



## Summerside Has A Very Pretty Autumn Wedding

A very pretty wedding took place at St. Paul's Church, Summerside, on Saturday, September 28, at eight a.m., the Rev. J. McLellan officiating... when the Gallant daughter of Mrs. Felina and the late Henry Gallant of Summerside, was united in marriage with Frederick James Tavernor, son of Mr. and Mrs. S. Tavernor, St. John's, Newfoundland.

## KEEP IN TRIM Weight Will Creep Up If You Don't Check It

By IDA JEAN KAIN  
It has been the heartening experience of this dietitian to find that successful dieters are eager to pass along any tips they feel will be helpful to other reducers. Today's letter warns against an insidious regain of the pounds since you have achieved your goal. A reader from the Hoosier States writes:

"About 4½ years ago my doctor advised me to diet and lose weight in order to feel better. After about six months I had lost nearly 50 pounds and certainly felt better, as needless to say looked better. I kept my weight there for quite a while, then gradually gained little by little without thinking much about it, until two weeks ago, when suddenly I realized that within the last 1½ years I had gained back 19 pounds. That woke me up!

"I decided then and there to go on a diet again. I have a married daughter who has also gained some weight recently, so we decided to both diet in an effort to lose 15 pounds or so in the next two months, and to report our weight to each other once a week. I have lost 3 pounds in the past two weeks.

**NEED WILLPOWER**  
"Thank you so very much for your help in this. I really believe that anyone who has enough willpower to stick to a reasonable diet can lose weight. I change from size 24½ to 18½ dress, which in itself is a big reward. But the greatest reward is feeling so much better. Without a doubt, carrying around a lot of extra weight does make a person feel frayed and lazy."

It is a weight control measure, since ideal weight is reached, to weigh twice a week, and set a 3 pound limit on gaining. Some former overweights find this plan helpful. Slip the measuring tape from the bathroom scales, and mark a yellow cautionary line one pound above your ideal weight. At 3 pounds above the ideal level, mark a red line. The day the pointer on the scales goes above



## WEDDING HEADLINES

This year's bride may choose simple, classically designed veils and top it with an ornate and unusual headpiece. The one pictured above is a top of re-embroidered Alençon lace framed and bowed at the

## MR. AND MRS. F. J. TAVENOR AND ATTENDANTS

carried bouquets of pink roses and yellow roses respectively. Mr. John Diver was bestman. Mr. Stan Warren and Mr. Edward Raloff ushered the guests to the pews which were suitably marked.

A reception was held at the Birch Hill Tourist Home for seventy-five guests. The bride's table was centered with a three tier wedding cake, topped with a miniature bride and groom and sweet peas were used as decorations. Mr. John Diver proposed the toast to the bride to which the groom responded.

Mrs. Gallant chose for her daughter's wedding a navy dress with navy and white accessories and pinned on a corsage of white carnations. Mrs. Tavernor chose

## MARY HAWORTH Not Divorced From Wife

Dear Mary Haworth: I read your column every day and am always impressed with how clearly you give the answer to the problem.

I am a nurse writing in behalf of a patient of mine. She is grieving her life away.

Please express your opinion of a man who was separated from his wife, then fell in love with this girl who trusted him with all her heart, told her he had a divorce and married her.

Several years later she found he had lied about the divorce. She was heartbroken and deeply ashamed, but loves him still.

Would you call him honorable and worthy of love and grief? Please answer, as your opinion may help her to recover and really live again. She has no interest in living now. Sincerely, J.P.

**A MIRACLE WORKER**  
Dear J.P.: If human beings had to be worthy of love before being loved, I'm afraid that very few of us would ever be loved—at the start. However, love is a miracle worker that in some cases, at least, enables individuals to really grow up to their higher nature—when they might be said to merit love.

But in any case, love, when it is love, exists in its own right, and is dispensed without price. That is to say, with no strings

## DAILY WEAR

Although the fashion spotlight beams brightly on the "conversation piece" numbers, most of us are more interested in everyday, good-looking, wearable clothes. Splendid for general daytime wear, especially for a busy person, is this attractive coat of fine brushed flannel in either gray-green or olive green with a grayish cast. Neat look is given by the boy collar and front band closing. The vertical line is broken by a set-in yoke band with self bow. The coat is lined in bright red pile.

for her son's wedding a navy dress with navy and white accessories and a corsage of red carnations.

For her honeymoon trip to the Maritimes the bride donned a smart two-piece suit of turquoise wool with beige accessories and pinned on an orchid corsage.

Out of town guests were: Mr. and Mrs. Fred Tavernor, St. John's, Newfoundland, Mr. Philip Gallant, R.C.A.F. Station, Trenton, Ont.; Mrs. Mary A. Cahal, Boston, Mass.; Mrs. Florence Cushing, Boston, Mass.; Mrs. Marion A. Stone, Boston, Mass.; Mrs. Sadie Kalish, Boston, Mass.

Mrs. Irene Peard, Borden, returned home after spending two months vacation at the home of her sister and brother-in-law, Flying Officer L. J. and Mrs. Waun, Trenton, Ontario.

Thinking it their own affair. Whereas others, he said, practice an 11th commandment to wit: "It is all right if you can get away with it."

In that part of the country from which you write, it isn't uncommon (amongst the underprivileged classes) for couples to construe final separation from bed-and-board as adequate preface for marrying others. M.H.

