

WOMEN

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MR. AND MRS. KENNETH MacDONALD

Young Couple Are Wed At St. Dunstan's Basilica

A pretty wedding of much interest was solemnized in St. Dunstan's Basilica on the morning of February 25, 1957, when Sylvia Marion Shaw, daughter of Mrs. Margaret Shaw of this city, was united in marriage with Kenneth James, son of Mr. and Mrs. Wallace MacDonald, also of this city.

Rev. James Kelly S.D.U. was the officiating clergyman. Mr. James Flanagan added much to the occasion by his capable rendition of several suitable hymns accompanied by Mrs. J. Duggan at the organ.

Miss Barbara Lund was the bridesmaid and the groom was supported by the bride's cousin, George Trainor.

Given in marriage by her uncle, Mr. Edwin Clow, the bride looked charming in a ballerina length blue taffeta dress with net overskirt, with matching hat. She carried a nosegay of pink and white carnations.

The bridesmaid's dress was ballerina length with mauve net over taffeta. She carried a nosegay of yellow roses. The mother of the bride wore royal blue with matching accessories including a corsage of red roses. The groom's

mother chose navy blue with a corsage of red roses.

The wedding breakfast was held at the Queen Hotel where thirty guests sat down to a delicious repast. Rev. James Kelly proposed the toast to the bride, which was briefly but fittingly responded to by the groom. The bride's table was graced by a magnificent tier wedding cake. The happy occasion concluded with a spirited song led by Mr. Leo Berrigan on piano which was thoroughly enjoyed.

In the evening a reception was held at the home of the bride's mother, where about 75 guests enjoyed a delightful buffet supper, followed by a social hour. Before leaving, the guests bestowed wishes for a long and eventful married life on the happy young couple, Mr. and Mrs. MacDonald who are residing in Nova Scotia.

Previous to her marriage, the bride was tendered a shower at the home of the groom's sister where many valuable gifts were received. On Feb. 18th another shower was held at the home of Mrs. Leo Berrigan, where she was again the recipient of numerous costly gifts.

ELLEN'S DIARY

Ellen Has A Late Night Out At The W. I.

"We're not going very far here — though we are enjoying the moonlight" — a farmwife from this road chuckled with an infectious sound tonight. We had come to the barnyard there from a W.I.'s sign at Rob's and now, with a furry robe about us, we were seated on a bale of straw on a farm-sleigh awaiting the appearance of James and the old mare from the stable, to take us to the respective homes. . . . It was a strange thing that as we chatted and traced the stars that we knew, the thought came to mind, that women can make of even the humblest conveyances, royal equipages.

"Your coach and four-footman and all are at the door!" Granddaughter had smiled, coming in to the home-kitchen, whence we had set forth — it is true! — Some hours before. "How about your glass slippers?" she laughed picking up the pair which were no kin to hose, but into which we would change from the warm snow-boots of the way.

All down the years, we remember, womenkind have been borne

in varied ways — on horseback, by sleigh, by cart and carriage, by canoe and dugout, and one there was in a blue gown who rode to an undreamed of destiny on a humble ass.

This evening sleighs were the only conveyance which along deeply white-spread trails could bring together the members with many a laugh and memory over the rarity of such a mode of travel nowadays, to this monthly meeting of theirs. Rob's farm — and school are situated in the district adjacent to this one, as is also "the other farm," so that it has been and is our privilege to be bound by home and family ties to both.

"I guess by rights I should go home the way I came — on my snowshoes" our seat-mate chuckled. "So that my children's children will be able to tell about what an active grandmother they had! It's good for one to leave something extra nice behind for them to boast about!"

"That would be equal to having come over on the Mayflower!" we giggled.

We saw James move by a window of the stable . . . one window and another. He was obviously inspecting this and that animal again, likely advertising Rob on one "I think I'd increase her grain a bit and of others 'I'd cut down on these. By the appearance of things, there'll be a spell of feeding yet before they get to the grass!"

And then presently beneath a March sky, be-jewelled and sparkling, and behind the Neil-mare, we were on the homeward trek, through a mile of countryside now somewhat strange in the mouldings of winter. A mist of white vapor followed the windings of the stream.

"It's just as well not to talk

HAPPENINGS

Mr. and Mrs. R. C. Parent showed films at St. James Presbyterian Church Hall, Tuesday evening, of their trip to the British West Indies. This pleasant evening was under the auspices of the Kirk Auxiliary of which Mrs. Louis Sadler is the president. The minister, the Reverend T.H.B. Somers, introduced and thanked Mr. and Mrs. Parent for the presentation of a most delightful travelogue.

