



### SPORT IN GOOD SHAPE

Scuba diving is growing in popularity among girls in the Vancouver area. Among the most enthusiastic are Mrs. Peter Hartman (left) and Sonja Glasgow. Sonja, 30-

### Women Join Expeditions To Favorite Sea Haunts

By DENNIS ORCHARD VANCOUVER (CP) — Scuba diving has gone co-educational on the Pacific Coast. Equipped with the best in scuba and snorkel livery women are joining expeditions to favorite sea haunts, shrinking from none of those wiggy, crawly things that every good ocean offers.

Daring has nothing to do with it, says Sonja Glasgow, 30-year-old mother of three and perhaps the most enthusiastic among a dozen girls who have seized on the sport.

She has been in the water at least twice a week, week in and week out, for six years. Few challenges go unanswered by her, and she is pondering a couple right now.

One is to form a women's team for an underwater hockey league operating in a Vancouver pool.

Another is to enter an annual West Coast Hunt for octopuses.

"Not too many women have gone on the octopus grapple," she mused recently as she pulled the last shirt from a washer, finishing her work for the day at a North Vancouver cleaning firm.

"Now that would be a lot of fun, wouldn't it?" Sonja will inevitably find out. She has an ideal background for the pursuit, which attracts divers to the Strait of Juan de Fuca from as far away as California.

Two-man teams frighten the octopuses out of their lairs, and

the winner is the team that brings the biggest one back. "They come 40 to 50 pounds around here, some of them much larger," said Sonja. "They're quite docile. You force them out with copper sulphate. Then you grab them in the pouch at the side of the head."

Sonja and her friends prowls near Vancouver, always armed with spearguns. They go after everything that moves, and they've become seafood connoisseurs.

### IDA BAILEY ALLEN

### A Heads-Up Suggestion Our Upside-Down Cake!

THE CHEF still chuckles over an old joke about the novice cook who stands on her head to make upside-down cake.

A quick glance at our recipe that follows will assure inexperienced cooks that acrobatics are unnecessary.

Measurements level; recipes for 6

**COLONIAL GINGER TOPY - TURVY CAKE**  
4 canned pineapple slices (3 of them drained and halved)  
7 maraschino cherries, drained  
1-3 c. unsulphured molasses  
1/4 c. sugar  
1/4 lb. butter or margarine  
1 1/2 c. sifted flour  
1/2 tsp. salt  
1 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. ground ginger  
1/4 tsp. ground clove  
1/4 c. shortening  
1/4 c. sugar (additional)  
1/2 c. unsulphured molasses (additional)  
1 egg (beaten)  
1/4 c. hot water

Whipped cream sweetened with unsulphured molasses to taste  
Arrange 6 halved pineapple slices around bottom edge of buttered 9" cake pan. Center with whole pineapple slice; place cherry in center round of each pineapple half. Pour in 1-3 c. molasses; dust with 1/4 c. sugar and dot with butter.

Sift together flour, salt, baking powder, baking soda and spices  
Cream together shortening and remaining sugar; blend in remaining unsulphured molasses. Stir in 1/4 c. of flour mixture; beat in the egg. Add hot water alternately with remaining flour mixture. Turn into prepared pan.

Bake 40 min. in moderate oven. Invert immediately on round serving platter. Serve with whipped cream, sweetened with a few drops of unsulphured molasses.

Note: In colonial days, 1 medium apple, pared cored and cut in wedge-shaped slices would have been substituted for canned pineapple slices and maraschino cherries.

**COLONIAL - TYPE DINNER FOR SUNDAY**  
Oxtail Soup (Canned)  
Small Baking Powder Biscuits  
Baked Ham Virginia Style  
Raisin Sauce  
Pan - Roast Sweet Potatoes  
Broccoli Parmesan  
or  
Patchwork Saladettes

**URCHINS UNSAVORY**  
We try anything once. Ling, rock cod, octopus, abalone. I must say I didn't like raw scallops and sea urchin omelette."

Sonja, who is separated from her husband, has children seven, nine and 10. They go along on expeditions, although she doesn't want them diving until they are 15 or 16.

The group usually starts diving in scuba outfits-form-fitting, self-contained underwater breathing apparatus. Once their compressed-air tanks are used up, usually in an hour or so under water, they switch to snorkels, which are simple breathing tubes for shallow underwater swimming.

