



MR. AND MRS. RICHARD HUBLEY
Hubley-Heywood Wedding
Is Solemnized At Trinity

Trinity United Church, Charlottetown, was the setting for a wedding when Elizabeth MacLeod, daughter of Mr. and Mrs. Bennett J. Haywood, Charlottetown, exchanged marriage vows with Richard Beck, son of Mr. and Mrs. Amos H. Hubley, Summerside. Rev. J. G. E. Ball performed the double ring ceremony. The church altar was adorned with pink mums.

Traditional wedding music was played by J. R. Herdman who accompanied David Hall as he sang "Now Thank We All Our God" prior to the ceremony and "The Wedding Hymn" by Handel during the signing of the register.

The bride, given in marriage by her father, was lovely in a gown of her own creation, a semi-A-line floor length gown of white tulle de soie, appliqued with re-embroidered lace, pearls and sequins. Her bolero and chapel train of matching rose embroidered lace was also hand worked in pearls and sequins. A lace tiara, decorated with pearls and sequins held a veil of tulle illusion which fell to the shoulders. She carried a bouquet of white-shasta-daisies and lily of the valley intertwined with English ivy.

Mrs. Gordon Tweedy of Charlottetown was matron of honor. The other bridal attendants were Mrs. Tom Davies Jr., sister of the bride, Mrs. David Gallant and Michelle Huestis, all of Charlottetown. Their floor length gowns were of rose pink tulle de soie, with elbow length capelets which were joined by circles of pearls at the neckline. Their headresses were pink illusion bouffant veils each held in place by a cluster of pearls. Ellen Davies, niece of the bride, flower girl, was in a floor length gown of deep pink silk velvet accented with bows of pink tulle de soie, and wore pink tulle illusion pom-poms in her hair. The bridal attendants carried bouquets of white shasta daisies and ivy.

The best man was Alan Hubley, Montague, brother of the groom. Ushers were George de Belle of Montreal, John Ivay of Halifax, Kenneth Haywood and Bennett Haywood Jr., of Charlottetown, brothers of the bride.

For her daughter's wedding, Mrs. Haywood chose a dress of peacock blue double knit, a matching velvet cloche hat and a pink stole. Her corsage was of pink roses. Mrs. Hubley wore

Stella Maris
CWL Hears
Guest Speakers

The December meeting of Stella Maris North West Parish Council of the Catholic Women's League was held in the Elementary School with a good attendance.

The president, Mrs. Vincent Blaquiere chaired the meeting and called upon the spiritual director, Rev. Francis Corcoran, to say the prayers.

The meeting was conducted in the usual manner, and correspondence read consisted of a letter from the P. E. I. Tuberculosis League, and one from the safety program which gave the list of awards.

Conveners' reports showed that the sanctuary was cleaned every week and mass had been said for deceased veterans on Armistice Day. Money had been voted for a field day and the Halloween party, and also for a Christmas treat for the school children and for one of our parishioners. It was decided to replenish the supply of dishes. Card parties had been held in aid of the club; chaperones were appointed for school socials, and an executive meeting had been held at the home of a member at which considerable business had been carried out.

It was a privilege to have present at the meeting, Sister Morrissey and Sister MacKenzie, from the convent. Sister Morrissey gave a very interesting talk on the work of the laity, and congratulated the members of Stella Maris CWL on their share in this work. Sister MacKenzie also spoke and asked for some of the members to volunteer as leaders of the study club for the next meeting. Four of the members volunteered.

Father Corcoran also gave words of advice on matters pertinent to the CWL meetings.

The meeting then adjourned and refreshments were served, followed by a social hour.

Senator Inman
Addresses CAC
P.E.I. Branch

A special meeting of the Consumers Association of Canada Executive (P.E.I. Association) was held Wednesday, December 7 to enable members to meet and hear the Hon. Senator Elsie Inman who is visiting in Charlottetown.

Senator Inman is a member of the special joint committee for the Senate and House of Commons on consumer credit (prices) and spoke to CAC members about the briefs which have been presented to this committee by the various manufacturing and retail firms.

On December 6 the CAC presented a brief to this committee. Senator Inman expressed her disappointment that other groups representing consumers had not appeared and also that more women had not taken an active interest by attending the committee meetings open to the public.

The meeting was held at the home of Mrs. L. J. McLellan, president of the P.E.I. Association.

