

Women

The Guardian, Charlottetown, Sat., Mar. 6, 1965. 7

HAPPENINGS

Andrew Jenkins, Women's Editor Phone 4-8586

Eddie and Gordon Ching, Red Point, left recently for South Carolina and Florida to visit friends and relatives.

Mr. and Mrs. Keith Hooley of Oshawa, Ont., have returned to their home after visiting Mr. Hooley's mother and step-father. Mr. and Mrs. W. Millington of Montague. Mr. Millington is very ill.

Members of the LA held their monthly meeting in the Church basement in Kingsboro recently, with a good attendance. Following the usual procedure of business, a committee was appointed to make plans for raising money for the LA, consisting of the following members: Mrs. Wesley Bruce, Mrs. Preston Coffin, Mrs. Walter Dixon, Mrs. Edgar Dixon, Mrs. Ross Young, and Mrs. Horace MacDonald. Mrs. Floyd McLean and Mrs. Major Young were appointed to act on the Board of Council. Donations were turned in to the secretary from members towards the recent pantry and rummage sale. As there was no further business, the meeting adjourned until March 15th.

Cornwall WI Views Film On Education

'Education' was the topic for the March meeting of Cornwall WI, with Mrs. Earl Lowther as hostess. The program convener, Mrs. George MacMillan showed the group an interesting film entitled 'When I'm Old Enough - Good - Bye', which told of a boy dropping out of school and the difficulties he encountered in finding a job, and stressing how important it is for boys and girls to complete their education before looking for work. A letter of appreciation is to be sent to Elmer Frizel who donated many hours building a bookcase for the school library, to hold Institute records and books. Mrs. Arthur Howard was asked to bake a birthday cake in honour of the Institute's 52nd anniversary next month. A donation is to be made to the Home Economic Scholarship fund. Mrs. Hansen Howard reported that Brig. Reid had donated his book 'Royal Visit 1964' to the school library. Mrs. Donald MacDonald will be food convener for next meeting, and Mrs. Ralph MacDonald will act as hostess. The meeting closed with refreshments.

Donation Made To Organ Fund

Mrs. Harold Stewart was hostess to the Kensington Presbyterian Young Women's Guild which met recently. The president, Mrs. Keith Thompson, conducted the meeting which opened with the Lord's Prayer followed by devotions led by Mrs. Roger Kennedy. Eleven members responded to roll call with a verse of scripture. After regular business and a lengthy discussion it was decided the topic for the panel discussion to be held at next meeting, would be "The Sunday School Curriculum" with Mrs. George Tannahill as chairman. A motion was passed donating \$50.00 to the organ fund. Meeting closed with Mizpah benediction, after which interesting slides were shown by Dr. and Mrs. Stewart. Refreshments were provided by the hostess assisted by Mrs. Allan Champion.

Seaman's Wife Wants To Travel

FALMOUTH, England (CP) — Susan Smith, 19, has been married four months and is unhappy about her merchant navy husband leaving home so often. She would like to travel with him, and says "foreign companies often allow wives to travel as cooks and stewardesses. I know many British wives would like to do the same."

