

IDA BAILEY ALLEN

Various Milk Forms Provide Vital Foods

"IT'S THE MILK bill that crowds the food budget," it is reported to the Chef and I have received from home-makers. "Or buy as much poultry and eggs? Or fewer fruits and vegetables?"

Will Super

None of these suggestions are good.

Milk is needed especially for its body-building protein; its minerals, particularly the calcium which builds strong bones and teeth in children. It aids growth, influences heart action, helps prevent beriberi, keeps in adults and in general, keeps muscles and nerves in good condition.

No, we cannot cut down on milk.

Neither should we use less meat, poultry, fish and eggs — they are important building foods.

As for doing with fewer fruits and vegetables, that's not advisable. We need their vitamins, minerals and helpful bulk necessary to a well-regulated digestive system.

Key To Milk Problem

Though there may seem to be no way out, there is a solution. Investigate the various forms of milk, and select the type according to its use.

There are nearly a dozen forms of milk available, including a vacuum at Mrs. Kelly's former home at Wentworth Valley, N.S.

Children should get 3 to 4 glasses of milk a day; teenagers 2 to 3 glasses; adults of all ages a pint.

Can Be Eaten

Milk does not have to be taken as a beverage. It can be eaten in soups, casseroles of meat, fish or vegetable, or creamed meat, fish or vegetables; and soups, breads, custard pastries, many puddings and ice cream. Every ounce of milk added while cooking contributes to the total daily quantity needed.

Homogenized milk is best as a beverage for youngsters and

THE CHEF'S CABBAGE

Season 1 qt. hot cooked shredded cabbage with 2 t.b.s.p. each butter and vinegar, 1 tsp. powdered mustard, 1 tsp. Worcestershire, 1/4 tsp. each sugar, salt and onion salt. Serve with meat or fish.

Achievement Day Is Held

Grand Tracadie A.H. Achievement Club held their Achievement Day recently. Doris LeClair who judged the sewing complimented the girls on the work they had completed.

The girls who had completed 3rd and 4th year work modeled the dresses they had made. The commentary being given by Mary J. MacDonald. A report was given by the president of the club Paula Watts.

Girls were presented in line leader Mrs. C. MacDonald D. Doris LeClair and the sewing in line leader Mrs. C. MacDonald. Prizes and certificates were awarded: 1st year — Debbie Watts, 2nd year — Valerie Clow, Anita Bain and Catherine Hazelwood, 3rd year — Donna Murphy, 3rd year — Carrie McNabb, 4th year — Patsy Kipping, 4th year — 1. Bernadette MacDonald, 2. Paula Watts.

Congratulations remarks were made by Sister Mary Alexander and Mrs. Eric Kipping. Refreshments were served by the parents.

The entertainment program consisted of three songs by members of the club a recitation by Catherine Hazelwood a square dance by the junior pupils a solo by Debbie Watts a tap dance by Donna Murphy and a recitation by Patsy Kipping.

Anniversary Is Observed

Friends called on Mr. and Mrs. Wilfred MacLean, Orville Cove, June 24, following a work week to celebrate their 50th wedding anniversary. Present were Mrs. Charles Rogers; Mrs. Wellington MacNeil who were the attendants at the wedding on June 24, 1914.

Rev. Donald Nicholson of

Prizes Given At WI Meeting

Mrs. Bill McGill was a guest at the monthly meeting of the Brackley WI held recently at the home of Mrs. Stanley Jackson.

Members were asked to collect recipes for the Guild a recipe book. These are to be left at the home of Mrs. W. W. Bryenton.

Prizes were presented to children in the senior room for the best Centennial Scrapbook, and in the junior room for the drawing and coloring of the new flag.

After choosing the committee for the July meeting to be held at the home of Mrs. Harvey Jenkins, delegates were named to attend the annual convention. Mrs. Willie Bryant and Mrs. E. J. W. Proud were the chosen delegates.

Lunch was served by Mrs. Stanley Jackson followed by a social hour.

Parish Council Monthly Meet

The monthly meeting of the St. Mark's Lot 7 Parish Council was held recently in the parish vestry. Mrs. Gerald Murphy presided. Meeting opened at 7:30.

Thirty-five cents (coins) for this pattern (no stamps, please) to Alice Brooks, care of Guardian, Pattern No. 4234, Dept. 60, Front St. Toronto, Ont. Ontario residents add cent sales tax. Print plainly PATTERN NUMBER, NAME, ADDRESS.