LED THE WAY

WINNIPEG (CP)—A plaque has been unveiled at the Manitoba legislature building commemorating a 1916 act that made the province's women the first in Canada eligible to vote. Appropriately, it was unveiled by a woman, Municipal Affairs Minister Thelma Forbes. Mrs. Forbes was Speaker of the legislature before joining the cabinet this year.

Fashion Show
Planned By
Ladies Aid

The monthly meeting of the Ladies Aid of the Prince County Hospital was held on Wednesday, December 7, in the Nurses' Residence. Mrs. Heath Strong, the president welcomed the new members and said it was her conviction that they would find this one of the most rewarding and necessary community activities. She went on to say that through the years the ladies' aid had contributed to the purchase of necessary hospital equipment as well as to the comforts of the patients.

The treasurer, Mrs. Will Strong reported that approximately \$600.00 was realized during the past three summer months from the sale of "The Island Story". The chairman expressed appreciation to all those who had assisted in the distribution and sale of this book, and again emphasized the generosity of the author, Carrie Holman, in making all the proceeds from the sale of the book available to the hospital through the Ladies' Aid.

The most important new business taken up was the planning of the Centennial fashion show to be held in March, 1967.

The next meeting will be held on January 4.

IDA BAILEY ALLEN
Budgetwise Turkey Tip
Serve Half, Freeze Half

Young Mrs. Jones is as practical as she is pretty. When the cost of foods began to escalate, she began to look for ways to save food money.

"My kitchen has a refrigerator-freezer," she thought. "I'll put any food odds and ends separately into small plastic lock-top sandwich bags, pack them together into a clear plastic storage bag and fasten."

"Then I'll put all the small packages into my wire basket, and put it in the refrigerator where I'll not forget it. I could make a good ragout out of two or three different meats and odds and ends of vegetables."

When Mrs. Jones went to market, she found a new product on sale, a 30-foot roll of clear plastic heavy-duty refrigerator freezer wrap, 17 1/2" wide, and it cost only 49 cents. It was guaranteed not to tear, and to "cling without fighting back". She bought a roll. Then she went to the poultry counter and bought a 15-lb. turkey. She roasted the whole bird that day, used half for dinner to her guests and planned to freeze the remainder to use during Christmas-week.

When the turkey cooled, she unrolled the new refrigerator freezer wrap she had purchased. It didn't tangle, or stick or wrinkle, and was the right width to wrap easily around the turkey. She estimated the length of wrap needed, set the turkey half in the middle, smoothed out the edges, wrapped it up and over and around the turkey and lightly press-sealed it with her fingers. No taping needed. Then into the freezer it went for safe-keeping until the holidays.

From the collection of odds and ends in the refrigerator, she made an excellent ragout for dinner.

MONDAY DINNER
Small Cupa Hot Bouillon
Crisp Crackers
3-Meats Onion-Mushrooms Ragout
On Thick Slices Warmed French Bread
Green Beans
Braised Bread-and-Butter Pudding
or Bowl of Tangerines
Coffee, Tea Milk
Measurements level:
recipies for 6
3-MEATS-ONION-MUSHROOM RAGOUT WITH NOODLES
(A Continental-Style Entree)
3 tbs. cooking oil
1 c. shredded onions
1/2 c. stewed beef, bite-size
1/4 c. cooked lamb, bite-size
1/4 c. diced roast pork, bite-size
2 big potatoes, bite-size
1 tsp. seasoned salt
1/4 tsp. pepper
1/2 tsp. powdered garlic
2 tbs. dried chives
1 tsp. flour
2 1/2 c. heated beef broth or 2 1/2 c. boiling water and 2 envelopes beef broth powder
1 c. mushrooms cut profile-style
6 thick slices warmed French bread
Heat the oil in a deep 10" skillet. Add the onions and saute until the color turns. Stir in the beef, lamb and pork; slow-saute until browned. Add potato, seasonings and chives. Stir in the flour. Stir-cook for 5 min. Then, from the edge of the skillet, gradually pour in the hot beef broth. Add the mushrooms. Simmer 20 min. to integrate the flavors. Serve over the warmed sliced French bread.

Women

8 The Guardian, Charlottetown, Sat., Dec. 10, 1966.

MARY HAWORTH
Group Therapy Assists
In Confidence Building

DEAR MARY HAWORTH: I want to thank you for the time and thought you put into your writings. I was especially interested in recent correspondence from several readers, giving approval to group psychotherapy for mental or nervous patients.

