



MR. AND MRS. PATRICK NOONAN AND PARTY

St. Malachy's Church Is Scene Of Lovely Wedding

On the beautiful autumn morning of October 30th, St. Malachy's Church, Kinkora, opened wide its portals and Anne Frances Theresa Cairns, daughter of Mrs. John T. Cairns, ascended the steps on the arm of her only brother, Louis. To the strains of the beautiful and much loved wedding march, she proceeded to the communion rails, where, before an altar decorated with lighted candles and vases of pink carnation, she pledged solemn matrimonial vows with Patrick Austin Noonan, son of Mr. and Mrs. Austin Noonan, Cape Traverse.

Father Harold Croken performed the double ring ceremony and celebrated the nuptial Mass in the presence of seventy invited guests, who were ushered to pews marked by white satin ribbons, by Layton and Tony Noonan, brothers of the groom.

During the Mass and signing of the register Mr. Ellsworth Bassett rendered appropriate hymns, accompanied by the organist, Sister Mary Pauline. The radiant bride chose for her wedding day a strapless floor length gown of tulle and chantilly lace over satin made on bouffant lines and trimmed with seed pearls and rhinestones. The matching jacket of chantilly lace had tapered sleeves and was closed from the Peter Pan collar to the waist-

line with tiny satin buttons. Her fingertip veil of tulle illusion fell from a Juliet cap studded with seed pearls and rhinestones to match her dress. Her only ornament was pearl earrings and she carried a cascade bouquet of American beauty roses and a white bridal prayer book, gift of the groom.

Mrs. Gerald Sturdy, as her sister's matron of honor, wore a strapless gown of coral lace and tulle over taffeta with matching bolero. Her headpiece was a coronet of crisp coral tulle with sequin trim. She wore matching mitts and carried a nosegay of white carnations.

Miss Phyllis Cairns, sister of the bride and Miss Elaine Noonan, sister of the groom were bridesmaids and wore similar strapless gowns of lace and tulle over taffeta, in the green and daffodil yellow-floor length, with bouffant skirts and matching jackets. Their headpieces and mitts were in shades harmonizing with their gowns. They carried nosegays of white carnations.

The winsome little flower girl was Fernie Noonan, niece of both the bride and groom. Her short frock was of pale green lace and net over nylon. She wore a yellow headpiece and carried a baby nosegay of white carnations. The groom was attended by Mr. Gerald

Sturdy. For her daughter's wedding, Mrs. Cairns wore a dress of Dior blue crepe and nylon lacquer with navy accessories. Mrs. Noonan of the groom chose a dress of teal blue terylene crepe with navy accessories, corsage of white carnations completed both ensembles.

Immediately following the signing of the register, the bridal party and cortège motored to Birch Hill Tourist Home, where the guests were received by Mrs. Cairns, assisted by her daughter Mrs. Layton Noonan, who was also in charge of the guest book. The table of honor was decorated with low bowls of autumn flowers and centered with an artistically decorated three tier wedding cake between tall lighted tapers.

Mr. Michael Delaney was the capable chairman and after a few words of congratulation called on Father Croken who, after saying grace, congratulated the happy couple and proposed a toast to the lovely bride. This was fittingly replied to by the groom. Mr. Delaney then read a telegram from Mr. and Mrs. Joseph Conway, Upper Fraser, B.C.

Mrs. Cairns, mother of the bride and the groom's father Mr. Austin Noonan, then offered their best wishes. Congratulatory remarks were also offered by Messrs. Frank Murphy, Joseph Murphy, Austin Hammill, Aeneas Bassett, Layton Green, Ellsworth Bassett, Gordon Cutcliffe and Aeneas Hughes.

For her wedding trip to the United States, Mrs. Noonan wore

a tweed suit of charcoal grey flecked with yellow and toulouise. Her plateau style velvet hat, gloves and scarf matched the yellow fleck in her suit. Her other accessories were black. Her corsage was white carnations.

