



MR. AND MRS. BARRY EDWARDS

Autumn Vows Are Pledged At Trinity United Church

Baskets of white gladioli decorated Trinity United Church on September 10th for the wedding of Shanna Dale, daughter of Mr. and Mrs. Glen K. Cotton of Charlottetown, and Barry Phillip, son of Mr. and Mrs. Harry Edwards, also of Charlottetown.

Rev. Gerald Wyrwas officiated at the double ring ceremony, and organist was J. D. Herdman.

Given in marriage by her father, the bride wore a slipper length gown of white lace with scoop neckline, bouffant skirt and long lily point sleeves. Her head-dress was a bow of stiffened sheer, which held a hered veil of tulle illusion. She carried a bouquet of red roses and fern caught with net and ribbon.

The bride's only attendant was Patsy Edwards, sister of the groom, who was in a pink skirt length dress, with lace bodice and organza bouffant skirt. Her head-dress was identical to that of the bride, only shorter, and she carried a bouquet of white roses.

Alan Cotton, brother of the bride was best man. A reception for 75 guests was held at the Charlottetown Hotel following the ceremony, where the bride's table was centered with white gladioli and bouquets of mixed flowers.

The bride's mother received wearing a double knit, woolen dress in burgundy shade, with a mink stole. Her accessories were black and her corsage was of white roses.

The groom's mother was in a beige brocade suit, complemented by a mink stole and brown accessories. She wore a corsage of yellow roses.

W. J. Hancox was master of ceremonies for the occasion, and Barbara Henry circulated the guest book. Music was supplied by Elmer Power.

For a honeymoon trip through the Maritimes, the bride wore a taupe and beige two-piece suit of imported wool. Her accessories were brown and her corsage was of yellow roses.

The couple are residing in Charlottetown.

(Photo by Bill Taylor)



HAZEL HARDY



VINCENT MacKENZIE

AUTUMN WEDDING PLANNED

A wedding of local interest will be solemnized at Elm-dale United Church, Manse on October 9 at 2 p.m., when Hazel Elva Hardy, daughter of Mr. and Mrs. Frank Hardy,

Rosebank, becomes the bride of Neil Vincent MacKenzie, son of Mr. and Mrs. Neil MacKenzie, son of Mr. and Mrs. Neil MacKenzie, St. Catharines, P.E.I.

IDA BAILEY ALLEN

Protecting Good Foods From Careless Cooking

IT'S almost autumn. Frost is beginning to nip the garden flowers. Cool winds presage cold weather to come, when the body-energy needs of the whole family must be fulfilled by balanced meals.

PROTECTING THE FOODS YOU COOK

(Tuck this in your reference file) A balanced diet results in balanced food values only if foods are cooked to conserve them. Too often this is not done. Soluble proteins and minerals are wasted if foods are boiled and the cooking water drained off and discarded. The potency of vitamins is lessened by contact with oxygen in the air. Therefore, foods should be cooked so there will be as little contact with air as possible. These losses or wastes can be largely prevented by following a few simple, sensible rules.

Use as little water in cooking as possible, unless the liquid is to be served with the food, as in making a stew. Always start vegetables to boil in boiling water, and bring back to boiling - point rapidly. When possible use short-cooking methods. Seldom fry food, as the high temperature needed impairs the efficiency of vitamins A, B1 and C.

Cleanse - cover all boiling or steaming foods - no exceptions. Vegetable Water Save all water in which ve-

getables have been cooked; use in making vegetable cocktails, gravies, sauces, soups, or in cooking meat, poultry, fish or vegetables.

Cook vegetables with the skin on when possible to assist in retaining the minerals, vitamins and soluble proteins.

Prepare chopped, diced or sliced fresh fruits or vegetables just before serving.

Start cooking frozen foods while they are still frozen.

Never use baking soda while cooking vegetables, as it impairs the efficiency of the vitamins.

Do not let fresh vegetables stand in water before cooking; valuable food elements seep out and are lost.

TOMORROW'S OVEN DINNER (Ready in 45 min.) Chilled Combined Tomato and Sauerkraut Juices Toasted Party Rye Bread Baked Lamb Chops (any cut) Oven-Fried Potato Slices or French Fries (frozen) Baked Sliced Carrots and Onions Baked Gingered Pears Or Basket Fresh Pears Soft Cheese of Choice Coffee or Tea Milk

Measurements level; recipes for 6 **BAKED SLICED CARROTS AND ONIONS** 2 c. thin sliced peeled carrots (1 lb.) can small onions, drained 1/2 tsp. seasoned salt

WOMEN'S ORGANIZATIONS

Alberton WI Plans To Make And Sell Quilts

Alberton Women's Institute members have decided to do some quilting this autumn. One member offered to donate all materials needed to make up a quilt, and to piece it, and two other members volunteered to make a quilt top each. When the initial work is completed, a quilting party will be held and the quilts offered for sale.