Last year at a contest of Vancouver Island, Sonja speared an 86-pound skate, a ray-fish that flashes a dangerous, razor-sharp tail.

"I had never seen one before and I didn't know I could be cut," she said. "It took me down three or four times I would just get a breath of air and down it would go again. When I landed it I couldn't even pull it out myself."

The skate measured 49 inches by 68 inches. She is waiting on a check with the Underwater Society of America to determine whether it is a world record.

Plans were made for an open meeting to which the public will be invited. The meeting will feature "Potatoes" and it is hoped to have a potato inspector present who will answer any questions the consumers may ask. This was decided at the executive meeting of the P.E.I. Consumers Association of Canada which was held at the home of Mrs. Loran McLellan, president, on February 18th.

Members were brought up to date on the activities of the National CAC. — Wing Commander Arthur H. Tinker, MBE, CD, has been appointed Executive Director of the CAC, and he will be responsible for effecting the policies of CAD and for co-ordinating the work which the Association carries out on behalf of the consumer at its local, provincial and national levels.

Committees continue to work toward getting more satisfactory packages for bacon, better labels on fruit drinks to distinguish them from pure fruit juices, and clearer information for consumers on the amount of money they are paying for credit. Seventy complaints have been received at the National Office since September and have a referred to the committees concerned.

(Red and White Cabbage)  
Colonial Topsy - Turvy  
Ginger Cake  
Coffee or Tea Milk

**PEANUTS FOR PIQUANCY**  
In colonial Virginia, peanuts were sometimes used in cooking. In a French salad dressing, 3 tbsps of chopped roasted peanuts will coax many youngsters and some "oldsters" to eat and enjoy simple salads.

**TOMORROWS DINNER**  
Salad on Lettuce,  
Peanut Dressing  
Broiled Fresh or Frozen Fish with Hot Sauce Tartare,  
Potato Puffs (Frozen)  
Lemon Meringue Pie  
Coffee or Tea Milk

**HOT SAUCE TARTARE FROM THE CHEF**  
1/2 c. sour cream  
1/2 c. mayonnaise, well-seasoned  
2 tbsps tart minced pickle relish  
2 medium - chopped pimientos  
2 tbsps. fine - chopped parsley or dill  
1 tsp. chopped green onion or scallion

Combine ingredients in pt. saucepan. Stir until well mixed. Heat slowly, stirring gently with fork. Do not boil. Serve hot.

### MARY HAWORTH

### Fences Are Good Idea Until Control Is Exercised

DEAR MARY HAWORTH: This letter refers to your reply to the English - American wife who broke down under the stresses of neighborhood togetherness in America.

I wish to defend a n y housewives (as well as LY's psychiatrist), who choose to ease such stress by erecting high fences around their property, to ward off the hordes of trespassers and secure for themselves some of the God - given peace and privacy that our ancestors strove to secure and preserve.

Contrary to your implication, that such fence builders are clinging to a fossilized, out - moded concept of (self - centered) family life, I proclaim they are manifesting a healthy constructive resistance to a destructive trend in our urbanized society.

Your viewpoint might be different if you had ever lived in a

# Women

The Guardian, Charlottetown, Sat., Feb. 20, 1965. 7

## HAPPENINGS

Audrey Jenkins, Women's Editor Phone 4-8586

Mr. and Mrs. Harold Nicholson, Hazel Grove, are visiting the latter's brother, Mr. and Mrs. Myron Matheson, Montreal.

The Breadalbane WI sponsored a successful Valentine party at Breadalbane school recently. Mrs. Alan J. MacDonald was in charge of the program and Mrs. William Stewart read a story contest to which many humorous answers were contributed. Mrs. William Graham was in charge of the bazaar table which was supplied with varied and interesting items, and the "fish pond" was amusing for the children who enjoyed the unusual "fish" obtained there.

Refreshments were served by a number of the WI members.

Mr. and Mrs. James MacLure have returned to their home in Murray Harbor North after spending some time in Toronto, Ont., where they were the guests of Mr. and Mrs. Willam Millar and family.

Carl Johnston, Montague, has returned to his home after spending a few days in Halifax, N.S.

Willina Gillis has returned home to Ellerslie after being in Toronto, Ont. for the past six months.