MARY HAWORTH

Truism That People React As They Are Treated

DEAR MARY - HAWORTH: Remarkable cures of the mentally ill have been effected in Ghel, a small city near Antwerp in northern Belgium. The work dates back to antiquity; and Ghel has developed into a town world-famed for its cure of the insane and mentally afflicted. An institution called the Infirmary of St. Elizabeth eventually was built to afford hospital care of patients. Most of the latter, after spending some time in the institution, are placed with one or another family in Ghel, where they lead comparatively normal lives. Generations of experience have given to the people of Ghel an intimate and tender skill in dealing with their charges. Every Ghel home is proud to welcome to its inmost circles such patients as are ready to return to the environment of family life. Renowned psychiatrists testify that a surprisingly large number of mental patients elsewhere might profitably leave institutions, if they could be assured a sympathetic reception by society, such as the people of Ghel takes pride in showing. Their truly remarkable spirit of Christ-like love for these afflicted souls offers to our modern world—a science—a lesson the practice of which would do much to restore mental health to many. Ghel is a living example of the practical worth of the Gospel teachings on charity. Unfortunately, in most American cities, a person once known to have been mentally ill, especially if he has been hospitalized, is likely to be the target, forever after, of furtive side glances and secretive whispers: "Isn't it a shame that he cracked up after his wife died? ... Don't you think he still looks a little queer? ... It is a psychological truism that people react as they are treated. If you are to be permanently excluded from social normal fellowship, you give up the struggle to regain or maintain normal personality. ... DEAR E.Z.: A few years ago, a national magazine carried a detailed report of an American family's pilgrimage to Ghel, in quest of healing or sanctuary for an afflicted child. The findings were favorable, regarding all that was seen and heard. You failed to mention, so I will, that legends about a martyred St. Dymphna, sixth century Irish princess, are woven into the long history of Ghel's healing concern for the mentally ill. Folklore says that the valiant teenage Princess Dymphna (or Dimphe), a convert to Christianity before her queen mother died, escaped to Antwerp with her pagan father, the bereaved king, fixed his mind on marrying her. Later he tracked her down and beheaded her, after which his madness left him, the story goes. A shrine was built in the

Community Welcomes New Family

A large number of friends and neighbors from Cascumpe and Fortune Cove assembled recently at the home of Mr. and Mrs. John Raynor for a housewarming, and to extend to them a welcome to the community, also to spend a social evening. John and Dorothy were escorted to seats of honor by Mr. and Mrs. Ira Dennis, James Wallace, who acted as master of ceremonies, congratulated the couple on their new home and called on Ira Dennis to read an appropriate address. Mrs. James Thomas then made a presentation from the community. Mr. Raynor, on behalf of his wife, and himself, replied, mentioning their appreciation to all for the kindness shown to them at this time. All joined in singing "Blest Be The Tie That Binds", after which refreshments were served by Mrs. Winston Raynor, Mrs. Ira Dennis, Mrs. Bruce Carruthers, Mrs. Arthur Hudson, Mrs. Keith Lewis, Mrs. Lorne Yeo, Mrs. Heber Gamble and Mrs. James Thomas. Bruce Carruthers then showed some slides, which included those of a recent trip to Florida, and these were enjoyed by all.

IDA BAILEY ALLEN

Spareribs California Style - Unsparring In Flavor

TODAY the Chef and I proudly present a fascinating dinner centered around spareribs California.

SUNDAY DINNER
Chicken-Beef Bouillon
Pretzel Nuggets
Spareribs California
Flaky Rice
Cauliflower with Lemon-Parley Butter
Cranberry Relish - Lettuce Nests
Ice Cream Cake (Purchased)
With Gilled Cured Mauder Orange Sections
Coffee or Tea Milk

SPARERIBS CALIFORNIA
4 lb. spareribs
1/2 c. fresh lemon juice
2/3 tsp. soy sauce
1/2 tsp. ground ginger
1/2 c. brown or 1/4 c. brownulated sugar

1 c. fresh orange juice
1/2 c. flour
1 c. peeled California orange chunks
1 peeled medium onion, sliced
1 small seeded green pepper, sliced

Put spareribs on rack in baking pan and brown in very hot oven (450 degrees F.), allowing 30 to 40 min. Meanwhile, combine and mix fresh lemon juice, soy sauce, ginger, sugar, and fresh orange juice; stir in 1/2 Bring to boil; simmer 5 minutes. Stir in orange chunks, onion and green pepper to make a sauce. Drain fat from baking pan. Spoon sauce over spareribs. Bake uncovered in mod. (325 degrees F.) oven for 1 hr.

Career School
BARBERING OR
HAIRDRESSING
SCREEN TEACHING
Transportation Allowance and other Benefits.

