

ELLEN'S DIARY

Ah, To Pluck A Shamrock From The "Ould Green Sod"

So this is St. Patrick's Day. A top-o-the-mornin' day. O a which inclines us to wish we might pluck a shamrock from the green-gold grass of the "Ould Sod". And Scottish, English, Irish or whatever blood, or mixture of races, we Islanders may be, many undoubtedly because of "that little bit of me that's Irish", today will have an Irish song on their lips. And in lyrics know that these were not easily composed. There is an abiding love of the homeland and its associations in them, a nostalgia, a thread of loneliness throughout sweet and lulling though these are. But the dance tunes, how joyous and sprightly they are!

"Do you know how Mrs. ... gets her girls to put heart and soul into their work?" a helper-by-the-day, queried of a mother somewhat distracted over the indifference of hers one morning. "She slips an Irish jig on the 'granny-phone' and cranks it up! And she chuckled, 'they snap into it then! What else could they do? Who could help keepin' time to the like of that, now I ask you?'"

The boy, and man, the day honours. St. Patrick, who was a missionary indeed. And we will feel the added strength in the sunshine, shall fancy the rousing in the sod beneath its March coverlet, and picture the greening of tree and meadow, so welcome when at length the wintry days, are no more.

"But this isn't a market day, Ellen," James commented, with a twinkle this morning, when with the one girl of the farm, plans were being made for an outing to town. "No day is a market day now, James," we said. "Or we might say, every day is a market day," she amended.

Garment Club Meets At Murray Harbor

Linda Irving gave a talk on her 4-H tour in Nova Scotia last summer at the recent meeting of the Murray Harbor 4-H Garment Club held at the home of Mrs. Nathan Irving. Vice-president Marlene Clements was in the chair and appointed Sheila Bell to act as secretary for the meeting in the absence of Ruth Bell. Nine members answered roll call with a favorite girl's and boy's name.

It was decided to write the supervising regarding Achievement Day, and if possible it will be held on May 27th. Mrs. Machon stressed the unlimited opportunities for Home Economists and hoped that some of the girls would choose this as a career. She stated that a former member of the club is studying for this profession at the present time.

Linda Irving, during her talk urged the girls to take advantage of any tours offered in the future, and told of visiting many points of interest in Halifax, their visit to Peggy's Cove and their tour to the Agricultural College in Truro.

Joyce Robertson demonstrated the making of Easter eggs. She showed the group how to remove the white and yolk and how they could be decorated with food coloring.

A Canadian Name contest was put on by Pauline Bell, which proved so interesting, the members decided to complete it at home and bring it to the next meeting. Marlene Clements had a jumbled word contest with all words being articles used in sewing.

The next meeting will be held on April 6th, with a sewing meeting on Wednesday.



SHE FILLED THE BILL

The ad wanted someone fat and jolly and Mrs. Paul Paks (ABOVE) of Niagara Falls, Ont. met all the require-

ments. "The man took one look at me, picked up his phone, called somebody and said 'I've got my girl' before I had even opened my mouth," she said. Mrs. Paks, 38, is a former radio and nightclub singer and mother of three daughters. She's five-foot-nine and weighs 256 pounds. Wearing burnt cork makeup and a red-and-white checked dress and turban made for her by her 78-year-old grandmother in Nash Creek, N. B., she demonstrates the making of pancakes at retail outlets. While putting on demonstrations she sings such songs as Swanee and Mammy and one she composed herself. She says "I'm not ashamed of my weight or my age. If you're happy from the inside it shows on the outside. Life is too short and it's so easy to smile." (CP Photo)

Popular Cascumpec Couple Mark Golden Anniversary

Mr. and Mrs. Harry Lewis were honored at their home in Cascumpec last week when relatives and friends assembled to celebrate their 50th wedding anniversary.

Mrs. Lewis, the former Janie Butler of Lot 7, was married to Harry Lewis on March 8, 1916 at the Alberton P. R. S. by a minister in charge of the community while Mrs. Russell Leard made a presentation.

Mr. Lewis is a farmer, where Mr. Lewis was engaged in farming. They have a family of 11 children and 35 grandchildren.

