

# Women

Lena Caroline McLure, Women's Editor. Phone 3508

Fri., Sept. 26, 1958 The Guardian Page 7

## Homemaker Has Power To Regulate Food Costs

By IDA BAILEY ALLEN  
The 50,000,000 homemakers in this country, without doubt represent the greatest consumer buying power in the world. In a single year, 65 billion dollars is spent nationally for family food alone.

This means a weekly expenditure of 1 1/2 billion dollars, based on an average family food budget of \$25 a week.

### IMPORTANT ROLE

Whether in a high, medium or lower income bracket, every homemaker is a powerful and important buyer of food.

The daily food is not merely something that "tastes good" and "fills one up" or that can be purchased carelessly on impulse with little thought. The family eats today, and every day, has a direct collective effect on all the tomorrows that are to come.

We cannot be too careful in choosing foods of good quality, that contain the utmost in good nutrition and are appetizing in taste and appearance.

### COMPARATIVE SHOPPING

In any big commercial business, a plan for spending precedes the expenditures. Comparative shopping follows, to find the lowest price for the quality needed. Every penny is considered important.

Apply the same business rules to purchasing food for the home. Politely ignore or refuse to buy foods that do not meet high standards or are overpriced. The quality of merchandise offered, will improve, family food will cost less and, in general, food prices will tend to be stabilized.

Tomorrow's dinner: Melon wedges, liver saute with bacon, potatoes delmonico, green beans, beet-romaine salad, peach short-cake, hot or iced coffee or tea, milk.

maid, was gown in Nile net over taffeta and she carried a nosegay of white and yellow carnations.

Miss Margaret Ruth MacEwen, as a dainty flower girl, was gown in blue nylon and she carried a basket of sweet peas.

Mr. Mervel Saunders was groomsmen.

Mrs. Cole chose for her daughter's wedding a dress of beige crepe with matching jacket and a corsage of pink carnations. The groom's mother wore a rose crepe dress with navy accessories and a corsage of white carnations.

Following the ceremony, the bride and groom were seated for a buffet luncheon served by the girl friends of the bride. The bride's table was centered with a three tier wedding cake and was cut in the traditional manner. Mrs. Daniel MacLean, sister of the groom was in charge of the guest book.

For a honeymoon trip to the New England States and Ontario the bride donned a Nile suit with orange ice accessories and a corsage of white carnations.

On return they will reside in Central Royalty, where the groom is employed with Douglas Bros. and Jones. The bride is on the nursing staff of the Provincial Sanatorium.

Previous to her marriage, the bride was tendered a community shower, when friends and neighbors gathered at her home and presented her with many lovely and useful gifts for her new home.

The nursing staff of the Provincial Sanatorium also held a miscellaneous shower at the apartment of Mrs. Laura Clapp. Photo by Sears, the Read Studio and Camera Shop.

Measurements are level; recipe for 4 to 6.

Potatoes delmonico: to 2 cups well-seasoned medium-thick white sauce, add 3 c. small diced cooked potatoes, 2 drops Tabasco and 1 c. grated sharp Cheddar cheese.

Transfer to a buttered low quart-baking dish. Dust with 1-3 c. additional grated sharp Cheddar; dot with 1 tsp. butter or margarine.

Heat-brown in a hot oven, 400 degrees F.

Peach shortcake: Sift together 3/4 c. pre-sifted enriched flour, 3/4 c. sugar, 1 tsp. salt and 3 tsp. baking powder. Add 1/2 c. butter or margarine; chop in with a pastry blender until the consistency of corn flakes.

Beat 2 eggs light; add 1 c. milk. Thoroughly mix into flour. Oil 2 8-in. layer cake pans. Spread in the batter.

Bake 25 min. in moderate oven 375 degrees F. or until well-browned.

Split while warm. Spread with room-soft butter. Fill with 1 qt. sugared sliced peaches.

Top with peaches and whipped cream or pass dairy sour cream. Serve warm.

### TRICK OF THE CHEF:

Add a pinch of marjoram to the seasoned flour used for coating the liver to saute.

## GEORGETOWN

On Wednesday, Mayor and Mrs. Raymond Solomon and Mrs. N. W. Hansen motored to the City. Congratulations are extended to Paul Edward Batchelder, son of Mr. and Mrs. Lawrence S. Batchelder on being granted a \$1600 bursary from the Second War Memorial Trust Fund of the Imperial Order of the Daughters of the Empire. Paul, attended Georgetown High School and took his Grade XI and XII studies at St. Dunstan's College, where he made consistently high grades. He plans on entering the Nova Scotia Agricultural College at Truro, when the term commences this month.