TRANS-CANADA
BEAUTY
INDUSTRIES LTD
Moncton, N. B.

THE BEST IN SKATING

Petra Burka (center) of Canada is the 1965 Women's World Figure Skating Champion. Peggy Fleming (left) of the United States won third place and Regina Heltzer (right) of Austria took the second place spot. Three young ladies completed the free-skating part of their program before a capacity house at the Broadmoor World Arena. (AP Wirephoto)

Irish Play Draws Near

Already tickets are moving at a merry pace for St. Patrick's play "Pete's Choice" which goes at Basilica Recreation Centre Tuesday and Wednesday, March 16 and 17. You can get yours at St. Basil's Pharmacy, Hughes Drug, Paradise Pharmacy and Basilica Recreation Centre. The Irishmen are promising the finest entertainment in years. Eileen Murray, above, gives a fine portrayal of Doria, the faithful housekeeper. Eight others are included in the star-studded cast.

Vanier Institute To Be Established In Ottawa Soon

OTTAWA (CP) — Madame Georges Vanier, wife of the Governor-General, said Thursday night the Vanier Institute of the family is likely to be formally established here next month. "The provisional committee has completed work on the charter and we know the child will be born very soon," she said. Madame Vanier, speaking at the 50th anniversary dinner of the Family Service Centre of Ottawa, said she hoped the institute would be able to work hand in hand with other welfare agencies. "The institute was first proposed at the conclusion of the Canadian conference on the youth centre in the heart of London to discourage teen-agers from going into disreputable clubs and bars. The centre near St. Basil's night life district will have several "pop groups" playing music with a religious message.

or until fork-tender. Baste 4 times.

TOMORROW'S DINNER
Orange and Grapefruit Segments
Oyster - Stuffed
Filets of Flounder (see Chef)
Crisp Potato Chips, Broccoli with Chopped Hard-Cooked Egg Sauce
Old-Fashioned Drop Apple Dumplings with Hard Sauce
Coffee or Tea Milk

OLD-FASHIONED DROP APPLE DUMPLINGS
1 recipe plain dumplings from pkg. of biscuit mix
2 tsp. butter
2 tsp. currant jelly
1 qt. boiling sweetened apple sauce (homemade or canned)
Hard Sauce (previously columned)
On lightly floured surface, roll dumpling dough a scant 1/2" thick. Cut dough into 12 (2") rounds. Add butter and currant jelly to boiling apple sauce. In about 2 min., when jelly melts, stir; then drop rounds gently on apple sauce cover. Simmer then boil 15 min. Then uncover and boil 3 min. more. Serve hot as follows:
Half fill deep dessert dishes with apple sauce; top each with 2 dumplings. Pass hard sauce.

THE CHEF'S OYSTER STUFFED FILETS OF FLOUNDER
Order 1/2 lb. (or 8) filets of flounder; thaw, if frozen. Dust all over with seasoned salt. On each, place 2 tsp. oyster stuffing (follows). Roll up, place fold - - - down, in buttered large 6-section muffin pan; dot each fillet with 1/4 tsp. butter or margarine. Pour in heated milk or clam broth to depth of 1/4". Bake uncovered 25 min. at 375 degrees F. or until lightly browned. Pass esp. sauce.
Oyster Stuffing: Combine and mix 1 c. of pkg. poultry stuffing, 2 tsp. melted butter or margarine, 4 drops Tabasco, and 1/2 c. medium-chopped fresh, canned, or frozen and thawed oysters, with liquid.

PRINCE EDWARD ISLAND TEACHERS' FEDERATION EDUCATION WEEK

TV PROGRAM

TUESDAY, MARCH 9 - 6:00 - 6:30 P.M.

