



MR. AND MRS. JOHN HOWARD

Honeymoon Trip To Montreal Follows Halifax Ceremony

The marriage of Shelagh Jane Molloy and John Edward Howard was solemnized on Monday, December 27, at 11 a. m. at the Canadian Martyrs Church, Halifax, N. S. which was decorated for the occasion and the festive season. David Webb proposed the toast to the bride, and was responded to by the groom.

The mother of the bride received wearing a blue and grey Italian wool lace dress with matching accessories, and a corsage of pale pink carnations and rose buds. The groom's mother wore a bottle green wool crepe, with matching accessories and a corsage of deep pink carnations and rose buds.

The nuptial mass and double ring ceremony was performed by Rev. J. Johnson, and the church organist accompanied the soloist, Mrs. Robert Reid, who sang appropriate hymns and carols.

The bride, given in marriage by her father, wore a floor-length gown of white original French cut velvet. It featured a fitted bodice and finger tip sleeves with matching train falling from the Empire waist. The shoulder length veil of tulle fell gracefully from a crown of lace petals with delicate pearl trim. She carried a cascade of Fuji mums and red poinsettias.

The maid of honor, Catherine Chisholm, and bridesmaid, Mrs. George Leitch, wore floor-length gowns of red velvet featuring the Empire line, and carried bouquets of white feathered carnations and red roses.

Anthony Howard, brother of the groom, was best man. The ushers were Kenneth Nickerson and Orville Hayne.

A reception was held in the Harbour Suite of the Nova Scotia Hotel, which was tastefully decorated for the occasion and the festive season.

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ELLEN'S DIARY

This Is A Good Winter For Farmers To Work

"I was saying to the wife, 'This morning, I never saw a better winter than this' a farmer with whom we chatted over. 'So far' we nodded. 'Yes' he continued, 'back in the autumn there, they had me worried with their forecasts. You heard them too. Ellen Winter was going to set in early. There was to be a great lot of snowfall. And it was to be cold, and long. And hearing,' he smiled whimsically, 'I sometimes wished we could sleep winter-through, hibernate like the groundhogs!'"

"And it has been pleasant" we said. "That's it, Ellen, a good winter, as you said, so far. Now just a great one for the farmers to get on with their work! Couldn't have been better. And when we stop to consider it, the heart of it — the time of the severe frosts, and the storms will soon be broken. 'In a few more weeks, past another snowfall or two, we'll be looking into the spring!'"

"But let's not hurry the days away" he twinkled. "There's this certainty to it: we shan't ever relieve them." This was a perfect morning to take Mack and his age group off to rink and hockey. And an afternoon to carry away in their turn, Alex, and Jamie's older two, Gordie and Wendy, to improve their skating in a beginner's hour there. Peter, now so inclined today, brought over from the house across the lane, a share of his toys to entertain Cathy, the youngest one, our visitor. She is a bright young miss of almost two, with brown hair and laughing brown eyes and already claims an important place in the family. We saw Peter stop his play once to regard her with some curiosity.

"Well" he commented, "we can say this for her — she's not like some girls, she's no cry-baby, now is she?" "We're not in love with the chere, but it has to be done" Mack said of an afternoon work, in prospect. This was to take him and his father, along the

fields by tractor to a barn, to which the sheep would be called in for treatment: each one to be dosed for internal parasites. It is an endeavor which requires skill and, in the event of a tussle, strength as well. The flock which had only a small beginning has increased through the years, so that it was through the afterglow, the farmers returned — toward the end of this week about spent.

It was a week which brought to homes Island — over, happiness and sorrow, joy and bereavement, because life is ever a mixture. Its disappointments too, and its frustrations the small irritating concerns which stop to bother one along the everyday round. However, despite everything, as one reminds us we must keep up, and on, "with a right good heart" even to "the end of the road." One says:

"It's true there's much that's troublous along life's rugged way: With all the clouds of yesterday — the sun is out today. And what's the use of murmuring, when there's the sky above, The sun to gild the mountain side, the moon, and stars, and love.

And what's the use of living o'er the sorrows that are past; Or always thinking backward, just to make the troubles last; For we may miss the beauty from the sun that shines today If lost within the memory of a sky that's cold and gray.

Yes, thorns there are with every rose — the rose is just as sweet. It pays to keep on smiling through when brambles pierce the feet. There's more than idle dreaming, when we keep the heart in tune. As sweet as breath of roses, in the dear, dear month of June!"

Until Monday — Diary — Goodnight....



