



MR. AND MRS. OMAR SANREGRET

Island Nurse Wed In B. C. Groom Transferred To Ottawa

A quiet wedding was solemnized recently in St. Andrew's Cathedral when Miss Ena Marjorie McDougall, R. N., St. Joseph's Hospital and formerly of Rocky Point, P. E. I., became the bride of Omar Sanregret, H. M. C. S. Naden, formerly of Edmonton.

Following the ceremony, a wedding breakfast was served in the Terra Cotta Room of the Dominion Hotel where the bride's aunt, Mrs. Carrie Lawrence, assisted by her niece, Miss Alice McDougall, greeted the guests. A three-tier wedding cake, trimmed with pink roses and flanked by vases of pink roses, completed the arrangement. At the reception, a congratulatory telegram was received from the bride's sister and brother-in-law on P. E. I.

MRS. GORDON MacMILLAN

A COUNTRY GARDEN

NOVEMBER SUNLIGHT
Not all the lights of spring,
Not the fierce power
Of the midsummer sky
Equals this hour.

When the pale sun distills,
For the charmed sight,
Unstained by leaf or cloud,
Essence of light.

November, is indeed, the month of blessings. There are so many miracles about us, who could list the vision and wonder of them all? The stately pageant of the year, now drawing to its close, so vivid and varied in its bounty, the inestimable gifts of sun and shower, how humbly we should stand before them, yet how happily blind is he who will not see the glory or trust the coming of spring. We have had so many gloriously sunny days for gardening this autumn and there are many lovely flowers to cheer us at our tasks. In the garden here the floribunda roses are blooming and colorful calendula and larkspur with chrysanthemums in several golden shades also the rose and white. Last evening I saw some beauties, soft pink and bronze in the shelter of the home dwelling where they have wintered well for years. Other flowers blooming were petunias in wine and red and other bright shades. Not nearly enough of these satisfying annuals were grown here this year as they continue until very late in the autumn. It is such fun to be invited to homes where flowers are grown and beautifully arranged in suitable vases and other containers.

I have had this pleasure when visiting several homes this past week, and roses were seen as lovely as June roses, fragrant and a beautiful in color on tall five foot bushes. They had been carefully sprayed all through the summer months and now after all those months of blooming they were proffering the summer season by weeks of color and fragrance.

MAKING PLANS
A walk around the garden is to plan and make changes for the better in our minds and we can gather sprigs of scented leaves of the southernwood, the nepeta, lavender, feverfew and orange wallflower to cheer us on our way. With what is left of summer let me fill your hands. Acorns borrowed from her, spray of black chokecherries and orange bittersweet. You'll know what to do with round disks from hollyhock, shells the snails are through with and giant mullein stalk. You can find some uses for silky milkweed seeds and summer still produces way beyond her needs, scattering and spilling in heedless overflow—hold out your hands for filling, as we go.

Many lovely things can be gathered if we have eyes to see and time to enjoy the walk and use the seedpods and other material for winter bouquets.

Beauty for next spring was in my mind when planting twenty-five Primulas the other sunny morning. They receive their name from the Latin primus meaning the first in reference to their early flowering. They make a showy display so early in the springtime and thrive in partial shade and need some moisture. They were planted in the garden here in the shade of an old apple tree and carefully watered this dry season.

The soil was enriched with old rotted manure which was hauled from the barnyard with the small wheelbarrow.

Astilbe is another splendid hardy perennial and the new hybrid forms in soft roses, wine and other pink shades. The most effective in a border are the very large varieties which have bloomed here in the garden for many years and divisions have been made so that now there is a large collection. This fall more of these hybrids have been planted which grow about two feet high and the blooms last for a long period. They come in lovely soft colors and the foliage is very attractive with their bronzy, divided leaves and spiky flowers good for indoor decoration. If care is taken to water well and firm the plants in well drained positions, the fall is a good time to plant any hardy perennial. All the perennials from the nursery rows in the vegetable garden have been brought over to the flower garden and planted where needed for next spring and early summer blooming.

HAPPY TASKS
It is a happy task and good to see when the fresh green foliage of Sweet William and Forget-me-not plants are planted in the borders as they are very dependable garden plants. Foxgloves and Violets with fragrant thyme have also been planted from seed sown in May and saved from the garden here. Quantities of plants for a large garden can be had for the labor and the cost is small. Country gardens usually need large quantities of plants and this is the way this garden has been stocked through the years.

