



Attending the guide training in King's Division on Friday in the United Church Hall, Montague are (FROM LEFT TO RIGHT): girl guide Sally Fraser, Souris; sea ranger Susan Fay, Kingsboro; Mrs. C.A. Locke, trainer and land ranger; Ann McGowan of Montague.

Excellent Training Session Well Attended In Montague

King's Division training conducted by Mrs. C. A. Locke, diploma'd trainer of Montreal West, P. Q. was held on Friday afternoon and evening in the United Church Hall, Montague. Representatives from all five districts and members of provincial sub-committees attended the afternoon session, totaling approximately 60 members of the guide family.

Mrs. G. A. Inman, division group and called on Mrs. Gordon Avard to introduce the guest speaker, Mrs. Locke conducted a most interesting session for brownie and guide leaders, speaking on the importance of presenting all material in an enthusiastic manner.

In her various teaching methods, she stressed the importance of keeping the program different from school activities. Group discussions on phases of the new guide program, were held during the afternoon session, followed by patrol leader training.

Opening the evening session, Mrs. Locke spoke particularly to the rangers, who are on the threshold of many exciting events in life. She reminded them of the International aspect of guiding - being part of a five and half million girl organization. Courtesy and friendliness, regardless of race, religion and language are of prime importance in carrying out the guiding spirit.

In presenting Lord Baden Powell's theme "Look wide - look wider still" Mrs. Locke showed slides taken during her guiding travels in Ireland and South America.

Between sessions, a buffet supper was served by the Montague Local Association, assisted by the Montague Land Rangers and Kingsboro Sea Rangers.

A gift was presented to Mrs. Locke on behalf of King's Division by Mrs. George Warner in appreciation of the excellent training conducted.

Women

The Guardian, Charlottetown, Mon., April 25, 1966.

IDA BAILEY ALLEN

French Stew Is Famous As Beef Bourguignonne

The use of a wide variety and cuts of meats, and long, slow cooking are two of the secrets of the appetizing French provincial cuisine. Our chef selects Beef Bourguignonne which we present today as the most popular French country-style dish served in the United States.

Measurements level; recipes for 6

BEEF BOURGUIGNONNE
(Famous French Stew Guests Will Enjoy)
1/2 c. beef fat
12 peeled small white onions

2 lb. steak, bottom or top round, or chuck
2 tsp. flour
1 1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. powdered thyme
1/2 lb. sliced mushrooms
1 c. beef bouillon
or 1 c. water and 1 tsp. beef bouillon powder
1 c. dry red wine

In 2-qt. kettle, heat beef fat until it melts freely; remove any brown pieces - add onions. Stir-saute until lightly browned; remove onions and set aside. Meantime cut steak into bilobed pieces; brown in fat in kettle. Stir in flour and seasonings. Add reserved onions, mushrooms, bouillon and wine. Cover. Simmer 4 hr., or until fork-tender. Or transfer to casserole, and bake 3 hr. or more in slow oven, 225 degrees F. Add more bouillon if it becomes too dry. Accompaniment garlic French bread and a tossed green salad.

Note: All alcohol in the wine evaporates during cooking.

Grapefruit Halves
Beef Bourguignonne
Garlic French Bread
Tossed Salad of Sliced Celery, Strips of Pimiento with Green Peas and Lettuce
Baked Bananas
Currant Jelly Sauce
Coffee, Tea, Milk

BAKED BANANAS
6 small bananas
2 tsp. sugar
1/4 tsp. ground nutmeg
3 tsp. butter

Currant Jelly Sauce (recipe follows)
Peel bananas; cut in half lengthwise, then in half crosswise. Rub 7" x 11" pan generously with butter; put in bananas rounded side up. Dust with sugar and nutmeg; dot with butter. Bake 15 min. in mod. oven, 375 degrees F., or until golden-brown. Serve with Currant Jelly Sauce.

CURRANT JELLY SAUCE
1/4 c. currant jelly
Grated rind 1/4 Florida orange
1/4 c. orange juice

Mix currant jelly and grated orange rind in top part of pt.



MR. AND MRS. JOHN B. RILEY

Couple At Albion Cross Marks 50th Anniversary

A happy occasion was celebrated at the home of Mr. and Mrs. John B. Riley, Albion Cross, recently when they were entertained in the evening by relatives on their golden wedding anniversary. A dinner was also given them by the family. Mrs. Riley is the former Laura M. Dingwell, Dingwells, Mills, and the couple were married in Charlottetown by the late Rev. A. B. MacLeod, Presbyterian minister.

Also present for this special event were their three sons, Alonzo, Delton and Forrest and one daughter (Celia) Mrs. Albert Mills, St. Peters Bay. Absent were (Elma) Mrs. Ernest Cantelo, Paquet, Rhode Island, U. S. A.; Vera; Mrs. George Dicketts, Agincourt, Ontario and Dorothy, Los Angeles, California. The couple also have 14 grandchildren and 1 great grandchild.

An anniversary cake made by their daughter, Mrs. Albert Mill and decorated with a golden 50 centered the table.

The couple were the recipients of many gifts, and Mrs. Alonzo Riley read an address extending best wishes to the couple for many more years together.

HOUSEHOLD HINTS

Shortage of closet space for guests' wraps? Substitute a bed but on rainy days cover it first with a sheet of plastic.

For pan broiling a steak, don't use fat. Run some cold water into the skillet and then empty it, leaving it just a bit moist.

