



MR. and MRS. D. C. MacKinnon

Exchange Vows in Double-Ring Ceremony in St. John's Church

The marriage of Frances Adelaide, younger daughter of Mr. and Mrs. Frank Myers, Crapaud, and Douglas Creelman, son of Mr. and Mrs. John M. MacKinnon, New Argyle, was solemnized in St. John's Anglican Church, Crapaud, on July 20, 1955, at seven o'clock in the evening. Rev. G. R. F. Ebsary officiated at the double-ring ceremony.

The music was in charge of the organist, Mrs. LeRoy Howatt, with a full choir in attendance. The "Lord's Prayer" was sung at the beginning of the ceremony, and "The Voice That Breathed Our Eden," during the signing of the register. An arch of mock orange and sweet peas, and baskets of Delphinium decorated the front of the chancel, and the altar vases were filled with sprays of mock orange blossoms. Miniature nosegays of sweet peas and pansies marked the pews for 75 guests.

The bride, given in marriage by her father, chose a floor-length gown of white nylon net over satin with overskirt of lace, trimmed with iridescent sequins, and strapless bodice in lace with fitted lace bolero featuring Peter Pan collar and lily point sleeves. A halo head-dress patterned with seed pearls held her finger-tip veil, and she carried a cascade of red roses on a white Bible.

Mrs. Dean Profit, as matron of honor, was gowned in silver blue taffeta, featuring rhinestone trimmed inset panels, strapless bodice and bolero jacket with three-quarter length sleeves. Her head-dress and mitts were of white nylon net and she carried a nosegay of sweet peas and pansies. Other attendants were Mrs. William Darrach and Miss Margaret MacDonald as bridesmaids. Mrs. Darrach wore a canary yellow gown in nylon net over taffeta with strapless lace bodice, and fitted lace bolero with stand-up pointed collar and three-quarter length sleeves. Miss MacDonald chose a similar design in shrimp. Each wore matching head-dress and mitts and carried nosegays of sweet peas and pansies in complementing shades.

Mr. William Darrach was best man, and the ushers were Mr. Dean Profit and Mr. Joseph MacKenzie.

The bride's mother was attired in navy triple sheer with matching hat and other accessories in the white, groom chose a daron print in

WOMEN

Page 8 The Guardian, Wed., August 10, 1955

ELLEN'S DIARY

By An Island Farmer's Wife

"We'll just have to let them go," our helper of these haying-days at Rob's offered with a smile this evening.

We had been speaking of the swallows, that young and older in a quiet line today held a conference of season on one of the lead-in wires now about the yards. A closed meeting, it was, to which mortals of humans, even a grandmother of the place was not admitted, or could know little of its calling or purpose. Only to suspect that these, amongst them the very babes who had given cradles to beneath our eaves and along our rafters were already laying plans which would before long leave the surroundings so joyously alive in past weeks, all at once desolate and bare. "Yes," he nodded, "neither you nor I can keep them, that's for sure... or the summer from passing."

And another sign of other seasons' crowding was in the mail today. "Here," Jeanie said in the mail, "is some reading for you! It's a letter from Winter." The first of the Fall and Winter Catalogues had come.

Yesterday, we saw in the field across the creek, looking down from the bank of the stream upon an intriguing plantation of cattails below, a parcel of yellowing goldenrod.

But today it was summer. It was a summer breeze, warm and silver and lovely which ruffled in silvertouches the millpond and it was a sunny summer sky that over-arched us here in this cup of valley. As it happened, this afternoon it smiled upon us alone for the men were off to Rob's and the haying, while Jeanie and Grand-daughter went with neighbors to enjoy a picnic at a far northern shore.

"Lonesome, Ellen!" the robin queried. He was up on a high branch of birch as we loitered about the border below, numbering the new-blown blossoms, and stopping to gather up again the scent of a loved rose before last petals had fallen.

"Not exactly," we returned.

