

Periods Of Isolation Past

Like younglings of the livestock, happy when they leave the stabling for new-found freedom of a pasture, so the children obviously much enjoyed their extended play in the open today. They took turns swinging on the swing which hangs from a sturdy limb of a birch on the lawn, leaving it then at a fancy to name the plants appearing in the border and find first crocuses in bloom. And then, they wandered down the front meadow numbering the robins, presently at the far side standing a while to watch the waters pour from the nearer spillway to drop in churned foam to the pool below and race away to the river.

HAPPENINGS

His Honour the Lieutenant Governor and Mrs. T.W.L. Prowse have sent out invitations for a reception at Government House on Wednesday the sixteenth of May at three thirty to five thirty o'clock in honour of Lord and Lady Home. Lord Home is the British Under-Secretary for Commonwealth Relations.

WOMEN

Page 8, The Guardian Friday, May 4, 1956



ENGAGEMENT IS ANNOUNCED

ROMA CATHERINE PREECE JOHN ALEXANDER SHAW Mr. and Mrs. George W. Preece, Montague, wish to announce the engagement of their daughter, Roma Catherine to John Alexander, son of Mr. and Mrs. Neil Shaw, Martinvale, P. E. I.

Wedding will take at Trinity Church, Montague, P. E. I., on June second, 1956, at 2 o'clock.

It was decided to ask in a couple of variety concerts or plays in the near future. It was also decided to hold the final card party of the season on Thursday night, April 26th. Mrs. Arnold Tremere is to get the door prize. The reports of the various committees were heard.

It was decided to hold the next meeting on May 10th, instead of the regular night in the Hall with Mrs. George Kitson being the hostess, the roll call to be answered with an exchange of flower slips, seeds or herbs.

The committees were then appointed as follows: Sick committee, Mrs. Heath Larter and Mrs. Everett Clow (re-appointed); School committee, Miss Edna Todd (re-appointed); Lunch committee, Mrs. George Kitson, Mrs. Charles Larter, Mrs. Davis Ward and Mrs. Leighton Larter.

Correspondence was read and discussed. The collection was taken up amounting to 80 cents and the Gift Fund 33 cents.

There was \$1.00 donation received from Mrs. George Kitson, also there was one new membership received and one new subscription to the "Institute News."

It was moved and seconded that the meeting be adjourned followed by singing "The Queen." Lunch was served by the hostess assisted by Mrs. Errol Stewart, Mrs. John Watis and Mrs. Everett Clow.

SPRINGFIELD W.I. Mrs. Crawford Sinclair, pres., conducted the April meeting of the Springfield W.I. which met in the hall and was opened with the singing of "The Island Hymn" and the Collect repeated in unison.

A \$5.00 prize for the Program Booklet was received from the Department.

Five get well and three sympathy cards were sent and others acknowledged.

An interesting report of the March Leadership Course was given by the District Convention Secretary, Mrs. John Hickox. Mrs. Clarence Haslam was appointed a member of the District Convention Executive.

Mrs. William Haslam, convenor, conducted the programme which carried out the theme "Home Economics" in a most interesting manner. A letter from the Provincial Convenor was read by Mrs. John Hickox and the poem "World Call" by the convenor.

"One way I Economize was related by an original "Homemaker" contest was won by Mrs. Crawford Sinclair.

Following the singing of the National Anthem a delicious Pot Luck Supper was enjoyed by the members and their husbands and the display of varied handicraft admired.

Wives At Goose Bay Have Prepared Base Cook Book

By GILLIAN PRITCHARD Canadian Press Staff Writer GOOSE BAY, Labrador (CP)—Living on a windswept sub-Arctic bay which so far this year has received a record 191 inches of snow isn't every woman's idea of an ideal place to live.

But few complaints are heard from air force wives when their husbands are given a two-year posting to this Labrador outpost where up to 20 feet of snow covers the ground for seven months of the year.

One of the smallest bases as far as population goes, Goose Bay covers an area of 120 square miles, which includes a base leased to the U.S.

200 FAMILIES A group of newspaper women who recently visited some of the 200 families living in the well-planned married quarters were told that none of the wives was disappointed to learn she was coming here. All admitted they will be sorry to leave.

"It's the friendly, small-town spirit here that appeals to me," said hostess Mrs. Helen (Beth) Walker, who entertained some of the visitors at a coffee party, one of the favorite recreations at "The Goose." Mother of Lynne, 8, and Wynne, 5, Mrs. Walker comes from Stonewall, Man. With her husband, Cpl. Chuck Walker, and the family she will be leaving here in August.

The social life at the base appeals to Mrs. Gerry Mitchell, attractive wife of Group Capt. E.M. Mitchell, commanding officer of the RCAF base. She also likes the skiing available practically at her doorstep.

Mother of five children aged from 14 down to five, Mrs. Mitchell has lived on "RCAF" bases throughout Canada, Ottawa-born Mrs. Mitchell said she became accustomed to the cold while her husband was serving at a base in western Canada.

Mrs. Betty Fletcher, wife of Plt. Sgt. Bill Fletcher of Toronto, said she finds the dry, sunny climate very healthy for her three sons, Rickie, 10, Ronnie, 7, and Ray, 2.

"And we just couldn't afford the entertainment we get here, so cheaply if we were anywhere else," she added. The nestegg that the Fletchers have saved from the

extra "isolation" pay that everyone living at northern stations receives pay for a TV set or perhaps a car.