"Education for Tomorrow"

PANEL MEMBERS:

Mrs. Janet Baker, Queen Charlotte High School, Charlottetown; Mr. Francis J. MacNeill Principal, Elm Street Elementary School, Summerside; Mr. Thomas Hall, Principal, Athena Regional High School, Summerside.

Moderator: Mr. Charles Campbell, President, P.E.I.T.F., and Principal Morell R.H.S.

island furriers Ltd.

A FUR JACKET for Spring Strolling

ONE RACK OF FURS

1/2 PRICE and LESS includes

- KOLINSKY (Dyed)
- BLACK PERSIAN LAMB (Dyed)
- BROWN PERSIAN LAMB (Dyed)
- NATURAL GREY PERSIAN LAMB
- MOUTON (Processed Lamb)

island furriers Ltd.

79 GRAFTON ST. Dial 2-1273



MONTAGUE BANK HAS NEW LOOK

Customers and visitors in Montague have seen quite a change when entering the Canadian Bank of Commerce lately. The staff of ladies are now attired in red blazers with blending skirts. Noting this blazer idea in Bank of

Commerce magazines, they decided to purchase their own, and they have proved to be very effective. Byron Sharp, Manager of the bank, has voiced his approval and commended the girls for their initiative. From the left

they are: Ethel MacDonald, stenographer; Marjorie Campbell, discount clerk; Shirley Gormley, first teller; Joan MacDonald, second teller, and Carol Campbell, ledger keeper.

ELLEN'S DIARY

Crackle Of Burning Sticks Died To A Faint Echo

The embers fall. The flame is fitful. The crackle of the burning sticks has died away to a faint echo of tune. Our fire, and our day, is about spent. James' reading has fallen from the hands, folded now as he naps in the old armchair. He has been reading a farm-paper, noting how a farmer up in Ontario, or was it farther afield? is trying out some new method on one branch of his husbandry, which as James remarked, "might work out for him, but wouldn't fit in too well with farming here on the Island." Of fertilizers tested, and crops with "fair to good yields". And of ways of housing and feeding, with a minimum of labor and without waste of feed, a little or larger company of cowbirds to have them come in good time to market. "They won't amount to much," James observed of the latter, "if they aren't well tended. And the more care they get, the better they are! And don't they know, after all, it is the eye of the master that fattens them?" Yes," he smiled, "and that means a more than looking in at them only once a day!"

a distinct entity in him — or herself. Kin and friends, he sometimes will tell us, appears in his dreams, companions of the school days, some of whom are now missing from those ranks, so bright and young. "Dream of the dead?" we remind him — and in a coincidence this sometimes does happen — "you will see the living!" — folks of their kin. So dies away the last fire of our day and our workday week. In a shift of hands before its face, the old clock will, before long, declare both are gone. What, after all, is there to a week, to the seven days of one, that wings by so soon? So much. World-wide, and nearer. What discoveries may be made, new ideals reached in this brief span of time — what fearsome things happen! And on a farm, what changes joyous, or sorrowful, can come to make its folks glad or sad.

one of the week's correspondents, a farmwife, who wrote to share a new recipe with us, enclosing too, at another kindly thought, a clipping containing verses, with a nice note which said: "I must write also to you now that I have time." Even though she has, as we may say "everything", she will like to hear of the winter doings down here on the island." The clippings remind us too to "Write It Now", to friends and kin away. "Take your pen and write that letter. While you have so much to say! Never moment could be better. Write of joy that's come your way. Tell of sunshine, and of laughter. Happy hours that you have known. Work you love, and leisure after. Share the memories, you own. Send a letter as a greeting. Like a rose, a sunlit ray. Messages of love repeating To a friend who's far away. All the moments that you treasure. Write as jewels in your mind: Bright about them, and your pleasure will be greater still, you'll find." Until Monday — Diary — Good - night....

