Pretty Wedding Held At St. Francis Church, Ont.

At St. Francis Church, Toronto, on May 11, 1957, Reverend D. J. O'Neill united in marriage Elizabeth Catherine, youngest daughter of Mr. and Mrs. Alex P. MacDonald, James River, Antogonish County, N.S., to Wilfred Justin, son of Mr. and Mrs. Russell Callaghan, St. Louis, P.E.I.

Given in marriage by Thomas Murphy, the bride wore a white ballerina length gown of net over taffeta and carried white gardenias. Zena MacDonald, bridesmaid for her sister, wore a pink ballerina length gown and carried pink carnations. Ralph Callaghan, cousin of the groom was bestman.

The reception was held at the Arlington House. Following the reception the couple went on a motor trip to Niagara Falls and Buffalo, N.Y. They will reside in Toronto. Prior to her wedding the bride was honored with a shower at the Bell Telephone Company where she is employed and received many lovely gifts.

Doe Lake Will Be Mecca Of 1500 Guides, 38 Countries

TORONTO (CP) — Some 1,500 girl guides representing 38 countries will attend the first World Guides' Camp ever held in Canada. They will camp at Doe Lake near Huntsville, Ont., 120 miles north of Toronto, from Aug. 8 to 19.

Canadian girl guides are working hard to erase any difficulties that might crop up regarding language, diet or dress. They aim to show the world that individuals from every nation can live happily together by the girl guide laws. One of these laws is: "A guide is a friend to all, and a sister to every other guide."

The camp chief will be Mrs. W. Rankine Nesbitt of Toronto, chief commissioner of the Canadian Girl Guides.

OUTDOOR LIFE

The campers will sleep in tents, and all cooking will be done on charcoal stoves outdoors. Swimming, canoeing and hiking are on the daily round of sports activities.

An exhibition of Canadiana including specimens of Indian, Eskimo and French-Canadian culture will acquaint the foreign guides with historic aspects of Canadian life. The Saturday program for Aug. 17, two days before the camp breaks up, is visitors' day and foreign guides wil ldon their native dresses for the occasion.

The official opening ceremonies include the breaking-out of the colors of all 38 countries represented. All delegates will take part in a giant campfire occasion.

Eighteen registere dnurses and two doctors will be on hand to handle any medical emergencies.

The catering staff figures that the 50,000 meals during the 12-day holiday will require nearly 18,000 quarts of milk, 1,500 dozen eggs and 7,000 pounds of butter, among other items.

ACROSS WORLD

Among the guides, 400 are expected from the United States ,including Alaska and Hawaii. Chosen guides will come from Australia, New Zealand, Burma, CEylon, Pakistan, the Philippines, Japan and Greenland.

From Europe will come representatives from Belgium Denmark, Finland, France, Greece, Italy, The Netherlands, Norway Spain Sweden Switzerland and Great Britain.

From Central and South America girls will represent Bolivia Brazil, Chile, Colombia, Ecuador, Guatemala, Mexico, Peru and Uruguay.

And from the Caribbean girls are coming from Costa Rica, Cuba, Haiti, Jamaica, St. Kitts and Nevis, Suriname, Trinidad, the Bahamas and Bermud.

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R.C.A.F. Recruiting Unit,
R.C.A.F. Station, Summerside
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Please mail to me, without obligation full information of the training, pay and other benefits for AIR WOMEN *in the* RCAF.

MY NAME.....
ADDRESS.....
CITY..... PROV.....
EDUCATION (by grade & province).....
..... AGE.....

CAF-57-12

The RCAF Mobile Recruiting Unit

is in Charlottetown every Tuesday and Wednesday in the RCAF Association Club Rooms, 56 Grafton St. 9 A.M. to 5P.M.