A.C. CATCHES SHARK  
NEW GLASGOW (CP)—Fishermen Seymour Calhoun of nearby Little Harbor Wednesday hauled up an eight-foot shark in his herring net. No accurate weight was available. Mr. Calhoun estimated the fish weighed 30 pounds. Several years ago a 500-pound sword fish was found in the same area.

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The nursing staff of the Provincial Sanatorium also held a miscellaneous shower at the apartment of Mrs. Laura Clapp. Photo by Sears, the Read Studio and Camera Shop.

On their return Mr. and Mrs. Thomas Smith, Tracadie held a reception in their honour. The evening was enjoyably spent in music and dancing.



MR. AND MRS. C. R. MacDOUGALL

## Bedeque United Church Is Setting For Wedding

A very pretty wedding was solemnized in Bedeque United Church on August 23rd when Ella Evelyn, daughter of Mr. and Mrs. Waldo Gardner, Chelton, and Charles Robertson, son of Mrs. Charles MacDougall and the late Mr. MacDougall, Rice Point, were united in marriage by the Rev. G. Cowper-Smith.

The church was beautifully decorated with baskets of summer flowers and the guest pews were marked with white satin bows and rosebuds.

Miss Louise MacKenzie was in charge of the wedding music and accompanied Mrs. Cook Howard in singing "The Voice That Breathed O'er Eden" during the signing of the register.

The bride, given in marriage by her father, was charming in her floor length dress of white nylon organdie over taffeta. The

groom was dressed in a tuxedo with a white scarf and a white boutonniere. The bride's hair was styled in a classic updo, and she wore a crown of pearls. The groom wore a white shirt with a red tie and a white boutonniere.

The bride's two attendants were Mrs. Terence McKenna as maid of honour and Mrs. Reginald Hooper as bridesmaid. Both wore identical waltz-length gowns of blue nylon sheer with white picture hats and mitts and carried bouquets of nosegays.

Mr. Melville MacDougall, brother of the bride, was groomsmen, and Messrs Alan and Stephen MacDougall, brother and brother-in-law of the groom were

The attendants Mrs. William Hunter, twin sister of the bride as matron of honor and Miss Audrey MacPhail, friend of the bride, were identically gowned in ballerina length dresses of aqua nylon organdie with small coin dot, featuring scooped necklines and matching cummerbund.

They wore matching shoes, white gloves and feathered headpiece. Their flowers were baskets of white and yellow poms.

The winsome flower girl, Miss Susan Hogg, cousin of the bride, was dressed in yellow similar to the other attendants. Her head-dress was a band of yellow nylon organdie. She carried a basket of sweet peas.

Mr. Chester MacDonald was the groomsmen and Messrs Brenton Gardner, brother of the bride and Brent MacDougall, ushered the guests to their pews.

Mrs. Gardner chose for her daughter's wedding a dress of flowered rind in autumn shades with accessories in gold and brown. Her corsage was of tallismen roses.

The groom's mother wore a blue gown with navy accessories

## MacDonald - Wood Wedding Solemnized At Belleville

Now resident in Brantford at 17 Lyons Avenue, are Mr. and Mrs. Alfred Alexander MacDonald who were married in early August, at the Church of St. Michael, the Archangel, Belleville, Ont.

The former Miss Beatrice Eva Wood, the bride is the daughter of Mr. and Mrs. Hugh Wood of 3 Moira Street, E., Belleville, Ont. Mr. MacDonald is the son of Mr. and Mrs. Augustine MacDonal of Bristol, Prince Edward Island.

White mums and pink snapdragons decorated the altar for the ceremony at which Rev. William McGee officiated. The bride was given in marriage by her father.

Fashioned of Chantilly lace and nylon tulle over satin, the bridal gown was styled with sequin embroidered scoop neckline, lily-point sleeves and bouffant skirt with lace overdrape.

A crown headpiece held the bride's hand embroidered fingertip veil of silk illusion, and she carried a white prayer book crested with red Sweetheart roses and Stephanotis with red rosebuds knotted into the white streamers.

The bridegroom's sister, Mrs.