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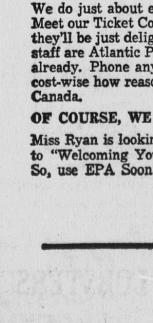
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MARY HAWORTH

Marriage Overclouded By Homeless Mother-In-Law

Dear Mary Haworth: My sister-in-law (I'll call her Georgia) has caused a serious cloud over our marriage by calling me suggesting that I take her Mom in. I was flattered by her insinuation. "Mom can do your housework for you," as I am employed. I thought Georgia was simply scared to death that she might have to take her in; she doesn't even bother to see that her mother's clothes are in order.

My sister-in-law is a tiresome clubwoman who lets nothing interfere with her social activities. Mom wouldn't do my housework in any case, as I prefer to do it myself. And we couldn't live together in harmony. Why can't people let marriage be a chance, instead of throwing stumbling blocks in the way?

I help my husband bear the burden of financing, while Georgia is always "poor mouth" without reason, though never de-

VERSATILE SHEATH

This was designed with a versatile drawing neckline by a Montreal designer for the young Canadian business girl. Two large ready-made hair bows are attached to the shoulders to go out to dinner. Fabric is a new stretch nylon jersey with a fine matte texture which can be washed and drip dried.

WOMEN

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-5506

Mrs. and Mrs. Richard Kelly and family, Kensington, a family of five, are spending a vacation at Mrs. Kelly's former home at Wentworth Valley, N.S.

Mrs. Carrie Reeves with her daughter, Mrs. Angus Matheson, North Winsloe, has returned to her home in Bedouque.

Mrs. and Mrs. Bruce MacLean and their son, Gordon and daughter, Barbara, of Toronto, Ontario, were visitors to Montague and Charlottetown last week. While in Montague they were guests of Mr. MacLean's uncle, Herbert and Everett Buchanan.

Mrs. Mary Matheson of Vancouver, B.C., motored home to spend the summer with her parents, Mr. and Mrs. Angus Matheson, Murray River.

Mrs. Florence Lord has returned home from Cardon, Alberta, where she taught school for the past year and is spending her holidays with her son, Arnold and daughter-in-law, Central Bedouque.

Mrs. Nelson Payne has returned to her home at Kensington after visiting her brothers-in-law and sister, Mrs. Victor Buntain and family, Rustico.

Mrs. and Mrs. Lewis Wright of Providence, R.I., U.S.A., spent a short vacation with their brother and sister, Mrs. Wright at Rustico, and visited his mother, Mrs. Albert E. Wright and sisters, Mrs. Brewer Waugh of Wilnot, Mrs. Fred Horne of Pownal left for home on Saturday.

House guests at the home of Louise Arnett, Crapaud, this week are Ruth Ellison, E. A. S. Fortfield, Massachusetts and Ralph Allen, Springfield, Vermont.

Edward MacLaren, Montague, is on a pleasure trip to Halifax, N.S.

It was decided that Jean MacLellan would be the delegate to the provincial convention with Mrs. Angus Gillis and Mrs. Bernard MacKinnon as alternates.

It was agreed that the CWL would sponsor a summer class in the summer. Mrs. Norbert MacKinnon and Mrs. Gene Kilburne were to assist with these classes.

The Rev. Director addressed the meeting and suggested that a class of ethics be part of the program for each meeting.

A social hour following the lunch was served by the hostess assisted by the local committee.

Social Items Are Requested

This is a wonderfully social time of year!

There are receptions galore for visiting convention delegates, showers, luncheons and coffee parties for brides-to-be, friends and relatives vacationing here, the prospect of your own vacation to some point outside the province, and those enjoyable summer get-togethers with your friends.

Share your social news with readers in the women's page columns. Just call Audrey Jenkins at 4-5506 in Charlottetown, Gal Mague at 5-0831 or 5-5089 in Rustico, or write to the news bureau of The Guardian and Patriot at Montague and Rustico.

There is no charge for publication of such items and you will be very happy to hear from you.

The Tyne Valley health centre for literature received.

The president read the names of appointees for conveners of banks was given to retiring officers.

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TERNS FAVORITE

Grand River CWL Meeting

The meeting of Grand River Parish Council for the month of June was held at the home of Mrs. H. Snow with 19 members present.

The meeting opened with the League prayer by the Rev. Director.

Included in the correspondence which was read and discussed was a thank-you card from

Grand River CWL Meeting

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EASY CROSS-STITCH



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