ATTEND SUMMER CAMP

Almost 250 members of the Canadian Women's Army Corps from all four of the Atlantic Provinces are presently attending their third annual summer camp at Camp Aldershot,N.S. WWHICH HE commanded by Brigadier J. A. W. Bennett., CBE., C.D. Shown above from left to right during "in-job" training in the Quartermasters' Stores are Sgt. Ann Bradshaw, 2 Mil. Group HQ; and Sgt. Mona Clay, PEI (17 Recce) Regt., both of Charlottetown.

Canadian Army Photo.

LET'S EAT

Fish And Other Seafood Keep Down Fat In Diet

By IDA BAILEY ALLEN

Through custom, Friday is called 'fish day' During the earlier years of our country, a selection from fresh, dried, smoked and homemade potted or pickled fish was served at least three or four times a week. It was often served at breakfast, always once or twice for dinner and frequently pickled, or creamed, for supper.

People felt good after a fish meal, because of its hith protein value. They rarely felt "stuffed," because most fish is comparatively low in fat. Potatoes cooked in simple ways are a natural accompaniment.

In these days of moderated fat diet, it's time that we return to the custom of eating more fish and seafood, not pan - fried or egged, crumbed and deep fried, but cooked in numerous delectable ways that do not call for excess fat. We can enjoy fish boiled, baked, poached, boiled, braised, stewed or even kabobbed for barbecue cooking.

Fish Kabobs: You will need 6 (6") skewers, and 1 (8 to 10 oz.) pkg. each thawed frozen scallops and cooked frozen peeled shrimp.

On each skewer, alternate a scallop with a shrimp; wedge of tomato; medium-size freshmushroom; a 2" square of green pepper. Brush with 3 tbsp. melted butter or margarine, or corn oil, mixed with 1 tbsp. cold water, ½ tsp. crushed garlic or 2 drops liquid garlic. Dust with seasoned salt.

Broil 8-10 min. or until the scallops are golden brown and tender. Use lemon wedges as the garnish for that tart touch.

Fish Kabob Cook-out—Saladette of cottage-spinach-beet; fish kabobs; long-white potatoes gratinee; individual deep-dish; rhubarb pies; hot or iced coffee or tea, milk or buttermilk.

Today the potatoes are gratinee — that is escalloped with crumb topping. But if served as a main dish ata meal otherwise low in fat, we'd high-spot the dish, bring up the protein values by adding a cup of grated sharp American cheese and 3 tbsp. nonfat milk solids when making the sauce.

Potatoes Gratinee: Small - dice 6 cooked, peeled California long-white potatoes. Add 2 c. thin white sauce, seasoned with 1 grated peeled small onion, 1 tsp. table mustard and 1 tsp. minced parsley.

Transfer to an oiled baking dish. Dust with ½ c. fine enriched paprika and 1 tbsp. melted butter or margarine, or corn oil.

Bake 30 min. in a moderate oven, 350 degrees F. or until lightly browned and bubbling hot.

Serve fish kabobs with a dunk, made by combining 3 tbsp. melted whipped butter, 2 tbsp. lemon juice, ¼ c. orange juice, ½ tsp. table mustard and 1 tbsp. each minced parsley and dill.

MARY HAWORTH

Ex-Wife Plans To Re-Marry

Dear Mary Haworth: After having been divorced for a year, my ex-wife and I are reconciled and plan to marry again soon. I would appreciate guidance for our second try. Are there any common or obvious pitfalls to watch for, in a case like ours ?

I have already suggested that we get competent counsel in future, in the event of disagreement also that we practice religion more than we did in the past. This reconciliation was brought about by God, after I had prayed for months—and spending the rest of my life thanking Him will be a pleasure.

I was 17 and Sally 18 when we married. That was eight years ago; and we have three youngsters, ages 5, 3 and 2.

STILL HAS COMPLAINTS

In the past I was too materialistic and neglected to give Sally the companionship she wanted; but I believe I am correcting that. However, traits I didn't like in Sally aren't being corrected; but seem to have got worse.

