



### COMPARING NOTES

Mrs. Harold Laird, Kensington, men's Institute Newspaper, compares a few notes on Rural Institute programs with Miss L. Perera, Cepion, at the A.C.W.W. Conference held at Edinburgh.

### ELLEN'S DIARY

#### Multi-Coloured Flowers Forerunners Of Autumn

Today saw our farmers settled again to the more practical, though in some aspects less titillating, usual round of their cares. Not that the raising, with the incidental parading at the Fair of the smallest herds of registered cattle they favor, does not stand to improve considerably the farming. Yet back of these, indeed behind every endeavour of heard and flock, lie the fields and the crops to be cared for.

This morning then, James husband of ours, the familiar glint of the daily round returned to his eye, marbled out tentatively at breakfast the chores of his day and the August flowers greeted us seasonably beyond the open door: golds, in token of the coming harvest scarlets and crimsons, forerunners of the autumn leaves' shades, pinks, and the mauves of the harvest-clouds that in heady banks will part and drift away from the waning summer's sunsets when twilight creep down earlier on the farmhands from atop the dimming hills.

"I must" he commented setting an egg levelly in the old "two-headed" glass cup preparatory to removing with a neat clip the top "get home the scythes from Rob's—he uses it to cut greed feed for his sows—and mow those thistles in the orchard. There aren't many, but leave them to seed" he nodded "and there'll be plenty another year! As it is, I'm afraid some of the flowers will have seeded." "You'll spare the some Scotch thistle" we suggested. A column of chimney smoke rose dark against the soft gray of the gently clouded morning-sky beyond the house on the hill. Not the best washday this it came to mind.

"And have the place over-run with the things, Ellen?" he queried. A company of blackbirds taxied into the aftermath of a field on Mr. C's side of valley, migration before long denoted in the number on wing. Yes, after the haying came the congregating of the summer-birds, alas. We must, we promised ourself,

keep an eye on our swallows. They brought the summer to us in transient gift and presently would silently take it away.

"First though we should tidy that woodshed" James continued, "haul away the litter of old chips and get it ready for the winter-wood. Once the harvest commences, there'll be no time for other work." He pushed back his chair reached for his cap and smiled. "Well at any rate Ellen,

and on a dusky boat, dimly outlined now, the day, our guest, sails away, out on the River of Time.

Until tomorrow—Diary—Good night.

### Mr. And Mrs. Fred Bowness Celebrate Golden Wedding

Mr. and Mrs. Fred Bowness of Alberton quietly celebrated their golden wedding on Sunday. The observance of this occasion was held a few weeks in advance of the actual date in order that as many as possible of the family might be present.

Following a family dinner, Mr. and Mrs. Bowness were presented with a gift from their children, the presentation being made by their oldest daughter, Irma, Mrs. Kenneth Grigg, and on behalf of the grandchildren, little Donna Lee Bowness presented a bouquet of yellow roses to her grandmother.

Mr. and Mrs. Bowness have seven children. Present on Sunday were Mrs. Kenneth Grigg (Irma), of Brantree, Mass.; Mrs. William Hutton (Louisa) of Ottawa, and Mrs. Erskine Hayward (Daisy) of Charlottetown. The others are Mrs. Albert McMurdo (Freda) of Trenton, Ont.; Carl and Austin of Trenton, and Clarence of Windsor, N.S. There are 18 grandchildren.

Mr. and Mrs. Bowness were



### HANDRAHAN-PERRY WEDDING

Mr. and Mrs. Chester Handrahan following their wedding in St. Simon and St. Jude Church, Tignish, when Rev. Floyd Mc-Gough performed the ceremony. The bride, the former Mary Lena Perry is the daughter of Mr. and Mrs. John J. Perry, and the groom is the son of Mr. and Mrs. Joseph Handrahan. All are of Tignish Parish.

# Women

The Guardian, Charlottetown, Mon., Aug. 24, 1959.

## HAPPENINGS

Mr. and Mrs. Ellsworth Large and daughter, Linda of Toronto, Ont., are spending their holidays visiting with Mr. and Mrs. W.S. Large, City.

