



MRS. ALAN MACDONALD of Toronto, Canada's grand champion lady archer, says archery is a sport anyone can learn as long as he has a strong back, good eyes and steady nerves. Practising the year round, including in the basement during the winter, she has won championships for six years. (CP Photo)

## Champion Claims Archery Inexpensive Type Of Sport

TORONTO (CP) — Canada's top woman archer says archery is a sport anyone can learn and enjoy. There are even handicapped archers who shoot from wheelchairs.

Mrs. Alan McDonald, Canadian Ladies Archery Grand Champion, says it's comparatively inexpensive as a sport. You need no special clothes except comfortable flat shoes.

She has used her 66-inch 875 bow to win championships for six years, but for a novice she suggests a laminated bow that costs \$35 and wooden arrows that will last several months.

A quiver at about \$2.50 and a leather finger protector for another \$2.50 complete your equipment.

If you want to be in Joan McDonald's class you will also need the time and determination to practise constantly. She works for a secretarial supply agency because it allows her to take jobs between training sessions and matches.

She spends winter hours shooting at a target in the basement of her home. To get 13 yards distance she has to shoot from another room through two doors and along the hall. The fact that there are only a couple of inches' clearance between the water pipes and her bow helps her maintain the steadiness she needs.

**HOURS OF PRACTICE**

Mrs. McDonald says her main exercise is working with a spring attached by two handles. She pulls it to its full length and lets it come back slowly to develop the muscles of her back. She will be competing this year in the Ontario indoor championships at the Sportsman's Show in Toronto March 19, and the international indoor competition in Detroit April 2. She has practised two hours every day during February and will do at least four hours a day in March.

To attain her grand champion status, Mrs. McDonald had to win indoor target matches, field shooting and hunter competitions.

The field courses include 28 targets over a wide area. The archers shoot from varying distances in length, position and height. The target in hunter matches is not a real animal, just animal-shaped.

The slender young brunette says the average amateur can become good enough to enjoy archery as long as he has a strong back, good eyes and steady nerves.

"I haven't met anyone yet I haven't been able to teach to shoot."

**ADVISE ON TAXATION**

OTTAWA (CP)—Lawyer-Economist Robert J. Bertrand of Montreal has been appointed a special adviser on taxation to the finance department, Finance Minister Sharp announced Thursday. Mr. Bertrand is a graduate of the University of Montreal and the London School of Economics. He is teaching law at Harvard University following terms as a University of Montreal professor and a member of the research staff of the royal commission on taxation.



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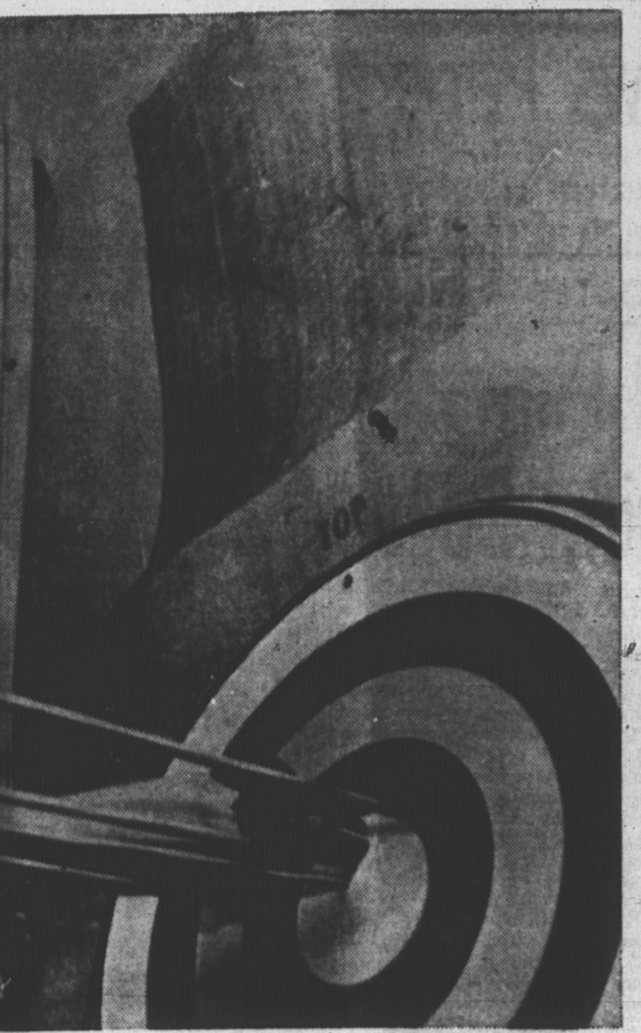
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## Women

6 The Guardian, Charlottetown, Mon., Feb. 28, 1966.

### HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-5506

Thursday evening's card party sponsored by Sherbrooke Women's Institute in the school had the largest attendance of the season when 17 tables were in play.