Mrs. Gertrude Geisler, of Hanley, B.C., came out here with her children Gloria, 11, Diane, 9, and Mark, 4, to join her husband Lac. A. Geisler.

Like the majority of air force families here they are saving for a car.

"We aren't allowed to have a car up here. And anyway there's nowhere to drive—you end up in the bush," Mrs. Geisler said.

Working wives find jobs in the base stores, snack-bar and the telephone exchange. Mrs. Joy Freshwater, wife of Lac. Alec Freshwater, has taken a turn at each and is at present on the switchboard.

Children attend the modern Robert Leckie school opened six years ago for Canadian and American children.

A well-equipped 50-bed hospital, which handles 600 out-patients monthly, looks after servicemen and their families, civilian employees and Eskimos and Indians from a nearby settlement on the Hamilton river.

It has a busy obstetrics department where 100 babies a year are born. One of the wives said laughingly that there is a saying that "no wife leaves the Goose without a new baby." Maternity care is provided free by the RCAF.

Rents for the three and four-bedroom bungalows are the same as for married quarters on other air force bases, but here furniture is provided by the RCAF.

Shopping in a community where there is a choice of the Hudson's Bay store and another store run by the RCAF has its drawbacks. Most of the mothers come well-thronged. They may bring 100 pounds of baggage for themselves and 200 pounds for each child.

While food prices compare favorably with city prices, meat is expensive and there is no fresh milk. Fresh fruit and vegetables are flown in twice weekly. "But it's amazing how many recipes call for whipped cream," said one wife.

To overcome limited choice of supplies the wives have prepared a recipe book using all the items obtainable in Goose.

LET'S EAT

Southern Cooks Favor Hearty Tossed Salads

By Ida Bailey Allen "One phase of this good Louisiana cooking I like is the generous use of tossed salads," remarked the Chef. "A good tossed salad needs nothing more than three times as much oil as vinegar and salt and pepper to taste. Sometimes onion juice or a little chopped parsley may be added, or the salad bowl may be rubbed with a cut section of garlic to give a subtle flavor. Tomorrow's Dinner: Iceberg lettuce slices; devilled ham dressing; red beans with rice; creole cabbage; fruit floating island; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6. Red Beans with Rice: Put 1 lb. dried red beans in a 3 qt. kettle. Add boiling water to cover. Add 2 tsp. salt, cover and let stand 50 min.

Bring to a brisk boil. Simmer-boil covered 2 to 2½ hrs., or until tender.

When starting to boil, if desired add a ham bone or ½ lb. cubed lean salt pork or bacon.

Season the beans to taste with pepper. Serve with flaky rice. Creole Cabbage: Wash and shred medium-fine a 2½ lb. green cabbage. Half cover with boiling water.

self in that skirt, she happily took steps to enable her to wear it.

GOOD INCENTIVE The incentive for many an overweight to slim down has been the offer of a white evening gown for installation in the Eastern Star.

Perhaps you'll recall the story of the Minnesotan who reduced 20 pounds in two months and proudly wore the borrowed white formal for installation. The best part of the story is that she continued to curb calories for another 10 pound loss, bringing her weight to 145 pounds. When she last wrote, this confident woman had started a slimming club to help other overweight women.

One overweight wrote that she simply couldn't imagine herself a fat lady when she had worn size 16 for years. So one day when the clerk suggested size 20, she was jolted into action. Her mind wouldn't allow her to keep the excess weight.

If you have a favorite dress which you can no longer get into, hang it in plain sight. Then put the subtle psychological law into effect by picturing yourself wearing this smaller size dress beautifully. It's surprising how this practice can take the resistance out of calorie curbing.

Tomorrow we'll carry this picturing over into slimming exercises.

SUVA, Fiji Islands (Reuters)—South Pacific officials meeting here Wednesday heard about a new native confection called Fiji Airways because "after the second one you take off." Sir Donald Garvey, governor of the Fiji Islands, gave the conference of the South Pacific commission the recipe of the Fijian drink: cold tea, methylated spirits and chewing gum.

COOK'S CORNER



COCONUT TARTS

1-4 cup melted butter 1-2 cup brown sugar 1-2 tsp. salt 1-2 cup corn syrup 1 egg 1 cup coconut 1-2 cup nuts (walnuts or pecans). Fill unbaked tart shells half full and bake in hot oven for 20 minutes.

MORNING SMILE

Now that refrigerators can be opened from the inside, anyone can find out if the light burns when the door is closed.

Advertisement for Daisy Fresh Longline Bra, Sanitized, featuring an image of a woman in a bra and text describing the product's benefits.

Advertisement for 'Picture A Willowy Waist' by Ida Jean Kain, featuring a woman's portrait and text about a diet plan.

Advertisement for 'MAY CLEARANCE' at 'THE FASHION SHOPPE', listing suits, burberries, and hosiery at discounted prices.

Advertisement for 'There's One Just Right For You' at 'MARIE ELENA BEAUTY SALON', featuring portraits of women and text about hair styling.

Advertisement for 'MARITIME GREENHOUSES' featuring 'FLOWER CART OPENING' with various floral designs and plants.

ANNE ADAMS PATTERNS

Advertisement for Anne Adams Patterns, featuring illustrations of clothing items and text about pattern services.

Advertisement for 'Tasty Toons' by Stewart's, featuring a cartoon illustration of a child and text about children's products.

Advertisement for 'Don't irritate child's intestines with "too-strong laxatives"', featuring text about Children's Own Tablets.

Advertisement for 'Make these simple POTATO SCONES tomorrow!', featuring illustrations of scones and text about the recipe.