



Slides Shown Of Weddings At N. Milton

Mrs. Alton Rodd presided at the most recent meeting of the North Milton WI which was held in the community hall. The hostesses were Mrs. Will Garnham and Mrs. Brent Coles. Following the routine business reports were given by Mrs. Lorne Thompson and Elsie Hooper on an executive meeting at which plans were made for the Institute convention which will be held in Winslow Road hall this month. Mrs. Thompson also gave a very interesting report on a later executive meeting which had been held to discuss the subject further.

The highlight of the meeting was the showing of slides by Mrs. Alton Rodd, of a number of weddings which had taken place in the community. The next meeting will be held in the Community hall on the first Tuesday in June, at which the hostesses will be Mrs. Keith Coles and Mrs. Harvey Coles. Members who have not yet made their donations to the Salvation Army appeal, are asked to be sure to bring them to this meeting.

PAY RATES CAN VARY
Lumberjacks' pay is 50 cents a day in Uganda and \$3 a day in Greece, compared with \$20 a day in Canada.

SEA TO SEA

Newfoundland's representatives to the 66th annual meeting of the national chapter, Imperial Order of the Daughters of the Empire (IODE), Mrs. Kevin Young of Deer Lake (right), chats with Mrs. C. W. Smith of Vancouver, British Columbia (CP Wirephoto).

Individual Education Needs Stressed By IODE

By LINDA CRAWFORD
MONTREAL (CP) — Greater emphasis is being placed on the specific needs of the individual in the current educational work of the IODE. Mrs. J. A. Turner, educational secretary for the organization, said Tuesday. "There hasn't been any drop in the traditional work carried on by the IODE in education, but chapters seem to be adjusting to special work involving individual needs," she said in an interview during the organization's 66th annual meeting here.

"Paying transportation and additional text books—perhaps for a student who is partially helped by the government—are examples of this. "And right across Canada, wherever workshops for retarded adults have been set up, members are devoting working hours, sometimes to teach cooking or sewing, for instance. "Night school and adult classes have been sponsored in a wide range of subjects including millinery and flower arranging. "Bursaries have been awarded for teachers to continue oral French studies and in one instance for an ex-convict in Newfoundland to take a correspondence course. "These schools were adopted and already had been given books, awards and parties—the customary benefits following adoption by the IODE, she added. The less fortunate schools are usually those in outlying areas. Mrs. Turner said the emphasis on special education included the arts. Symphony tickets are bought for children, art and hobby fairs are sponsored, museums are staffed and children's theatres are organized. The National Theatre School again received \$300 and the National Youth Orchestra was given a second-year grant of \$300. Achievement awards were given for any subject in the school curriculum were offered for the first time last year to students in the five secondary schools in Mackenzie Educational District. The \$25 awards were won mostly by Eskimo and Indian children and have been offered again for the current school year. For the centennial year, a Canadian historical portfolio of 16 large colored prints has been prepared for distribution to schools. Mrs. Turner reported a record \$286,292 spent on educational projects in 1965. Of this \$167,157 was given to 2,108 college students in scholarships, bursaries, grants and loans. The five-day meeting ends today.

Women

6 The Guardian, Charlottetown, Thur., June 2, 1966.

HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8508

Mrs. Hammond Newson, Breadalbane, celebrated her 92 birthday on May 22. Mrs. Newson is remarkably young for her years, both mentally and physically.

Mrs. Ronald Gaudet and son, Joey of Rockingham, N. S. were recent visitors at the home of Mrs. Gaudet's parents, Mr. and Mrs. Paul Gaudet, St. Louis.

Mr. and Mrs. Joseph Gaudet of Lawrence, Mass. are visiting friends and relatives in St. Edwards and vicinity.

Mr. and Mrs. Wellington A. Murray and their little son, Charles, Fredericton, N. B. were recent visitors.

Mrs. John Peters of St. John accompanied by her son Henry Peters of Sheet Harbor, N. S. spent the weekend at the home of Mr. and Mrs. Aubin Perry in De Blois.

Mrs. Katie Robertson, Kingsboro, celebrated her 85th birthday on May 15th at her home.

Claude is nursing a dream of blocking your husband's efforts to grow to full manhood. Claude wants to drag his old pal back to the swamps of half-baked bachelor-buddy drunken loitering in leisure hours, that used to occupy their togetherness routine. It was this form of "death in life" that your husband was putting behind him or trying to, in getting married thereby involving himself in the positive partnership commitment of using life for the enhancement of life, instead of wasting life in the imbecilic Claude still promulgates.

When you say the past year has been hell, since Claude came back on the scene, to hang around, six nights in seven, booze bottle in hand, you speak with great intuitive wisdom, with a strong sound moral sense of what's really wrong about his destructive intrusive presence. Claude is there in the temper role, whether or not he understands that. He is there to do the devil's work of undermining your husband's vague, artless, uncertain disposition, to make his life count for something worthwhile, this side of the grave.

