



### ENGAGEMENT ANNOUNCED

Mr. and Mrs. Dennis Blacouere of North Rustico, P.E.I., wish to announce the engagement of their daughter, Mrs. Eleanor, to Joseph Peter Gallant, of St. John's, N.S.

### ELLEN'S DIARY

## We Enjoy Busy Sounds Of A New Born Day

The sheen of the night - frost disappears when the sun's smile steals once more onto the farm-lands; when the early shadows lift, and away up the valley, a window is jewelled, and past it a band of light veiling, scarfs the shoulders of the hills. You come to catch a breath of the outdoors, perhaps while you await the coming of your household to breakfast. Or you walk as far as the clothesline to collect some article of yesterday's wash you had left out overnight to bleach: the flour - sack you were intending to make into a handy towel, or maybe an everyday pillowcase... What difference is some great woman from the east did bring with her in supply on a visit to the west, her own silken bedsheet and her pillowcase? You envied her not. Would her sleep be sweeter than that which would come to you while pressing a cheek against this? Would she hear lovelier early birdnotes, while the summer morning was new? Catch a deeper fragrance of lilac than that which perfumes our June nights? Would she have the soothing whisper of a waterfall below a green meadow, woven in with her dreams?

We much enjoy the current sounds of a new - born day: the rumble of the traffic on the TCH as the world commences to stir. And from far over the fields that of a passing train: folks off on a journey, the thought comes, perhaps after an absence from it, now on the way home.

A plane wings by, beyond the house on the hill, and is lost to sight over a wooded rise - an all-in-all marvellous vehicle. And below where earth-bound mortals stay? Hear them, the farm-sounds of this season: The noise of a dropped shutter in the barn, the muffled sound of the crusher where Mack prepares meal for the managers. James crosses the barnyard on his way to look in on the fillies. You smile, knowing that this is more in the nature of a privilege than a chore to him, and that they will be tended well.

"Is breakfast ready?" you hear his call. What an exquisite morning it is, with April wearing her best smile.

A truck you recognize climbs the hill. James stops to watch it. It bears off, as we know, a pair

of cow - kind to a market, from the farms in the road. "I was telling Jamie yesterday evening when I staid them up, there's a good hundred pounds difference in the weight of the two" James calls them to the younger farmer, across the yard.

"Yes, I'd say so," the younger farmer agrees. "It will be interesting to see what percent they kill."

We chuckle to ourself, and come in to steep the tea. Loaves, we bake. And today Scotchcake, which to many a cook is after all a sort of a memory cake. We remember those gone whose fingers could give the mixture a deft touch, to make of it a very special sweet. We remembered how a guest had once remarked when at table he declined a helping of them "No, thanks - I am of those for me!" he said. "They always remind me of so much sand and water mixed together. They grate!" "We recalled better, a lad in his teens bringing us a little covered jar in a boyish gift after a visit at Alderlea one summer in the long ago.

"This" is said shyly, "is to serve your scotchcake in!" And the second day of the new week is only a shadow now, a dim silhouette which will presently fade from the sky - line.

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### MARY HAWORTH

## Wife Should Take Classes As Others Manage To Do

Dear Mary, Haworth: Your recent letter from the unhappy non-egghead housewife interests me, as I have observed the identical syndrome in other housewives in the same age bracket.

I think the age-factor (thirtyish to fortyish) is significant. Youth is receding, middle age is beginning, and, consciously or not, the woman embarks on a period of stocktaking and re-evaluation that can be very upsetting.

I think this state of affairs has overtaken RS; and her alleged grievance, of feeling educationally inferior to and rejected by the college-pedigreed wives of her husband's friends and business associates, since they moved from Manhattan to Washington, is simply a cover for an emerging dissatisfaction with herself as a person.

She is fully justified, however, in remarking the importance attached to higher education and mental cultivation in Washington, D.C. But instead of whimping about her sub-college status to date, she should apply in university courses, as hordes of women her age and older are doing nowadays.