Girls Take Part In Joint Service

The CGIT Groups of Montague, Valleyfield and Orwell Head held a joint Church Service on Sunday afternoon, February 22nd, at Trinity United Church, Montague, in commemoration of their 50th Anniversary. Those taking part in the service were: Ann Shaw, Montague United; Isobell Tattersall and Sandra Steves, Montague Baptist; Betty Lou Gillis and Ann Smith, Montague U. P.; Helen MacLean, Orwell Head United; Sheren MacKinnon of Valleyfield United gave the message.

Causes Of Depression Following Childbirth

Many women experience mild anxiety in the course of pregnancy. They fret about whether baby will have the right number of fingers and toes, whether their syph-like figures will return, whether they will be able to manage their new responsibilities competently. Usually, the anxiety disappears within the first few weeks after the baby's birth, in a whirl of congratulations and soggy diapers. In a small number of women, however, the anxiety becomes serious and does not disappear.

On the contrary, it becomes severe enough to require close and careful medical supervision. Who are the women who suffer depression after childbirth? British obstetrician E. D. M. Tod studied 700 pregnancies between 1956 and 1963, and observed that, contrary to what most people believe, severe depression did not occur most frequently among those pregnant for the first time. It occurred most frequently among women who had been pregnant three or more times.



by Alice Brooks

"The frequency of depressive illness associated with third and later pregnancies," says Dr. Tod, "may well reflect the cumulative strain of bringing up young children, particularly if one of them should be abnormal."

Other factors, too, contribute significantly to the severity of depression, the doctor found. Women whose marriages were unstable or unsatisfactory; women who came from broken homes or from disturbed families; women who had abnormal pregnancies or a previous history of stillbirth or defective children seemed likely candidates for breakdowns. Writing in The Lancet, a British medical journal, Dr. Tod notes that depression usually sets in a few days or weeks after childbirth. He suggests that it might be precipitated by a change in the level of the female hormone, estrogen, during and after pregnancy. He says, "Perhaps the estrogen production of normal pregnancy forms a built-in protection mechanism accounting for the well-being commonly enjoyed; and the depressive reaction results from the sudden fall in estrogen levels, at birth."

The physician noted that treatment of anxiety with drugs during pregnancy generally resulted in less severe depression after childbirth. Such treatment was started, says Dr. Tod, only after the fourth month of pregnancy "to reduce the possibility of injuring the developing child." Dr. Tod summed up his study with the observation that severe postpartum depression is not a specific disorder of pregnancy and childbirth. It is, he believes, the end result of long-established maladjustment in a small percentage of women.

POSTAL CENTRES
The state of Kentucky has 1,000 fourth-class post offices, more than any other state in the U.S.

The ushers were: Verna MacKinnon, Montague Presbyterian, and Nancy Clary of Valleyfield United. Linda King, Montague Baptist and Marjorie MacLean, Orwell Head U. P. and United took up the offering.

The leaders of the various groups were also present. These were: Mrs. Russell Burns and Mrs. Lloyd Fraser, Montague United; Mrs. Graham Fraser, Valleyfield; Mrs. Henry Mowery and Mrs. Stanwood MacLeod, Orwell Head; Mrs. Basil Lowery and Mrs. Marvyn Johnston, Montague Presbyterian; Heather King and Mrs. Miles Foster, Montague Baptist.

Special music was presented by a CGIT choir formed by the various groups under the direction of organist, Mrs. Lloyd Fraser. The special selections were: "I Would Be True" and "The CGIT Hymn". The girls entered, singing as a Processional the hymn "Praise My Soul", and following the benediction pronounced by Rev. Graham Fraser, the group filed out with the singing of "Take My Life" as Recessional.

In her message, Sheren gave the history of the CGIT movement. Its aims and purposes, its past achievements and hopes for the future. Collections from this service will be forwarded to aid in the groups' first overseas project. This being to build and maintain a camp and conference centre to provide leadership training. The site of this centre is near Djakarta, the capital of Indonesia. It is to be a token of thanksgiving for fifty years of growth and service to Canadian teenaged girls.