Progressive Conservative Provincial Campaign Headquarters
Charlottetown
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ELLEN'S DIARY

Wielding A Paintbrush Is An Absorbing Pastime

"You seem to be in a hurry. What are your plans for today?" Papa Starling queried with his pointed smile this morning, scraping his shoes on the mat before his front door. "By rights I should take them off. I suppose. But sometimes" he stopped to wink. "I do get by."

"That was an item I had inserted in the pact-understood, that is, when we got married," a farmer said without a sign of a chuckle, one evening in a year long gone, when we came by to visit, and James had stopped to remove his rubbers before entering the home. There was to be no taking off of boots at the door of our house! It's not a good practice to get into cold footwear. And besides, what does an extra bit of sand amount in the dustpan? What were our plans? We pinned up a last garment on the line, and turned over the question in mind. And settled it easily. This afternoon, when the dinner was over the table cleared, the dishes washed and set away, if all continued well about, we would decorate the walls of our office-office. There was a can of paint in... what was it? A "garland green" shade, neither too light, nor too dark... on a shelf.

"Ah, ha!" Peter smiled, later come by to call, "an you haven't finished this room yet? You're painting the walls, I see." We have, we may say, as does almost any farmwife of our acquaintance, not a bad hand with a paintbrush, a craft gained by practice. Gained from that ill wind which often blows to folks its rewarding compensations, this time when our men-folks had neither the time, nor yet the inclination to lend assistance at such "light women's work".

We find it an absorbing pastime in spring. And invariably a beauty, a satisfaction, follows the strokes of the brush.

A number of years had passed size double-boiler. Place over boiling water; cook 5 min. Beat in orange juice with fork. Serve warm or at room temperature.

Leaders And Guides Enjoy Training In Summerside

Guides and guiders in Prince County were privileged this week to attend training given by Mrs. C. A. Locke, a diploma trainer from Montreal, West, Que. Mrs. Locke had represented Canada at a conference in Ireland in 1961 and again in South America in 1964.

On Wednesday evening a ranger training was held at the Summerside Fire Hall. This meeting was well attended by land rangers from Bloomfield, Sea Rangers from Slemon Park and Summerside. Mrs. Locke addressed the girls on the subject of rangers in a wider world. She told them of her experiences in meeting people with different customs and religions, who were also aiming for the same goals of world friendship and peace. She also showed many beautiful pictures taken in Ireland and South America.

On Thursday afternoon training was held for brownies and 25 guiders attended. For the training session Mrs. Locke chose to introduce a love of nature into a brownie meeting. The children played games and learned new songs with an international flavour, while the guiders took a new and fresh look at their programme.

Thursday evening guides and guiders attended from Bon-

WOMEN OFTEN HAVE BLADDER IRRITATION

After 21 times at many women as men are made miserable by common urinary irritation caused by a germ, *Escherichia Coli*. To quickly combat the secondary aches, muscular pains and disturbed sleep caused by kidney and bladder irritations, try taking 2 little CYSTEX tablets with a glass of water 3 times daily for a few days. CYSTEX is a cleaning urinary antiseptic, also an analgesic pain reliever for Rheumatism, Sciatica Pains, Headaches, Backache, and muscular pains. Get CYSTEX from drugists. Feel better fast.

WIN A HONDA

IN THE KEDS' BAR-FLEX "WIN SOME WHEELS" CONTEST

10 HONDAS

25 C.C.M. BICYCLES!

Your Keds Contest Centre

Queen St. **WRIGHT'S** Charlottetown

ANNUAL MEETING and Progressive Conservative Nominating Convention

2nd PRINCE

Monday, April 25th, 8 p.m.

ELLERSLIE HALL

Each Poll is requested to have five voting delegates in attendance.

Guest Speakers:
David MacDonald M.P., Senator Phillips

THE GENERAL PUBLIC IS INVITED

HAPPENINGS

Connie Roberts, Kinkora, has returned to her home following a holiday spent with her aunt, Sister Mary Louis, RSM, Plattsburg, N. Y., and with her uncle Preston Murphy and Mrs. Murphy of Montreal, Que.

A miscellaneous shower was given in the Murray Harbor Public Hall in honor of Mr. and Mrs. Fred White, when a large number of their friends and relatives gathered to wish the young couple a happy life together. They were the recipients of many gifts which were opened by Edith McCarthy, sister of the bride, while verses were read by Lorraine White, sister of the bridegroom. Later, refreshments were served and a social evening was enjoyed.

"I feel it is high time we made that fact known."

Provincial chapters sponsoring travel programs are helping increase young persons' understanding of the differences between provinces, Mrs. Gordon said.

Mrs. Gordon said a special committee is investigating changes to improve the organization. But this did not mean the IODE had not taken notice of the changing role of women's organizations and had not made changes.

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DAISY Fresh

Slip into a daisy (you'll love the great shape you're in!)

Bra of embroidered broadcloth with elasticized shirring to fit smoothly. 30-36AA, 32-36A, 32-38B, 32-40C #2911 \$2.50

Pantie girdle of power net and satin Lactex with embroidered yellow daisies. S/M/L/XL in three-leg lengths. Medium, #6902, \$5.00; Long, #6912, \$7.00; Extra long, #6922, \$9.00

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KON-TIKI

Golden Fruit from MALAYA

Delicious!

HIT BY TORNADES

DALLAS (AP) - Devastating tornadoes struck the east Texas communities of Chandler, Mincola and Spring Hill Saturday, causing a widespread property damage and minor injuries to at least two persons. Heaviest damage was apparently at Chandler where the town's entire business district appeared to be destroyed.

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