The happy couple, who have the best wishes of a host of friends have taken up residence in Cape Traverse.

On Friday night, October 5th, Mrs. Ellsworth Bassett and Mrs. Layton Noonan honored Miss Cairns with a pantry shower at the home of Mrs. Bassett. Many beautiful gifts were received from the ladies of Albany Village where Miss Cairns was primary room teacher for the past seven years.

The guest of honor opened the gifts, while Mrs. Leo Warren read the humorous verses and Mrs. Gerald Sturdy placed them on display. A delicious lunch brought a pleasant evening to a close.

On the evening of October 12th friends and well wishers serenaded the bride at her home in Maple Plains. Baskets of gayly decorated gifts were carried in by Ivan and Fernie Noonan, nephew and niece of the bride. Those assisting were Misses Elaine Noonan, Lorna Murphy, Phyllis Cairns, and Mrs. George Sturdy.

Francis thanked all for their thoughtfulness and hoped they'd all visit her in her new home. All joined in the singing of "For she's a jolly good fellow". Dancing was enjoyed by young and old and all departed wishing Frances and Pat many years of happiness. PHOTO: HECKBERT

WOMEN

Lena Carolina McAure, Women's Editor, Phone 8508

Page 8, The Guardian Wednesday, Dec. 5, 1956

HAPPENINGS

The December issue of the Prince Edward Island Institute News edited by Mrs. Fred Gates is like all Institute efforts, really excellent. Among the many topics of interest the article "Christmas Suggestions — Dressing up Yule Tide Candles" is most timely.

Miss Isabel Woolner, Miss Berntha Des Roches and Miss Heather Coles who have been doing such fine work with the W.I. on the Handicraft Van throughout the province give you these ideas for the candles.

To make four attractive candles you will need the following: 5 cartons of paraffin, 10 cent pkg. of glitter (red, blue, gold or silver); and string for wicks (doubled four times and dipped in melted wax).

To make a candle: take two blocks of wax and score down centre lengthwise. (This groove is for the wick). Place wick and allow to extend about two inches at one end.

You now have two blocks of wax with the wick between them. Add the other two blocks, one on each side. To seal the four blocks together pass a slightly warm iron over the sides of each block and hold together tightly.

Stand the block — wickside up — on a workboard and prepare to decorate.

Melt one block of wax in the top of a double boiler. Allow this to cool, then whip with an egg-beater until a frosty white. Now work quickly, using a rubber plate — scraper to scoop the fluffy frosty mixture and blob it roughly down

all sides of candle. Finish by spreading lightly the glitter of your color choice while wax is still moist.

You will have a charming and inexpensive candle. Repeat if more are required. We're sure they will be!

Miss Dorothy Rodd has returned from a very pleasant trip. Miss Rodd visited her brother-in-law and sister, Mr. and Mrs. William Browne and nephew Warren in Oakville, Ontario. She also spent a few days in Knowlton, Quebec, with her brother and sister-in-law, Mr. and Mrs. Keith Rodd and family.

At a pre-Christmas party given by the Women's Auxiliary Metropolitan Association for Retarded Children in the Ballroom of the Sign of the Steer, Mrs. R. B. Dale-Harris was among those attending. Mrs. Dale-Harris is described as having a Fair Lady look. She was wearing a hat of white mousse with pink roses. This was worn with an impeccably tailored black suit. The Fair Lady look brings to mind the original and popular musical which of course is Shaw's "Pygmalion." Henry Higgins in the well remembered movie version was played by Mrs. Dale-Harris' father, the late Leslie Howard.