I have a son who is mentally ill and at this time in the state hospital. He had improved enough to stay home for almost three years, prior to his latest commitment. But with nothing to do and no one to talk to but relatives and close friends of the family, he relapsed and had to go back.

How I wish we had group therapy in our community, or within travel distance. I've often thought how much it is needed.

Recently I asked a psychiatrist in the nearest city if there is such a group in this part of the state and he said "No". We also need an out-patient clinic; it would save the state a lot of money and families much heartache if we could get such home-based psychiatric help for our loved ones.

My heart goes out to all the mentally-ill because they are such lonely persons, so misunderstood. Lacking both education and money, how could I go about helping people here in East Texas develop a group therapy mental health program.

D. R.
DEAR D. R.: You might translate your hopes into productive action by writing to Recovery, Inc., at 116 South Michigan Avenue, Chicago 6, Ill., for information on the meeting places and leadership personnel of Recovery discussion groups in your part of the country.

Recovery, Inc. is a national, non-sectarian, 27-year-old association of anonymous nervous and former mental patients who meet periodically to learn and practice medically devised techniques of self-mastery.

The do-it-yourself, fellowship style Recovery program was developed by the late Dr. Abraham A. Low, who was assistant director of the Psychiatric Institute at the University of Illinois Medical School, as well as a practicing private psychiatrist.

Dr. Low pioneered the Recovery program on the theory that the emotionally disturbed person, given some psychiatric insight, can be trained to control impulses; that he can be fore-armed (against "excitable" situations) with a learned technique of "keeping his cool," i.e.,

stopping, reasoning and deciding, before taking considered action.

To school his patients in an easy - to - understand self-help routine, in coping with their chronic anxious uncertainties, Dr. Low devised a number of imperative "Recovery" rules later published (by the Charolotopher Publishing House, Boston, Mass.) in a book titled "Mental Health Through Will Training". This is the bible of the Recovery movement.

He also organized regular group meetings at which emotionally disturbed people began to admit openly (some even cheerfully) that they were "nervous patients" - a form of distress that they had tried to hide as shameful until these meetings came along.

By the late 1960s, leading national newspapers and magazines were reporting that a approximately 300 Recovery groups had been formed, scattered through 30 states and Canada. Since the late 1940s, when the work first came to my attention, I've accumulated an overflowing file of sound documentary report on the subject, including clipping relating to group meetings in New Orleans, La., not far from your postal address.

Writing about Recovery in the American Weekly, Eleanor Harris notes "It is obviously impossible to describe in detail, within the framework of a single article, the entire Recovery method. . . For this reason, I address all readers interested in its help-potential to apply to the Recovery, Inc., headquarters address for up-to-date literature on its operational activities at this time. M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

ROAF OFFICERS HURT
DAR ES SALAAM, Tanzania (CP-AP)—Two ROAF officers were injured when their small aircraft crashed into the trees Wednesday near International Airport. One of the men was identified as FO, W. I. Leadlay, 26, of Uxbridge, Ont., who is reported to have suffered serious injuries. Identity of the other officer was not immediately released, but his injuries were said to be minor.

WOULD SNUFF OUT FAGS
DENVER, Colo. (AP)—The American Cancer Society has launched a nationwide campaign against the smoking of cigarettes. Lane W. Adams, executive vice-president of the society, said the kickoff meeting here Wednesday was the first of 1,500 planned throughout the U.S. "to stimulate community leaders to take more vigorous action on the problem of cigarette smoking."

Pleasant Valley
Institute Holds
Dec. Meeting

On December 6 the Pleasant Valley Women's Institute met in the schoolroom for their Christmas meeting. Roll call was responded to by nine members, with an exchange of gifts.

The institute's new president Mrs. Leslie MacDowell, presided. The school committee reported on articles needed for the school; money was voted for the TB League; Mrs. Milton Weeks was appointed to buy a treat for pre-schoolers, and also gifts for the school children, and three gift boxes for elderly members who are unable to attend meetings.

A discussion took place regarding the institute van, and a letter was written concerning this matter.

A party will be held in honor of a newly married couple, on December 13.

Following the business meeting refreshments were served, and a social hour enjoyed.

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Fredericton WI
Makes Plans
For Christmas

The newly-elected president, Mrs. Miller Stevenson, entertained the members of Fredericton WI for their December meeting.

