



MR. AND MRS. DAVID CORRIGAN

Corrigan-McQuaid Vows Exchanged At Kelly's Cross

St. Joseph's Church was the scene of a pretty autumn wedding recently when Bertha Helen, daughter of Mr. and Mrs. William McQuaid-Kellys-Cross became the bride of David Frederick Corrigan, son of Mr. and Mrs. Herbert Corrigan, Pleasant Grove. Rev. Eric Robins officiated at the double ring ceremony and celebrated the nuptial mass.

The altar was adorned with bouquets of multi-colored flowers and guest pews were marked with white bows and miniature wedding bells. Virginia MacDougall sang appropriate hymns during the ceremony and the signing of the register, accompanied by Elmer Power at the organ.

Given in marriage by her father, the bride wore a floor-length gown of peau-de-soie, with matching train which fell softly from the shoulders and long lily point sleeves. Wide borders of Gouture lace were featured on the skirt, bodice and train.

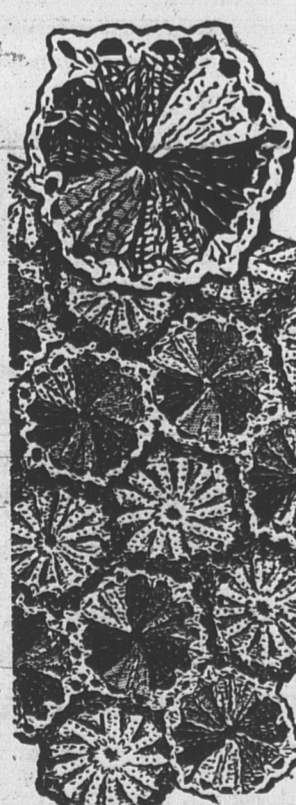
Her elbow length veil of Illusion fell from a wedding ring headpiece. She carried a white prayerbook decorated with red roses and streamers with rosebuds. Her cultured pearl earrings were a gift from the groom.

Hilda McQuaid, sister of the bride, was maid of honour. The bridesmaids were Mrs. Louis Callaghan, sister of the bride, and Estelle Egan. They wore identical floor length gowns of green and white velvet designed on empire lines and A-line skirts. Their headresses were green velvet bows. They carried



by Anne Adams

ENTER ELEGANTLY into the holiday season in a side-buttoned sheath that plays up the slimming vertical. Quick the tops it off with charm.



by Alice Brooks

QUICK TO CROCHET Crochet a colorful throw to accent chair, sofa, keeps you cozy at home, or on trips.

ELLEN'S DIARY

As October Slips Away We Pause - Remembering

Today seemed but a passing breath of Time, so soon it sped away toward its close. Exceedingly pleasant it was. In it was a calmness, which made one quite forget the recent spell of wind, the fragrance of the season, the fading autumn hues on the countryside with the mellow October sunshine over all. It was easy to forsake the indoor pursuits in favor of the loveliness obtaining without. Last bulbs were buried in the border, as Scampie does with some of his treasures, to give later delight. We turned up dahlias to the sun, lifted, and reset in new locations, roots of some perennials, and altogether planned as do farmers with their fields, for the year at the springtime ahead.

"I see you have some pigeons" a caller smiled, noting a number sunning prettily against the red of a barn roof. Peace was in their coos. And a summery haze of lightsome dreamy substance lay along the autumn hills. "This is surely a lovely day" another said. "Though" she added, "to me, there is some loneliness in the picture, in the falling leaves and baring trees." Crows in a dark flight of them called beyond the hilltop. "Even the crows' cawings" she continued, "seem to contain a melancholic timbre. They are not bright and zestful like in spring." Peter drove by on his tricycle as we gardened, smoothing them the soil on and about our plantings. "I was just thinking" he offered, "that next month will be better to me than this one. You see, my birthday comes then - and I'll like that. I will be six years old" he said more to him



MRS. HARRY CUDMORE

Island Woman On Girl Guides Training Tour

Mrs. Harry Cudmore of Charlottetown, above, who is training commissioner for the girl guide organization of Prince Edward Island, has been chosen by the Canadian training committee to be one of a team of three trainers, all well known for their contributions to guiding in Canada, to conduct training in provincial centres across Canada. The team left Vancouver, October 18, made stops in Calgary and Regina and is presently working in Winnipeg. The training is intended mainly for the new commissioners in each province visited, and is planned so it may be carried on by provincial personnel after the team leaves. The tour winds up in Toronto on November 1st, and is expected to be reorganized and visit the eastern provinces in 1967. Other members of the team are Mrs. Roy Holmes of British Columbia and Mrs. W. S. Dart of Montreal.