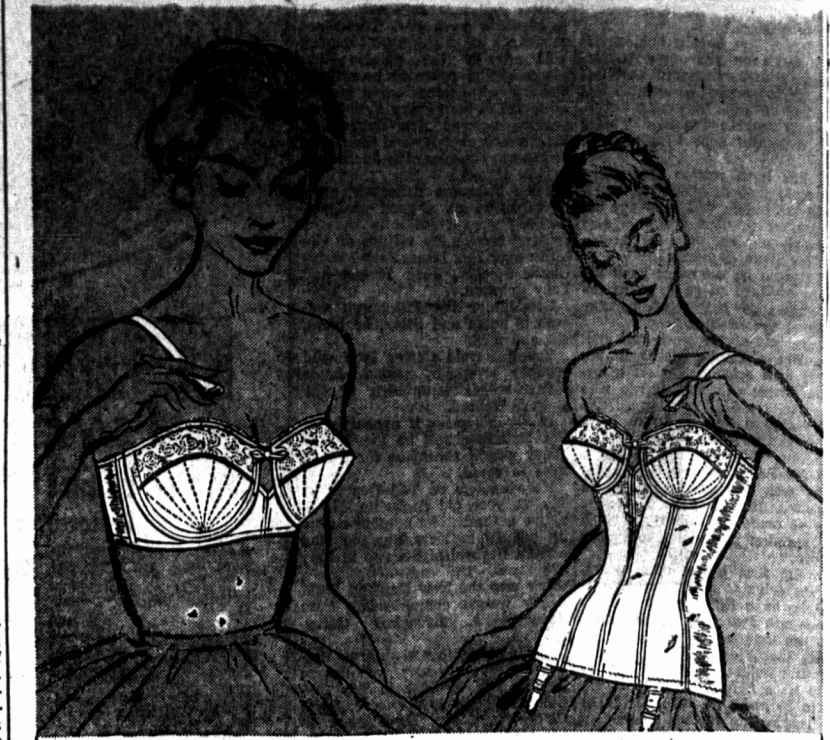
Mr. Gerald Best of Tryon, left by train last week for Mankato, Minnesota, where he will visit his

brother-in-law and sister, Mr. and Mrs. Lawrence Barnes.

A trip to Moncton was made one Saturday recently by a group interested in visiting the cerebral palsy classroom there and in meeting some of the parents. The visiting group discussed mutual problems with the Moncton group and it was felt that useful information had been exchanged.

Those who made the trip by car to Moncton were Mrs. Lloyd McCallum, Mrs. Aubrey Gambia, Mrs. James Cameron and Miss Hazel Hunter. The visitors were entertained by the Moncton teacher of the cerebral palsy group, following the discussion.

DOCTOR DIES
ST. JOHN'S, Nfld. (CP) — Dr. H. F. Donahue, 72, a New York-born physician who served in Newfoundland since 1909, died here Sunday. Dr. Donahue was awarded life membership in the Canadian Medical Association this year.



now, strap magic in bandeau and long-line!

Exquisite Form's CONTOUR WITCHERY BRAS

quick-switch straps for any neckline!



Just switch the straps from loop to loop... look glamorous in fashions for every hour! These bras actually change your "outlook"; add curves where they do the most good. And you'll feel as wonderful as you look! They're made with Ribbon Wire-fan, flexible, can't dig in. Each cup individually Ribbon Wired... no center wire to poke your tender skin. Contour Witchery really gives you x appeal! (*x=slamorous real comfort.)

BANDEAU, STYLE 4432, lightly padded. Pretty embroidered cotton. White A cup, 32-36; B cup, 32-38; C cup 32-38..... \$3.95

LONG-LINE, STYLE 8432, lightly padded. A cup, 32-36; B cup 32-38; C cup 32-38..... \$8.95

MOORE & McLEOD Limited

FROM MOORE & McLEOD LTD.

festive DRESSES dance into the new year

Here we go gally into the Holiday Season and to help you get ready for a whirl of festivity we've gathered a grand group of glamorous dresses, destined for dancing and a happy Christmas season.

FROM 16.95

MOORE & McLEOD Limited

COOK'S CORNER



YUMMY BALLS
1 cup white sugar
2 eggs, beaten
1 1/2 cups chopped dates.
Cook in aluminum saucepan 2-3 mins. Stir almost constantly. Take off the stove and add 2 cups rice crispies, pinch of salt and a little vanilla. Make little balls and roll in crushed rice crispies, nuts or cocoanut.