The September meeting was held in the hall with Mrs. H. W. Matthews presiding and Mrs. C. Weeks recording the minutes. It was reported that more street signs and signs marking three unmarked approaches to the town will soon be erected.

In response to an enquiry regarding possible purchase of the hall, the members directed the secretary to reply that they had decided to take no action at present.

The next meeting will be at the home of Mrs. G. G. Bennett on the third Friday in October. Co-hostesses will be Mrs. Arthur Wilkie and Mrs. Cedric Hunter.

MYRTLE ROAD WMS In the absence of the president, the vice president, Mrs. Ralph Moase, presided at the September meeting of the Myrtle Road Presbyterian Women's Missionary Society, held at the home of the secretary, Mrs. Lorne Crozier, Kelvin Grove recently.

The meeting opened with the theme, "God's Power in the Early Church" and prayer. A hymn was repeated followed by the creed, and scripture read responsively. Each member offered prayer followed by the Lord's Prayer. The Exposition was read by Mrs. Scott Clark, and roll call was answered with a verse of scripture. The place of October meeting is undecided. Meeting closed with the hymn repeated, and the Mizpah Benediction.

Refreshments were served by the hostess.

FORTUNE UCW The September meeting of

Fortune United Church Women was held at the home of Mrs. Marjorie Stead, who presided as first vice president and opened by repeating the Purpose in Union.

The devotional service was led by Mrs. Howard Wood. Minutes were read and treasurer's report was given including donation of \$120.00 for catering to Coffin - Ching wedding reception.

The roll call was responded to by 19 members. On motion by Mrs. George Campbell seconded by Mrs. Harold MacEwen a letter of acknowledgment will be sent to Mrs. E. S. Johnston and Olive Johnston for donations toward the carpet for Church.

A letter re overseas Shipping Fund was read by Mrs. Bessie Aitken also a letter from our former Pastor Rev. D. Elton Adams.

A period of study of "Meeting of Faiths" was participated in by members.

The refreshment committee for October will be Mrs. Harry Burke, Mrs. Stirling Burke and Mrs. James Bennett. The theme hymn was sung and benediction was pronounced by the first vice president.

GLEN VALLEY WI It was decided to paint exterior of School and buy several other necessary items for school when the Glen Valley WI meet recently. Mrs. Arthur MacLean kindly consented to buy these items.

A goodly sum was realized from a reception catered to recently. One gift for a bride will be purchased.

Reports of committees were received and new committees were appointed. Visiting, Mrs. A. MacLean, Mrs. N. MacDonald; program, Mrs. A. MacDowell, Mrs. D. Dickieson and school, the teacher.

Collection and an auction sale further added to the funds.

The meeting was adjourned and a social half hour enjoyed by all.

Mr. and Mrs. Leonard Matta-tall and daughter, Thelma of Sheet Harbour, N.S. were recent guests of Mr. and Mrs. Wansley Lewis, Alberton.

Clarence Coles, Spring Valley and Allan Brown left recently for Oshawa, Ontario.

A bridal shower was held recently at St. Mary's Hall, Montague, when friends and neighbors gathered to honor Lois Hughes, whose marriage to Cst. Norman Currie, RCMP Charlottetown, will take place on Saturday, Mrs. Betty MacNeill assisted the bride in opening the many gifts and Mrs. Helen Mellish read the accompanying verses. Refreshments were served by Mrs. Madge Balsler, Mrs. Marguerite Power, Mrs. Lester Carpenter and Mrs. Angie Power, assisted by several of the younger group present: Carol Ferguson, Glenda Power, Joan Ferguson, Judy Hughes and Rita Condon. Miss Hughes was also guest of honor at a shower held recently at the apartment of Beryl MacKinnon, Charlottetown, when co-workers and friends gathered in her honor.

Mrs. Robert Winters (Marie Watts, RN) and daughters, Donna and Lynn, have left for their home in Santa Monica, California, having spent the past two weeks as guests of her parents Mr. and Mrs. Alfred Watts, Grand Tracadie. On her return trip, Mrs. Winters was accompanied to Boston by her parents.