Arrangements were made by Martin Dekker. Mrs. Adrian Dekker, Mrs. Earle Thompson, Mrs. Prowse Chappell and Mrs. James Harris. Refreshments were served. Prize winners were Mrs. Allan MacDonald and Frank Townsend.

Ross Young has returned to Red Point from a 10 day business trip to Montreal and Sudbury, Ont.

Mrs. Lorne Rose of Bothwell has spent a few days in Halifax with her aunt, Mrs. Ruby Gay.

Mr. and Mrs. Wayne MacKinnon of Charlottetown spent a recent week-end with Mrs. MacKinnon's parents, Mr. and Mrs. Foster Garrett, East Baltic.

Charles R. Mallett, formerly of Miscouche and now employed in Hamilton, Ont., arrived home recently to visit his father who is a patient in the Prince County Hospital.

### IDA BAILEY ALLEN

#### Creamy Vegetable Broth Warming Against Cold

At the Four Seasons Restaurant in New York City, all types of fresh vegetables are carefully selected, cooked with respect and seasoned to accentuate their own natural flavor. When you go there for dinner, one of the first pleasures soon after you are seated is to survey a basket presented by the waiter and filled with "Today's Vegetable Gatherings" so you can select those you would like to have cooked for your meal.

**Possible Surprise**

When you taste the cooked vegetables you may be surprised at their fine and unusually delicious flavor. Fresh butter or olive oil are used as a appropriate, and a subtle touch of spice or fresh herb may be added, which brings the vegetables into the epicurean class.

**TOMORROW'S DINNER**  
Vegetable Creamy Broth of the Winter Season  
Chopped Beefsteak Smothered with Onions, in Skillet  
Potatoes Baked in Jackets  
Rosemary Beets  
Fancy Orange Cake  
Palm Beach  
Coffee, Tea Milk  
Measurements are level

**CREAMY BROTH**  
(Favorite in Sweden)  
1 c. fine-shredded, peeled raw parsnip  
1-3 c. fine-shredded, peeled white turnip  
½ c. fine-shredded, peeled carrot  
¼ c. fine-shredded celery  
1 tsp. minced, peeled onion  
2 tsp. butter or margarine  
1 qt. whole milk  
½ tsp. salt  
½ tsp. pepper

Quick hot croutons  
In 3-qt. saucepan, pour in 1½ boiling water or just enough to cover bottom. Put in and combine prepared vegetables. Add butter. Cover and simmer-boil vegetables until tender, about 20 min.

Meatless, scald milk: When vegetables are tender, pour in milk; add seasonings. Keep hot for 10 min.; garnish with croutons. Serves 6.

**FANCY ORANGE CAKE**  
Palm Beach  
½ c. room-soft butter or margarine  
1½ c. sugar  
2 tbs. fine-grated orange rind  
2 tbs. sifted flour  
3 tsp. double-acting baking powder  
½ tsp. salt  
1 c. (single strength) orange juice (fresh or canned)  
4 egg whites  
Orange filling (recipe follows)  
½ c. confectioners' sugar  
In 2-qt. mixing bowl, combine butter, sugar, and grated orange

#### FOR A LAYER CAKE, the cake batter can be turned into 3 oiled 8" layer-cake pans and baked 25 min. Finish as directed above.

**ORANGE FILLING**  
Palm Beach  
1 c. sugar  
4½ tbs. cornstarch  
½ tsp. salt  
1½ c. orange juice, single strength  
2 tbs. lime juice  
4 eggs yolks  
3 tbs. grated orange rind  
3 tsp. butter

In saucepan, mix sugar, cornstarch, and salt; stir in fruit juices. Cook-stir over low heat until thickened and boiling. Lower heat.

Beat egg yolks. Rapidly stir in 3 tbs. of hot mixture. Then stir back into cooking filling. Cook-stir over low heat 3 min. more.

Remove from heat. Beat in orange rind and butter. Chill; spread between cake layers.

**TRICK OF THE CHEF**  
Mesdames: Regardez the rosemary beets in our menu today. This is another example of how an ordinary vegetable may be put in the epicurean class by the use of a simple herb.

#### HOUSEHOLD HINTS

When broiling steak line the broiler pan with aluminum foil—shiny side up—and you won't have to wash the pan.

**CLASH REPORTED**

KUCHING (AP)—Malaysian security forces killed six Indonesian guerrillas in new fighting in the Borneo jungles, a military spokesman reported Sunday. He said one Malaysian was slain and two others were wounded in the clash close to the Indonesian border, in the Malaysian state of Sarawak.