MARY MacKINNON DON MacEACHERN

WEDDING PLANNED

Mr. and Mrs. William MacKinnon of Richmond, N.B., announce the engagement of their daughter, Mary Bernice, to Donald MacEachern, son of Mr. and Mr. Elwood MacEachern, of St. Eleanor, P.E.I. The marriage is to take place on February 26th, 1966, at the Summerdale Baptist Church at 3 p.m.

Women

6 The Guardian, Charlottetown, Sat. Jan. 22, 1966.

MARY HAWORTH

Woman Wonders Whether To Reconcile With Mate

DEAR MARY HAWORTH: My husband and I have been married 11 years and have a son age 9. We married when he was 17, and I 15. I was more grown-up than he at the time. And he seems still to be immature. He has always played around with other girls, and when I would find out about his latest fling he would break it off. I would leave him, but he would follow and persuade me to come back.

It seemed he never cared about girls; but now the tide has turned. He has been going with one girl for about a year, and when I learned of it he left me that was four months ago.

The girl is married and mother of a child and my husband isn't the first man she'd had on the string. He knows that, but says he feels a kinship for her that he can't explain, and has told her he loves her. He says he loves me also. He says it is two different kinds of love.

I filed for divorce, which he persuaded me to cancel. Now he says he wants to straighten up, come home and live right. He hasn't seen the other girl for a couple of weeks, though they still talk by phone. He hasn't completely called it quits.

I have learned to live without him and I am afraid of what may happen if I take him back; afraid that after a while he may backslide and I will have to go through the same thing again. We can't afford marriage counselling. This break has almost bankrupted us. I work nights but will change to the early morning shift next week. What do you think we should do? A. P.

DEAR A. P.: As I get the picture, your husband had been going for a divorce that he could "eat his cake and have it too," as a proverb says. He had been knowingly trading on the special needful quality of your love for him, which seemed to guarantee that you'd always take him back, because you always had.

He balks at that proposition however, you might as well wash your hands of him, and continue to build on the gains you've made these last four months, in learning to "pick up the pieces" without him. M. H.

Mary Haworth counsels through her column, not by write her in care of The Guardian.

Housewife Starts Career As Active Policewoman

HALIFAX (CP)—Anna Sidey, a blonde housewife and mother of one son, was being interviewed for a clerical job at the local police station when she was asked to consider joining the active force.

"I didn't jump at the chance then," she says. The word "policewoman" conjured up images of burly females toting billy clubs and handcuffs. But she talked it over with her husband — "he thought it was a good idea" — and decided to accept the offer of a new career.

After the first week of working with policewoman Ruth Donald, the city's first woman in a police uniform, Mrs. Sidey found the job required more firmness and understanding than muscle.

Mrs. Sidey now is in a recruit training course and will be assigned to the detective division after graduation. During training, she learns accident investigation, court procedure, drill marching — and how to handle a revolver.

Mrs. Sidey was born in The Netherlands but came to Canada at an early age. She has thony Gallant on Wednesday evening.

Mrs. Peter F. Gallant and family attended a family reunion at the home of her mother Mrs. Andrew Arsenault and brother Gerard Arsenault of Wellington other members of the family attending were Mr. and Mrs. Anthony Gaudet, St. Nicholas and Mr. and Mrs. Joseph Gaudin and daughter Cecelia. Mr. and Mrs. Norbert Corcoran and family were Sunday visitors at the home of Mr. and Mrs. Keith Kelley, Roseville.

WOMEN'S ORGANIZATIONS

Kilmuir WI Will Hold Winter Card Parties

A total of nine members and three visitors were present at the January meeting of the Kilmuir Women's Institute held at the home of Mrs. Richard Campbell.

The meeting opened by singing the Institute Ode. Roll call was answered with "A Way to Make Money". Visiting and school committees gave their reports and new committees were appointed.

"A program on 'Health and Safety' was conducted by Mrs. Bruce Lecco. It was decided on motion of Mrs. Gordon Ward and Mrs. MacGowan that the money in the birthday bank be given to the hall fund. The secretary reported sending a plant to a member of the community who has been hospitalized for some time. Shut-ins and school children were also remembered at Christmas.

Card parties will be held in the district during the winter months, beginning January 21st. The food committee will be Mrs. John Daley, Mrs. Richard Campbell, Mrs. Gordon Ward and Mrs. Colin MacDonald.

The February meeting will be held at the home of Mrs. Bruce Lecco when the roll call will be answered with "A household chore I enjoy". Refreshments were served by the hostess assisted by Mrs. James Campbell and Patsy Campbell.

