

AM

6 The Guardian, Charlottetown, Mon. Jan. 20, 1964.

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8306

At the monthly workshop of the P.E.I. Art Society tomorrow evening, colored slides will be shown illustrating the history of art from ancient Egypt to Greece to El Greco in the 16th century. This meeting, open to members, friends and the general public will be held at 8 p.m. at Prince of Wales College.

A gay social event will be held in the A.D. Mackenzie Hall Monday on Wednesday evening when Heather Downe, whose marriage takes place Saturday, was the guest of honor at a miscellaneous shower. She was assisted by Mrs. Horace Fraser and Mrs. Douglas Henderson, with Mrs. E. Pepler arranging the gifts.

Mrs. J. MacLean organized the program of interesting contests. Mrs. D. Fraser and Mrs. Angus Jones were prize winners. Lunch was served by members of Trinity U.C.W. Mrs. Lloyd Fraser was pianist for a sing-song.

Winter may have us in an optimistic but the thoughts of the winter have been turned to the Hospital have lightly turned to spring clothes.

Each annual three day fashion show will begin Monday, March 16. A number of models have already been chosen and there are rumors of a very special programme with a Centennial flavor.

Co-conveners Mrs. Alfred McNeil and Mrs. Walter Alder announced that there will be two shows each evening, at 7 and 8:30 o'clock, and one luncheon showing Tuesday at 1 p.m.

The wives of delegates to the Dairy Farmers' Convention were entertained at a delightful

IDA BAILEY ALLEN

Try Plentiful Potato In 'A-Peeling' Dishes

IDA BAILEY ALLEN, who would believe that potatoes were once regarded as an exotic vegetable in England and America? They were grown as showpieces in the gardens of the rich until quite late in the 18th century. Nevertheless, experience turned out to be a cruel teacher. We learned the real value of the nutritious tubers through the intervening years, as well as hundreds of fine ways of preparing them.

But although we recognize the fact that potatoes are "nutritious," few persons prepare them in ways to save the nutrients, the minerals, iron, calcium, phosphorus, and Vitamin A, thiamin, riboflavin, niacin and ascorbic acid; the solids (from 2 to 3 per cent protein and starch about 25 per cent) without the addition of butter or other fat, an average 5 per cent solids in 23 calories can be eaten even while weight-losing.

The place of potatoes in the meal corresponds to that of

POTATO PLATTERS

(For Lunch or Dinner)

- Buttered Flaked Potatoes Creamed Eggs Danish with Minced Parsley Dressing
- Escalloped Tomato
- Buttered Flaked Potatoes with Minced Beef Tuna a la King Green Peas a la Chinoise
- Sliced Potatoes Baked in Foli Cheese Rabbit Sauce Spinach or Kale (Cassino)
- Browned Rabbit Carrots Measurement: 1 recipe for 6
- CHEESE RABBIT SALAD 1½ c. sharp American cheese, coarse - grated
- 1 large egg
- 4 tsp. salt
- 1 tsp. oil
- ¼ tsp. pepper
- ¼ tsp. mustard
- ¼ tsp. paprika
- 2½ c. milk, heated

In double or triple mix - all ingredients, except milk, in order given. Then stir in milk, cook over hot fire 10-15 min. or until it thickens. Stir often.

Then beat vigorously with rotary beater. Serve over boiled potatoes or as a dip. Whole rabbit on heated crackers not eaten.

THE CHEF'S SATURDAY POTATO-CHEESE PLATTER DINNER

(Based on the Potato and Cheese Suppers Served Traditionally in Switzerland and Waldorf Salads - Dark Bread and Buttered Flaked Potatoes)

Platter of Assorted Cheeses: including Cheddar, American Sage Danish Blue Tilted or Swiss Emmentaler Swiss Border, small slices of Ham (Canned) Bowl of Cottage or Cream Cheese Dip Citrus Fluffs in Gel With Mandarin Orange Sections Coffee, Tea, Milk

Norway's population grew to about 1,000,000 in the end of 1963, an increase of 28,000 during the year.

MARY HAWORTH

Corrective Diet Aids Strange Unrelated Ills

Dear Mary Haworth: One of your references to Dr. E. W. Abrahamson's book "Body, Mind and Spirit" (1961) has helped someone.

For the past year my husband has been suffering from strange, seemingly unrelated symptoms. He had seen four doctors and a month ago was given tranquilizer pills for his "imaginary ailments."

He started immediately on the simple corrective diet prescribed by the late Dr. S. E. Harris. Within five days he was feeling much better. His hypertension, his diabetes, his blood sugar starvation fitted my husband's strange symptoms precisely.

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By the sixth hour of the last his blood sugar count had fallen acutely below the normal level. He is now in the hands of a competent internist, the right track at last, being further tested. Needless to say he no longer takes tranquilizers.

Why aren't more people aware of this revolutionary medical knowledge? Dr. Abrahamson's book was copyrighted in 1961 and today, 12 years later, all most nobody seems interested in your writing any articles on the subject, aside from your column?

MR. AND MRS. JAMES G. TOOMBS

Nuptial Vows Are Pledged At Freetown United Church

Freetown United Church was the scene of a recent wedding when Virginia Vayvee, RN, daughter of Mr. and Mrs. Alfred Reeves, Freetown, became the bride of James Garth Toombs, son of Mr. and Mrs. Irving Toombs, Bedouque. Rev. S. M. Shaw officiated at the double ring ceremony.