Their sons and daughters are: Marne of Cascumpec; M. S. Wallace Moase (Grace) of Kensington; John of Woodstock; Mrs. Jack Westall (Alma) of Toronto; Lawrence of Halifax; Mrs. Wendell Harrington (Jennie) of Ohio; Mrs. Donnie Black (Hazel) of Halifax; Leigh in Cascumpec; Harry of Woodstock; Keith of Cascumpec and Mrs. Oral Boss (Verna) of Amherst. All except Alma, Jennie and Hazel were with their parents on this special occasion.

Lester Wallace was master of ceremonies for the evening. Mrs. Moase and Mrs. Boss each made anniversary cakes and an address from the family



by Anne Adams

EASIEST OF ALL SWING AND SNAP - this summer has lots of both! Sew it swiftly for flitting here and there now and when school's over. Straight evening quick fitting. Thrifty!

Printed Pattern 4755. Girls' Sizes 6, 8-10, 12, 14. Size 10 takes 2 yards 35-inch.

FIFTY CENTS (50 cents) in (no stamps please) for each pattern. Ontario residents add 2% sales tax. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Guardian-Patriot Paper Dept., 60 Front St. W., Toronto Ontario.

COME ALIVE FOR SPRING! Send for our new Spring-Summer Pattern Catalog, 125 top shapes for sun, fun, dancing, dining, everyday! One free pattern-clip coupon in Catalog send 5c.

GEORGETOWN

Mrs. Ernie Steele and four daughters of Moncton, N. B., were the weekend guests of Mrs. Steele's parents, Mr. and Mrs. Spurgeon Walker, Georgetown.

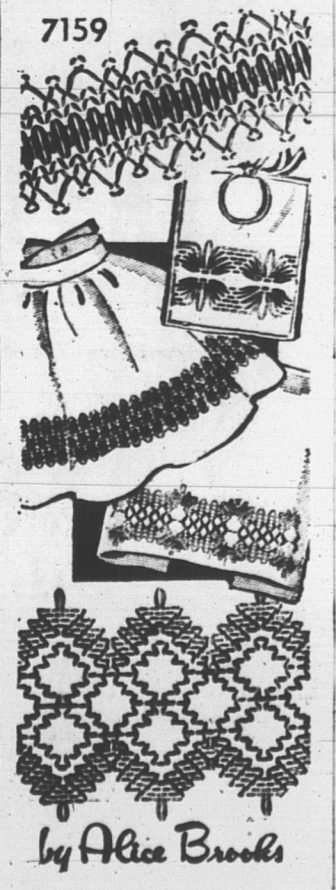
Edward Easton left recently for Hamilton, Ontario, where he will visit with his brother, Myrick Easton and Mrs. Easton.

Mr. and Mrs. Donnie Simmonds and family of Milton and Mrs. Harry Simmonds of Charlottetown visited Georgetown on Sunday and were guests of Mr. and Mrs. Nelson W. Hansen.

Harvey Martell recently returned to his home in Georgetown after spending some time in Montreal, Quebec.

QUEBEC MOVED FIRST

The first practical use of electricity in Canada was in 1882 when Quebec textile mills started their own power plants.



by Alice Brooks

FUN WITH HUCK Discover huck weaving - fun to do, adds a holiday touch to simple articles. Add a gay, provincial accent to aprons, towels, bags with huck weaving. So easy, a child can do it. Pattern 7159; charts; directions 5 designs.

THIRTY-FIVE CENTS (coins) for each pattern (no stamps, please) to Alice Brooks, care of Guardian-Patriot Needlecraft Dept., 60 Front St. W., Toronto 1, Ont. Ontario residents add one cent sales tax. Print plainly pattern number, name, address.

GIANT 1966 Needlecraft Catalog stars knit, crochet - many more needlecraft designs. 3 free patterns printed in catalog. Send 25 cents.

NEW! 12 Collectors' Quilt patterns for you in color, with quilting motifs. Finest pattern ever collected from famous museums. Send 60 cents for new Museum Quilt Book No. 1 - sixteen complete patterns. 60c.