Mr. and Mrs. Robert Downe and family, 52 Weymouth St., accompanied by Mrs. Downe's mother Mrs. Mae L. Powell, left Saturday morning for a trip to Quebec City and to other points in the U.S.A.

Mr. Jerry Clarkin, formerly of North Wiltshire, returned by plane to his home in Minneapolis, after spending the past few weeks visiting the members of his family and many of his relatives in different parts of the Island.

Mr. and Mrs. C. Russel Sigler,

Ridgewood, Ne-Jersey, are the guest of Mr. and Mrs. H. Roy Cromwell, at their summer home at York Point.

Mr. and Mrs. Earl Savoy, Waltham, Mass., are spending their vacation at the MacNevin home, New Argyle. This is Mr. and Mrs. Savoy's fourth visit to the Province, and they speak highly of the beauty and scenery and the kind hospitality of the people and hope to be able to return again next year.

Mrs. Mabel Urch, Mrs. Gerlie Canfield and Mrs. Maud Gillespie, have returned to their home in Calgary, Alberta, spending an enjoyable visit with Mr. and Mrs. Millar Orr, North Rustico.

### IDA BAILEY ALLEN

#### Save Time And Money By Freezing Entries

A food freezer can be a great convenience. The trouble is that many a person who owns one does not make full use of its advantages.

"Almost always meats and poultry are purchased when prices are low, then packaged and frozen for future use, which is good, Madame!" observed the Chef.

UPSETS FOOD BUDGET

"Also, many homemakers buy and freeze fresh vegetables in season, when they are moderate in price. But, alas, in planning the meals they use the more expensive items too often because they like them best, and skip using the others. This upsets the food

"And we found that comparatively few homemakers we have interviewed understand and practice cooking a double quantity of an entrée at one time, or enough for two meals.

PREPARE TWO ENTREES

"A good rule is to prepare two entrees, use one, then package and freeze the second for use within three weeks. You'll have a fine repertoire of homemade entrees at very reasonable cost. Besides, this saves time and dish-washing."

"We have tested dozens of home-prepared entrees that

A vote of thanks was tendered Mrs. Mills for same.

Miss Mary McInnis district nurse then gave a very instructive talk on Canada's food menu also on the care of children's eyes and teeth.

The president on behalf of the members presented Miss McInnis with a cup and saucer in appreciation of her visit and talk which the members appreciated very much.

Mrs. Laura MacKenzie invited the members for the September meeting. Lunch committee will be Mrs. Russell Mills and Mrs. Fred MacKenzie. Roll call to be answered with my favourite book and author. Meeting closed by singing the National Anthem.

RIVERDALE AND CHURCHILL W. I.

The regular monthly meeting of Riverdale and Churchill W. I. met at the home of Mrs. John McQuaid.

The meeting opened by singing the ode and repeating the creed in unison. Roll call was answered by giving your favorite recipe.

The minutes of the last meeting were read approved and signed. Correspondence was read and discussed. Plans were made to have a sale of home cooking at Strathgarny Park on August 29th.

Mrs. Waldron MacKinnon was appointed to see Mrs. Stanley Newman about teaching music in the school. Mrs. Nelson Virtue then gave a reading.

A guessing contest was put on by Mrs. Garfield MacFadyen. Prize won by Mrs. Donald Currie.

Next meeting is to be held at the home of Mrs. John A. and Mrs. Waldron MacKinnon. Roll call to be answered with a fish pond, value to be from 25 to 50 cents.

Meeting closed with the National Anthem. Lunch was served by the hostess assisted by Misses Bernice and Barbara McQuaid.

Meeting opened with a reading by Mrs. Claude MacKenzie. Opening chorus "The Island Hymn" followed by repeating Mary Stewart collect in unison.

Roll call was responded to by thirteen members pinning the tail on the donkey. There were also five visitors present.

Minutes of previous meeting were read and approved. Treasurers reports were also read and accepted. Correspondence was read by the secretary Mrs. Leslie Underhay, and discussed.