"Then you're not much like my old woman!" he chuckled ruefully, "since the children have gone to themselves, she's one of the loneliest creatures you could meet! She has nothing to do, and she is used to being busy. Lawdy how she could work—there was no stopping her. And always there was something to do. But now..."

"They say that once the first baby arrives a mother should commence to prepare herself for the time when her house is empty and clean," we commented, "she should learn to 'live alone with herself' as they say. A hobby is

Silliker-Gavin Wedding

Miss Mary Priscilla Gavin, daughter of Mrs. J. W. Gavin, and the late Mr. Gavin, Tignish, and John P. Silliker, Connecticut, son of Mrs. John Silliker and the late Mr. Silliker, O'Leary, were united in the holy bonds of matrimony at St. Paul's Rectory, on August 4, 1955, Monseigneur McLellan performed the ceremony.

The bride wore a gown of pale pink fleck with white accessories, and carried a bouquet of pink gardenias.

The bridesmaid, Miss Ann Gaudette, was attired in a mauve gown with navy accessories. Her bouquet was of yellow roses.

The best man was Flt. Sgt. McKenna of RCAF, Greenwood, N.S. The reception for immediate relatives was held at Howard's Restaurant, Summerside. Mr. and Mrs. Silliker left on a honeymoon trip through the Maritimes.

They will reside in Connecticut.

HOUSEHOLD HINT

Stainless steel kitchen utensils are easily cleaned if you don't allow deposits of food and grease to congeal on them. It's important to wash stainless steel promptly, because moisture trapped under food deposits can set up a chemical action which pits the surface.

ENERGETIC CYCLIST

TORONTO (CP) — Cyclist Sylvia Melson plans to cycle and walk around the iron ore town of Seven Islands in Quebec this summer and then travel north into the wilderness near the Ungava development. Last year she travelled in British Columbia.

ALL PAY

LETHBRIDGE, Alta. (CP)—No one gets away with jaywalking in Lethbridge. The mayor paid the fine the other day after hurrying across a street for his morning coffee-break.

LET'S EAT

"Enriched" Bread Means It Has More Vitamins

By Ida Bailey Allen

Whenever the Chef and I make personal appearances, we plan a period when members of the audience can ask questions. Invariably, we can count on questions about the place of bread in the diet. The following is an example.

"Why should bread be enriched, or made richer, when so many persons are overweight?"

EXTRA VITAMINS

Bread is not made "richer" by the addition of extra fat or other weight-producing factors. "Enrichment of bread" means the addition of iron and 3 of the B vitamins: thiamin, niacin and riboflavin—all elements usually lacking in the average diet.

Enrichment is now a law in the majority of states. In the rest of the states, many bakers voluntarily enrich their breads. Practically all bread and rolls now sold are enriched by Federal standards.

LOW IN CALORIES

A slice of enriched bread contains about 65 calories. One thin slice at each meal adds protein and the needed B vitamins and iron. It also provides energy, calories, satiety value and satisfaction for a reducing diet.

TOMORROW'S DINNER

Lettuce Wedges Russian Dressing
Hot or Cold Meat Loaf
Cottage-Fried Potatoes
Broccoli

French Toast with Peaches
Hot or Iced Coffee or Tea Milk
French Toastwiches: These make bread into a substantial protein food, as both eggs and milk are used.

Plain French toast is a favorite food in France. In the United States, where sandwiches are always popular, it is often made into French toastwiches.

These are made in two ways: Put slices of plain French toast together with a savory or sweet filling; or use meat or cheese-filled sandwiches, "dunked" in egg-wash and fried.

Savory French Toastwiches: Lightly spread 12 slices enriched or whole wheat bread with soft butter. Fit on thin-sliced cooked ham, meat loaf, tongue, luncheon meat, chicken, turkey, Swiss or American cheese, or spread with deviled ham or chunk-style peanut butter.

Put the slices together in pairs. Cut in half if you like. Dip quickly in and out of egg-wash; fry 4 min., or until golden brown on both sides in 3 lbs. butter.