CORNWALL UCW — Mrs. Reginald McEwen chaired the Cornwall UCW meeting which was held at the home of Mrs. Neil Salmond. Roll call was answered with a verse of scripture containing the letter "J".

The devotions were led by Mrs. Harold Scott, and Mrs. Elmer Frizzle conducted a very interesting study on "Hope of the World". Royston Reynolds installed the newly appointed officers for the coming year. A very encouraging report

was given by Mrs. Ford Wilson, treasurer. A donation of \$600 was given to the building fund. Mrs. Royston Reynolds and Mrs. Reta MacPhail were appointed as delegates to attend the UCW Presbytery which will be held in Kensington on January 29th.

The February meeting will be held at the home of Mrs. Walter Gregor. A scripture-verse with letter (F) to be response to roll call, and Mrs. Stanley Willis will be in charge of devotions with Mrs. Sterling Clow, the study book. The president closed the meeting with a short quotation from Patricia Strang's book on "Thoughts."

NORTH RIVER WI — Mrs. Fulton Warren was hostess to the North River WI January meeting which opened with Mrs. Stewart collect. Reports of all committees were given. A discussion took place with regard to holding a Valentine tea, but definite plans were left for a later date.

The highlight of the evening was a visit from Harry Hodge, who gave a very educational talk on Physiotherapy, which was enjoyed by all present. Next meeting is to be held at home of Mrs. Elliott Wright with Mrs. Earl Younker in charge of program and roll call will be answered with a proverb. Food committee will be Mrs. T. W. Howard, Mrs. Buddy McKinley, Mrs. Earl Younker and Mrs. Arthur Wheatley.

ALBERTON WI — "Accident Prevention" was the theme for the January meeting of Alberton Women's Institute, when roll call was answered with a safety slogan and the program was presented by Mrs. A. C. Green. The hostess, Mrs. H. W. Matthews, president of the organization. Mrs. Matthews reported that 12 Christmas boxes had been sent to shut-in and elderly folk and that five cards had been

sent to absent and former members. The annual caroling at the Western Hospital was much enjoyed and a treat was taken to each patient and to the nursing staff. Most of those present expressed themselves as being in favor of jury duty for women in this province. A letter from Mrs. Drinnan, convener of health and welfare, drew appreciative comment from the meeting. It was decided to invite a neighboring institute to the February meeting. Mrs. Matthews and Mrs. C. H. Johnston will arrange the entertainment part of the program and the hostesses will be Mrs. Joseph Callaghan, Mrs. Edward Lewis, Mrs. Wansley Lewis and Mrs. Johnston. Refreshments were provided by Mrs. Arthur Wilkie and Mrs. Arthur Green.

MARSHFIELD WI — Dorothy McFarlane was hostess to the Marshfield WI January meeting which was chaired by Mrs. Ethel McCallum. The meeting opened with singing of the Island Hymn and roll call was answered by a safety slogan. Reports were given by committees. Mrs. Cecil Stetson read a paper on safety precautions on small appliances which was much appreciated by all. The next meeting is to be held at the home of Mrs. John Sme-shurst when roll call will be answered with "a household chore I enjoy". Food committee will be Mrs. Ethel McCallum and Mrs. Eric McCallum. Refreshments were served and a social hour enjoyed.

DOCK WI — A dinner to which all the members made a contribution, was the most interesting feature of the Dock Institute's January meeting. Mrs. Ralph Rennie said grace. The hostess, Mrs. Erskine Clark, had the table attractively arranged with lighted tapers. Mrs. Fred Rennie presided during the business period. Acknowledgements were received of gifts sent to patients at Riverside at Christmas and of baby clothing sent to the Unitarian Service Committee. The February meeting will be at the home of the president, Mrs. Ralph Rennie and Mrs. Lloyd Wilkie will be co-hostesses and will also arrange the program. After the meeting, servings of dinner were taken to several members who were unable to be present.

CHICAGO (AP) — "Why do you wear cosmetics?" A physician popped that question to 75 women between the ages of 15 and 50. The reasons included building self-confidence, attracting and hoodwinking men, impressing other women and — sex. Dr. Milton Robin, head of the dermatology department of Michael Reese Hospital in Chicago, told about his poll in a report titled, "The Psychological Aspects of Cosmetics," presented at the convention of the American Medical Women's Association.

"One essential purpose," he said, "is to beautify the body so as to attract the admiring glances of others and to fortify one's self-esteem. Very few in this group voiced any satisfaction with their natural appearance." "Sex is another reason for using cosmetics," Dr. Robin said. He noted that a perfume advertisement recently suggested women shouldn't use the stuff if they were only "bluffing."