Women

6 The Guardian, Charlottetown, Thur. March 17, 1966.

IDA BAILEY ALLEN

Salmon Cakes And Eggs Encore For Fish Dinner

It's good news to hear that canned salmon is abundant and sliding down toward a budget-wise price. One (7 oz.) can is not enough to serve 6 persons. But team it with poached eggs, and as we have done today, the result is both ample and epicurean - a good enough reason for a second fish dinner this week.

Measurements level; recipes for 6

**SALMON PATTIES WITH POACHED EGGS DANISH**

1 (7 oz.) can salmon  
2 tsp. flour  
1/2 tsp. salt  
1/2 tsp. paprika  
1/4 tsp. pepper  
1/4 tsp. powdered marjoram  
1 egg  
Butter or margarine

for fry-up or margarine

1/4 c. additional flour or use 1/2 c. fine dry bread crumbs  
6 poached eggs (see Chef)

Danish Sauce (directions follow)  
Minced parsley

Turn contents of can of salmon onto deep plate. Do not drain off liquid. Remove bones, or mash them and leave in if you wish.

Flake salmon fine. Add flour and seasonings. Beat and stir in egg. Form into 6 flat cakes. Coat lightly with additional flour or fine dry bread crumbs. Let stand 10 min. to set coating. Slow-fry on both sides in butter or margarine.

To serve, arrange patties on heated good-sized platter. Top each with poached egg, prepared while patties are frying. Cover with Danish Sauce and dust with minced parsley.

Danish Sauce: Into 2 c. hot medium-thick white sauce, stir 1 tsp. mayonnaise and 1 tsp. lemon juice. Do not boil.

TOMORROW'S DINNER

(A "Different" Tasty Meal)

Soup (canned)  
Salmon Patties with Poached Eggs Danish  
Lady Cabbage  
Buttered Green Beans (canned)  
Cottage Puffs  
Butterscotch Sauce  
Coffee, Tea Milk

**LADY CABBAGE**

6-c. fine-shredded white or green cabbage, packed  
1 tsp. salt  
1/4 tsp. ground nutmeg  
1/4 tsp. pepper  
1 tsp. butter or margarine or sour cream (optional)

Put shredded cabbage in 3-pt. saucepan. Add salt, nutmeg and pepper. Pour in boiling water to 1-3 depth of cabbage. Boil rapidly uncovered for 7 to 9 min. or until cabbage looks translucent and is just bite-tender. Drain and season further with butter or sour cream, if desired. The flavor is delightful "as is."

**COTTAGE PUFFS**

1/4 c. butter or margarine, room soft  
1 c. sugar  
1/2 tsp. orange extract  
2 eggs  
1 1/4 c. sifted flour  
3/4 tsp. baking powder  
1/2 c. milk  
Lemon-Sauce or Butterscotch Sauce for serving

Stir butter until creamy, gradually working in sugar and orange extract. Beat eggs until frothy; add to buttery mixture. Sift together flour and baking

Bride-To-Be Honored By Communities

Several districts tendered a community shower at Afton Hall recently to honor Heather MacPhee, of New Dominion who is to be married shortly.

The bride-to-be was escorted to a decorated chair by Linda MacDonald and gifts were opened by Sandra MacPhee and Jessie MacDougall. Accompanying good wishes were read by Beryl MacEachern, and the presents were arranged by Linda MacDonald.

Hector Currie was master of ceremonies for the occasion. Refreshments were later served by Mrs. Hector Currie, assisted by several of the other guests.

HEPATITIS PASSES PEAK

KITCHENER (CP) - An outbreak of infectious hepatitis here seems to have passed its peak, Dr. G. E. D. Wilson, medical health officer, said Wednesday. Dr. Wilson said 50 cases have been reported since Jan. 1, compared to 49 cases for all of 1965 and eight in 1964.

WOMEN'S ORGANIZATIONS

St. James CWL Reports Successful Card Parties

Generous donations of infants and children's clothing for the Prince County Welfare Agency were received at the March meeting of St. James' Summerfield Parish Council CWL, which was held recently at the home of Mrs. Reginald Smith. Members who had not contributed were requested to leave articles at the vestry or with the social action convener, Mrs. Smith.