Many are studying for diplomas and degrees, while holding fulltime jobs and managing a household. A tremendous effort, I grant. But if such enterprise is distasteful to RS, let her face her bias frankly and seek the society of non-intellectuals, of whom there are a goodly number, even in Washington.

She may find friends in the community women's clubs, the local little theater groups, the volunteer organizations of the Red Cross, mental health clinics, etc., none of which require purely egghead credentials.

But no matter which path she takes, and she could take both - she should read widely: to be well informed in different fields, as many well educated persons (without much formal schooling) habitually do.

I agree with you that therapeutic counselling is indicated for her. And as she makes progress along that line, academic certificates will seem less impressive to her, I am sure. -L.D.

Dear L.D.: In RS's letter, condensed for publication, she made it quite clear that her natural bias is what we might call anti-egghead.

She much prefers shopping, bridge-games, parties, movie-going and experimentation with hair-dressing, to "talk about books and magazines" that she never has heard of, she says.

In all probability she is mentally lax and lazy, due in part to never having undertaken the systematic self-discipline, relating to study, that is part of the pattern-of-growth indispensable to getting through college successfully. In college, the student is on his own, more or less, to either make good or fall by the wayside.

She married fairly early, no doubt, and counted on her husband's drive and their mounting material prosperity to carry her where she wished to go. But now she is standing on thresholds, it seems, where wives are admitted or turned away in terms of their individual interestingness.

Is she willing to gather her forces and make a concentrated investment of energy, for an extended period of time, to learn the language (figuratively) of the egghead matrons who dominate the social plateau at which her husband has arrived?

That is a question she will need to explore, later on, after she has got comfortably acquainted with herself, as she is, and as she would choose to be, in the light of true self-knowledge - which knowledge she will acquire, I hope, by means of the therapeutic counsel suggested. -M.H.

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

# Women

The Guardian, Charlottetown, Tues., April 13, 1965. 7

## HAPPENINGS

Andrey Jenkins, Women's Editor, Phone 4-5586

Mr. and Mrs. Grodon Cooke, Kensington, left recently for Saint John, N.B., where Mr. Cooke will be attending meetings.

Mr. and Mrs. Lorne Leard, Alberton, left Thursday for Hamilton, Ontario.

Mr. and Mrs. William H. Brown and family, Heather and Gary, Kensington, Mrs. Kirk Hixson, Sherwood, and Mrs. Heber Dickison, Mill Road, left recently to attend the marriage of Mr. and Mrs. Brown's son, John, at Picton, Ontario. John, who is a member of the Canadian Army, returned to Canada in the exchange of personnel to Cyprus.

Mrs. Edward Lewis, Alberton, is visiting her daughter, Mrs. Cecil Gray, Milo.

In drinking a silent toast to the world's destitute from an imaginary glass, a Winnipeg man

may have started a revolutionary gimmick to help the hungry. "If everyone in Canada would donate the price of one drink, hundreds of thousands could be fed." The dollar sent to the Unitarian Service Committee of Canada, 63 Sparks Street, Ottawa 4, will feed 16 hungry children in Korea.

Newton MacLure, Kensington, left by air recently for California, where he will visit members of his family.

Mrs. Wilfred Pickering, Clinton, and her daughter, Mrs. Arthur Profit, Margate, returned recently from Toronto where they visited Mrs. Pickering's daughter and son-in-law, Mr. and Mrs. Fred Weeks and son, Brian Frederick.

### IDA BAILEY ALLEN

## Leafy, Vitamin Intake - A Daily Green Salad

WITH ALL the modern attention on vitamins and minerals, it's surprising to learn that salads are not customarily served in many parts of our country; and that when the budget is first pinched they are among the first foods to be cut out. "They're just rabbit food," is the alibi.

A Table "Must" If that's the case, I say let's eat more salads. Any food that might help to make us hop as fast as rabbits should be on every table at least once a day! And the greener the salad leaves the better.