### ELLEN'S DIARY

#### The Frosty Wind Caught And Held Today's Wash

"It's strange, Ellen how this frosty spell has hidden the crows." James remarked this morning. "In the mild weather they were around. But these days there's neither sight nor sound of them." He had come in for a meal of hot water, to make a meal more appetizing to a sow in a piggery. "Hot water, a good farmer I knew, used to say, was the cheapest and best 'feed' he knew of." James will nod, helping himself to that in the tea-kettle or tank, to carry off to the barns.

"They will come back" we said. "Not for a day or two, I suspect" he smiled. "Though" he added, it's not quite so frosty today."

It was a wind born of cold climates however, which blew rather bleakly in from high fields to the valley. The white kitten padded on quick paws along the sunny sheen of the snow, through the morning to the house across the lane, to visit with Peter and Alex. Alex had been content to remain away from school, because of a little rise in what appears to be a slight cold. He is being watched for any developing symptoms, which might indicate he is coming down with some infectious ailment of childhood, that is no respecter of time or season.

It is so satisfying, even though we may not at the time stop to consider this, to see the children get off well and happy to their school. Last week Alex met his school days expectantly. His parting wave was blithe, his smile glad, as he went with Mack down the shortcut of winter's road of field, to the machine waiting at lane's end, to bear them the last mile of way. This morning for us, the scene was changed. It would be also for Mack. He had no company the first lap of the way. Nor would the usual three from a neighbouring farm in the road, join him there today: the boy in his teens and his pair of sisters, one a bright and smiling lass, not yet come to her teen-years, and the doll-like little girl who is enjoying her first school-year.

The older maid, because of a weekend accident, fortunately not serious though distressing, spent this school day in hospital nursing a mending bone. The young men quickly however, and it will not be long, we would hope, before the five students from this neighborhood go out together again over the hilltop of mornings, to their school set do by the River Road.

The frosty wind caught and held today's washed pieces rigidly. But on Monday on into the weeks ahead, it will be a warm wind to which we shall spread them. There will be for our delight also the sound of thaving streamlets, snowdrops emerging from their winter cover of snow and silver-coated pussy willows nodding along the old mill-road. Declaring this to be now in the office, new friends

### MARY HAWORTH

#### Mystique Of A Marriage Understood By The Heart

Dear Mary Haworth: Please give me your opinion in this puzzling situation concerning two cousins of mine, both professional women, one a nurse, the other a school teacher.

They have one thing in common: both are married to uncouth loudmouth "nothings," if measured in terms of their contribution to society. Yet the wife seems oblivious to this; and, if not accepting and proud of the men, they are at least unannoyed by them. That's what I can't understand.

Both women have social presence and poise. Though unassuming and somewhat shy, they are sought after and respected by co-workers, townspeople, family members, etc.

Both women are pretty in a conventional feminine sort of way, and they score high in the scale of qualities that make a person memorable.

The teacher married fairly late in life, unhurriedly, and not the first man who had courted her, after she had retired at 30 years of age, teaching, the whole town (she lives in a small one) turned out for the ceremony. Even the mail carrier wrote a poem in her honor.

The nurse married very young, lives in a city and has since come in contact with many successful, impressive men. Yet she seems unaware that she could have done better. Both women have children who are respectful and gracious to the mother and seemingly see no fault in their doltish father.

Please tell me, are these women wearing blinders, hiding from reality? Or am I, as my husband insists, looking at true love? A.E.

Dear A.E.: Your vignette turns my mind back to a passing conversation I had years ago with a woman, a fellow guest, at a social gathering. She was memorable for the originality of her observations about life and people.

Included in her random reflections was an incisive comment about wives, that I'd never heard before.

In effect she said, "If you wish to determine whether a woman has chosen her husband wisely, don't look at the man. Look at her. If she is busy, happy, thriving, warmly feminine, brimming with interest in womanly activities after setting into the traces, she has chosen well, even if the world 'can't understand what she sees' in him."

She embellished her state-

### St. John's WA Meeting Is Held

St. John's Anglican WA Meeting was held recently at the home of Mrs. Stanley Williams. The meeting opened with prayers followed by roll call and minutes.

Mrs. Cyril Williams invited members to her home for the next meeting, baking committee being Mrs. Albert Sharpe and Mrs. William Grant.

It was decided to send to Eaton's and Simpson's for refreshments to be auctioned off at the Refreshments were served by

### N. Vancouver Committee To Honor Former Islander

"The Citizen" of North Vancouver, in its February 3rd issue, reported that the North Vancouver Centennial Celebration Committee, "will kick off its program for the centennial year by helping to observe the 100th birthday of Mrs. Margaret MacMillan, a resident of Lonsdale the hostess and committee.

The visiting committee reported and the meeting closed with a story read by Mrs. Erwise Dennis.

### 4-H Clubs Join For Hootennany

An enjoyable social evening was had recently by 4-H members of Summerville Millview, and New Perth when they assembled in Summerville School for a hootennany.

