

Women

The Guardian, Charlottetown, Sat., Sept. 7, 1963. 7

IDA BAILEY ALLEN Nothing's Really Better Than Peanut Butter

Although the refrigerator may have suffered seriously from a late raid the night before, there is one sure way to maintain the lead in the game of sandwich one-upmanship — keep an extra jar of smooth peanut butter on the pantry shelf.

Peanut butter is a highly nutritious food that almost everyone enjoys and it has that rare quality of blending well with a wide variety of other flavors.

DASH OF IMAGINATION. With a little imagination, the everyday peanut butter sandwich can be turned into an unusual treat in minutes.

Use a variety of breads, such as heart-shaped whole wheat, whole wheat or bran, caraway rye, whole or raisin bread, or for a change try split halves.

QUINTET OF NEW SANDWICHES

ONE: On a slice of bread spread smoothly with peanut butter, place 2 thin slices of red, ripe tomato. Spread the other slice of bread with butter and spread on 1 tsp. chopped green onions.

TWO: Layer peanut butter, sliced salami and thin-sliced onion on caraway rye bread. Spread a dash of mustard on the salami for piquancy.

THREE: Peanut butter, sliced hard-cooked eggs, chopped radishes, mayonnaise and crisp lettuce make a tasty filling. Dust with seasoned salt and fresh ground pepper.

FOUR: Strew chopped celery, chopped stuffed green olives and crumbled crisp bacon on whole wheat or bran bread spread with peanut butter. Top with buttered whole wheat.

FIVE: Make a sweet sand spread of peanut butter, orange marmalade and chopped candied ginger. Especially good toasted.

TOMORROW'S DINNER

Hot or Cold Consomme
Chicken or Turkey Tetrazzini (from omelette)
Buttered young carrots with Green Beans
Tender Lettuce Salad with Olive French Dressing
Fresh Peas
Drooped Peanut Cookies
Hot or Ice Coffee or Tea.

Milk Comment: For the slaw, add 1/2 c. sliced green olives or pitted ripe olives to 1/2 c. not-sweet French dressing.

Measurements level; recipe for 8

CHICKEN OR TURKEY TETRAZZINI

(Make in advance, refrigerate and heat-brown later if you like)
1 lb. cooked shortest high protein spaghetti
2 c. Chicken Cream Sauce (recipe follows)
1/2 c. sliced fresh mushrooms or 1/4 c. can mushrooms
2 tsp. butter or margarine
1 1/2 c. diced cooked chicken
1/2 c. grated mild cheddar
1/2 c. fine day-old bread crumbs
3 tsp. melted butter or margarine, additional.

MR. AND MRS. JEAN VACHON WED AT SUMMERSIDE

St. Paul's Church, Summerside was the setting for the marriage of Miss Jean Vachon and the late Mr. William Vachon and the late Mrs. Vachon of Quebec City. Rev. Pierre Arsenault officiated at the ceremony and the groom, Mr. and Mrs. Augustin Richard,

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MR. AND MRS. EDGAR M. LAMBE

Ford-Lambe Vows Pledged At Most Holy Redeemer

The Church of the Most Holy Redeemer, Charlottetown, was the setting for a lovely wedding in August when Sandra Norma, daughter of Mr. and Mrs. Walter Ford, Oyster Bed Bridge, P.E.I., was united in marriage with Edgar Michael Lambe, son of Mr. and Mrs. Ivan Lambe, Charlottetown, P.E.I. Reverend Father F. J. Maloney, O.S.A., performed the double ring ceremony.

Mrs. William Campbell, organist, accompanied Mrs. G. Z. Raskham as she sang "On This Day O Beautiful Mother" prior to the ceremony and "Just For You Today" during the signing of the register.

Mixed flowers decorated the church, and the guest pews were marked with white satin bows with sprays of ferns and lily of the Valley.

The bride escorted down the aisle by her brother, Fulton Ford, looked beautiful in a floor-length gown of nylon and lace over tulle, trimmed with sequins and pearls. The gown featured a soft, delicate neckline, long, flowing sleeves and a full skirt with a full-length train. The bride carried a bouquet of blue hydrangeas and white lilies.

The maid of honor was Miss Jane Lambe, sister of groom, who wore a full-skirted powder blue nylon dress over tulle with a full-length train. The bridesmaids wore matching dresses. She carried a bouquet of blue hydrangeas and white lilies.

Following the ceremony, a reception was held at St. P. in a X Church Hall, where tables were laid for sixty guests. The bride's table was centered with a three-tiered wedding cake decorated with silver leaves and topped



ed with a white veil. Her guest her son Robert of Montreal, who is also visiting Mr. and Mrs. Gordon Cousins of Baltimore.

Mr. and Mrs. George Ramsay and Mrs. Carl Ramsay and daughter Anne of North Bedford, Sask., were recent visitors with relatives in Indian River and Hamilton.

Miss Marie Ramsay, Hamilton spent the weekend with Miss Pauline Hunter, Indian River. Preston Pickersley, Sea View, was a visitor to Stanley Bridge, on Sunday, the guest of Mrs. Patricia Smith and Joseph Smith.

Mr. and Mrs. Joseph Woodside, Kennington, were recent guests of Mr. and Mrs. Esor Wait of Sherbrooke.