The green in the salad shows the presence of chlorophyll, vitamins are found. Salad plants are one of the richest sources of minerals too, right out of the soil.

For glamour, for chic, for good health, serve a daily green salad, tossed with not a sweet French dressing and including a mixture of leafy vegetables.

### Varieties Available

There are so many kinds of salad greens, that one or more of them is sure to be budget-friendly. There's lettuce of all kinds, romaine, chicory, watercress, field salad, sorrel, young spinach leaves and dandelion leaves, to mention a few.

### Corn Kernel Chowder

Polka Dot Pizza Big Tossed Salad Bowl with Sliced Avocado and Diced Tomato Lemon Crumb Puff Or Sliced Bananas in Lemon Gel Coffee, Tea Milk Measurements level; recipes for 6

### POLKA DOT PIZZA

1 lb. lean ground beef 1 1/2 tsp. cooking oil 3 tbsp. fine-minced onion or 1 tsp. instant onion 1 c. pizza-flavor catsup 1 1/2 can (8 oz.) tomato sauce 1 tsp. salt 1 tsp. powdered oregano 3/4 tsp. powdered basil 3 c. biscuit-mix 1 c. water 1 lb. Mozzarella cheese, sliced 1/4" thick Pizza-flavor catsup (additional) for garnish Shape beef into small marble-size balls. Brown in oil in 10" skillet. Add onion, pizza-flavor catsup, tomato sauce and seasonings. Simmer, boil, covered, for 30 min. Stir occasionally.

## Newly Elected Officers Installed At CWL Meeting

The annual meeting of the Stella Maris Catholic Women's League was held in the school with the re-elected president, Mrs. Lawrence Doucette in the chair.

The meeting was opened with prayer by the director, Rev. Francis Corcoran. The successful financial year was reported by the treasurer, Mrs. Edmund D. Gallant.

Reports were given by the following conveners: social service, Mrs. Jerome Gallant - visits were made to homes and institutions, knitted articles were distributed to needy children and used clothing was given out, and at Christmas time three full course dinners were given to widows. Education Mrs. Leo R. Doiron - members chaperoned school socials, money was given for scholars and school prizes, donations were given to the recreation committee, national scholarships, high school year book, also prizes for education week and field day. Entertainment, Mrs. Stephen Peters reported bingos and social hours held after each meeting. Spiritual, Mrs. William V. Gauthier - the sanctuary was cleaned every week, a communion breakfast was held and flowers were

bought for first communion and Easter. Membership, Mrs. Francis Doucette reported 153 members. Cubs - leader Mrs. Revel Gauthier reported a very successful year, with 32 cubs and 5 leaders registered. Cub activities for the year included hallo-ween and Christmas parties, church parade and a father and son banquet, which was held on Baden P-o-well Sunday. Twenty cubs attended camp. Mrs. Vincent Gallant was in charge of the sale of religious articles which were available to the parishioners.

The president spoke to the members saying how much she appreciated their co-operation during the year, and also thanked Father Corcoran for his advice and interest. Father Corcoran then spoke briefly congratulating the members on the work done during the year and also commended them on the business-like way the meeting was conducted.

The following slate of officers was elected and installed by Father Corcoran, with the recitation of the act of consecration to the Blessed Virgin Mother: president, Mrs. Lawrence Doucette, re-elected; 1st vice president, Mrs. William U. Gauthier; 2nd vice president, Mrs. Joseph Gaudin; 3rd vice president, Mrs. Vincent Blacouere, treasurer, Mrs. Edmund D. Gallant, re-elected; secretary, Mrs. Bernard MacNeil.

The meeting adjourned and refreshments were served by the executive.

Guided, and attended by ladies of the congregation.

Mrs. Keith Thompson opened the meeting with the Call to Worship followed by the hymn, "The Day of Resurrection". Scripture read by Mrs. Roger Kennedy, was taken from Mark 16. Mrs. Allan Champion led in prayer and the hymn "Jesus Shall Reign" was sung. The offering received by Mrs. Eric Thompson and Mrs. James Heffell, will be for missions.