As for what can be done, or what a wife should do, in the circumstances, my view is, she should take a clear decisive stand against the intruder, simply because that stand is right, regardless of how her husband reacts.

If your husband is so weak in character, so muddled in mind, that he would champion Claude against you if a choice is required, then you haven't a chance of making a good marriage with him whatever you do, because he simply hasn't the essentials of real manhood in him. And if that is the crux of the problem, you may as well take your stand, get at the truth, and proceed from there to save your self from a sinking ship. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

Mrs. Leslie Goodwin and her daughter Robin, Tampa, Florida, are visiting in Murray Harbor at the home of Mrs. Goodwin's mother, Mrs. Annie Beaton.

Mr. and Mrs. James Pendergast plan to spend the summer in Darnley. The Pendergast family are opening a tourist resort called the "Penderosa Beach" as a joint venture, on July 1st.

Mr. and Mrs. Lionel Robinson, have returned to their home, in Breadalbane, after enjoying an extended vacation in the United States. They travelled by bus, stopping first at Brewer, Maine, where they visited Mr. and Mrs. Willie Bell, then at Brockton, Mass., where they

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DAWN CURRIE FRANK CALLAGHAN ENGAGEMENT ANNOUNCED

Mr. and Mrs. J. Martin Currie, Charlottetown, P. E. I., announce the engagement of their only daughter, Elsie Dawn, to Francis Joseph Callaghan, B.E., son of Mr. and Mrs. J. Pius Callaghan, Charlottetown. The marriage will take place at the Church of the Most Holy Redeemer, Charlottetown, on July 2, 1966, at 10:30 a.m.

ELLEN'S DIARY

A Mosaic Of Beauty Is The Valley Below

This evening with a new moon swinging high above the valley, brought the last of the sowing to this farm, as well as to this and that rented piece here and there about. While it is regrettably true that nature is reclaiming some island farms and buildings, because of farmers gone to other employment, it is also a fact that in many instances these vacated farms are being cropped or pastured as the case may be, by other farmers, who, as we see it, cultivate and seed and fertilize, and altogether handle them well. It is a pity however that when by a purchase, a farmer adds another farmstead to his holdings, the barns and dwellings built in a former day, because of lack of funds or it may be only lack of time, are too often left to decay. To folks who are interested in the Island's history, too many old and often beautiful dwellings, among them the log cabins and first houses, and indeed the schools and Churches, of an elder day have been allowed to pass away "unwept and unsung" up the years.

However not all is seeded on farms of this name. The sowing stands to be continued tomorrow.

"Done?" a visiting farmer echoed James' inquiry this evening, his expression somewhat anxious. "No, we aren't or won't be for a while. And isn't it alarming the overland to this spring's cropping? Tractors are always at the tanks, and machines begging for grease! And what now is a load of fertilizer? It's only a drop in the bucket!"

"It surely doesn't go far," James nodded. "And there was a time when all a farmer used he sowed by hand." He grinned. "But the crops then could be scratched in with a hen and a rooster" one of the younger fry offered in an aside with a sly chuckle.

"Yes, sowed by hand-and on foot! I mind our first spreader. It was a gear fastened on the back of the farm-wagon. We considered it a remarkable machine."

"And it was! It saved labor though the fertilizer had to be moved into the gear's fans" James said.

"Will you be banking tomorrow Ellen?" James queries.

Until tomorrow, Diary. Good-night.

IDA BAILEY ALLEN

'Protein's Contribution To Health And Strength

Protein is the most important food element. To have an adequate amount calls for 60 per cent of the average food budget. The word "protein" includes both animal and vegetable proteins as follows:

- Meat; poultry; shellfish and fish—fresh, frozen or canned—meat extracts and bouillon cubes; gelatin; canned meat soups; bean, lentil and pea soups; cream soups; consommés, fish or clam chowder.
- Also—milk of all kinds—whole, Vitamin D, homogenized, concentrated—fresh evaporated milk; condensed milk; fluid skim and dried skim milk; buttermilk; yogurt; and chocolate milk. Cheese of all kinds. Eggs fresh or dried. Legumes, including dried peas, lentils, dried beans, soy beans, peanuts. Nuts and nut butters. Dried brewers' yeast. Wheat germ.

Perhaps you were surprised to read the word "gelatin" on the list of proteins. If you find that housework, cleaning and laundering, often with harsh detergents, have an adverse effect on your fingernails, gelatin may prove very helpful. It now comes as a supplementary protein drink with Vitamin C added. Each box contains 14 envelopes each containing in addition to natural flavoring and sweetener, 1/2 oz of pure unflavored gelatin, the daily amount found by medical studies to help problem fingernails, in 7 out of 10 cases. These gelatin drinks are made expressly as a beverage and not for dessert use. In addition, the gelatin drinks, through the protein, provide a quick energy pick-up.

To make the drink, empty one envelope in a glass of water (4 to 5 oz.), stir, and drink at once. The product is available in the gelatin section of supermarkets.