Mr. and Mrs. Justin MacNeill, Montague, motored to Halifax recently, where they attended the annual Dalhousie Pharmacy Ball.

Mardie MacDonald, of Saskatoon, Sask. is spending her vacation with her grandparents, Mr. and Mrs. John Rankin, Murray River. She will also visit with her aunt and uncle, Mr. and Mrs. Ford Keenan.

Mrs. Hazel McCarron, St. Mary's Road, had returned to her home after spending the past 10 days visiting with her daughter, Mrs. Clarence Campbell, Miscouche.

Mr. and Mrs. Carl Johnston, Montague have as their guests this week, Mr. and Mrs. Augustus Keenan, Murray River.

Results of last week's card party at Lower Newton school are as follows: ladies' first, Rita Grant; ladies' second, Mrs. Joe Edmonds; ladies' consolation, Mrs. Edward Martin. Following men's prizes were won: men's first, David Gillis; second, Kenny MacPherson; consolation, James Halliday. Door prize went to Mrs. Mike Flynn and freezeout to Robert MacKenzie and Monty Martin.

Mr. and Mrs. Emmerson Murray, Breadalbane, have moved into their new home in Frederickton, P.E.I.

adjustment to the accepted fact that, on the home front (in that neighborhood, at least) child-rearing is the most important a n function, for the time being.

In that spirit, the parents' hearts and hands and doors are open to visiting "hordes," who are also supervised, admonished, corrected and efficiently "sent home" as occasion requires.

For what it may be worth - an observation, it seems to me that today's young parents, mothers especially, who've had some growth experience in group living, away from kin-folks, prior to marriage (as dormitory living during prep school or college years), accommodate more hospitably to non-fenced-in, neighbor oriented living than do persons reared entirely in an old - style, walled-in home environment.

In my view, it's not the problems of proximity, but the ages - old problems issuing from poverty and man's inhumanity to man, that makes proximity look to be the villain, to the superficial thinker. M.H.

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

**MOTHER, SONS DIE**  
CLEVELAND (AP)—A young mother and her four sons were shot to death in their home here late Thursday in what police said was murder-suicide. Police said Doris Johnson, 37, separated from her husband William, shot her sons, aged 11 months to seven years, and took her own life shortly after telling a friend in a telephone conversation that she intended to kill herself and her family.

**In Memoriam**  
In Loving Memory of Wendall Stewart MacCallum who departed this life Feb. 20, 1962. Ever remembered by his wife Edith and Family.



### MR. AND MRS. GEORGE GARNHUM MARRIAGE VOWS PLEDGED

The marriage took place recently at Zion Presbyterian Church, Charlottetown, of Cora Mae Folland, daughter of Mr. and Mrs. Roy Folland, North Granville, and George Edward Carlyle Garnhum, son of Mr. and Mrs. Daniel Garnhum, Charlottetown. Rev. D. A. Campbell performed the double ring ceremony.

### ELLEN'S DIARY

### Quiet Clouds Dipped Down Above The Wooded Slope

Once more in the turn of time, a February Saturday writes "The End" to our workaday week. Pleasant days, all in all, they were. We spoke of them at supper, when Alex and Peter were our guests. "You see it's this way," Peter explained to his grandfather, when James came in to the meal, "we want to see the next TV program. So" he nodded, "it was just as well to stay. Besides," he added, "we were invited."

"Beans? Yes. And by way of a tasteful change, an oatmeal loaf replaced the usual brown bread which complements them. Rolls too, fresh from the oven. Pieces of a cake made after the old-time method, which disregarding the mixer, had stirred and blended the ingredients by hand.

And what the exact measurements were, we can not say. We recall that Mack, chancing to have come by for a drink at the time said, "Now let it be all white! Don't go messing it up with spices. And cover it with seven minute frosting - a n d that," he smiled, "will be a cake!"

We remember too that for leave-in, a departure from the usual, we used the combination of cream of Tartar and soda. Because Peter, standing near, had turned to inquire about this, before turning back to the window to watch the activity without, Paddy, hitched to a sleigh by an open door was awaiting the completion of the load of stable - cleanings, he was to take off to a field. Nearer, a cat, black as night, clambered smartly up the crinkled hole of the golden willow, and from an overhanging limb, looked down in a teasing manner, on

Character in Youth was the subject of an address given by James R. Murphy, principal of Kensington Regional High School, at the regular meeting of Margate Fellowship Group.