She puts pleasure ahead of practical obligations, even health; and drives us both to complete exhaustion. Bowling for me ceases to be fun after the third game She insists on six games apiece. Then there must be a movie, or roller skating or dancing, followed by a meal. I used to gripe about the expense; but now it's the late hours. She always falls asleep in the car going home; and I've had to stop drinking and start taking vitamins to stay awake.

I don't mind these things if I don't have to work next day. But she can't give them up, even to make the necessary preparations for our remarriage; and calls me a lazy bore if I can't keep her pace. F.P.

SCREWBALL BEHAVIOR

Dear F.P.: I don't know what your faults have been, but Sally plainly needs her head examined. Her behavior as described seems psychopathic — that is, screwball and heartless.

You appear to be a well meaning fellow who was roped into marriage in the first place—practically snatched from the cradle. At present you are being pushed around and led by the nose. I think you are entitled to some thing better, as husband and father, than the deal that Sally is trying to put over, since you achieved a reconciliation on your knees.

You speak of being prepared to get competent counsel, in the event of future disagreements. I should say the time is ripe for counsel now—when disagreement would exist, if you had the guts to properly defend your rights from Sally's iditoticaly selfis hdemands.

ENDURANCE CONTEST

Sally's idea of an evening of relaxation and fun, after a hard day's work (to quote your phrase) sounds like a barbarous endurance contest. A few years of that kind of rat race, systematically pushed to the point of exhaustion, ought to break your health for good. It just doesn't make sense to try to subscribe to her haywire notion that "this is living."

It isn't Sally's desire for recreation as such that I deplore; but her concept of "a good time" is altogether wrong, because it is so inappropriate to her status as wife and mother of small children. In her situation, it is her obligation and prerogative to provide a various social life for her household, brightened wth friends, hospitality, congenial hobbies and the like, brought into the family circle for all members to share.

CHANGE OF PACE

In Sally's circumstances, suitable "socializing" includes having another couple (perhaps with their children) in for Sunday supper. Or sharing an evening of cards and refreshments as host or guest. Or an evening of TV movies and loafing conversation. Or working in the garden with one's spouse and children. Or having a picnic outing (as a family group or teamed with neighbors. The bowing— movie — skating—dancing — midnight snack routine is for unwed idlers or childless couples whose lives are "empty."

In the town through which you write thee is a Family Consultation Service to which you should repair at once, to get confidential guidance in squaring off [illegible] a man. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

YORK POINT W.I.

June meeting of York Point Institute met at the home of Mrs. Aubrey MacPhail. The Clyde River W.I. as guests. The president presided. The meeting opened by "The More We Get Together". The minutes of the last meeting were read and approved.

Sick and school committees gave their report. Thank you card was read. Treasurer gave report. The sum of $86.55 on hand. Bills paid. It was moved by Mrs. Murchison, seconded by Mrs. Kathleen MacPhail that seeds be bought for the children for the Garden Club.

It was moved and seconded that $5 be given to teacher towards the school prizes. Discussion took place on music for the school for the coming year. Committee reported that swimming classes were to start July 3. Mrs. Mildred MacKinley and Mrs. Andrew MacEachern were appointed for the Question Box for the convention on June 20th.

Lunch committee, Mrs. Reg Butler, Mrs. Wendell Dockendorff, Mrs. Stan Murchison. Roll call, A Famous Canadian. Program, Mrs Stanley Murchison.

Next meeting Mrs. John MacKinley. Collection 80 cents. Proceeds from auction sale $8.25.

..Some of the Musical Festivals members were then entertained for the evening. A very interesting contest was put on by Mrs. Wilfred MacKinley.

After singing of Queen, social hour spent. Lunch was served by hostess and committee in charge.

PAINTED IT RED

LEWISTON, Me. (AP) — Police are looking for a man who threw a firecracker into a ketchup container to celebrate the 4th of July and blew the red stuff against ceiling, walls and curtains at a diner. Police estimated damage at about $50.