MARY HAWORTH

Mother's Depression Is Possibly Due To Illness

DEAR MARY HAWORTH: My husband is at his wit's end worrying about me. So I must get help from somewhere, and that's why I am writing to you. I have been depressed recently and getting more so. The children get on my nerves and I find myself screaming at them a lot. I love them and do not want to behave this way. Many evenings when my husband gets home I am in tears. He wants to help but doesn't know how. He suggests that I go to my mother's for several weeks, while his mother watches over the children. But I do not want them to know of my depression.

We have just bought a new car and a new house and with three children there is very little money left over for anything else. We can't afford a psychiatrist. So, can you possibly tell us what to do, to help ourselves.

DEAR W. N.: "Where there is a will, there's a way," a proverb says. Mankind's experience proves this true. So make up your mind that you are going to have good health, and a way will unfold for you to achieve it, a step at a time, as you do what you can. Don't handicap yourself by insisting foolishly that you "can't afford psychiatric help". You can, in the sense that your considerate husband will manage capably to arrange it somehow if sound medical opinion indicates that such help is necessary to put you back on your feet. And provided, of course, that you let him take care of the money angle while you attend to getting well. However, heavy medical expenditure may not be required. I suggest you begin your health hunt by reading Dr. E. M. Abrahamson's book "Body, Mind and Sugar" (Holt), available at most big town public libraries. This book uncovers the formerly hidden relationship between "low blood sugar" and emotional depression. It also explains the connection between prolonged tension - for example, a physically overburdened mother with a fragile nervous system, fretted by financial worries and social frustrations - and the onset of hypoglycemia. Hypoglycemia, by the way, is the medical term for blood sugar imbalance (or low blood sugar). Ohio psychiatrist Dr. Harry M. Salzer, when recently interviewed by the Cincinnati Enquirer science writer about his follow-up research in this field pioneered by Manhattan's late Dr. Abrahamson, pointed to some of the "major psychiatric symptoms" induced by low blood sugar.

They include "depression, insomnia, anxiety, crying spells and irritability." Also "exhaustion-heavy sweating, heart palpitation, indigestion, dizziness, blurred vision, cold hands or feet, muscle pains, back ache" and the like. Possibly this roll call of distress is familiar to you? Dr. Salzer's research sustains Dr. Abrahamson's findings that a special diet, high in proteins, low in starches, with sweets ruled out, is the effective remedy for simple hypoglycemia (assuming the condition has been rightly diagnosed). Gifts were bought for two newlyweds. \$25.00 was voted for office equipment. A discussion took place also on the alcoholic centre which is being prepared in Charlottetown. It was decided to send a letter to the provincial president Mrs. A. P. Mulligan.

Winners Depart For Washington

The winners of The Guardian Patriot subscription contest for 1966, leave by plane this afternoon at 4 p. m., on a well-earned holiday trip to Washington, D. C. They will stop over in Toronto to-night, October 29th at the Skyliner Motel, taking off again at 1 p. m. on Sunday by Eastern Airlines Whisper Jet, via Buffalo and Philadelphia, for Washington. They will enjoy a week of sightseeing in the United States capital, returning to the Island on Sunday, November 5th. Members of the group are: Mrs. Donald Stewart, Murray River; Mrs. Janie Kerwin, Montague, R. R. 4; Mrs. Clifford Chappel, York; Mrs. John Bernard, Hunter River, P. O.; Mrs. Harry Taylor, Kensington, P. O. Mrs. Jack Yeo, Missouche, R. R. 1. Roger Worth, Circulation Manager of The Guardian - Patriot Publishing Company is accompanying the contest winners.

South Granville WMS Holds Special Service

The annual WMS Thankoffering service was held in South Granville Church on Sunday evening, October 23rd. The pastor, Rev. L. R. Files, spoke on Paul's missionary calling. Guest singers, New London Presbyterian choir, rendered the music with Mrs. Angus Green as organist. Mr. and Mrs. Elsing's sang a duet - "In My Heart There Rings a Melody" with Isabel Campbell accompanist. At the close of the service the WMS served refreshments at the home of Maybelle MacLennan.

Open All Day Saturday

Advertisement for Adella's MILLINERY. The ad features a stylized logo for 'Adella's' and the text 'MILLINERY Across From Post Office'. The background is dark with light-colored text.

HAPPENINGS

Audrey Jenkins, Women's Editor. Phone 4-8500

Mrs. Ferne Horton, Murray River and Mrs. Schofield and Mrs. Warren, Saint John, N. B. have returned from Boston, Mass., Mrs. Horton visited with a cousin, Leo Epwren, Waterville, Mass., and also with her aunt, Mrs. Christopher and family in Augusta, Maine.

Mr. and Mrs. Robert MacKay Amherst, N. S., were recent guests of Mrs. Hedley Woodside, Breadalbane.