Arthur Griffith, was matron of honor. She wore a waltz-length gown of blue chiffon over net and taffeta. Styled with scoop neckline and sleeveless, fitted bodice, her gown had a bouffant skirt and a sash of deeper blue.

A blue picture hat, white accessories and a basket of pink and white mums completed her ensemble.

Bridesmaid Miss Edna Brocha was dressed like the matron of honor, but junior bridesmaid Miss Helen Wood, the bride's sister, wore pink in similar style, with deep pink sash, and a headpiece of tiny pink, blue and white mums. She carried a basket of pink and blue mums.

Groomsmen were Mr. Arthur Griffith, Mr. Carl Wood, the bride's brother, was usher.

Sister Mary Bibiana played for the wedding, at which soloist Mrs. Harold Gaffney sang Ave Maria On This Day, O Beautiful Mother, and Mother At Thy Feet Is Kneeling.

A reception at the Knights of Columbus Hall, Belleville, was attended by guests from Windsor, Brantford, Peterborough, Trenton

Ottawa, Prince Edward Island, Tweed, Madoc and Belleville.

Later the guests gathered at the home of the bride's parents which was decorated with pink and white streamers, white bells, and bouquets of pink and white snapdragons.

For the occasion the bride's mother wore a sheath gown of lace and silk organza over tulle with navy accessories and a corsage of blue feathered carnations. The bridegroom's mother was dressed in navy blue crepe, with white and navy accessories and a corsage of white feathered carnations.

The bride's two-piece travelling dress was in aqua silk shantung with pink and white accessories and a corsage of pink Sweetheart roses. Her jewelry was a necklace of cultured pearls with matching earrings.

The couple spent their honeymoon in Madawaska Valley, Algonquin Park and other northern centres.

The bride, a teacher at Central School for some time, was presented with an electric frying pan by her fellow staff members. She was also the guest of honor at miscellaneous showers given by Miss Kay Smith of Brantford and Miss Jean and Miss Anne Barry of Belleville.

## Double Ring Ceremony Unites Young Couple

A pretty August wedding was solemnized at Saint Bonaventure's Church, Tracadie, when Mary Frances Theresa MacDougall, only daughter of Mr. and Mrs. Stephen MacDougall, was united in marriage with Daniel Wilfred youngest son of Mr. and Mrs. Wilfred MacDonal, Mt. Stewart.

Rev. Kenneth McMillan P. P. performed the double ring ceremony and celebrated the nuptial mass.

The altar and sanctuary were beautifully decorated with cut flowers and ferns. The guest pews were marked with bows of white ribbon.

Given in marriage by her father the bride looked lovely in a floor length gown of white nylon tier embroidered in "Lover's Knots" with hooped skirt, bateau neckline appliqued in floral design, long sleeves tapering to a point at the wrist.

At the back of the dress a flowing panel from the neckline to the floor formed a chapel train. Her veil fell from a crown of nylon leaves studded with pearls. She carried a white missal (Embedded in red roses) a gift of the groom.

The bride's two attendants were Mrs. Terence McKenna as maid of honour and Mrs. Reginald Hooper as bridesmaid. Both wore identical waltz-length gowns of blue nylon sheer with white picture hats and mitts and carried bouquets of nosegays.

Mr. Melville MacDougall, brother of the bride, was groomsmen, and Messrs Alan and Stephen MacDougall, brother and brother-in-law of the groom were



MR. AND MRS. ATHOL HARVEY AULD

## Couple Pledge Vows At Lovely Ceremony

A pretty wedding was solemnized at the home of Mrs. George Cole, Stanley Bridge, when her only daughter, Mary Elizabeth, became the bride of Athol Harvey Auld, son of Mr. and Mrs. Ira Auld, Harrington. The double ring ceremony was performed by Rev. L.D. Bartlett.

Baskets of white gladioli and mixed summer flowers made a beautiful setting for the wedding. Mrs. Duncan Cole, sister-in-law of the bride, played the wedding

music, while the bride entered the living room on the arm of her brother, Douglas, who gave her in marriage.

The bride was lovely in her wedding gown of figured net over satin. Her finger tip veil was held in place with a crown of pearls in place with a corsage of white carnations and she carried a white Bible with a corsage of white carnations and white streamers with red Sweetheart rosebuds.

Mrs. Duncan MacKay as brides-

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