DAILY PATTERN

SIMPLE, EFFECTIVE

Set an elegant dining table with these easy-to-crochet doilies as place mats and centerpiece. A cluster of graceful pineapple motifs surrounds the star design.

Pattern 7162: Crochet directions for large 19 - inch doily; small, 14½ inches in No. 30 cotton.

Send THIRTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, 60 Front Street, W., Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

A bonus for our readers—two FREE patterns, printed in our new Alice Brooks Needlecraft Book for 1957. Plus a wonderful variety of designs to order—crochet, knitting, embroidery, huck weaving, toys, dolls, others. Send 35 cents for your copy of this exciting NEW needle book—now.

Alpha Rebekah Lodge Has Installation Of Officers

On Tuesday evening, officers of Alpha Rebekah Lodge, No. 10, I.O.O.F. were installed in colorful ceremony, for the ensuing term. Installing Officers were Mrs. Thos. Cauty, D.D.P. of Alpha Lodge; Miss Hilda Harper, P.N.G. who acted as Deputy Marshal; with Mrs. Alfred Frizzell, P.N.G. as Deputy Warden. They were assisted by Mrs. Morley Smith, Mrs. Vernon Howatt, Mrs. John Turner , Miss Myrrtle White, Mrs. Lester Hickox, and Mrs. Douglas Gass, all Paast Noble Grands of Alpha Lodge.

Following is the list of Elective and Appointive Officers and the respective offices into which they were installed; N. G., Mrs. Howard Ross, V.G., Mrs. Claudia Acorn, Rec. Sec'y, Mrs. J. G. Dennis, P.N.G. (re-elected); Fin .Sec'y, Mrs. Mae Adams, P.N.G. (re-elected); Treasurer, Mrs. J. Wilfred Cudmore (re--elected); Warden, Mrs. Lloyd Phhillips, Conductor, Miss Mabel Worth, P.N.G.; R.S. Gordon MacPherson, L.S.N.G., Miss Mabel Worth, P.N.G.; R.S. V.G., Mrs. Hugh MacKay, P.N.G.; L.S.V.G., Mrs. J. Clayton Shaw; In Guardian, Mrs. Mark Malone; Out. Guardian, Mrs. Paul Hansen, P.N.G.; Jr. P.N.G., Mrs. George Hooper, Color Bearer, Mrs. J. Edward Garnhum.

Standing Committees were appointed as follows: Finance, Mrs. H. H. Jewell, P.N.G., Miss Helen Finlayson, P.N.G., Mrs. Lloyd Phillips. Visiting, Mrs. Claudia Acorn, Mrs. E. F. Acorn, Mrs. Paul Hansen, P.N.G., Mrs. A.O. F. Gill, P.N.G., Publicity, Mrs. J. G. Dennis, P.N.G.

Reports of the Recording Secretary, Financial Secretary, Treasurer and the various standing Committees showed the Books and Records in good order, finances in health condition, and a keen interest being shown in the precepts and principles of Rebekah Oddfellowship. During the social hour following the meeting refreshments were served by Miss Finlayson, Mrs. Dennis and Mrs. Hooper.

ELEANOR ROSS

Light Up For Party By Using Correct Light

By ELEANOR ROSS

Want to perk up your home entertaining without a big outlay of time, effort or cash?

It's easy if you take the advice of the American Home Lighting Institute. All they tell us to do is to get "lit up" For the right light, properly used, can create the cheerful atmosphere that is as important as the right guests, refreshments and entertainment.

SET THE STAGE

Today's smart hostess uses her bag of lighting tricks to set the exact stage she wants for the party scene. .

She knows, for instance, that a high level of light will stimulate her guests and add to the gaiety of the party. On the other hand, lowering the light intensity will soothe and comfort the crowd, if that's what she wants.

What should be avoided, say the experts, is neglecting lighting entirely and just leaving everything as is. This is often the reason why some hostesses find their guests forsaking a well-decorated but poorly lighted living room for the bright lights of the kitchen.