Mrs. Roscoe Pendleton introduced Mrs. Files, who gave a most interesting talk on her life in India, and conditions there as experienced by herself and her parents, who are missionaries still in India.

Mrs. George Tannahill thanked Mrs. Files on behalf of those present, and the meeting closed with the hymn, "Lord Speak to Me", and the benediction.

Refreshments were served by the members of the Guild.

## When a Child Has Diarrhea

When annoying Diarrhea upsets someone in the family, all is well again when Mother remembers Dr. Fowler's Extract of Wild Strawberry. It brings quick soothing relief. Effective for children or adults. Dr. Fowler's Extract has been family-proven for over 115 years.

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## Members Hear Talk On India

Mrs. Leslie Files, New London, was guest speaker recently at a special meeting on missions, sponsored by the Kensington Presbyterian Young Women's

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## Changes In Eskimo Life Studied By St. Mark's WA

Mrs. Elmer Moase presented a study in capsule form on Changing Arctic, which dealt with the changes in the life of the present day Eskimo at the April meeting of St. Mark's Anglican WA held at the church hall, Kensington. After reading the "missionary capsule" Mrs. Moase asked the members to name, first, the advantages of the new life to the Eskimo, and then the disadvantages, which she wrote out in answer to questions on a flip chart. Finally the members named ways in which the church can help the Eskimo settle into the new way of life. Mrs. Albert Stafford will present the next missionary capsule.

All the members took part in the devotions from the Living Message, led by the president, Mrs. Elmer Moase. Roll call was answered with a text containing the word "seek" and the secretary, Mrs. Albert Stafford, read the minutes of the last meeting.

The new Altar Book purchased by the WA was displayed. This revised version will replace a former memorial to the Sheen family. The treasurer, Mrs. Walter Moase, gave a satisfactory financial report, and the Dorcas secretary, Mrs. Cecil Mill, displayed a collection of articles to be sent to an Indian school. The annual WA Diocesan meetings were announced for April 29 and 30.

A letter from Mrs. LeRoy Howatt, president of Crapaud WA dealt with the lack of increase over the years, in the grant to Sunday schools from the globe lands. A petition was enclosed which the members voted to sign and return to Mrs. Howatt to be sent to the proper quarters for consideration.

A letter of appreciation for flowers in memory of Mrs. Sheen, was received from Mrs. Thomas Humphrey, and the president read an extract from the will of the late Mrs. Laurita Sheen, stating that a generous bequest had been left to the WA. Extracts from letters of appreciation for extra gifts of money sent to the wives of missionaries at Christmas time by the Dominion Board of the WA, were read by the president.

Among interesting items in the report of the Diocesan Board meeting, was the fact that a shipment of embroidery made by Pakistani Women had been received and will be displayed at the annual meetings. Mrs. Eric Shepherd announced the new study book Money was voted for flowers for Easter.

A father and son banquet which is under consideration for the CBL and the confirmation class, was discussed. If held, this will be on May 1st when the Bishop is present. Next meeting on May 5 will be held at the home of Mrs. David L. McInnis at 8 p.m., refreshments, the hostess and Mrs. Stafford. Text word "neighbor", devotions, Mrs. E. Profit.



## SUITED FOR SUMMER

By TRACY ADRIAN FROM Miller - Randazzo of Dallas comes a crisp suit that gives an idea of what will be worn around town this summer.

Made of imported Pomezia cotton the outfit offers three tones in plaid. The well-cut box jacket is designed with fake flap pockets, elbow-length sleeves and a two-button closing. For a fresh cool look, the lapels are overlaid with white.

Underneath there is a white blouse of linen - like rayon and the skirt is slim and short.