The convener of education, Mrs. Joseph Croken read a paper "The Purpose and Meaning of Lent" and spiritual convener, Mrs. St. Clair Croken urged members to remember their Fatima Rosary for peace in the world. Collection for the TV program "Insight 111" was received and magazine convener reported ordering copies of The Canadian League.

Mrs. Thomas Sullivan, ways and means convener, reported card parties to date had been satisfactory and several members had given cash donations in lieu of a card party. A woolen blanket was donated for lottery and a committee was named to look after this.

It was decided to have the floor of the main church painted and money was voted for the Sacred Heart program and for Kinora Regional High School prize. Articles to sew and knit received from the Red Cross were distributed to members, and a completed patchwork quilt was on display.

Mrs. Pius Croken and Mr. S. John Hagen were appointed on the nominating committee for the annual meeting in April which will be held at the church. Refreshments were served at the close of the meeting.

NEW LONDON WI

Roll call was responded to with a "General hint" by 12 members at the recent March meeting of the New London Women's Institute held at the home of Mrs. Lydia E. Pinkham at all drug counters.

IRISHTOWN WI

The members of Irishtown Women's Institute voted to send a 'Hot Flashes'

UNIFORMS

We carry the Newest, Brightest and Smartest Look in Professional Uniforms.

- Terylene and Cotton
- Blends
- Sizes Junior Petite 5'15 to 6'2 1/2
- Terylene Taffeta
- Cottons
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**ZAKEM'S FOR GOOD FOOD IDEAS**

FRESH OVEN READY FOWL 5 LB. 49c | FROZEN 1 LB. PKG. SCALLOPS 69c

PORK CHOPS LOIN PORK 69c | BUTTER 2 LBS. 1.25

Crest TOOTH PASTE 3 for \$1.00 | Duncan Hines CAKE MIX 2 pkg. 85c | Heinz Tom. or Veg. SOUPS 8 for \$1.00 | 10 LB. WHITE SUGAR 83c

QUAKER INSTANT OATS 3 PKG. FOR ONLY \$1.00

SEE OUR LUCKY DOLLAR AD FOR MORE SPECIALS

HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8508

The Provincial Women's Committee of Expo 67 will meet today, March 17, at Red Cross headquarters at 2 p. m.

Mr. and Mrs. Roy Thompson, Margate, left recently on a trip to Toronto, where they will visit the former's sister, Mrs. Norbert Brennan and Mr. Brennan, and brother and sister-in-law, Mr. and Mrs. Clifford Thompson.

Mrs. J. Arnold Douglas, Norboro, has returned to her home after spending a pleasant vacation with her son-in-law, and daughter, Mr. and Mrs. Albany Palmer of Saint John, N. B.

Myrtle MacGregor, student at PWC spent the weekend with her parents, Mr. and Mrs. Stewart MacGregor, East Baltic.

Jean Bruce, teacher at York school, Barbara Bruce, student at PWC and Joyce Bruce, nurse in training at P. E. I. Hospital spent the past weekend with their parents, Mr. and Mrs. Wesley Bruce, Bothwell.

Mr. and Mrs. Robert Heaney, Clinton left recently on a trip to Toronto and other points in Ontario.

Mr. and Mrs. Bert Palmer, Kensington spent a few days recently at Halifax, N. S. where their two-year-old son has been a hospital patient and has undergone a critical operation.

Mr. and Mrs. Willis Halveston, Tatamagouche, N. S. spent the weekend in Montague, guests of Mr. Halveston's sister and brother-in-law, Dr. George and Mrs. Inman and family.

Leonard Smith, who is employed in Halifax, N. S. was a recent visitor to his home in Sturgeon where he spent some time with his wife and family.

Students who spent the March holiday at their Kennington home were Bruce Montgomery, Dalhousie University and Ralph Carruthers, Valeris Business and Marjorie Paynter, all students at Mount Allison.

Mr. and Mrs. Ethan Stewart, have returned to their home in Montague after spending a pleasant holiday in Nicaragua. They were accompanied by their son and daughter-in-law, Dr. and Mrs. David Stewart and children Susan and Pamela of Craupaud.