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

**VISITING CANADA**  
OTTAWA (CP)—Air Chief Marshal Sir Dermal Boyle, head of the RAF, arrived Thursday in an RAF Comet II aircraft to visit Canada as a guest of the RCAF. Later he goes to the United States

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# Women

Lena Caroline McLure, Women's Editor. Phone 5508

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## HAPPENINGS

Continued from page 8  
Winnipeg, Toronto and Halifax While here they spent a few weeks at Mrs. Morson's former home in Hampton, visiting many different parts of the Garden Province during their stay.

This was Mr. Morson's first visit to Prince Edward Island, and he was very much impressed with its natural beauty, the charm of its clean and delightful beaches, the contrasting shades and all that goes to make it a pleasant place in which to spend a vacation, visiting in Boston, Albany, N.Y., Seattle, Wash., and many other places of interest.

The hostesses for the Charlottetown Golf Club this Saturday afternoon are the following: Mrs. Don MacMillan, Miss Jean MacLean, Miss Teresa MacLeod, Mrs. H. L. Milligan, Miss Lydia Simms, and Mrs. Wendell MacKenzie

Mrs. James Johnson and son Andrew, and Mr. and Mrs. John Westwood, Vancouver, B.C., have been visiting Mrs. Johnson's sister, Mrs. Alfred Groom, King Street, for the past ten days. On return they will visit the Cathedral in the Pines, New Hampshire, and relatives in Boston and Chicago.

Miss Irene Leard, Borden, returned home after spending two months vacation at the home of her sister and brother-in-law, Flying Officer L. J. and Mrs. Waun, Trenton, Ontario.

Mrs. S. S. Beaton, Granville St., entertained on Thursday for Mrs. Joseph Storey who is leaving shortly for Florida. Mrs. Storey's mother, Mrs. John Fraser of Montague was a guest. Mrs. A. J. Barbour assisted the hostess in serving.

Last Sunday evening Mrs. S. S. Beaton entertained Mr. and Mrs. Merrill Hayward, Port Arthur, Ont., at a dinner party. The Haywoods spent three weeks on the island and left Thursday morning by plane for their home in Port Arthur

Mr. and Mrs. R. P. Schurman, Port Medway, N.S., are guests of Miss Bertha Schurman, Belmont Street

Mrs. Don Lidstone and Mrs. Mark Gaudet, Summerside, were recent guests of Judge J. S. Des

## Cod a la "Cart" Makes An Enticing Meal

Guests at the special Fish Week buffet luncheon held September 18 at the Chateau Laurier in Ottawa had a choice of many enticing fish and shellfish dishes. One unusual offering was Creamed Cod En Voiture — impressively rolled in on a large wheeled cart, the food kept piping hot in special pans on the top surface. This delectable luncheon or buffet menu item can be duplicated easily at home for the pleasure of family and guests. An attractive pottery or metal casserole or chafing dish would make an excellent substitute for the Chateau's wagon. If inspiration strikes when the stores are closed, such as upon the arrival of unexpected Sunday callers, you will find canned salmon a

satisfactory stand-in for the cod. The following recipe has been adapted by the Fisheries Council of Canada for home preparation: CREAMED COD EN VOITURE ½ medium onion sliced Few stalks celery with leaves 1 teaspoon salt 4 thin slices of lemon 4 cups water 1 lb. cod fillets 2 tablespoons butter ¼ cup finely chopped green pepper ½ cup thinly sliced mushrooms 3 cups hot seasoned white sauce ¼ to ½ cup dry sherry OR 2 tablespoons water plus 2 tablespoons lemon juice

Maureen Forbes and Miss Barbara Clark, Norman Beaton, Mt. Allison University; Miss Roberta Clark and Ray Clark, Acadia; Miss Pat Henthorn, Edgell; Miss Enid Mill, Netherwood.

Cpl. Robert Hunter of the R.C.M.P., British Columbia, spent the week end with his brother, Mr. Bert Hunter and Mrs. Hunter, Schurman Ave.

Mr. and Mrs. Adward Miller, Edmundston, N.B., spent a few days with Mr. and Mrs. Brad Cairns, Summerside East.

The Men's Executive of the Summerside Golf and Country Club will be hosts at the closing supper on Saturday, September 28, with Harold Gaudet as emcee. Frank Daley will preside over the tea-cups; Leonce Arsenault will cut the ices; Ralph Judge, head waiter; Clifford Ram say, replenisher; Ralph Silliphant, silent butler; Jud Logan will receive the guests; James Harris, dishwasher. Following the supper presentation of prizes and trophies will be made.

Including among the Summerside students who are attending mainland schools and universities for the first time are: Art Morrison, Garth Harris, University of New Brunswick; Miss

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Simmer onion, celery, salt and lemon slices, covered, in water for about 15 minutes. Add cod fillets and simmer gently for about five minutes, a little longer for frozen fillets. Fish should not be cooked. Remove fish; drain thoroughly. Break up into chunks. Lightly saute green pepper and mushrooms in butter, add chunks of fish, and continue to saute for another three minutes. Blend in hot seasoned white sauce, then sherry or water and lemon juice mixture. Season to taste with salt and pepper. Makes 4 to 6 servings. Serve on toast, rice or noodles. This may be prepared in advance, stored in refrigerator, and reheated at serving time.

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