TOO LITTLE LIGHT

While too little light is a damper on the social scene, too much light, uncontrolled light or just plain, shadowless glare is just as bad. It can be a headache, literally and figuratively. Too many bare bulbs can ruin the nicest room.

For parties, the Institute recommends a fairly high level of overhead fixture light throughout the room. This should be accented by pinpoints of fixture light at strategic places—in a corner, over a small conversation grouping, beside a planter or along a window wall.

If you are planning a small party, a more intimate type of gathering, you can lower the general room lighting, but still retain the accent lighting. You'll find the accented areas attract clusters of guests. This is an excellent way of breaking up your crowd into easily-managed social groups.

If you are the proud owner of a good painting, use a special picture-lighting unit and add a bit of art gallery glamor to your room.

As for the fixtures now on the market, the variety of their uses is limited only by the user's imagination and her gift for painting with light.

Wife Preservers

Do not use your plastic or aluminum measuring spoons for mixing or stirring or for prying lids from cans. The plastic ones may break, and the aluminum ones may be bent so that they no longer measure accurately.

CHURCHILL W.I.

The regular monthly meeting of Riverdale Churchill W.I. was held at the home of Mrs. Tom McQuaid on June 5 with an attendance of 8 members and 3 visitors present.

The meeting opened with the Institute Ode and repeating creed in unison. Roll call was answered with something for an auction sale. The minutes of the last meeting were read, approved and signed.

A bill was paid. It was decided to treat the school children to ice-cream at school closing. Mrs. Waldron MacKinnon is to look after same. Mrs. Donald Currie and Mrs. Orvin Corney were appointed as delegates to attend the Annual Convention at P.W.C. on July 3rd. Correspondence was read by Mrs. Oliver MacLeod due to the absence of the secretary.

Next meeting to be held at the home of Mrs. Orvin Corney. Roll call is to be answered with something for fish pond. The meeting closed with The Queen, after which a dainty lunch was served by hostess.

Find Children Want Technique

LONDON, Ont. (CP) — London Public Art Gallery started children's art classes in 1941, so that the kids could enjoy themselves.

Now they're out to develop young artists.

Curator Clare Bice, ARCA,OSA, says self-expression is fine. But older children became distressed at their technical inability and quit. They couldn't enjoy art if they felt they didn't have the painting skill to express themselves.

When the first program started, the children were given a free hand with pencil, charcoal, chalk or paint. There was little attempt to lead them toward adult techniques.

GUIDED EFFORT

Now, however, classes are aimed at giving the youngsters the tools of the trade. They learn composition and how to achieve effects with different media. Experienced artists drop in to give tips, and in one figure - drawing course models were supplied.

About 250 boys and girls trooped down to the gallery on Saturday mornings for five - week spring and fall sessions during the past school year. An exhibition of 150 pieces was chosen from more than 1,500 done during the year, and hung at the gallery at school was out.

There was a junior group for grades 2 to 5, and a senior group for grades 6 to 9. Boys and girls of all ages were allowed into a third group, on the basis of talent, to receive extra training.

There's still self - expression however. One class was asked for instance to paint what they saw on the way to the gallery. Another group was asked for abstract impressions of "what music tells me." Among the pictures produced, a three-dimensional mural unbellevable fantasy.

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SPORT COATS, S-M-L, 19.95 for	7.99
MEN'S GAB PANTS, reg. 7.95 (Free Belt with every pair)	2.99
BOYS' WINDBREAKERS reg. 4.95 (Nylon-Gabardine)	1.95
BOYS' GAB PANTS, reg. 4.95	2.50
BOYS' SPORT JACKET, size 32	2.99
2 BLAZERS, sizes 10-12	1.99
GIRLS' JEANS, reg. 3.75	1.95
GIRLS' SKIRTS, 8 to 14	99c
GIRLS' DRESSES, 7 to 12	1.49
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