Garnish of vegetable nibblers or currant jelly or a spiced peach,

or crabapple in a lettuce leaf. Makes 6 whole sandwiches.

Egg-Wash: Beat 3 eggs until frothy; stir in ¼ c. milk. Add ¼ tsp. salt and a choice of ¼ tsp. ground cinnamon, clove or nutmeg.

FROM THE CHEF

Your family will like these for breakfast, lunch, dessert at dinner, or an evening snack. They are quick and easy. They can also be cooked at the table.

Make slices of plain French toast and put together with any of these:

Honey mixed with chopped nuts and a little commercial sour cream.

Warm sweetened stewed blueberries or peaches, slightly thickened with cornstarch.

Cinnamon appauce; pass commercial sour cream.



Wilson-Vanderstine Bridal Party

Peter's R. o. a. D. Presbyterian Church was the scene of a pretty wedding on Saturday July 9 at 3 o'clock when Laura Shirley, elder daughter of Mr. and Mrs. Harry Vanderstine, became the bride of Frederick George, son of Mrs. Frederick Wilson and the late Mr. Wilson of Toronto. The double-ring ceremony was performed by Rev. M. Carl Currie.

Mrs. Russell Graham played the wedding music and Mr. Robert Murray sang "O Perfect Love" at the beginning of the ceremony and "I'll Walk Beside You" during the signing of the register. The church was beautifully decorated with baskets of foxglove and fern.

The bride, who was given in marriage by her father, wore a strapless ballerina-length gown of white nylon lace over taffeta with a white lace jacket and a veil which fell from a tiara of net and embroidered sequins. Her bouquet was of red roses and maiden hair fern.

Miss Elaine Vanderstine, sister of the bride, attended her and wore pale blue net over taffeta in ballerina length with matching bolero and head-dress and carried a nosegay of pink and white carnations.

Miss Paulette Johnston was flower girl. She was dressed in pink net over taffeta with matching head-dress. She carried a basket of pink roses and preceded the bride up the aisle scattering rose petals.

Mr. Robert Vanderstine attended the groom. Ushers were Messrs. Carter Vanderstine and Edward Derby.

The bride's mother chose for her daughter's wedding navy blue crepe trimmed with white lace and white accessories. She wore a corsage of pink carnations.

A reception was held at the home of the bride's parents following the ceremony. Rev. M. Carl Currie proposed the toast to the bride which was responded to by the groom.

For going-away the bride wore a dress of yellow nylon net over taffeta with white accessories and a corsage of white roses.

The bride and groom left on a short honeymoon trip after which they will take up residence in Toronto.



Model Winning Dresses

Three prize-winning dresses in the dress-making contest held by the Canadian National Exhibition, Toronto, are modelled by staff members of the CNE. Left to right: second-prize dress by Mrs. Alice Takashiba, Regina; by Mrs. Margaret Middleton, Toronto, grand prize winner, and by Hilda LaPoivevin, Westmount, Que., third prize. CP Photo.

COOK'S CORNER



SARDINE POTATO SALAD

2 cans sardines, ½ cup sour cream, 1 tsp. prepared mustard, 1½ tsp. salt, ¼ tsp. pepper, 1 cup chopped celery, ¼ cup radish slices, 2 hard-cooked eggs, chopped, 1 hard-cooked egg, sliced, 4 cups cold, diced, cooked potatoes, 1 lbs. minced onion.

Mash one can sardines and add sour cream, mustard, salt and pepper, mix well. Combine with potatoes, celery, radishes, onion and chopped eggs. Chill. Serve garnished with remaining sardines and sliced egg. Serves 6.

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DON'T BE HALF-SAFE. USE ARRID—TO BE SURE!

Ruhamah Scheinfeld Frank We And Our Neighbors

Reunions are thick as hay-stacks on the island these days and I've had the pleasure of getting an inside glimpse of a most interesting one—a reunion of some twenty men and women, pupils of the Harrington School between the years 1900-1925 who met recently at the home of Mr. and Mrs. Preston Rodd, at Harrington.