Iver Cotton, accompanied by Audrey Pickard, Frederick N. B. Spens, the past week-end with his parents, Mr. and Mrs. Athol Cotton, Kensington.

Irwin Brown of Toronto, Ont. is spending his vacation at his home at Long River, accompanied by Heather Worsley and Mr. and Mrs. Charles Worsley of Cambridge, Ont.

Mrs. Therea Mathews, Baltic and Mrs. Mary Woodley, Darnley, left by train recently for Hamilton, Ont., where they will visit with Mr. and Mrs. Charles Aitken and Mr. and Mrs. Frank Craig.

Mr. and Mrs. Nelson Caseley accompanied by Mr. and Mrs. George Pickering, Clinton are spending a few days visiting in New Brunswick and Nova Scotia.

Mrs. John W. Skerry, accompanied by her grandson, Deyson Fraser of Alberton-South, her son Merle and grandchildren, Blaine, and Faye Skerry of Summerside, has returned to Alberton South after visiting her brother, Joseph Scharder at Casco, N. S.

Mr. and Mrs. James Noland left recently on return to their home at Tampa, Florida after visiting Mrs. Noland's parents, Mr. and Mrs. Eric MacMurdo, Kelvin Grove and other relatives and friends.

Mr. and Mrs. George T. MacLeod, Long River, and Mr. and Mrs. Douglas Cole, New London, left recently on a trip to Ontario where they will visit the former's son, Wendell, at Scarborough, and other relatives and friends in that province.

Neighbors and friends gathered to honor Mr. and Mrs. Carl Stewart and family who have recently taken up residence at Graham's Road. Mr. and Mrs. Stewart are former residents of St. Eleanor's. Angus Green, master of ceremonies, spoke of the purpose of the gathering, and called upon Mrs. Ray MacLeod, who read an appropriate address, on behalf of the community. Mrs. Earle Murray made a presentation. The remainder of the evening passed pleasantly in social chat, and refreshments were served.

Mrs. Russell O'Neil and three sons are leaving shortly for their home in Oshawa, Ont., after spending the past couple of weeks in Baltic, guests of Mrs. O'Neil's parents, Mr. and Mrs. Edgar Mathews.

The Princetown United Church Women's group sponsored a successful supper in the Malpeque Hall last Saturday. A large number of people attended and a substantial sum of money was realized.

Millie Cousins is visiting in Baltic, the guest of Grace Riley.

GAME NEEDS NO SPACE The Eton wall game is played on a pitch 110 yards long and six yards wide, against a wall built in 1717.



BARBARA GAIRNS

PAUL TAWHEEL

ENGAGEMENT ANNOUNCED

Mr. and Mrs. William Gairns, Parkdale, wish to announce the engagement of their eldest daughter, Barbara Ann to Paul J. Taweel, son of

Mr. and Mrs. N. S. Taweel, Charlottetown. The wedding will take place at St. Peter's Cathedral on November 11 at 2 p.m.

Women

MARY HAWORTH

Straying Husband's Wife Needs Strong Character

Dear Mary Haworth: Why not tell women the truth, to wit: That a great number of men are unfaithful in marriage and weak; yet that wives should overlook this fact and love their husbands anyway.

Why always counsel the "betrayed" partner to see a psychiatrist? Most people can't afford such services and many are dissatisfied with the expensive advice bought at great sacrifice.

Nobody can help the wife whose husband strays. She must be strong enough to muster stability from her own character, or from her religion.

I don't think that we women will ever be able to understand why men act so. If the roles were reversed, for instance, and we were given the "opportunities" they have - much business counts, available pick-ups in bars, etc. - most of us would remain faithful. I suppose we can only conclude that their sex drive is much stronger than ours.

We can blame society, too, for winking at such infidelities in men as peccadilloes, while sternly condemning women who do likewise.

Of course this same society also gives men many times the financial rewards given women for the same capabilities and contributions. What can women do about it? Not much. Perhaps city groups might continue to hammer at these injustices.

May I suggest that you counsel more often: Shrug it off... That's the way it is... Be glad you've got a husband who wants your love, even though he may be weak and unstable.

"Are you yourself perfect?" Don't burden him with your diaper and discipline problems... Be the gay creature you were when dating. Sincerely, H.K.

DEAR H.K.: I think your commended conjugal counselling pitch as cited above, is the equivalent of offering the contents of the prize pail to a person fainting from malnutrition.

