



SHE'S REALLY 100

Mrs. Pascuala Geegrat celebrated her 100th birthday this week, just after celebrating her 93rd. She had believed she was 93 in May, but a British citizenship certificate

which arrived recently at her Portage la Prairie home proves she was born in Portezuelo de Duran, Chile, in 1866. (CP Wirephoto)

IDA BAILEY ALLEN

Cooked Meat Or Fish Both, Good In A Salad

The term "entree salads" may be new to you. But in today's chic circles, chicken and seafood salads have graduated from the wedding reception class and received a "doctor's degree" as suitable entrees for dinner or luncheon on a warm day.

Tasteful Discovery
In fact, we have taken a few tips from the French and central European cuisines and discovered that any cooked meat or fish tastes good in a salad, if combined with other harmonizing ingredients and the right salad dressing.

Even soup meat may be used. In Paris, where many restaurants are patronized for their appetizing home-style cuisine, you'll see among the hors d'oeuvres, an attractive salad made from soup meat, and there's always a bean salad—both popular.

(On the Patio or Indoors)
Hot or Cold Beef Broth (Canned) in Cups
Big Bowl of Baked Bean Salad with Crushed Crisp Bacon
Pickled Beets on Tossed Dressed Lettuce
Cornbread
(Homemade or from a Mix)
"Turn-Over" Pears with Butterscotch Sauce

Hot or Cold Coffee or Tea Milk Comments: Canned baked beans are still moderate in price; bacon is "up-up." To give that good bacon taste to the beans, add a little crushed cooked onion—a taste is a good (almost) as a serving. If fresh fruit is generally expensive use canned fruits.

Measurements level:
BAKED BEAN SALAD WITH CRUSHED CRISP BACON (Strictly American)
1 (46 oz.) can baked beans
1 c. fine-chopped celery
1 grated peeled small onion
2 tsp. pickle relish (not sweet)
8 (1 1/2") slices bacon
broiled, crisp and small
1 c. cooked salad dressing (previously columned)
Parsley
Garnish: Parsley sprigs, additional pickle relish or chopped green pepper, and 2 chopped hard-cooked eggs.
Refrigerate baked beans at least 1 hr. Drain off any liquid and save to use in a soup. Put beans in 2 1/2-qt. salad bowl; add celery, onion, pickle relish

FALSE TEETH That Loosen Need Not Embarrass
Many wearers of false teeth have suffered real embarrassment because their plate dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little FASTEREETH, the alkaline (non-acid) powder, on your plates. Hold false teeth more firmly, so they feel more comfortable. Does not sour. Checks "plate odor" breath. Get FASTEREETH at drug counters everywhere.

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10 LB. WHITE SUGAR 79¢

ELLEN'S DIARY

Leafy Branches Form Patterns Of Loveliness

Never was a June-time fresher or more enchanting than today, with the sunshine bright over all. Yesterday's rain-kissed drooping blossoms opened to welcome the warmth into their hearts.

"Better watch out," Peter came in to advise us, "the bees are back in the tulips today. You should hear them!"

The blossoms on the wild pear fell in feathery showers to the light wind which carried lovely things to our door. Swallows' chuckles when they swooped low to a cat on a yard-path; a tiny song sparrow's blithe tune; the bleat of a little lamb in the orchard.

Pumpkin seeds were among our plantings today. We made a wish over them, that they might germinate and grow well and fruit heavier too large, nor yet too small, but of a size to please kids come up to Halloween.

Even as we sowed, three to a hill, the biggest barn cat, black and silken furred and knowing was training green eyes on Papa Starling's front stoop, from a site on the leaning willow. Not pumpkin, but apple pie we lunched on tonight with a visitor recalling that her household had today enjoyed one made from a squash, a leftover of the autumn's harvest, which in a surprise had wintered well in the cellar.

We stopped out of doors with James at the parting, minutes ago, lingering there to look out along the valley. Not that we had not done this countless times before. But its charm never fails—in rain or in sun, beneath moonlight or cloud; in winter with its frost-sheen, and now

when few nights are actually dark; in summer when, all the dewy world slept content. And now it was June with the new leafy branches forming lovely patterns once more on lawn and yard in the moonlight.

Farm-folks, the night's visitors were, a pair who had come by to talk of many things—to speak of the fields and the sowings, with James recalling a high light of this afternoon's mangel seeding.

"We smoothed the drills with a horse-drawn roller. And when I had finished there, I went on to smooth the piece of new land," he said. "I was so interested in my work that I'm afraid I was late coming in to supper. . . . This is surely great growing weather," he smiled.

"Yes, ideal. If seeds don't grow now, we can't blame it on the weather! It certainly has favored the cropping of late. I never saw better conditions," the other farmer nodded.

A question came up: "Now would you buy feeders of cattle this day of the year?" one queried.

"It would be safer now than when the hay supply was low, I would say," James grinned. "The pastures look promising, especially those that were fed. At the same time, I think I would set a limit to the number bought. Farmers learned a lesson from last summer: we never know what kind of weather we'll get. . . . or what last there will be to the grass."

There was no last at all to today. But then there is ever any last to a perfect June day? "Until tomorrow. . . . Diary. Good-night."

Women

6 The Guardian, Charlottetown, Thur., June 9, 1966.

Lively Great-Grandmother Active In Hospital Work

TORONTO (CP)—An 80-year-old, guitar-playing great-grandmother last year visited 700 elderly patients at the Toronto Western Hospital.