Mrs. Fred Rose, Red Point, was hostess last week to members of the CWF at her home, when guest speaker was Alice Porter, RN of Jackman Memorial Hospital, Bilsapur, India.

Mr. and Mrs. Earl DeCoursey, Cardigan, spent the weekend with Mr. and Mrs. Frank Holland, North Lake.

Mr. and Mrs. Ralph Beck have returned to their home in Montague after spending a pleasant holiday in Toronto, Ont. where they were the guests of Mrs. Beck's sister and brother-in-law, Mr. and Mrs. R. Steckley. While there they also visited with Mr. and Mrs. John Honsberger and family.

LOW BACK PAIN

It is hard for you to sit down, even harder to get up from a chair because of low back pain? Does this pain make work difficult, keep you from turning over in bed? This nagging, wearisome pain keeps you from doing the things you love to do. But here is good news for all such sufferers. Templeton's TRC's give the desired relief from such suffering quickly, pleasantly. Equally good for lumbago, back-ache, sciatica, leg pain, arthritis, rheumatic and neuritic pain. Get T-R-C's for fast relief. 8c. \$1.05 at drug counters everywhere.

For extra fast relief, use Templeton's FLAME-Cream. Rubs in the muscle immediately, while taking T-R-C's internally. FLAME-Cream, \$1.25 at drug counters everywhere. 7-4-11

CONFIDENTIALLY YOURS

MONTREAL, March 17th - No wonder, with our bustling March weather, that travel to warmer places is every Canadian's dream. And now you can make the dream come true with the help of THE BANK OF NOVA SCOTIA's Globe Trotter Plan. Join Scotia's Globe Trotter Plan and you'll soon be going places! The bank's new Globe Trotter Plan will help you to pay for it - by saving, borrowing or a combination of both. Visit your nearest Scotia branch and get free Globe Trotter folders on world tourist areas. Each one is filled with travel tips, data on living costs, fares and a map.

LET THE MARCH WINDS BLOW but no matter how cold it gets you can satisfy your family's keen appetites with a nourishing meal made with DOMINION meats. Husky stews, tender steaks, juicy roasts will be a guaranteed success... mainly because of the meat from Dominion. That's because Dominion selects only the choice young sides of beef, then waits patiently till natural aging has brought them to the peak of tenderness. That's Dominion meat with natural flavour and natural tenderness. In fact, downright goodness. That's why I shop at Dominion! I recommend you try it.

**TIRED, ACHING FEET?** If you've ever wished you could change your feet instead of your shoes - you need to know about DR. SCHOLL'S ARCH SUPPORTS - the quick way to new foot comfort. Dr. Scholl's Arch Supports are so soothing and comfortable... they give arches a wonderful lift and the kind of tender loving care they really need. Do try them today! Dr. Scholl's Arch Supports are available everywhere - drugstores, shoe stores, department stores. And by the way, they're available for men, too!

**DOES YOUR HUSBAND SUFFER FROM HIGHWAY FATIGUE?** CANADIAN NATIONAL RAILWAYS now offer a wonderful way to get you, your family and your car to distant points in Canada without driving. It's called Car-Go-Rail (a clever name, I think). Imagine the enjoyment of a relaxing train trip and having the family chariot while you're there. Car-Go-Rail rates include transportation of car, rail travel, sleeping accommodation and meals - all unbelievably low cost. So flexible, too - go CN one way with car and drive back - or CN both ways and use your car for pleasure. Details? Contact your authorized CN Travel Agent or CN Passenger Sales Office.

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St. Patrick's Day

- Cakes
- Asst. Cup Cakes
- Cookies available at our BAKERY COUNTER

**CHERRY PIE**  
Made from delicious red pitted cherries and flaky tender pie crust. Reg. 65c each. This week-end only - **59c** Each

**SPECIAL AT OUR LUNCH COUNTER**  
**CORN BEEF & CABBAGE 75c**  
Made from fresh corned beef, Island fresh cabbage, potatoes, yellow turnip, roll and butter.

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