Mr. and Mrs. E. Toombs, 310 Kent Street, received a cablegram from Mr. and Mrs. James Baldwin, Parkdale, and son Richard, announcing their safe arrival in Cheshire, England. They are on a six weeks visit to Mr. Baldwin's parents. They left Charlottetown Saturday morning March 9th, and arrived in Cheshire Monday morning, March 11th.

Flying Officer Donald Clark of the Canadian Pacific Airlines, Prince Rupert, B.C., has arrived in Charlottetown. Flying Officer Clark will attend the wedding of his brother, Mr. Roger Clark. He is a guest of his parents, Mr. and Mrs. Arthur M. Clark, Longworth Avenue.

Mrs. Alphonsus J. MacDonald has returned her home in Souris West. Mrs. MacDonald has been visiting relatives in Boston, Mass. and Concord, New Hampshire for the past month.

Kenneth Meek, Montreal organist, played recently in the series of Saturday afternoon organ recitals being held at Christ Church Cathedral, Ottawa. Mr. Meek is well-known in this province, where he has adjudicated at festivals.

KEEP IN TRIM

Here Is An Exercise To Banish Middle Spread

BY IDA JEAN KAIN
Overweight tends to run in certain families. Statistics bear this out. It has been shown that when both parents are heavy, more than 70 per cent of the children can be expected to be on the heavy side. When one parent is obese, 40 per cent of the children will be overweight. In families where the parents are normal weight, less than ten per cent of the children will be overly fat.

These statistics would appear to prove that overweight is a family characteristic, with heredity the cause. Today we know that such is not the case, for overweight families can reduce when their eating pattern is changed.

A mother writes frankly, putting the blame where it belongs, on family fare: "My husband and I are 50 pounds too heavy and the children are at least 30 pounds above-normal weight. Our eating habits are so high in calories, we are determined to make reducing a family affair. Please send your calorie chart and any helpful material."

HAPPY MIRACLE
Good! A change in the family eating pattern can work a happy miracle. And making this a family project will stimulate enthusiasm.

Start with the menu planning. Serve strength-giving but non-fattening meals. Breakfast sets the pattern for the day. Have fruit or juice, and eggs or hot

cereal served with milk. Have high protein bread, toasted and lightly buttered. As a special treat, add a low calorie jelly. Beverage—skim milk for the children sippey through flavor straws, if they like and black coffee for the parents.

The head of the house and the children can reduce on 1400 calories daily. Mama on 1,000. Plan the meals around high satiety foods . . . lean meat, fish or chicken, not fried (serve liver once a week); baked potatoes, with a half one for Mrs. Serve generous helpings of low calorie vegetables and add a bouillon cube while cooking. Have a heaping bowl of salad with low calorie dressing.

Surprise the family with a variety of low calorie desserts . . . angel food cake, puddings made with skim milk, gelatin desserts, and iced milk in place of ice cream.

Avoid hidden calories; skip chocolate sauce, gravy, butter melted into vegetables. Order skim milk, buttermilk and non-cream cottage cheese.

Every member of the family should have an energy pick-up in the late afternoon, limited to 100 calories for the day. Have a regular weighing - in time . . . keep charts posted. Make it a fun project. . . . When 10 pounds each are lost, plan a family celebration, and perhaps new dresses for the girls. Congratulations to this wise mother.

COOK'S CORNER

OLD-FASHIONED DATE AND NUT BREAD

2 1/2 cups sifted flour
1 teaspoon salt
1 teaspoon soda
1 cup nut meats
1/4 cup shortening
2 tablespoons vinegar and boiling water to make 1 1/2 cups
1 cup dates cut in halves
1 egg beaten
1 1/2 cups brown sugar
Sift flour, salt and soda together and mix in nut meats, broken, add shortening to combined vinegar and boiling water. Pour over dates and let stand 10 minutes.

Combine egg and brown sugar. Add dry ingredients to egg mixture alternately, with date and liquid mixture. Turn into greased 9 1/2 x 5 1/2 inch loaf pan. Bake at 350 degrees F. about one hour and 15 minutes.

SMALLPOX DEATHS HIGH
CALCUTTA, India (AP) — One person dies from smallpox in Calcutta every 90 minutes, the city corporation said Tuesday.

