes first, and then the figure sags and bulges.

How can posture make that much difference? To get the idea, experiment with an engineering project, using wooden blocks—if the children's or grandchildren's are handy. This idea is suggested in the Physical Training Manual for the WACS.

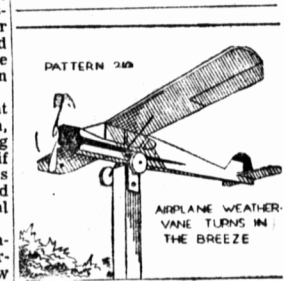
Stack the blocks in orderly fashion. When each block rests squarely and firmly on the block below it, the column obeys the basic law of engineering. It is erect and upright and self-supporting. There are no stresses and strains to pull it down.

Now for contrast, built another column, stacking the blocks in zigzag manner, with some blocks veering off center toward the right, others off balance toward the left. There is a greater pull of gravity, for each off-center block has weakened the structure.

Similarly, the block is planned so that the various bones mutually have an easier time holding the structure together. In short, with correct lineup, your posture is self-supporting without waste of energy and with a minimum of strain on muscles, ligaments and organs.

To see how your body stacks up posture-wise, you might like to take the plumb-line test. Thumb tack a weighted string to the top of a full length mirror. Stand so

that the mirror reflects your side view. For a perfect score on posture, the string should fall through the tip of the ear, tip of the shoulder, along the center of the thigh, center of knee, and slightly in front of ankle bone.



This graceful plane measures two feet between wing tips. It is finished in white enamel with red and black trim. The propeller picks up in the slightest breeze as the whole plane turns into the wind. It may be mounted on a separate standard; the garage ridgepole or in any exposed area. The pattern gives actual size cutting guides for individual parts with directions for assembling and mounting. The price of pattern 210 is 35 cents. Copy will be mailed the day your order is received. For first class mail delivery enclose 2 cents extra, or 5 cents for air mail. Charlottetown Guardian, Pattern Dept., 4432 West 5th Avenue, Vancouver, B.C., Canada.

all smiles . . . when it's time for PABLUM MIXED CEREAL!

Watch your baby enjoy every lick of his Pablum Mixed Cereal! It's so creamy and smooth, so easy to eat . . . and tastes so good!

Pablum Mixed Cereal is the best seller among all mixed cereals! It's highly nutritious, just what the doctor ordered to supply your baby with the important vitamins, iron and other minerals he needs for sturdy growth, every day!

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STERLING W. I.

Mrs. Lorne McEwen entertained the members of Sterling Women's Institute on Jan. 9. The president, Mrs. Lea Reid presided, and the meeting was opened by singing "Happy New Year" and repeating the Creed in unison. Fifteen members responded to the roll call with "an improvement we should make in our Institute in 1957."

The secretary then read the minutes of the last meeting and were approved and signed. The sick committee reported taking Christmas boxes to shut-ins, treating to sick and also visits made. The school committee reported the Christmas treat had been given to children. It was also reported that a new map of the world had been placed in the school by the district.

Correspondence included a letter on "health" from our health convenor, Mrs. Phillip Matheson. Christmas cards and thank you cards were also read. The proceeds from the Christmas concert was donated to the Institute from the Teacher and pupils and was thankfully acknowledged. It was decided to have a card party in the school on Jan. 18. It was also

decided to have a valentine social in the school on Feb. 14. A committee of six was appointed to attend to this matter.

The next place of meeting is to be at the home of Mrs. Gordon Fyfe, when roll call will be answered with an exchange of valentines. Lunch committee, Mrs. Earl Henry, Mrs. F. S. Bell, Mrs. Elmer Fyfe, Mrs. D. C. McKay and Mrs. Roy Douglas, Mrs. Elmer Fyfe and Mrs. D. C. McKay will be in charge of the programme.

The programme for the evening consisted of marking your birth place on the map and an interesting contest was enjoyed by all. A delicious luncheon was served by the hostess assisted by the committee in charge, and the meeting closed by singing the "National Anthem."

When you are baking, you will find that the ingredients will blend more easily at normal room temperature. Eggs and milk should be brought to room temperature after removing from the refrigerator, except in very hot weather, when they should be used directly from the refrigerator.

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