A number of entertainments have been held for Daisy Reid, RN, Summerside, prior to her wedding which will take place on October 29th. A community shower was held in her honor at the home of her fiancé in Sydney, Cape Breton. Mrs. Walter Adams, Kirk St. Summerside, was hostess at her home for Miss Reid, and on Tuesday evening, October 25th a shower was held at the home of Mrs. Elmer Paynter. A presentation was made to the bride-to-be on behalf of the doctors and staff of the Summerside Medical Centre.

Guests from out of the province who will be attending the Dwyer - Reid wedding today at the Combined Forces Base, Summerside, are Mr. and Mrs. Thomas Dwyer and Jerry, and Mr. and Mrs. Fred Walker and Cheryl, of Sydney, N. S.

Mr. and Mrs. Albert Quigley, St. Peter's Bay who quietly celebrated their 45th wedding anniversary on Saturday, October 22nd, were pleasantly surprised when several members of the Friendship Club of 33 of Charlottetown, motored to St. Peter's to honor them on the occasion. A gift was presented them by Mrs. Blanche Arbing (who is Mrs. Quigley's sister) on behalf of the club. Refreshments were served by Mrs. Quigley, assisted by the club members.

Mr. and Mrs. Harry Newman Winsloe, returned home recently after spending a very pleasant three weeks in Toronto, Ont., visiting their son Hollis, and friends in that city. They also visited friends in Oshawa, Aiton, and Lake Simcoe, and motored to Woburn, Mass., via Niagara Falls and the New England states to visit Mrs. Ethel Bryenton and Lyla Bryenton, sisters of Mrs. Newman.



MR. AND MRS. WAYNE CUDMORE

RECENTLY WED

The marriage took place recently at the Church of the Most Holy Redeemer, of Edna Mary Elizabeth, daughter of Mr. and Mrs. J. R. Botts, Charlottetown, and Wayne Francis Cudmore, son of Mr. and Mrs. Lloyd Cudmore, Charlottetown. Rev. Francis Maloney, CSsR performed the double ring ceremony. Following a reception at West Royalty Hall, the couple left on a honeymoon trip to points of interest in the Maritimes. Mr. and Mrs. Cudmore are residing in Charlottetown.

N.W. Territories 4-H Girls To Be Sponsored By WI

The Federated Women's Institutes of Canada are sponsoring a delegation of four girls from the Northwest Territories to the National 4-H Club Conference in Ottawa and Toronto, November 10-16, 1966.

This is being done through a grant from the Centennial Commission under the Youth Travel Program. For the second year the FWIC have been the recipient of a grant for this purpose. A similar project was carried out last year, through the courtesy of the Canadian Council on 4-H Clubs, when two girls and their leader from the NWT attended the Conference. This proved so successful it has been enlarged this year, thanks to an increased grant from the Commission and the ready assistance of the Canadian Council on 4-H Clubs, who give every co-operation in order to assure that this group from Northern Canada has an opportunity to meet young Canadians from the Provinces, and to take a full part in all activities connected with this annual event.

The girls are Annie Alekuk, Reindeer Station; Verna Hansen, Akivik; Sarah Charlie, Fort McPherson; and Mary Ann McLeod, Fort Providence. The first three are attending school in Inuvik and residing at Stringer Hall, Mary McLeod is at Grandin College, Fort Smith. They will be accompanied by Mrs. Ellen Binder, Inuvik, a leader. The group from the NWT will join the Alberta 4-H delegation in Edmonton and from there on will participate in the program arranged by the Canadian Council for the entire delegation of young Canadians at the Conference.

Advertisement for RAZ-MAH capsules. The ad features a stylized logo for 'RAZ-MAH' and the text 'DO YOU GASP FOR BREATH, WHEEZE, COUGH? Does asthma or chronic bronchitis keep you in misery with difficult breathing, wheezing, coughing - so it is hard to do your work, impossible to sleep? Do you sit up all night struggling to get breath through your bronchial tubes? Then here is good news! Thousands of Canadians use good news! RAZ-MAH capsules each year and get longed-for relief from their symptoms quickly. Try Templeton's RAZ-MAH capsules today - only 50c and \$1.25 at drug counters everywhere. MOTHERS! For children's bronchitis, asthma and chronic bronchitis get RAZ-MAH CAPSULES TODAY. 50c at drug counters everywhere.'

Advertisement for 'DRIVE CAREFULLY'. The ad features a stylized logo for 'DRIVE CAREFULLY' and the text 'We Love Our 76,000 Readers THE GUARDIAN-PATRIOT Prince Edward Island's "Total Selling" Medium'.

Advertisement for WALLPAPERS. The ad features a stylized logo for 'WALLPAPERS' and the text 'Visit Moore & McLeod's For Ready Pasted SUNWORTHY 500 patterns in stock Immediate delivery 85c up Phone for home viewing samples book - 894-6541 Moore & McLeod Ltd.'