Mrs. Allison Profit, organist, accompanied Mrs. Lyman Smith who sang "The Wedding Prayer" prior to the ceremony and "I'll Walk Beside You" during the signing of the register.

The bride, given in marriage by her father, chose a floor

length gown of white peau de soie. The skirt, with a slight bow train, was accented by a row of the princess styled fitted bodice feature lace inserts, with a high neckline and ruffled point. Her hairdresser was a bouffant veil of nylon tulle caught by a rose cluster of pearl de soie. She wore a cascade of orange gelid roses.

Attending the bride as matron of honor was her sister, Mrs. F. John Woodworth. The bridesmaids were Mrs. Garth MacLean, sister of the groom and the Lorrin Reeves, who were identified with matching red and white cascades of mums.

The best man was Ronald Wright and the ushers were Garth MacLean and John Woodworth.

Following the ceremony a candlelight reception was held in the Freetown United Church hall for over 100 guests. The guest book was circulated by Carol Reeves, sister of the bride.

The bride's mother received wearing a rosewood sheath dress with matching jacket of lace over tulle. She wore a corsage of pink carnations.

The groom's mother received wearing a green double knitted sheath with matching jacket, a hat of white tapestry and matching accessories. She wore a corsage of yellow mums.

Leaving for a honeymoon in N.B. and Maine the bride chose a cranberry red wool sheath, topped with black Peruvian lamb, three-quarter length coat, and matching accessories. She wore a corsage of white carnations.

Out of town guests included Mary Woodside, RN, Halifax, N.S.; Bernadette Noonan, RN, Halifax, N.S.; Erma Hardy, RN, Halifax, N.S., and Mr. and Mrs. George Munford, S. Antigonish, N.S.

The newweds are residing in Bedouque.

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while pretending they picked up their learning elsewhere. In any case, many thanks for your kind letter; and if you can alert the public to do its own digging, in pursuit of good medicine, it will be power to you. Meaningful, I'd rather leave medical article writing to the specialists.

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

ELLEN'S DIARY

One Of Winter's Sounds Is Raven's Rasping Call

A sunny winter wind caught the pieces of this morning's snow brightly, though fingers tingled at the spreading. "They'll dry," we said to James, who had stopped on the yard-path nearby.

The children of the house across the lane had gone to school, Mack and Alex to theirs by way of the little truck now being cravering away from lane's end, and their one sister by an earlier machine to her classes in town. When they are absent, it also is when our air of vacancy descends on the place, which is lifted only at the sound of a football, a word or a chuckle from the field, it enfolds. The Starlings' house has now, in residence there, the snow remains as it fell under its doormat, or over the fields from the wind.

"It's a pretty morning," we said. "But it was winter. A raven's rasping call came clear on the air, over the fields from the woods. A cow's low was muffled by the closed stable door. Only sparrows whined.

James regarded the sky's morning blue, the reach of sparkling white fields up and down the valley, unlit. "Yes, it is a pretty morning," he agreed. "Not unlike a March one. And after all, March is not too far away."

"Only a storm of two" we said. "Now in January the farm wife's thoughts turn to the clearing of the weather lists, the weather will find for us the blue sky again.

"That's tomorrow" - Diary - Good-night.

WOMEN'S ORGANIZATIONS

Oyster Bed Bridge WI View Tweedsmuir Sampler

The January meeting of the Oyster Bed Bridge Women's Island Women's Institute. The January meeting of the P.E.I. Island Women's Institute. The January meeting of the P.E.I. Island Women's Institute.

The secretary reported that donations for the USMC lavatory consisted of two quilts, seven blankets, 15 diapers, one shirt, three jackets, one soaker, three cakes and three cards safety pins, two tin-lin powder, one nursing bottle.

Centennial Year observance was discussed and the secretary was delegated to write Bunbury Nursery tree prices—trees to be planted around school yard. Planting flowers at gateways was also discussed.

As you say, it is the fashion in certain quarters to mock the notion that whatever column, so-called, can be first-rate journalism. (But what if they're

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Woolworth's Family Allowance Draw
Cash Your Allowance Cheque Here — You May Be The Lucky Winner

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eight members had never missed a general meeting. Mrs. John Marchbank is a member of the committee as follows: Past president, Mrs. Wilbur Stavert; president, Mrs. Shaw; 1st vice president, Mrs. Allison Profit; 2nd vice president, Mrs. Robert Schurman; treasurer, Mrs. Roy Walker; recording and press secretary, Mrs. Don Schurman; corresponding secretary, Mrs. Bernice Burns; Mrs. Wallace; Mrs. Frank Jardine; citizenship officer, Lillian Sobey; friendship, Mrs. Elmer Smith; social, Mrs. Frank Jardine; citizenship, Mrs. Lyman Smith; program, Mrs. Loula Cairns; Stewardship and recording, Mrs. James Clark.

The group in attendance decided to send flowers to Mrs. Louis Cairns who was ill. Mrs. Wilbur Stavert installed the officers and Mrs. Roy Walker gave the "But Thine Own" was sung.

Mrs. Shaw thanked the members for the trust they had in having her for president a year with God's blessing. She asked the kind of President that members desired.

Meetings closed with the Lord's Prayer and lunch was served by the North Bedouque Unit.

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