Chilled Pineapple Juice Braised Beef Tongue with Potatoes and Onions Sliced New Beets with Chopped Beet Tops Chilled Prune Tapioca Hot or Iced Coffee or Tea Milk Measurements level. Recipes for 6

CHILLED PRUNE TAPIOCA
2 eggs, slightly beaten
1-3 c. sugar
1/2 tsp. salt

THE CHEF PLUMPS PRUNES
Put 1 lb. California moistured prunes; place in a qt-size jar. Cover with hot water and stir. Put on the lid; cool, then refrigerate 24 hr. to absorb the water. Result: big plump plumped prunes with no cooking.

When cold fold in slivered prunes; refrigerate 2 hr. or until firm to touch. Serve in sherbert glasses. Top each serving with a plumped pitted prune and a spriglet of mint.

Drugs Never Entirely Safe Doctor Says

TORONTO (CP) — The Consumers' Association of Canada won't be content until bacon packages uncompromisingly show how much fat and lean is in the meat, says Association President Mrs. A. F. W. Plumtree, of Toronto.

In her report to the association's annual meeting Tuesday, the president told delegates the CAC is also continuing its efforts to get more information on food labels.

Glennora Pearce of Saskatoon said the CAC has received written complaints from 1,000 individual consumers and CAC associations.

Mrs. H. R. L. Straight of Montreal, chairman of the packaging and labelling sub-committee, said some cereal companies now are using more compact boxes that will fit kitchen shelves.

Mrs. Straight said the new

plastic trays that allow consumers to see all sides of pre-packaged meats have been successfully tested by a chain store in Western Canada. She said the chain claims to be charging no more for its meats, but investigations elsewhere indicate the trays cost more than cardboard.

ALWAYS DANGER
No drug is entirely safe for everyone and no person is entirely immune to adverse reactions to drugs, Dr. K. V. R. Wightman, professor of medicine at the University of Toronto, told the convention.

He said education is needed to teach people to be cautious. Some drugs can hide symptoms so that treatment of an illness may be postponed. Some mix badly with other drugs.

Frank Buckley of Toronto, director of the Proprietary Association of Canada, said the drug industry must co-operate by providing educational material, interesting the communications media and enlisting public support for an educational campaign.

Mission Work In Brazil Is Studied

The May meeting of the Breadalbane Christian Church Women's Missionary Society was held at the home of Mrs. James Craig. The president, Mrs. Cuyler Matheson presided, the meeting opened with "Leaning on the Everlasting Arms" followed by the missionary creed in unison. The roll call was answered with a Bible verse by each member. Interesting news regarding the Cass, a missionary family in Brazil was read and a further study of mission work in Brazil was led by Mrs. John Hickox. Mrs. Kenneth Graham led in a Bible study and discussion based on the first seven chapters of Acts. After a circle of prayer the meeting closed with a hymn and benediction. Mrs. Cecil Malleh invited the members to her home for the next meeting.

SPKAS UP FOR WOMEN VANCOUVER (CP)—Women are the best drivers, says a woman-teenage driving champion. Lillian Armbruster, 19, says women's patience is the reason. Zigurt Strauts, winner of the boys' contest, said, "You just can't compare them with



LEONARD GAUTHIER CAROL DEIGHAN TO BE WED

Mr. and Mrs. Carl Deighan of Toronto (formerly of Charlottetown) are pleased to announce the engagement of their daughter Carol Ann, to Leonard Pius Gauthier, son of

MARY HAWORTH

Husband's Drinking Pal Is Big Problem To Wife

DEAR MARY HAWORTH: I have been married a year and a half. The first six months were wonderful. But the last year has been hell.

Here is the problem. My husband's best friend comes to our house six nights out of seven. My husband and this man I'll call him Claude, both like to drink.

My husband can't afford to keep liquor on hand, so Claude brings a bottle every time he comes. So, of course, my husband is glad to see him and they both get drunk.

I can't stand having Claude here any more. But my husband says Claude is longly and doesn't know anyone else in this big city; therefore, we should be kind to him.

I wouldn't mind being hospitable to him once in a while, but not every night. Tell me how I can get rid of him. If I tell him to stop coming, my husband will be furious.

My husband would be a good man if it weren't for this friend

Please reply as soon as possible. Thank you G. G. As I feel the picture, your husband's so-called friend Claude is playing him for a sucker, a boob, an easy mark.

Claude is hostile to the marriage and hopes to break it up. He wants his old sidekick back, as a prop to lean on, so that he (Claude) won't have to stake out and develop a whole life of his own, as your husband undertook to do in getting married.

Claude is stranded at present in the no-man's land occupied by psychologically dwarfed individuals who refuse to outgrow childishness, and consequently don't belong anywhere, neither in the genuine nursery world of real childhood, nor in the adult company of mature minded men and women, who have the courage to get on with the business of living responsibly.

Claude hasn't consciously lined up his thoughts and feelings in the matter of course. But way-down deep in his mind, he

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