Does a reputable doctor tell a feverish client, urgently asking for help in coping with pneumonia hepatitis, measles, uremia, you-name-it, that "A great number of people have this weakness... So shrug it off... That's the way it is... Be the gay creature you are when you feel fine..." etc., etc.?

Well, that's about the sum-and-substance of your contribution.

The responsible commentator in my field of effort speaks to the calamity-struck plaintiff in a person-to-person spirit, treating his problem with respect, as a distinctly individual proposition in the history of human experience. He, the commentator, doesn't slide away from the arduous labor of trying, once again, to think things through, with regard to possible solutions of drastic predicaments common to the race of mankind, by praching such a generalized brand of cynic indifference as you prescribe.

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ELLEN'S DIARY

We Watched The Lights Mow A Bright Swath

Lights glow in the windows of the stables where farmers, who have come by stop to talk shop with ours. Of crops and of livestock they will be chatting, of prices and costs too, we suspect. And the evening hours slip away. It is interesting to note that one car in the yard - light is from New Brunswick... It is pleasant for the cooks in the family, to extend an island welcome to such strangers, and particularly to those on the dis-laff side, that sometimes these visiting stockmen bring. We hear something of the lives and living in their home communities, we talk of their families, and exchange ideas of house-work, and recipes, and altogether enjoy and learn much that is interesting and worthwhile from these contacts.

Minutes ago, it was a farmer and his wife from a far island community, whose car went down the lane, homing.

"Now there, Ellen, I would say, is a good stockman," James commented, as we stood watching the lights mow a bright swath in the dim beyond the hilltop, and then disappear in the starry distance beyond. "He knows his trade," he nodded. Busy folks, these are. Children, grown and gone now, the two, to lives of their own, he continues to farm, because he enjoys it and in a move to lighten labor, he accents the raising of beef. She, like so many rural women nowadays, combines house-keeping with off-the-farm work. Having resumed her former profession and now on the staff of a hospital, she is one of the island's dedicated nurses.

Warm this day has been, the light wind in its touch soft as down against a cheek, as it passed on to wander over the

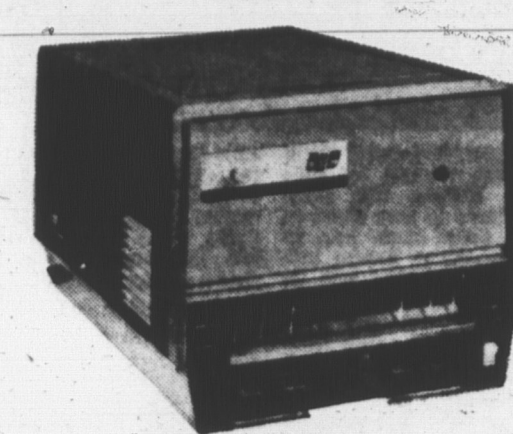
keep the record clear on what man ought to be as woman's helpmate, even if he doesn't always keep faith with the vision himself. M.H.

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

RED CROSS IS ALWAYS THERE WITH YOUR HELP Give through the United Fund.

DO YOU GASP FOR BREATH, WHEEZE, COUGH? Does asthma or chronic bronchitis keep you in misery with difficult breathing, wheezing, coughing - so it is hard to do your work, impossible to sleep? Do you sit up all night struggling to get breath thru your bronchial tubes? Then here is good news! Thousands of Canadians use millions of RAZ-MAN capsules each year and get longed-for relief from their symptoms quickly. Try Templeton's RAZ-MAN Capsules today - only 85¢ and \$1.65 at drug counters everywhere.

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Cinnamon Peach Betty



RECIPES: **Cinnamon Peach Betty** 1 cup crushed sweet oatmeal cookies 1 teaspoon cinnamon 2 tablespoons soft butter 1 (28 oz.) can choice peaches drained and sliced 3/4 cup sour cream 1 egg - beaten 2/3 cup Lantic Dark Old Fashioned Brown Sugar 1/4 teaspoon salt

Combine first three ingredients and sprinkle one-half of the mixture in a greased 8" x 6 1/2" bake dish. Spread with sliced peaches. Mix remaining ingredients and pour over top. Sprinkle with remaining crumbs. Bake at 375°F for 30 to 35 minutes or until centre is set. Serves six.



Isn't it wonderful what Lantic Dark Old Fashioned Brown Sugar does for flavour. Try this new dessert and listen to your family call for more.

LANTIC DARK OLD FASHIONED BROWN SUGAR