I have been reading of the Scotman who is in charge of the Queen's gardens written by Muriel Holland and she writes: "Anybody sitting on the top deck of a bus going up Grosvenor Place in London, can look over the high grey wall of Buckingham Palace and glimpse the gardens through the trees."

These forty acres of the Central Royal Parks are looked after by a Scotsman from Glasgow by the name of T. C. Barbour. The Royal gardens also include all of the flowers in Hyde Park, St. James, Kensington and Green gardens, and the famous Whitehall window boxes are all looked after by Mr. Barbour and his headquarters are in the world famous Hyde Park where there are four acres of greenhouses hidden in a dip, surrounded by a high bank which has been planted with trees.

"Recently Mr. Barbour showed a party of us around. We wandered through some of the greenhouses and visited the enormous tropical house. Here flowers are grown for indoor decoration for the many occasions when the government entertains important visitors from abroad. In the spring and

Just 1/2 teaspoon of bicarbonate of soda in 1/4 glass of water brings prompt relief from discomfort of acid indigestion—safely and effectively. Bicarbonate of soda (Baking soda) neutralizes excess acidity and helps relax stomach.



WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506

Page 8, The Guardian Tuesday, Nov. 6, 1956

HAPPENINGS

"Asia Today" was the topic upon which Elizabeth Reid, Hong-Kong editor, correspondent and lecturer spoke Sunday evening at St. Dunstan's University. Miss Reid's lecture, more to those who heard it was most inspirational.

Elizabeth Reid, this youngish Australian woman with the raven black hair, very clear skin and modest demeanour made an impression upon her audience, even while being introduced. One had expected an Aussie voice, perhaps a trifle strident, with a marked Australian accent. Instead of which upon the first note being struck, one immediately heard a rich mezzo-speaking voice, in fact a voice of sheer music. Then the accent was cosmopolitan, just trace enough of Australia, the land of her birth, to be intriguing.

Elizabeth Reid has the intellect, combined with her rich experiences, to portray the Asia of today. In basing her address on the words Challenge, Strategy and Response perhaps her points were emphasized as much as any by her human interest stories.

There was the dear little French sister who had been in China 51 years. She had established 65 schools, clinics, homes, etc. Her life's work she had to leave behind to people whose every thought was an antithesis of her own, to people whose hearts unfortunately are filled with hate instead of Christian love.

Shortly after reaching Hong-Kong this little sister, in the sunset years as we should think, called at Miss Reid's office. She was making a request: Would Miss Reid write a little piece about her so that interested might be aroused. She wanted a few blackboards, crayons, scribbles and chairs. After fifty-one years of service, she was gloriously beginning again.

Then there was the old priest being escorted to the border by the young Communist guards. He kept falling down and they had to pick him up. This happened several times. Finally in exasperation

summer he and his large staff are endlessly putting in seeds, taking cutting and planting. The superintendent is the only man allowed to drive his car through the Royal Parks of London. He has to be constantly touring them and it would, as he explained, be quite impossible to do this on foot. This spring there was a wonderful show of forty thousand tulips in the flower beds in front of Buckingham Palace, followed by forty thousand cerise geraniums.

"There is always something new happening and he showed us some orange trees he is growing for a special purpose. They are soon to be moved to the famous Orangery in Kensington Gardens, which was built by Wren for Queen Ann in 1704, and for some reason have never had any orange trees in it before.

"We were told that all the thousands of flower pots used bore the royal cipher G.R. embossed on the older ones and ER on the present ones."

Her Majesty the Queen, who like her Mother and Grandmother is a great lover of flowers and gardens. "As the use of Gardens hath been the Inclination of Kings and choice of Philosophers, so it hath been the common favorite of public and private men; a pleasure of the Greatest, and the ease of the Meanest; and indeed an employment and a Possession, for which no man is too High or too Low."

the guards put him on their shoulders and carried him picka-back to the border. Here the old priest alighted nimbly and frisked off to his waiting friends remarking: "I always said the only way I'd come out was to be carried out."

Elizabeth Reid brought great stories and a great message to the free world.

Finally it was good to hear Elizabeth Reid rolling off the words, Prince Edward Island. She mentioned so naturally in the same status with all world names. She didn't call us "The Island." It could be that Elizabeth Reid has the right to think that she comes from an Island too—Australia—even if it is Prince Edward Island—"The Island"

Mrs. Courtney Harper who has spent the summer with Mrs. B. C. Prowse left Friday morning to spend Christmas with her daughter, Mrs. Thomas Honeyman and family in Toronto.