The major portion of the evening was occupied dancing to the latest records. The members and leaders tried out all the newest dances and, in most cases, invented some of their own.

Games were played for the benefit of the younger members and a balloon contest was held won by Reid Lea, Millview.

Refreshments were served and the evening was concluded with a sing-song.

This was a first venture of the club and due to its success, it is hoped that more will be held in the future.

### Teen-agers have become a prime market for the fashion industry. This outfit features the popular long lean look.

The boat-neckline tunic shirt sleeve is in a mod print and the pants have perm-press finish.

### Fashion Designers Cater To The Teenager's 'Trade'

By MARGARET NESS  
NEW YORK (CP) — Teen-agers are no longer being overlooked as a fashion group. Clothes are being designed just to please them, and the effects of the trend have been so pervasive that adults have escaped this spring from becoming an older version of the teen set complete with high boots and swingy shoulder-length or razor-cut hairdos.

The increasing interest in teen-age clothes is an economic one. Until recently mothers bought the teen wardrobes. There was no need to entice the teen-agers themselves into the stores.

Now teens are big business, especially since, in Canada, about half the female population is under 25.

Another factor is that pre-teens and teens now have allowances and earn money. They're spending it on clothes themselves—not their mothers—choose.

At the New York Couture Group's spring showings, Sears Roebuck presented a large group of young clothes to be featured in their newly-opened Junior Bazaar shops in leading Sears stores.

Simpson-Sears of Canada expects to have similar boutiques by fall. In the meantime, its larger stores will stock some of the Junior Bazaar fashions.

### LIKE GEOMETRICS

What's in store in 1966? While not as interested in the Mondrian abstractions of last season (haute couture is ignoring the Mondrian look entirely), the teens still like geometrics.

Off-beat ideas are often added, as in the stretch beach dress in purple and yellow geometrics with a white target-circle dead centre, designed by Gayle Kirkpatrick, the up-and-

### Don't Neglect Slipping FALSE TEETH

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### Private Hospital. Civic Officials will gather at the hospital on Monday, February 7 when Mrs. MacMillan will be 100 years old. This news is of special interest to relatives in P. E. I., where Mrs. MacMillan is aunt to a number of nieces and nephews. Mrs. C. C. Baker and Mrs. Russell MacKay both of Kensington; Mrs. Cecil Mill, Clermont; Horace and Ralph Thompson, Long River; Stanley C. Thompson, Charlottetown, and Roy Thompson, Margate.

Mrs. MacMillan was born February 7, 1866 at Margate, P.E.I. as Margaret Jane Thompson. She married John Archibald MacMillan here and went to North Vancouver in 1902 and her husband was North Vancouver's first post master until his death in 1924. There were two sons, Glen of Vancouver, and the late Lea of North Vancouver who died August 7, 1965. There are two grand children, Glen Allan MacMillan and Mrs. J.K. Carson and great grand child, Susan K. Carson.

Mrs. MacMillan is a chapter member of Eastern Star Burial Chapter No. 3 formed in 1909 and she was worthy matron in 1915 and 1916. She is also a member of St. Andrews United Church, Mrs. MacMillan who kept her own apartment until 1960, is in good health and enjoys watching football and hockey games on TV.

### Bradalbane WMS Meeting Is Held

Mrs. Allan Hickox was hostess for the February meeting of the Bradalbane Christian Church Women's Missionary Society. Mrs. Cuyler Matheson presided, and Mrs. James Craig read the minutes and called the roll to which the members responded with a Bible verse containing the word "arrow".

The devotional period, which was led by Mrs. Pomroy Murray, included the reading of the Chapter of Romans and of a sermon, written by Mr. K. T. Norris, president of Maritime Christian College, Charlottetown entitled "The Colleague".

Mrs. Allan Hickox presented the concluding chapter from the story book, and it was decided to begin a book entitled "The Church of Christ" at the March meeting.

Several members handed in patches for a quilt, and plans were made for lining and completing of this article.

Refreshments were served by the hostess.

### TO ISSUE STAMP

WASHINGTON (AP) — A United States postage stamp will be issued this year commemorating 1,000 years of Christianity in Poland, Representative Clement J. Zablocki (Dem. Wis.) reported Saturday.

### DO YOU GASP FOR BREATH, WHEEZE, COUGH?

Does asthma or chronic bronchitis keep you in misery with difficult breathing, wheezing, coughing—so it hard to do your work, impossible to sleep? Do you sit up at night struggling to get breath through your bronchial tubes? Then here is good news! Thousands of Canadians use millions of RAZ-MAH capsules each year and get longed-for relief from their symptoms quickly. Try the action-packed RAZ-MAH Capsules today—only 50¢ and \$1.85 at drug counters everywhere.

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