Deviations were led by Mr. and Mrs. Lorne Adams and Mrs. Robert Heaney. In the absence of the president, Mrs. Reg Dennis occupied the chair for the business meeting.

Ralph Howard introduced the speaker and Mrs. Arthur Profitit expressed the appreciation of the members for the educational and inspiring address. Rev. Mr. Paterson also voiced his appreciation.

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Why Leave Your Clothes Until Spring! Send Them To Your Cleaners TODAY  
**WHY - WHY - WHY**  
We are sure you will be pleased with our work and that you will be ready to enjoy the nice days ahead.  
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another, who watched from a drift below. Back of them, one could see a bit of the wooded slope to the east, and the quiet clouds dipping down above.

We spread the cloth in good time to have supper over before the lamplight. The visitors carried the dishes and foods from the pantry and arranged them. These, the thought lingered a moment, should one day make helpful husbands, in that they were gaining thus, some acquaintance with that which is regarded only as women's work.

"Now, let me make the tea," Peter begged. We reached down the canister from the old mantel behind the stove. He selected the required number of teabags, and stopped a moment to eye the container we were returning to its place.

"Was it always there?" he queried.

"Always," we replied. "That's a long time" he commented, dropping the tea into the pot.

"This has been a good week, Ellen. If February continues as it has, we shan't have any cause to complain of the weather," James commented at supper.

And all the time shall we not have eyes to see, ears to hear, and a mind to comprehend all the wonder and beauty of the season about? And what of our "walk and conversation?" In regard to the latter, one reminds us always to "Speak Well."

"Speak well of people—tell the kindly things. The neighbors do, and how they always try to make the day a little easier. Talk about sun and wind and open sky. Have praise upon your lips like jewels rare; Talk about peace, and eventide, and prayer... Speak kindly words, they are such precious things. To brighten up a day, and give it wings."

U n t i l Monday — Diary — Good - night....

**LOC. OF SMELL**  
Swedish scientists have discovered a way of eliminating the distinctive smell of fish in their use in the preparation of food.

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### P.E.I. Consumers Association Participates in Three Surveys

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Specifications for Canada Standard Sizes for 23 children's garments have been revised and completed along with standard measurements for outer garments which it is hoped will be ready for use for the fall and winter of 1965-66.

The local Association has participated in three surveys during the past winter, one of them being the survey on detergents, the results of which appeared in the last issue (Jan-Feb, '65) of the Canadian Consumer.

Information concerning Island laws on Consumer Credit and Garnisheeing of Wages has been sent to a National Committee studying these problems across Canada.

The local Association is concerned about packagers using staples to close plastic bags as it has been found that these staples drop into the food and are taken into the mouth. Packagers are being asked to use wire ties or heat sealing.

Complaints have been received from consumers about grocery stores piling magazines, cigarettes or candy in front of the cash register so the sounder is unable to see the amount which is being rung in. CAC is asking grocers to correct this.

A radio program "Calling All Consumers" is now heard every Wednesday morning at 10:55 am over CFCY. In this program the P.E.I. President of CAC, Mrs. L. J. McLellan, brings to the consumer information about food products, consumer problems, testing of consumer products as reported in the magazine "Canadian Consumer", and other information of interest to the Island consumer.

**Books Needed For Kilmuir School Library**  
Eight members and one visitor answered roll call at the February meeting of Kilmuir Women's Institute held at the home of Mrs. C. M. MacDonald. The meeting opened with the Institute Ode, followed by the Creed, and correspondence was read and discussed.

Books for the school library were reported needed, and a committee was appointed to get further information on this matter, and report at the next meeting. Visitation committee reported that treats had been distributed and Red Cross knitting was completed and handed in.

A card party was planned for February 19th at the home of Mrs. Colin MacDonald, when refreshments will be in charge of Mrs. Forban Bears, Mrs. D. Monroe, Mrs. Edna Graham and Mrs. R. Campbell.

Visitation committee for next month will be Mrs. Dot Campbell and Mrs. Effie MacPhee. The next meeting will be at the home of Mrs. James Campbell, roll call to be answered with a donation bake sale.

At the close of the meeting, refreshments were served by the hostess.

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