"Unquestionably the girls and women I interviewed felt that one of the main purposes for wearing cosmetics was both to attract and hoodwink men." SEX BASIC REASON — Dr. Robin said beauty counsellors, cosmetics companies and advertising people "confirm the predominance of sexual attractiveness as a top reason for wearing cosmetics."

A number of the women in the poll said they dress and use makeup to impress other women. It would seem, he said, they "want to be admired by their peers" but at the same time may be motivated by a conscious or unconscious rivalry for men. But questions brought out many reasons for using beauty aids. Among them: Staying young-looking, increasing their feeling of well-being, to build ego and it's "the thing to do." "Triumph over the limitations of the body," Dr. Robin said, "occurs by use of cosmetics and clothing."

HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8500

Mr. and Mrs. Gordon Myers, Carleton left recently for a vacation in Florida.

Mr. and Mrs. Earl MacKay, Carleton, have taken up residence in Summerside for the winter months.

The UCW of Murray Harbor United Church held a Pot Luck Supper in the church hall on Thursday evening.

Mrs. John H. Bell, Murray Harbor, is spending several months in Charlottetown.

Mr. and Mrs. Fabian Arsenault, St. Louis, left recently for Toronto, where they will visit with members of their family.

Henry Myers, of Toronto, Ont., is spending some time in St. Louis, guest of his parents, Mr. and Mrs. Maurice Myers.

Margaret Ann Perry, Tignish is spending some time in Ormoco, N. B. visiting with her brothers and sisters-in-law, Mr. and Mrs. John Perry and Mr. and Mrs. Leo Perry.

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IDA BAILEY ALLEN

Queen Of The Puddings With Meringue Crown

What is enriched bread? It is a single food, made to meet the needs of modern diets, which are likely to be short in thiamin, niacin, riboflavin, iron and calcium.

Thiamin: What happens when you, Mrs. Homemaker, your husband, or children, or Senior Citizens, are short in thiamin intake? Fatigue, apathy, and sluggish appetite. Shortage of thiamin is also likely to cause personality disturbances, such as moodiness, irritability or depression. When a normal amount of thiamin is taken, these signs disappear. That is why thiamin has been called the "morale" vitamin.

Daily Re-urement. Niacin is needed daily for smooth skin, healthy nerves and a healthy digestive tract. A deficiency of niacin also produces some of the personality symptoms noticed when thiamin is lacking. Proteins in general furnish an amino acid from which niacin is formed. The vitamin content of enriched and whole grain breads, eaten regularly in reasonable amounts, builds up the needed niacin.

Riboflavin is essential every day because it is a protector of healthy skin and normal vision, and is closely related to energy output. Iron and calcium are both elements likely to be short in the American diet, yet they are absolutely essential to good health, and are part of every cell in the body. Interaction between the minute amounts of all mineral elements in muscles, tissues, bones and blood, makes life possible.

Iron is an imperative mineral. Calcium is an important nutrient for growing children and in promoting sturdy bones in older people. Where can all these elements be obtained, and how much will they cost? All of them are present in "enriched bread." The cost? Not a cent more than bread made without them.

THE CHEF'S MANY SUGGESTIONS FOR USING ENRICHED BREAD

If you or a member of your family is "reducing," eat the enriched bread, but leave off the usual spread. Or serve the bread as toast; or wrap it in foil, heat in the oven and use warm. Or slice enriched loaf bread into "thick" croutets, toast them and top with: A meat ragout; or chicken à la king; or cheese-rabbit; or creamed oysters; or creamed shrimp. Or use enriched bread as an ingredient in savory or sweet dishes. For instance, the Queen of Puddings in today's column. No matter how enriched bread is used, its fine nutritive values never change.

TOMORROW'S DINNER "Chicken Stars" Soup (canned) — Chopped Beef Cutlets with Italian Sauce on Toasted Enriched Bread, Brussels Sprouts and Carrots Vinaigrette — Queen of Puddings with Meringue — Coffee, Tea, Milk.