MARY HAWORTH

Who Of Trio Suffers Most?

MARY HAWORTH'S MAIL
Dear Mary Haworth: Will you please comment in your column today, namely, when a married man forgets that he is married and dates a single girl. This does occur when a large number of men and women work together in an organization.

How does it affect, socially, the single girl involved? And the wife to whom the man is unfaithful? And the man himself, in general? In your opinion, which one of them is most hurt?—taking into consideration that each member of the triangle is fairly decent human being. B.F. DEFEATS SELF

Dear B.F.: The person who is being actively unfaithful is the key figure in a triangle situation. And the hopelessly negative, self-defeating aspect of the triangle is that this unfaithful fellow, the key person, becomes a cipher in psychological encounter with the other two individuals intimately involved in the betrayal operation.

Take the case of a married man two-timing his wife by dating a girl co-worker. As he becomes unfaithful to his wife, first in his thoughts and desires, then in his actions progressively, he loses by diminution; or adulteration the capacity to have any really meaningful, reciprocally satisfactory "oneness" with her—in mind; or body; or spirit.

At the same time, he is equally unable (for the same reason: of forfeited integrity), to establish a vital relationship with the other woman. That is to say, an unguarded, wholehearted, mutually dedicated sharing of emotion, aspiration and social fellowship.

Thus in reckless pursuit of forbidden fruit, the philanderer damages himself primarily, in terms of truly dissipating his capacity to identify himself profoundly with a love partner—so that in the end, his "love life" seems to him barren and disappointing, regardless of where, how, or with whom he spends it.

As for the effects of this kind of thing upon the wife and the

ELEANOR ROSS

Colorful Dining Rooms

By ELEANOR ROSS
Despite all the talk about casual living, doing away with formality and cutting corners, we note that when asked to outline their idea of ideal living quarters, most women include a dining room.

It's a wise idea, too. For, if it is well worked out, a dining room can double smartly as an extra sitting room.

There's nothing like an attractively decorated dining room to give a quality of distinction to even the plainest meals. Somehow, in such a setting, good manners become spontaneous.

DULL AND DREARY
Often the dining room is a sort of dull stepchild between the elegant comfort of the living room and the streamlined efficiency of the kitchen. Sometimes it wears the living room hand-me-downs—a rug of the wrong shape or color or one with a big stain that is barely hidden by the dining table. The furniture is usually one of

other woman—well, assuming they each care enough to persist in the tangle, they too are feeding upon huskiness the set-up, obviously. And that kind of starvation diet, indefinitely prolonged, is bound to result in anemic personality, disturbed obsessive behavior, socially pathetic status, and so on.

HURRY LESS
The poor thwarted creatures can't experience, even fragmentarily, a worthwhile or consolatory relationship with a male who, for the most part, just isn't there; who is never more than physically present, transiently—in a self-engrossed, double-minded, defensive mood.

As to which of the two women is most hurt by the problem—the wife or the girl—I should imagine that, subjectively, they might suffer about equally. Much or little, depending upon their temperaments. But socially the girl gets the worst of it, of course, in running the gauntlet of public disfavor, insecurity and ignominy—as compared to the wife, who at least has the shelter of a legal respectable partnership rating.

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

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ished, with perhaps an area rug or two. Bare floors are easy to keep clean and look well with either traditional or modern decor.

Either light or dark wood floors, given depth and luster with wax. will form a successful background for dining room furniture. Or use a floor enamel or porch and deck paint on the floor to correlate it with the wall colors.

The dining table may need a complete refinishing job, then perhaps one of those stain- and heat-resistant finishes. But unless you're good at doing it, it is better to have the job done by a professional.

With all of the colors to choose from, it's strange that dining room walls are so often given an uninspired color treatment. So much has been said about the psychological effect of color and the importance of harmony at

complete refinishing job, then perhaps one of those stain- and heat-resistant finishes. But unless you're good at doing it, it is better to have the job done by a professional.

GET NEW PRESIDENT
HALIFAX (CP)—Ralph S. Morton of the Dartmouth Free Press was elected president at the annual meeting of the Nova Scotia Weekly Newspaper Association here Friday.

meal-time, it would seem that the dining room should be the place for a therapeutic use of color.

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