Roll call was responded to by 16 members with gifts which are to be sent to the Infirmary. The minutes of the last annual meeting were read and approved. Correspondence was dealt with and the bills paid. A donation is being sent to the Muscular Dystrophy Campaign. Thank you notes were read from those who had received gifts of fruit during illness or on birthdays. Plans were made to treat the children at Christmas. Mrs. Hyatt Haslam was appointed to get material for program books. A helpful report was then given by those who had attended the leadership course at Hunter River.

Mrs. Aubrey Cutcliffe and Mrs. Harry Weeks, on behalf of the institute presented a gift to a new bride, Mrs. Robert Weeks. The meeting closed by singing "Silent Night" after which refreshments were served.

WATCH THAT NOSE

Only one physical gesture has the same meaning for all Americans—rubbing the nose, which conveys disapproval.

HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8588

Roger Sampson, employee of the Royal Bank, Summerside has been transferred to the bank's branch in Middle Musquodibit, N. S., before assuming his new position this week he paid a brief visit to his parents in Antigonish, N. S.

Orville Turner, Ford dealer in Winsloe, and Harold Kneebone parts and service manager, have returned from a 10 day trip to Europe. They visited Paris and Ford tractor plants in Brussels and London, as members of a group of 150 Canadian dealers taking the tour which was sponsored by the Ford Motor Company.

Wendell Wood of Toronto, Ontario is the guest of his aunt and uncle, Grace Wood and Reginald Wood, of Brookfield. During his stay on the Island, he has been visiting other relatives and friends.

The O'Leary brownie pack has had a very busy fall session. The number of brownies in the pack is 38. Eight of these brownies have their Golden Hand and are waiting for a fly-up ceremony early in the new year when they will join the first O'Leary girl guide company. A short time ago, an enrollment ceremony was held, at which time nine twenies became brownies. The pack is under the leadership of Brown Owl, Mrs. Ralph Bishop; Tawny Owl, Mrs. Jack Mathews, and Mrs. Alton MacIsaac; and Recently they held their Christmas party, at which time Alden Packie, Heather MacKenzie, recently they held their Christmas party, at which time Alden Weeks showed a film of the Santa Claus parade. Games, singing, and refreshments were also enjoyed by all.

In the report of the reception and sale of handwork at the Sheltered Workshop last Saturday, which appeared on another page of The Guardian, the names of some of the volunteer workers were unintentionally omitted. Among those who give so freely of their time and efforts to this cause, are Audrey Gillis and Mrs. Kenneth Duncan, and others.

Cornwall WI
Christmas Party
Is Held

Members of Cornwall Women's Institute entertained their husbands, and other guests from the district, at a Christmas party in Cornwall auditorium.

Mrs. Hester Herlihy was hostess and the entertainment committee consisted of Mrs. Carl Scott, Mrs. Harold Scott, Mrs. Wayne McEachern. All members exchanged secret pal Christmas gifts.

Santa Claus arrived on the scene and presented gifts to the women present. Several contests were held, and several musical selections were provided by Mrs. Gordon MacMillan at the piano.

Following a lively sing-song which included many Christmas numbers, with Mrs. Charles MacKinnon at the key board refreshments were served by the WI members.

Mrs. Lowell Hogg will be hostess for the January meeting.

BRISTOL

Paul O'Brien, long distance driver for Rush's Transfer in the city will leave this week with a long trailer truck loaded with hundreds of Christmas trees for New Jersey, U.S.A. Paul is a Bristol man and has driven trucks all over the country in his years as driver.

Mr. and Mrs. Herb McDermid have returned from a short trip to Boston where they attended the 25th wedding anniversary of Mr. and Mrs. Harry Hooper, a former Bristol couple.

Traffic is rolling across the new Morell River bridge after quite some delay. Why this new bridge was necessary so soon is still unknown. The last one was built a few years ago.

Fishermen from this vicinity visiting the city last week said they were shocked to see dry cod fish selling for 50 cents per lb., when they could hardly give them away in the summer and they were receiving three cents a pound for fresh mackerel.

Carpenters who were employed on the new school building at St. Peter's Bay will come home to this vicinity this week to work on the new school building in village. That should give them work all winter or longer. The new school will have some 20 class rooms and this should take care of future needs for space for a long, long time.

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LETTUCE ANYONE?

The unusually balmy weather has produced such oddities as rose buds and pansies but this is getting ridiculous. Irene Pigott of Mt. Stewart is fascinated with the fresh lettuce picked yesterday in her mother's garden, just the ticket to keep roses in the cheeks of little people such as Irene who is a diabetic. She is the six year old daughter of Mr. and Mrs. Robert Pigott.

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