Some were from away; some are still living on the island. Some are teachers; one is a mayor. Some have "Hon." and some have "Dr." before their names, and one is a Director of Fisheries at Ottawa. Others are just plain "Mr." and "Mrs."—a good enough title for anyone. But for the time being they were just John and George and Harold; Bernice and Margaret and Doris or other equally solid first names.

They chatted and reminisced about those lost school days. There were teachers who were mentioned with special respect. Emery Wood was described as the finest teacher ever. He is living somewhere in the "west" but visited here three years ago. Mr. Blythe Hurst, whose pungent comments in the "Guardian" under the signature, "Agricola" I enjoyed years ago, is gone now but remembered with affection by his former pupils. "You never knew," said one of them, "what the lesson would be about. He might begin with history, but go off in every direction farming, poetry, geography. It was fun until the entrance exams came near—then we got nervous and wished he'd stick to the subject." (Ah those entrance!)

There was some serious talk about the old way of dealing with children with the hickory stick and the milder ways of the present. One man I spoke with favorably of the modern idea. He said, "We had to mind the teacher and we had to mind our parents. They didn't spare the rod. Sometimes I think we young ones took it out on each other. If a boy was punished by the teacher, he likely was punished by his parents too—and on top of that we razzed him for weeks. The worst of it was the way we made life miserable for the slow one or dunce. I guess children have to let out their meanness on someone, or somebody. There's more real friendliness I think nowadays between people. Maybe because they weren't brought up so strict."

But fun was the order of the day at the reunion and the high light was the revival of a typical Friday afternoon's closing period. Sweet on the air rose, "The Birdies' Ball"; "And 'Red Wing' and of course, "Jingle Bells," and "Good Morning Merry Sunshine". But the recitations—you had to have one every Friday or else—but there was a way out! "We will now hear from Bessie," says the teacher. "I didn't learn one this week," says Bessie. "Well, say the one you said last week and the week before," says teacher wearingly. So Bessie speaks the following gem: (Bessie isn't her name but this is a true story) "As I was going over London Bridge I met a London Scholar."

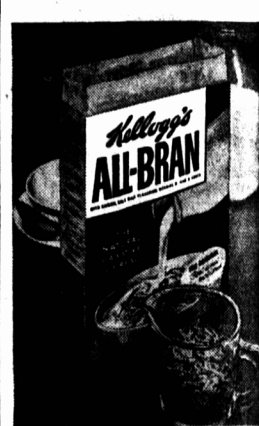
"Where are you going?" sez I.

Words Of The Wise

By the time the youngest children have learned to keep the place tidy, the oldest grandchildren are on hand to tear it to pieces again.

—(Christopher Morley)

IRREGULAR?



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All-Bran, made from wholesome, good-tasting whole wheat contains natural food bulk which helps correct the cause of constipation, due to insufficient bulk. All-Bran is also an excellent source of niacin (necessary for normal body functioning).

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by Anne Adams

ALICE BROOKS DESIGNS

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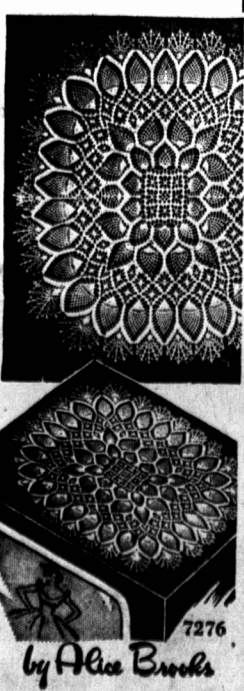
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MORNING SMILE

AUG. 10
"This is the age of steel," said the after dinner speaker.
"Permit me to suggest" interrupted the chairman, courteously, "that for the benefit of reporters present you spell the last word."

HUNDREDS SAVED
Life-saving apparatus was used by British's coastguard service 115 times in the 12 months ending March 31, 1955.



by Alice Brooks 7276