



MR. AND MRS. WILLIAM CAMERON

Young Couple Will Reside At The Cameron Homestead

Trinity United Church was the scene of a very pretty Christmas wedding on December 21st, when Mary Kathryn eldest daughter of Mr. and Mrs. Fred MacPhail, Argyle Shore and William Alan, son of Mr. Mark Cameron, Hampton, exchanged vows in a double ring ceremony performed by Rev. A. F. MacLean.

The bride, looking very charming in her gown of white lace and tulle with finger tip veil of white illusion and carrying a "death" of red roses, entered the church on the arm of her father. She wore a necklace and earrings of pearls, which was a gift of the groom.

Miss Lornabel MacPhail was her sister's maid of honor and wore a gown of French rose lace and net with matching gloves and leather hat. The bridesmaids were Miss Helen Cameron, sister of the groom, Miss Heather MacLeod and Miss Elaine MacPhail, cousins of the bride. They wore identical gowns of Arctic blue lace and net with matching gloves and feather hats and carried nosegays of white carnations with multi-colored streamers.

The groom was attended by his brother, Mr. Kaye Cameron of Huron, N.S. The ushers were Sterling MacPhail, Graham MacPhail, Barry Dawson and Gordon Dixon. Mr. Stephen MacLeod sang "Because" and "I Love You Truly" and was accompanied by Mr. Royston Mugford the church organist.

Mrs. MacPhail chose for her daughter's wedding a silver-blue two-piece dress with black velvet accessories and wore a corsage of yellow roses.

Following the ceremony, a wedding reception was held at the Queen Hotel for approximately 95

guests. Miss Christine MacPhail was in charge of the guest book. Rev. Mr. MacLean proposed the toast to the bride to which the groom responded. A telegram of good wishes was read by Kaye Cameron from Donna and Joe Burda of New York.

Mrs. Cameron chose for travelling a beige wool suit with brown accessories and wore a muskrat stole. Mary and Bill will reside at the Cameron homestead, Hampton, where their many friends wish them every success and happiness. —Photo by Craswell Studio.



PRINTED PATTERN M 252 by Ellen Kaye

GENTLY CURVEL DECOLLETAGE

Prominent Designer
Grazing gala occasions from theater evenings to penthouse parties are the alluring creations of rising, young designer Ellen Kaye. From a fabulous collection, we've patterned a romantic beauty for you to sew with pleasure, and wear with the knowledge that never have you looked lovelier. The line is pure feminine grace — the neckline deeply dipping; a skirt that's all silken grace and lightness in motion. The waist is deftly defined by a pleated band that gives the effect of a sash drawn through to the back, and

WE AND OUR NEIGHBORS

Normal Life Is Object For Handicapped Individuals

Ruhamah S. Frank

No one can read the current issue (or any other issue) of the "Polio Post" without being impressed by the courage and spirit of the patients at the Orthopedic Centre of P.E.I. and the friendliness and the genuine concern of the members of the staff for those under their care. What a brave little world it is at the Centre! All the braver because there must be times when Fear and Rebellion as well as physical suffering make the going very rough. But gaiety and hope are reflected in the pages of the "Post" and seem justified as never before.

Preparation for normal life is the keynote. The Salk Vaccine is only the beginning of what the future will bring in the prevention and cure of crippling diseases and in the rehabilitation of those ready to go out into the world. In the case of the latter the trend seems to be away from preparing the individual for special jobs under especially favorable conditions and toward helping him find his place in the normal work - a day world.

Professor J. tenBroek, President of the National Federation of the Blind in the U.S. (the only national federation of the blind whose officers and members are all blind) says "sheltered" workshops are all wrong. "What we seek for the blind is the right to compete on equal terms." Undoubtedly this is what everyone would wish whatever his disability. And judging from the many and varied careers followed by former patients at the Centre, this principle has been emphasized on P.E.I.

There is another reason to continue to be gay and hopeful, dear friends at the Centre. Never before

have so many people living beyond the walls of your temporary home been so interested in your welfare. We are all standing by —

NIGHT HOSPITALS
Perhaps most tragic of handicaps is mental illness. As we know spectacular advances in this field have brought light and hope to thousands of darkened lives. To Canada is attributed a new idea - Night Hospitals for the Mentally Ill. The best known is located at the Montreal General Hospital under the directorship of Dr. A. E. Moll.

The principle here is to give support and treatment to those who are still able to keep their jobs during the day if they become night patients for a shorter or longer time. Most of these patients in the Montreal night hospital come from industry. They have somehow managed to keep working under an increasing load of anxiety and depression.