KEEP IN TRIM

For High School Girls With Weight Problems

By IDA JEAN KAIN
It's never fun to be fat, but it's worse for the teen-ager. All too often, excess poundage results in unhappiness for the adolescent girl when she observes how much more successful her slimmer classmates are on the social popularity score.

Many factors are responsible for teen-age overweight, including poor food habits—but a leading cause in this age group appears to be lack of exercise rather than overeating, scientists at the Nutrition Department of Harvard report. Their conclusion is based on a recently completed study of two groups of high school girls—28 overweight and 28 normal weight. Both groups were similar in height and school grade.

Comparison of calorie intake with energy used in daily activities revealed that inactivity was more important than "overeating" in the development and maintenance of obesity. The starting fact was this—the overweight girls actually had a lower calorie intake than the normal weights. The added pounds in the overweight group resulted from under-exercise. In other words these girls gained weight because they were overeating in relation to their low expenditure of energy. And teenagers take notice—when these fatties got more exercise they all slimmed down!

Naturally your immediate re-

COOK'S CORNER

action will be that exercise only makes you hungrier. Granted exercise may give you a better appetite but not necessarily a bigger one. With a keen appetite you will enjoy the good meals your mother prepares rather than slighting good nutrition and catering to your sweet tooth. Girls it's not the main course of the meal that piles on pounds. It's the practice of doubling up on desserts and eating too many sweet snacks that soars the calories.

Back to exercise—what kind is best? The kind you enjoy most for then you'll be more apt to do it. If you can take a course in modern dance or ballet. Don't let false pride keep you from joining a dance class. Knowing that you can look better in a few short weeks will give you the courage to start. Play tennis go in for some high school team activity and never skip gym class. Loaded down with books perhaps you cannot walk to and from school, but you can walk at other times. Get an overweight pal and briskly step off a couple of miles. A "penny walk" is diverting. At each corner, toss a coin to determine the direction. Put a pedometer on your Christmas list, and you can take your mileage.

Knowing that your normal weight friend actually eats as much or more than you do should get you indignant enough to give this exercise approach a fair try!

LET'S EAT

Holiday Gift Puddings Should Be Made Early

By IDA BAILEY ALLEN
"Every family, big or twosome will appreciate a gift of Christmas pudding," remarked the Chef. "The best time to make them is at least two weeks before Christmas, as this gives time for the flavors to blend."

"The mold, bowl or containers in which puddings are steamed can be part of the gift, Chef," I said. "A quart mold for a family of 6 to 8; pint size for 3 to 4; or use custard cups—one for each person."

"Wrap the puddings in shimmering clear plastic, tie with ribbon and add a sprig of holly."

All measurements are level unless proportioned to serve 4 to 6.

Christmas Steamed Pudding: Mix 2 1/2 c. halved raisins, 1/2 c. dried currants, 3 small-diced dried figs, 1/2 c. mixed candied peel, 1/2 c. medium-cooked walnut meats and 1 1/2 c. sifted enriched flour mixed with 1/2 tsp. each cinnamon,

KEEP IN TRIM

For High School Girls With Weight Problems

peanut cookies; coffee, tea or milk.

Turkey Soup (From the frame): Remove all turkey meat from frame and cut small. Break or chop the bones. Place in a 3 qt. saucepan with any gristle, skin and trimmings that cannot be used otherwise.

Add 1 diced peeled large onion, 1 sliced peeled small carrot, 1 c. celery leaves, 1/2 bayleaf, 1/4 tsp. powdered basil, 2 1/2 qts. cold water, 4 beef bouillon cubes, 1 tsp. salt, 1 tsp. monosodium glutamate, 1/4 tsp. pepper and grated rind 1/2 lemon. Cover.

Bring slowly to boiling point. Simmer 2 hrs., then strain.