Good EATING and every day of 1957
for Lent you can depend on
at ZAKEM'S HEINZ 57
FOR HIGH QUALITY

HEINZ Fresh Pack
CREAM OF TOMATO SOUP
10 OZ. TINS 3 FOR 39c

HEINZ MACARONI IN CHEESE SAUCE
AN IDEAL LENTEN FOOD TO SATISFY YOUR APPETITE
2 for 37c

HEINZ "HARVEST PACK" Tomato Juice
2 for 35c

AS A SERVICE TO MOTHERS we carry the complete line of **HEINZ BABY FOODS**
6 For 59c

THE BEST IN BISCUITS FOR BABY FEEDING
25c

VARIETY FOR YOUR BABY'S DIET
HEINZ BABY CEREALS 8 oz. pkg.
2 For 45c

White Cross SPECIAL PRICE 4 ROLLS FOR 49c

Here it is! Our big special on Heinz 57 Products. Your sure way to meals that are satisfying and economical lead through ZAKEM'S STORE aisles, there you will find super specials this week on Heinz 57 Products.

HEINZ Condensed Vegetable Soup
3 for 39c

FLUFFO QUALITY SHORTENING 2 Lb. 59c
PEAS ISLAND FLAVOR PAK 2 20 OZ. TINS 39c
JAM, 4 lb. STRAWBERRY WITH APPLE 59c
RED ROSE TEA - 1/2 lb. - - - - 58c
125 TEA BAGS, Rakwana \$1.29
CHICKEN HADDIE - 2 tins - - - 39c
MACKEREL GRIFFIN FALL CAN 29c
MATCHES LARGE BOX 3 for 29c
IRISH STEW, York - - - - - 29c

ST. PATRICK'S DAY SPECIAL 29c
EXTRA SPECIAL White or Chocolate ONLY 29c

WIN SAUCE PAN a heavy duty 2-quart (cast aluminum, with cover)
Estimate the length of the string around this bag of CREAM OF THE WEST FLOUR.
SAUCEPANS TO BE WON
Get entry blanks when you buy new hi-protein CREAM OF THE WEST at your grocer's.
24 lb. bag Cream of West . . . 1.69
CONTEST ENDS THIS WEEK

BACON 57c DEVON MACHINE SLICED LB.
RIB ROAST PRIME CUT lb. 49c
T-BONE STEAK TRIMMED lb. 65c
CORNED BEEF HIGH QUALITY SPECIALLY CURED
WIENERS HOT DOGS lb. 39c
DRY COD CHOICE QUALITY lb. 35c
YORK FROZEN ORANGE JUICE - 2 Cans For - - 39c
BUTTER FIRST GRADE 2 LBS. 1.25

GIVE GENEROUSLY TO THE RED CROSS
A. ZAKEM'S FREE DELIVERY DIAL 8589
THE BEST SHOP TO SHOP BEST!
OPEN FRIDAY & SAT URDAY TILL 10 P.M.

Try this meal in a minute
HEINZ cooked SPAGHETTI
2 for 39c
15 FL. OZ. SIZE

EXTRA GOOD WITH WIENERS 6 OZ. SIZE 2 FOR 25c

HEINZ OVEN BAKED BEANS CHEESY BEAN RAREBIT
1 15-ounce can Heinz Oven-Baked Beans in Tomato Sauce
1/4 lb. (1 cup) grated process cheese
1 tablespoon butter
1 teaspoon Heinz Worcestershire Sauce
1/4 cup milk
4 slices toast
Heat beans in a saucepan. In top of a double boiler, heat cheese, butter, Worcestershire Sauce, and milk until cheese is melted. Serve beans on slices of toast topped with cheese sauce. Makes 4 servings.
15 fl. oz. size
2 For 39c

Mexican **ORANGES** . . 2 doz. 69c
Island **CABBAGE** . . . lb. 7c
Large **CELERY** 25c
ONIONS 2 lbs. 19c

WAISTLINE
The waistline is back to normal and designers are doing all sorts of detail to call attention to this bit of sartorial intelligence. Hannah Troy wants all eyes to be focused on the waistline of this gray chiffon wool sheath and so uses it as a softening of the silhouette. The device she employs is a wedge-drape criss-crossed at the waist and anchored with self buttons to allow the belt to pull through. White Italian piping makes the double collar and man-tailored link cuffs. Wonderful with furs come

HOWARD McINNIS FOOTWEAR - 175 Queen St. - Ch'town
Perlman's Final Fur Sale
3 DAYS ONLY - Thurs., Fri. & Sat, March 14 - 15 & 16th
Every Genuine Perlman Fur Coat and Fur Jacket taken from regular stock and price slashed for immediate clearance. This is your chance to save big money. Come in—look around—you'll be amazed at the reductions.
BUY NOW FOR NEXT YEAR AND SAVE
TERMS TO SUIT YOUR BUDGET
TRADE-IN YOUR OLD FUR COAT.
HOWARD McINNIS FOOTWEAR - 175 Queen St. - Ch'town
THESE FURS ON SALE MON. & TUES., March 18 & 19th
AT THE BARBARA ANN SHOPPE - Summerside