There was also a letter read by the secretary from Mrs. Richards, secretary of an Institute Branch in Chipping Campden, Gloucester, England. It gave a very interesting account of what the Women's Institutes are doing in that part of England.

Proceeds from the mystery Gift amounted to \$1.75. It was won by Mrs. Albert Mills. Collection for the evening \$1.85. There was also fifty cents dues received. A thank you note was read from Mrs. Aubrey Atkinson for fruit received while sick.

freeze well, Chef," I said. "For instance, savory meat, poultry or fish scallops; deep-dish meat or chicken pies; fricassees of chicken or meat; stews (with-out potatoes); goulashes; hash; meat balls or fricandelles; two-crust meat or chicken pies and turnovers; meat or fish loaves; croquettes; meat or poultry-stuffed crepes (French pancakes)."

DRIED BEAN DISHES

"In addition, Madame, I suggest dishes based on dried beans, peas and lentils, such as baked beans, curried lentils, dried lima bean and beef casserole, white bean and duck casserole, chicken carne and other combinations of a dried vegetable with meat or poultry; American scrapple; entrees of meat combined with rice or based on high-protein macaroni, noodles or ravioli."

TOMORROW'S DINNER

Lima Beans (F) and Ripe Olive Saladettes (F)  
Beef Goulash (F)  
On Biscuits (F)  
Leaf Spinach (F)  
with Sour Cream  
Apple Pie (F)

Hot or Iced Coffee Tea Milk Measurements are level; recipes for 6

Lima Beans and Ripe Olive Saladettes: Drain 2 c. thawed frozen cooked dried lima beans. Toss with 1/4 c. minced young onions or chives.

Blend with not-sweet French dressing and 1 tsp. minced parsley.

Spoon into lettuce nests. Garnish with ripe olives.

Beef Goulash: Cut 2 lbs. chuck or neck beef in serving portions. Reserve any bones.

Melt 3 tbs. margarine or meat fat in heavy saucepan. Add 3 c. sliced peeled onions, 1 minced peeled section garlic and meat. Slow-fry until lightly browned.

Add meat bones, 1/2 tsp. paprika, 1/4 tsp. thyme and 1/4 tsp. salt. Pour in 2 c. hot water. Cover; simmer or bake 1 1/2 hrs. or until meat is nearly tender.

Add 1 c. tomato juice and cook 30 min. longer. Discard bones. Transfer meat to deep platter. Surround with parsley potatoes. Keep warm.

Make gravy and pour over meat. Garnish with parsley.

To Package Entrees for Freezing: Freeze casserole combinations in an extra casserole; seal edges with freezer tape.

Freeze stews, chicken a la king and other entrees that do not need baking in pint-sized glass freezing jars or plastic containers.

TRICK OF THE CHEF

Coarse-grate sharp Cheddar cheese over frozen baked apple pie before thaw-heating.



### CULLETON-McDOUGAL WEDDING

Mr. and Mrs. Ronald Usie Culleton following their recent marriage at Bethel Pentecostal Tabernacle. The bride is the former Ruby Wanda McDougall, daughter of Mr. and Mrs. Judson McDougall, and the groom is the son of Mr. and Mrs. Alfred Culleton, both of Portage. (Photo by Heckbert Studio)

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BUSY BEES  
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BEDEQUE W.I.  
The August meeting was held at the home of Mrs. George Henderson with nine members present. Collection amounted to \$1.45. Salvation Army collection has reached \$49.00. Discussion followed regarding a music teacher for the school and varnishing of school desks and chairs. S.I.C. committee reported 10 cards sent last month and two cards had been received in acknowledgment.

It was moved and seconded that roll call answer for next month.

Next meeting is to be held on September 8, at Alethea Noonan's with Mrs. Walter Bowness and Mrs. Erna Johnson on program and lunch.

An amusing program was carried out and lunch served by the committee, Mrs. Lloyd Jewel and Mrs. Irving Toombs.

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