Ralph Bryenton of Kentville, Nova Scotia, was a recent guest of his brother, Mr. Edgar Bryenton and Mrs. Bryenton of Kennington.

Mrs. W. A. Chadwick and family of Montreal, are visiting Mr. Chadwick's father, Mr. James Hickey, a d. brother, Mr. and Mrs. Junior Hickey, at Darnley.

Mr. and Mrs. Arthur Jay and family of Boston are guests of Mrs. Jay's sister, Mrs. David Cousins and Mr. Cousins of Baltimore.

Mr. and Mrs. Roland Crozier and family of Halifax, N.S., were recent guests of Mr. and Mrs. Bruce Crozier, Baltic.

Recent guests at the Keirstead Home of Margaret and Gordon Cousins, Baltic, were Mr. and Mrs. Carl Hyland and three sons Colin, Mark and Jason of Long Island, New York.

On Saturday evening Mrs. Gordon Cousins, principal of the Kennington Elementary School, entertained the grade VIII pupils of Kennington School at a winter soiree at Cabot Park. Malouque. Airing songs around the camp fire was much enjoyed by all.

MR. AND MRS. ARTHUR MACLURE SUMMER NUPTIALS

Shown above are Mr. and Mrs. Arthur MacLure, following their marriage at the First Baptist Church, Charlottetown. The double ring ceremony was performed by Reverend Malcolm Harlow. The bride is the daughter of Mr. and Mrs. Elmer J. Cloy, and the groom is the son of Mr. Holden MacLure and the late Mrs. MacLure.

Be Cautious When Choosing
The Color Of Your New Car

Are women really more color-conscious than men? Maybe. But the British Motor Corporation (Canada) Ltd. will bet that women don't know this about colors and cars — the color of the car driving alone in front of you — affects your driving.

BMC has found strong scientific evidence to show that a woman driver (or a male driver for that matter) has a positive psychological urge to pass a red car!

On the other hand, according to respected color research scientists, if the car in front is black or grey, blue or green, the urge to pass is not so great.

But, if the vehicle ahead is a good sharp, bright red, or one of the more intense shades of yellow.

town Hospital School of Nursing.

GETS BURSARY

Miss Norma Mortissey has been awarded a Provincial Government Bursary and left this week for Halifax, N.S. where she will begin a year's study at Dalhousie University towards a diploma in Public Health Nursing. Miss Mortissey, Cherry Valley, graduated in June from the Charlottetown Hospital School of Nursing.



PRINTED PATTERN

4952
SIZES 2-10

by Anna Adams

HAPPY SAILOR
She's irresistible—the little girl who wears a tiny, sunny sailor dress with side pleats to flare it out widely. Easy-sewn in crisp fabric with contrast braid a d bow.

Printed Pattern 4952: Children's Size 2, 4, 6, 8, 10. Size 6 takes 2 1/2 yards 36-inch.

FIFTY CENTS (50 cents) in coins (no stamps, please) for this pattern. Ontario residents add two cents sale tax. Print plainly. NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Guardian - Patriot Paper Dept., 80 Front St., W., Toronto 1, Ont.

Canada's first Canadian-born Governor-General, Rt. Hon. Vincent Massey, has now written his memoirs, What's Past Is Prologue, to be published this fall by The Macmillan Company of Canada Limited. Four excerpts from his book which will cover his distinguished career from his childhood in Toronto to his tour of duty as Governor-General of Canada will appear in Weekend Magazine. The first excerpt which tells of the people and forces which shaped his life and his way of thinking will be featured in this week's issue.

The Vincent Massey Memoirs

THE EVENING PATRIOT



ELEGANT PILLOWS — easy and fun to do! Use velveteen, corduroy, heavy cotton, silk. New smoked pillows — they are smoked on the wrong side of fabric. Pattern 7269, transfer, directions 12 1/2 in. round 12 square, 12 1/2 bolster.

Thirty-five cents (coins) for this pattern (no stamps, please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept., 80 Front St., W., Toronto 1, Ont. Ontario residents add 1 cent sales tax. Print plainly. PATTERN NUMBER, NAME, ADDRESS.

BALTIC

Mr. and Mrs. Ingram Cassidy and son Patrick of Dartmouth, N.S. motored to the Island on Thursday. They were accompanied back to Dartmouth by their son Michael who has spent four weeks at Hilltop Tourist Home in Baltic.

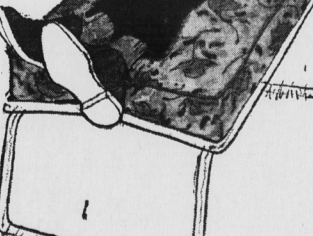
Miss Gertrude Cousins, Baltic accompanied by Miss Valerie Bouvier of Kennington, spent the past week in Charlottetown.

SHELTERS YACHTS

The Italian Fishing Village of Portofino, long the haven of fishing boats, now sees more luxury yachts than sailing craft.

It has been laboratory-proven that the color red is exhilarating to the human brain. Bullring aficionados may smirk at the suggestion this vibrant hue will make a bull charge. But there is good indication that this flame-end of the spectrum could result in a driver getting charged.

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