But total collapse was inevitable unless they received help. For instance, a junior executive of thirty-five had been driven by a sick need to "make good" beyond all reasonable limits. He didn't sleep for months, scarcely ate and was headed for utter disaster when he was induced to apply to the Night Hospital for aid. Through soothing drugs and psychiatric counseling and the feeling of security the hospital gave him during the night hours when anxiety is keenest, he "got hold of himself" and has every prospect of keeping a good state of mind. Such night hospitals are bound to increase and will save thousands of lives from utter ruin.

LET'S EAT

Use Variety Of Breads To Make Delicious Toast

By IDA BAILEY ALLEN
"In America, the great breakfast bread is toast," observed the Chef. "Isn't it possible that more children, and adults a well, would always finish their toast if it was not always made from the same kind of bread?"

"You've scored a point there, Chef," I replied. "I believe you are right. With such a wide variety of breads on the market, why should breakfast toast be typed?"

"The average family uses from three to six loaves of bread during the week. These could include the usual enriched white, a selection of raisin bread with its 3 kinds of B - vitamins and food iron, whole wheat, snappy rye, egg twist, cheese or nut bread, crusty Vienna bread and French toast for a Sunday morning treat."

VARIED TOPPINGS
"Also, the toast toppings can be varied, Madame."

"Instead of the same kind of jam or jelly every day, use a variety of kinds, such as elderberry or blackberry jelly, and blueberry or pineapple marmalade."

"Sliced banana on toast with cinnamon and sugar tastes very good and, as far as this Chef is concerned, honey is perfect."

"If the toast is first spread with cottage cheese, Chef, more protein is provided. Protein is the lacking element in many breakfasts. Or spread toast with deviled ham, scrambled eggs or hot minced meat held together with tomato sauce or gravy. Children love these for breakfast. But be sure to cut the toast slices into quarters, so they become finger foods."

"Take monotony out of the meal and the family won't skip breakfast."

Wheat Germ Muffins: Sift together 1 1/4 c. already-sifted enriched flour, 3/4 tsp. salt and 3 tsp. baking powder. Add 1/2 c. dehydrated natural wheat germ.

Combine 1 beaten egg, 1 c. molasses, 2 tsp. melted shortening and 3/4 c. milk. Add to the flour mixture. Stir only until blended.

Drop the batter into oiled small muffin pans, filling them 2/3.

Bake 20 min. in a hot oven, 425 degrees F.

HOLY REDEEMER C.W.L.
The January meeting of the Catholic Women's League, Holy Redeemer sub-division was held at the Community Center, Stewart St. on Monday, January 6th. The president Mrs. Alan McDonald presided and the meeting opened with the League Prayer recited by the members.

After roll call of the executive committee of the previous meetings were read by the secretary Mrs. Benedict Callaghan and approved as read. The treasurer Mrs. Thos. McAvinn then read the financial report. The correspondence were read by Mrs. Alex McLean and included the following: Cards of Thanks for Sympathy extended from Mrs. W.J.P. McMillan, the family of Mrs. Mary Seale, the family of Mrs. Jas. Jobe, Christmas Greetings from Mrs. B. W. Deroches, Provincial C. W. L. president, Letters from Alice A. McDonald, Provincial Convener, and from Mrs. B.W. DeRoche, Provincial President giving the highlights of the National Convention which she attended in Saskatoon, Sask., from October 19-23. Mrs. DeRoche's splendid report was followed with much interest.

The following conveners were present and gave reports, Spiritual Mrs. John A. McDonald reported on the First Friday Adoration and on the Perpetual Rosary recited on the first Saturdays by the members. She also reported that masses and prayers had been offered for the repose of the souls of Mrs. Mary Seale, Dr. W.J.P. McMillan, Mrs. Alice Gillis and Patrick Haughey.

Social Action Mrs. Jas. Coyle reported that ten baskets had been packed and sent to the Catholic Family Center to be distributed to needy families. Mrs. Coyle also reported that a new communion cloth had been purchased for the church and that the cassocks had been dry cleaned.

Institutions Mrs. Stephen Trainor reported having distributed magazines to the Provincial Sanatorium and the Queens County Jail, and having visited three members who are hospitalized. Membership Mrs. Frank McDonald reported 292 paid up members. Press Miss Mary Duffy, Radio and T. V. Mrs. L. Fitzpatrick, Education Mrs. E. McMannus, Magazine Mrs. L. Laurie, Finance was reported by Mrs. H. Toombs.

It was decided to hold a Penny Auction at the Community Center Stewart St., on Monday, January 20th. To raise funds to help the work of the Catholic Family Center. Mrs. Ivan Laurie was appointed to convene the Penny Auction.

MILQ W.I.
The regular meeting of Milo W. I. was held on January 2nd. at the home of Mrs. Norman Campbell with an attendance of nine members. Meeting opened with "Auld Lang Syne" followed by Creed. Roll was answered by a donation to a grab bag.