Add 2 c. tomato juice, 1 c. cooked rice and chopped turkey meat. Stir in 2 tsp. butter blended with 2 tsp. flour and a little of the hot soup; simmer 5 min.

HP SAUCE

ADDS FLAVOUR TO MEAT

Hm! Wonder why Dr. Chase's NERVE FOOD

helps so many people say "My nervous troubles are over!"

When you feel tired, nervous, irritable—little things bother you—corries pile up, that's the time to take Dr. Chase's Nerve Food.

The Vitamin B1 and Blood Building Iron in Dr. Chase's Nerve Food work together to help build up your general health—enjoy your family, your work, your friends.

The sooner you start, the sooner you may feel the benefits of this all-round tonic. Economy size \$2.25 saves you 44¢.

DR. CHASE'S NERVE FOOD

SVLTE SLIP

The Netherlands, with about one-fifth of its area lower than sea level, has 1,500 miles of dikes.



By VERA WINSTON

HERE'S a smart slip that in a pinch could do duty as a sheath dress. For evidence, just glance at the slip depicted here. Cut on straight, sheath lines, it is of fine lace in black or gray over made pink crepe, or in matching tones of lace and lining. Strips of satin in a zig-zag effect trim the bodice, the skirt is scalloped and the slip close up the back for a beautiful fit. An outstanding gift item!

LEMEN PIE, COCONUT CRUST

2 tablespoons soft butter
1/4 cup Baker's Coconut
1 package Jell-O Lemon Pie Filling

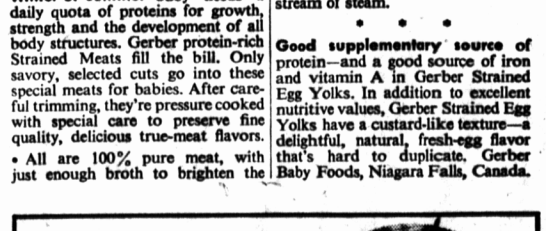
Spread butter evenly on bottom and sides of 8- or 9-inch pie pan, coating inside of pan thoroughly. Sprinkle coconut in pan, pressing gently into butter. Bake in slow oven (300° F.) about 15 minutes, until lightly browned. Cool. Prepare Jell-O Lemon Pie Filling according to package directions; cool 5 minutes, stirring once or twice; pour into crust. Chill. Wonderful topped with whipped cream.

CHEESECAKE

Secret of the fresh tang of Jell-O Lemon Pie Filling—the flavor is pure fruit from real lemons.

CHEESECAKE—plain or with fruit added—has lately been catching the fancy of families all across the country. And there's much to be said for desserts that add good cheese protein to meals!

In the world of Jell-O



with Frances Berton

Turn your limps into angels (or soothe an irritable husband!)

nothing is quite so effective as promise of a favorite dessert. Lemon Pie for instance—with the smooth, delicious kind of filling you make with Jell-O Lemon Pie Filling. It's the quick, easy, sure way to make lemon filling that's fresh and tangy and flavorful... just right in consistency. And there are many delightfully different ways to serve lemon pie.

PINEAPPLE CHEESE SQUARES

1 package Jell-O Lemon Pie Filling
1/2 cup sugar
1 cup water
1 egg, unbeaten
1/2 cup light cream or top milk
1 pound cottage cheese, elevated
1 cup drained canned crushed pineapple
6 graham wafers, finely crushed

Combine Jell-O Lemon Pie Filling, sugar and 1/2 cup water in saucepan. Add egg; blend well. Add cream and remaining water. Cook and stir over medium heat until mixture comes to full boil and is thickened—about 5 minutes. Remove from heat. Cool 5 minutes, stirring once or twice. Add cottage cheese and pineapple. Sprinkle with remaining crumbs. Chill. Cut in squares. 8 servings.

JELL-O Lemon Pie Filling

Jell-O is a registered trade mark owned by J. W. Searle & Co., Ltd., Montreal, Canada.