Measurements level; recipe for 6

QUEEN OF PUDDINGS WITH MERINGUE 1/2 c. rather dry enriched bread crumbs 3 e. milk

3 eggs, separated 2-3 c. sugar 1/4 tsp. salt 1/2 tsp. any flavoring extract 1/4 tsp. baking soda 1/4 tsp. warm water 1/2 c. soft red fruit jelly 1/2 tsp. cream of tartar 1/4 tsp. sugar, additional Stir crumbs into milk and beat until almost boiling. Separate eggs; beat yolks creamy (set aside whites). To yolks, add sugar, salt, flavoring, and baking soda dissolved in warm water. Stir into the crumb-milk mixture. Pour into a buttered 3-pt. baking dish. Set in a pan; surround baking dish with boiling water to depth of 2". Bake 35 min. in mod. oven, 350 degrees F. Remove and spread top surface of pudding lightly with jelly.

Beat reserved egg whites stiff with cream of tartar and additional sugar, making a meringue. Spread this over jelly on top of pudding. Return this to oven; bake 15 min. more. Serve warm "as is" or with whipped cream.



by Alice Brooks LACY FINERY

Crochet swan in lacy K-stitch — exquisite against filet crochet panels and mesh. Crocheted swan decorates feecent scarves. Pattern 7115: chart back 12 1/2 x 16-inches; arm rest 6 1/2 x 12 1/2 in. No. 50.

THIRTY-FIVE CENTS (coins) for each pattern (no stamps, please) for each pattern. Ontario residents add 2c sales tax. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER. Send order to ANNE ADAMS, care of Guardian-Patriot Pattern Dept., 60 Front St. W. Toronto 1, Ont. Ontario residents add one cent sales tax. Print plainly pattern number, name, address. GIANT 1966 Needlecraft Catalog stars knit, crochet — many more needlecraft designs. 3 free patterns printed in catalog. Send 25 cents.

NEW! 12 Collectors' Quilt patterns for you in color, with quilting motifs. Finest pattern ever collected from famous museums. Send 60 cents for new Museum Quilt Book No. 16: sixteen complete patterns. 60c.

FAVORS MOON RACE CANBERRA, Australia (AP) Sir John Eccles, Nobel prize-winner and professor of physiology at the Australian National University, told a Moral Re-Armament conference Friday he considers the moon race a "regrettable waste of money, human talents and technology." He favored it, however, because it meant the great powers are so busy trying to beat one another to the moon they are not going to shoot at each other.

sent to absent and former members. The annual caroling at the Western Hospital was much enjoyed and a treat was taken to each patient and to the nursing staff.

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DUNDAS CENTRE

Mr. and Mrs. Cecil Stewart, Dundas Centre and children Shane, Shirley and Duwayne have taken up residence in Charlottetown, where Mr. Stewart is employed. Mrs. Myrtle MacLeod, Bridgetown, is a patient in the Kings County Memorial Hospital.

Herman MacDonald, who is employed in the P.E.I. Hospital has spent the past few days visiting at the home of Mr. and Mrs. Alfred MacDonald. Roland Blackett, five-year-old son of Mr. and Mrs. Sterling Blackett, Dingwell's Mills, is at present a patient in the Kings County Memorial Hospital.

Mrs. George Stead, Dundas Centre, and Mrs. Alfred MacDonald, Forest Hill were recent visitors to Morell on a business trip. Mrs. Wallace James, Forest Hill has been confined to her home with pneumonia. Carl Shepherd accompanied by Sterling MacLeod, Dundas Centre were recent visitors to Charlottetown on a business trip.

LUMBAGO

BACK-ACHE — LAMB BACK When your back is stiff and painful so it is hard for you to stoop or bend, take the remedy that has brought relief to thousands — TEMPLETON'S T-R-C. Don't suffer a day longer than you have to. Get T-R-C today. Only 85c and \$1.65 at drug counters everywhere.

For extra relief, use TEMPLETON'S FLAME-Cream Lintiment in the roll-on bottle or ointment, while taking T-R-C internally. FLAME-Cream, \$1.75. 763-B

HOW MUCH DOES IT COST TO FURNISH A HOME?

RAY STEWART of Crockett & Storey A study was made by a national agency last year, and it showed that the average family spends 20% of the cost of the home for furniture. In other words, the average \$20,000 home costs about \$4,000 to furnish. This average includes not only furniture but floor coverings, draperies and electrical appliances. Of course, many families go way beyond this average, and many are obliged to spend a lot less. Actually the amount of money you spend will never take the place of good taste. We have all seen homes which have been furnished for \$1,500 and done more attractively and imaginatively than others on which two or three times as much was spent. That's where a reliable furniture dealer employs good salesmen — they can be of great help. We invite you to come in and take advantage of our free decorator service. We can help you select the furniture that will be both comfortable and attractive in your home whether you are working with a big budget or a small one.

Call in or phone us today. Our