## Failed To Get Idea Across IODE Are Service Group

MONTREAL (CP)—The IODE will always be a non-denominational, non-political group with no barriers as to race, color or creed, says the organization's national president, Mrs. D. W. McGibbon, currently attending the annual meeting of the Quebec provincial chapter here.

The idea that the Imperial Order Daughters of the Empire is a group of well-off ladies who meet for tea and a bit of gentle flag-waving and raise money in the name of charity in Canada to distribute largess in Great Britain is false, Mrs. McGibbon said. "And it's our own fault that this idea ever got going," she added. "From our inception, 65 years ago, we've failed to get across that we are a service group with membership of Anglo-Saxons, French-Canadians, Jewish and all ethnic groups."

AVERAGE AGE DOWN Despite any misconception of the nature of the IODE, the membership is booming and the average age of individual members has slid a decade or more down the scale from a period 10 years ago.

There are 28 junior chapters across Canada composed of girls from 12 to 18 years and at least 10 of these chapters have been founded in the last two years. "I hope to see, within five

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SPECIAL INVITATION you are cordially invited to attend A SPRING SHOWING of BEAUTIFUL DIAMOND JEWELLERY April 12 to April 17 At PATTERSON'S 113 Kent Street Phone 4-6732

## Brazil Discussed At UCW Meeting

ALBERTON - Mrs. Gordon Warren was moderator of a panel discussion on Brazil at the April meeting of the United Church Women. Other members of the panel were Mrs. George Ramsay, Mrs. LeBerte Pridham and Shirley MacArthur.

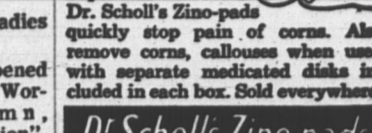
Worship, with which the meeting opened, was led by Mrs. C. H. Weeks.

Mrs. Reginald Travers presided during the business period, and plans were made to send out two sunshine boxes.

A committee convened by Mrs. Wendell Weeks will make plans for a hot roast beef dinner to be served to the public on the last Wednesday in April. Members were asked to bring used nylon to the home of Mrs. James Hodgson before Good Friday. These will be sent to Korea where they are manufactured into saleable merchandise by war widows.

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## MENU Magic

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## Dandy Desserts

Satisfy that craving for something sweet at the end of the meal and at the same time provide extra food value with tasty milk desserts. Whether you use those handy packaged mixes or "start from scratch", keep a few little tricks up your sleeve for adding instant glamor.

## Perfect Parfaits

Instant puddings are a delight to behold when they're layered in pretty parfait glasses alternately with whipped cream and/or wafers crumbs. Try butterscotch pudding, adding 4 teaspoons powdered instant coffee before beating in the milk as directed. Chocolate wafers crumbs and whipped cream make a wonderful flavor combination for the other layers in this perfect parfait.

## Instant Variety

Seems there's no end to the ways you can serve plain vanilla pudding. The children will love the ripple effect made by swirling a spoonful of melted semi-sweet chocolate through each serving. Now and then flavor it with almond extract and fold in well-drained crushed pineapple for a refreshing fruit flavor. Don't forget too, that cup of whipped cream folded into any pudding makes it extra creamy.

## Nutritionally Tops

When you're tallying up the family's daily milk quota be sure to count the milk used in these desserts as well as in all your other cooking. It supplies the same good food value as the milk you drink... ever important since no one ever outgrows the need for milk!

## Party Time Treat

Next time you're entertaining young ones, make it a special event with Cream Custard. Prepare your favorite baked custard—either chocolate or plain—in individual dishes. As dessert time decorates each serving with a dollop of whipped cream, an animal cracker or two and a little paper pennant.

## Company Classic

Take fresh maple syrup... add the extra goodness of cream cheese and milk and you've the ingredients for a very special springtime dessert. Start by beating an 8-ounce package of cream cheese until smooth and soft. Then gradually blend in 1 cup each of maple syrup and milk. Add a teaspoon of vanilla for extra flavor and freeze until firm.

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