"I make one trip a week every Wednesday afternoon," says Mrs. Thomas Cartmell. "My visits vary between eight and 13 patients and I never go empty-handed."

Mrs. Cartmell loads her straw basket with almost 10 pounds of homemade cookies and candies

and stuffs her purse with miniature cologne bottles.

"I take the cookies for everyone, the cologne for the ladies and sometimes bananas for the men. I'm constantly baking—cookies are everyone's favorite."

As she goes along the ward occupied by patients from old people's homes in the city, she promises to bring her guitar to serenade everyone. "I'm the only visitor some of them have," she says.

CONFIDENTIALLY YOURS

MONTREAL, June 9th . . . Here's a wedding-gift suggestion to save you a lot of shopping around and, best of all, to give the bride and groom a bright beginning! Give them Scotiabank Six-Year Savings Certificates from your nearest branch of THE BANK OF NOVA SCOTIA. Although it's cashable at any time it's a gift that increases in value. For every three dollars invested, you're actually saving four dollars. How? You get the certificates at a 25% discount and in six short years, they're worth their full face value. Buy as little as \$10 worth or as much as you like . . . they're a present with a future!

BACK FROM YOUR HONEYMOON! Now's the time to start thinking about the second man in your life! I mean the friendly man behind the meat counter at DOMINION! Your Mother will agree, I am sure, that he's the bride's best friend when it comes to helpful advice on the different cuts of meat . . . the quantity to buy . . . cooking tips and even the best money-saving specials each week. Next time you go food shopping, take time to meet the friendly man behind the meat counter and you'll know why more Canadians shop at Dominion than at any other store—it's mainly because of the meat!

YOU'LL BELIEVE IT WHEN YOU SEE IT . . . here is fashion footwear that's good for your feet! DR. SCHOLL'S Foot Exercise Sandals (for both men and women) are as smart as next year's fashion, yet as comfortable as you've always wanted shoes to be. As you walk on the scientifically contoured surface, your feet perform a natural gripping action that exercises and tones up foot and leg muscles. They stimulate and strengthen your feet as you walk. Yet Dr. Scholl's Foot Exercise Sandals are so attractive they'll be admired for their good looks alone! \$10.95 at leading stores everywhere.

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CAROL CUTCLIFFE

JULY WEDDING

Mr. and Mrs. Roy M. Cutcliffe, Augustine Cove, P.E.I. announce the forthcoming marriage of their youngest daughter, Carol Emma to Cst. James William Couse, RCMP, Borden, P. E. I., son of Mr. and Mrs. James V. Couse, Halifax, N. S. The wedding will take place at

Tryon United Church, Tryon P. E. I. on July 9, 1966 at 3:30 P. M.

SURF CAUSES STING

About 750 people a year are stung by stingrays while bathing along the coasts of North America.

"It would be safer now than when the hay supply was low, I would say," James grinned. "The pastures look promising, especially those that were fed. At the same time, I think I would set a limit to the number bought. Farmers learned a lesson from last summer: we never know what kind of weather we'll get. . . . or what last there will be to the grass."

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Ontario Home Of Princess Has Old World Reminders

GDN-WMS ONTARIO-HOME OAKVILLE, Ont. (CP)—When a European princess makes the transition to life in the New World, there's bound to be a little of the Old World in evidence. Princess Maria Louisa of Bulgaria lives with her husband and two sons in a cut stone and redwood ranch house overlooking Lake Ontario.

"It's the sort of home occupied by many middle upper income families in Canada and it's furnished in Danish modern furniture."

The old World reminders are in the paintings, including a museum-sized oil portrait of Princess Maria's father, the late King Boris of Bulgaria.

There is also an impressive oval portrait of Maria's great grandmother, the late Queen Maria Louisa, after whom she is named. And on either side are matching miniatures of members of Princess Maria's family and that of her husband, German Prince Karl of Leiningen.

Prince Karl, who works as a stockbroker in Toronto, remains European in at least one way—he never barbecues for his guests.

"I'm sure I'll horrify housewives and delight husbands by saying I think cooking is woman's work and no man should think of cooking after working hard for eight hours in an office," the princess says.

"PROMISED LAND"
The prince and princess were married nine years ago and "wanted to see the New World." They arrived a year later (and Princess Maria says they found "the promised land.") They have lived in Oakville since 1961.

Once or twice a year they return to Europe to visit with their masses of relatives. Princess Maria usually stays with her mother, the former Queen Gvanna, in her home-in-exile in Portugal.

Explaining the economics of such trips, Princess Maria says: "Many ladies of Hamilton and Toronto go to Saks-Fifth Avenue and spend the same money in an hour on clothes that it takes me to cross the Atlantic."

She adds that the fare to Lisbon is only \$300 and that once she reaches her mother's home the expenses stop.

LOSOS CITIZENSHIP

NAIROBI (Reuters) — Ernestine Kiano, American-born Negro wife of Kenya's Labor Minister Julius Kiano, has been deprived of her Kenyan citizenship, says a notice in the official gazette published here Wednesday. Police said only that this was in accordance with the provisions of the Kenya Citizenship Act of 1963. Press reports said Mrs. Kiano left the country Tuesday night.

REACH BELOW SEA

The lowest point in the western hemisphere is Death Valley, Calif., 282 feet below sea level.

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