Minutes of last meeting and financial statement were read by secretary, Mrs. A. MacLean. Different committees reported. The shipping of woollens was discussed, and the members are to meet at the secretary's home next week to pack same.

Mrs. Helen MacLean and Mrs. Pauline Milligan were appointed on program for February when the meeting will be at Mrs. Oliver Gorrill's, roll to be answered with a "Valentine Verse."

Topic for next month is "Institute Work" and plans are made to discuss "Ways of Improving the Institute" also Ways and Means of raising funds for Institute work.

Delicious refreshments were served by hostess, assisted by Mrs. A. MacLean and Mrs. E. Milligan. On motion, meeting adjourned and the National Anthem was sung.

A special meeting was held at the home of Ms. Dave MacDonal on Monday evening for the purpose of writing out a planned program for the coming year.

WIFE PRESERVERS
Lift vegetables out of cooking water, rather than pouring the water off; this way, minute particles of dirt which have settled to the bottom will not be poured back over the food.

Women

Lena Caroline McLure, Women's Editor. Phone. 8506

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HAPPENINGS

The front cover this month on the Legionary, national magazine of the Canadian Legion, portrays Lieutenant - Colonel the Hon. J. Keiller Mackay, Ontario's new Lieutenant - Governor, in his robes as a justice of the Supreme Court of Ontario.

Colonel Mackay is a past provincial president of the Canadian Legion's Ontario Command and was the first vice-chairman of the Dominion Command when the Legion was formed. He served with great distinction and gallantry in the Canadian Field Artillery in the First World War and was severely wounded in action on the Western Front. Ever since his return from that war he has taken a keen and active interest in the rehabilitation and welfare of Canada's ex-servicemen.

Several people had the opportunity to hear Dr. Frank MacKinnon and Dr. F. K. Hare on Monday evening. Dr. MacKinnon was the guest speaker at the Business and Professional Women's dinner meeting, his address being on the Atlantic Provinces Economic Council.

Dr. Hare spoke at the Canadian Club dinner meeting on Canada's Northland. The B. and P. made arrangements that their dinner and address would be finished in time for B. and P. members, many of whom are also members of the Canadian Club. To go on to the Canadian Club. It was, indeed, interesting to see how both lectures, one on Canada's Maritimes and the other on Canada's Northland complemented each other. It was a delightful way to learn modern history and geography!

Mr. J. Don Macnally, R.C.A.F. Training Command Headquarters, Trenton, Ontario, left Saturday morning on return to duty. Mr. Macnally had been spending the holiday season with his mother, Mrs. F. L. Macnally.

Mr. and Mrs. George Nicholas and family of Halifax, Nova Scotia, have taken up residence in Charlottetown. Mr. Nicholas is the representative for Bownan Products in Prince Edward Island.

ELLEN'S DIARY

We Are Beginning To Think We Are In Bermuda

So pleasantly, and on quiet steps, January of the varied expressions walks the fields of our paths as today a wind from up the creek in a face - A gentle piney breeze of the west. And sometimes we fancy he draws his sober cloak more closely about shoulders as winds of the north following the millstream down along the fields blow cold.

The weather . . . on farms it can be our disappointment and our delight. And always a topic for comment. Other items come and go, but the weather like it is written of the poor "we have always with us."

"It's a strange January, isn't it?" a visiting farmer offered this evening. "Not much frost. Oh to be sure, we've had some, but not continued. And we may say, so far no snow."

James nodded. . . smiled. "It's been a great time for getting on with the work - though the days are pretty short. But they'll soon commence to lengthen - after the next month brightens we'll notice it."

"It's quite a while since we had a winter like this" the visitor commented. "We did get the odd one fairly mild and with little snow - when they said the Gulf stream was changing - currents inclining northward, warming up our climate. I guess he chuckled "the last years of old-fashioned ones have changed that theory!"

"This time a year ago we were snowed in - roads full" James said. "Oh we get them like that, more and less severe. . . I remember a winter long ago, it was a few years before I was married (We chuckled since James invariably seems to forget that we too were present on the same occasion!) that was something like this. It would be the Winter of 1910-11, I'd say. It established a sort of a record. We used to speak of it afterwards as belonging to a year in which "The wagons ran every month. There have been Januaries too when we crossed the ice to town by wagon. Hard frost we'd get, but no snow."

"I reckon" the other farmer

smiled "we'd better make the most of this as we have it. We needn't think we're in Bermuda at all. One of these mornings we will be getting out our winter-caps and snow-shovels I guess!"

But today at the mailbox we heard the crows call above the hills in the mildness. And as though it were a sunny day out of Autumn a squirrel ran up the stout pole of a hemlock close by us, to perch gracefully on a drooping lacy limb. And seeing, we recalled that when they were young things, Jamie, and later granddaughter, spying one would beg us shyly to "See what it says!"

We opened the "door" of the box.

"Are you missing the usual Mailman this Winter, Ellen?" he called.

"Oh, yes" we replied, "every one is - after so many years on this route. But new one's a good fellow too."

"Confidentially, Ellen, I miss the sound of the horse and wagon passing - and a sight of him, seemingly always so snug and happy there. I'm not so crazy about machines - you look - and they're gone! Oh, perhaps he'll come back to it again, come the Spring. . . Watch out, Ellen! Here's a car and I'll say that scar about your head doesn't . . . well . . . you'd better scram!" he giggled.

As the day has - with a gentle sigh and a satisfied smile.

Until tomorrow - - - Diary - Goodnight. . .

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JELL-O LEMON PIE FILLING

Canadians Play Role In St. Bride's Opening

Terence Winslow from Ontario flew to Britain recently to be present at the dedication service of St. Bride's Church in Fleet street which was witnessed by the Queen and Prince Philip, Duke of Edinburgh.

Mr. Winslow is a direct descendant of Edward Winslow, formerly a printer who worshipped at the church and eventually was one of the Pilgrim Fathers who sailed to America aboard the Mayflower. He was governor of the colony of New Plymouth three times.

Mr. Winslow was present in place of his brother Hugh Winslow who died before the dedication service took place. It was he who suggested the church be dedicated to the memory of the Pilgrim Fathers. Several of Winslows in both Canada and the United States contributed the bulk of £20,000 for the reredos built as a memorial to the Pilgrim Fathers and unveiled by the Queen.

The 265 year old church - known as the newspapermen's church - was blighted in December, 1941, by the Germans. It was restored at a cost of £250,000, some of which was raised in Canada on a voluntary basis. Canada is represented among the Commonwealth countries presenting stalls to the church. Each will bear the nation's crest or coat of arms.

Also, Sir Campbell Stuart of Montreal, who lives in London, was one of the many who provided money for the restoration of St. Bride's. A portrait of St. Cecilia, believed to be an original, was donated by Frederic Hudd, a retired Canadian House official. Some money is still required to cover the cost of stalls representing the Commonwealth countries. Any contributions may be mailed to St. Bride's Church, Fleet Street.

MARY HAWORTH Ideas Are 100 Yrs. Old

Dear Mary Haworth: My problem is that, being an orphan, I've always lived with my grandparents, who are very strict - my grandmother in particular; and grandfather is completely dominated by her . . .

As a child I told myself that things would change as I grew older. But now I am 18 and never have had a boy friend or dates or even close friends - because I've never been allowed to go anywhere unless an older relative is along. And grandmother makes sure that these relatives feel as she does . . .

I let myself believe that she does this only for my good. But now that I find myself friendless, I wonder. I used to dislike girls who saw their boy friends on the sly; now I envy their fleeting happiness.

CALLED DOWN
To give you the picture: Once I went to a family party with my grandmother because, as she put it, "you should learn to be sociable." There I started dancing with a boy who seemed very nice; and grandmother was very gay until she noticed that I was dancing mostly with him.

Immediately she called me over, asked what we were talking about and why I was dancing so much with him. I explained that he was the only boy my age and seemed nice. In front of everyone she told the boy that he wasn't to dance with me again. We left almost immediately and I never saw him again.

I am very lonely and feel there can be no happiness for me because of this. I'm afraid of being forced into marriage as a means of escape. Every Sunday I pray for strength to go on, and ask God to show me the right road. I've kept these feelings inside and no one suspects. I've never sought advice before, and don't expect you'll have the answer - but getting this off my chest may help. - E. B.

BEHIND TIMES
Dear E. B.: Your grandmother's heavy handed management of your rearing is about 100

years behind the times. But you seem to be a pretty sound person in spite of it. Maybe the fact that you've been well loved at home, if not wisely helped, has kept you in fairly good shape, psychologically.

In beginning to feel rebellious, and to question the sense of your grandmother's bossiness - and to let off steam, as in this letter - you are running true to the normal pattern of sturdy adolescent development. It would be a matter of regret if you were willing to go on meekly being your grandmother's little lamb - letting her think for you and direct your every move.

It is high time for you to have friends your own age, both boys and girls; and opportunities, graciously provided by your guardians, to be a hostess and guest without self-consciousness. Your grandmother was rude and officious, in a show - off way, in calling you down and lecturing the boy, in the instance mentioned. Evidently she has a certain conceit about throwing her weight around. Maybe she feels she has a family reputation for being bossy, and rather enjoys living up to it.

NEEDS CONFIDANTE
As you sagely surmise, it isn't

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